



## Passaic County Committee Meeting Agenda

4/20/2023

**Attendees (10):** Araceli Pintle (Passaic County Department of Health Services), Daniel Wikstrom (NJHC), Maureen Cianci (NJHC), Jessica Mulcahy (Atlantic Health System), Arti Kakkar (Passaic County Department of Human Services), Michaela Novo, Layal Helwani (Clifton Health Department), Joel Martinez (WellCare), Gladys Harris (The Olive Group LLC), Ashley Lucyk (Pompton Lakes Prevention Coalition)

**Call to Order** Araceli Pintle called the meeting to order at 1:05 pm.

### **CHIP Implementation Discussion (Araceli Pintle):**

The [Passaic County CHIP](https://www.njhealthmatters.org) is published on the Passaic County Committee page on [www.NJHealthMatters.org](https://www.njhealthmatters.org). Starting in May, the NJHC will begin to collect impact data from CHIP contributors. If you contributed to the CHIP, you will be asked to provide 2022 impact data for the interventions your organization provided by July 1<sup>st</sup>.

#### Effective strategies for obtaining impact data from partners

- Survey seems effective; issue arises with duplicate responses.

### **Screen NJ Discussion (Daniel Wikstrom):**

NJHC Partners who expressed a willingness to share and publicize future cancer screening educational webinars with referrals will be contacted with promotional materials in the future and encouraged to share within their professional network, as well as with clients and patients when possible.

#### Effective strategies for recruiting (1) NJ Residents; (2) Nutrition Insecure NJ Residents; (3) Low-income families, and child care providers; (4) Ramapo Lenape Nation Turtle Clan

- AHS community health monthly newsletter
- Clifton Health Department (Layal Helwani)
- Passaic can share with continuum of care (COC) for housing, share at COC meeting for service providers working with homeless population
- Provide call-in option for those who are working
- Provide presentation in Spanish
- Barriers to attending educational seminar = screening/viewing of presentation at meeting place (e.g., library)
- Barriers to screening = Transportation, NJCEED has monies for transportation

### **Subcommittees (Araceli Pintle)**

Last meeting, PCC members expressed interest in leading and joining subcommittees in Passaic County. If you are interested in joining and are not on the subcommittee interest list, please contact [info@njhealthmatters.org](mailto:info@njhealthmatters.org)

#### Subcommittee Discussion

- 

### **Community Resource Sharing/Needs and Leads (Araceli Pintle):**

- **NJHC: (1)** All Chair positions are now filled, however chair-elect positions, as well as officer-elect positions (President, Treasurer, Secretary) for 2024 and beyond are open. Please reach out to [info@njhealthmatters.org](mailto:info@njhealthmatters.org) if you are interested in a future leadership position. **(2)** The NJHC is looking to partner with more institutions of



higher education. If any partners have contacts with colleges and universities in the area, we encourage partners to connect them to the collaborative. **(3)** The NJHC 2022 Annual Report has now been published, please view it [here](#).

- **Passaic County Community College:** The Student Support Services-STEM Program, The Wellness Center, and Community Programs at Passaic County Community College will be collaborating to host a Health Expo Event on Monday, April 24th from 10:30 am- 2:30 pm in the Paterson Room and Gallery. There will be lunch, health resources, giveaways, and more. The Health Expo will be focused on physical wellness for students and the PCCC community with regards to nutrition, exercise, alcohol, smoking, sleep, etc. **We are looking for any volunteers who would like to be included and host a table providing health information/resources/screenings, etc. at this event.** Event Contact: Jihan Ahmed, Director | Student Support Services – STEM. Passaic County Community College, Phone: (973) 684 – 5661, Email: [jahmed@pccc.edu](mailto:jahmed@pccc.edu)
- **Passaic County Department of Health Services:** Continuing to provide COVID-19 Vaccines, establish adult vaccination clinic and children's health clinic. Vaccines provided Mondays and Thursdays. Will share flyers via email after meeting.
- **Atlantic Health System:** Free quit smoking groups: those who participate receive free nicotine replacement (patch, gum, lozenges), English, Spanish, virtual, and in-person in all counties served by AHS. Also provides community education programs to outside organizations. Monthly community events/programming calendar available [here](#) and is emailed out monthly by [communityhealth@atlantichealth.org](mailto:communityhealth@atlantichealth.org)

### Adjournment

Araceli Pintle adjourned at 1:52 pm.

### Chat:

Daniel Wikstrom, NJHC

[https://www.njhealthmatters.org/content/sites/njhc/2022\\_CHIPs/Passaic\\_County\\_New\\_Jersey\\_CHIP\\_2022.pdf](https://www.njhealthmatters.org/content/sites/njhc/2022_CHIPs/Passaic_County_New_Jersey_CHIP_2022.pdf)

^Passaic CHIP

Jessica Mulcahy

Jessica Mulcahy, Program Manager, Community Health, Chilton Medical Center | Atlantic Health System; [Jessica.mulcahy@atlantichealth.org](mailto:Jessica.mulcahy@atlantichealth.org), 973-831-5486

Joel Martinez - WellCare

Joel Martinez,

Project Manager, SDOH -

WellCare of New Jersey [joel.martinez@wellcare.com](mailto:joel.martinez@wellcare.com)

Michaela Novo

Michaela Novo, Planning & System Development, Atlantic Health-  
[Michaela.novo@atlantichealth.org](mailto:Michaela.novo@atlantichealth.org)

Arti Kakkar



Arti Kakkar, Passaic County Director Human Services

Araceli Pintle

Araceli Pintle, Assistant Health Officer, Passaic County Department of Health Services.

Layal Helwani

Layal Helwani, Health Educator, Clifton Health Department

[Lhelwani@cliftonnj.org](mailto:Lhelwani@cliftonnj.org)

Jessica Mulcahy

Is there a call in option that they could listen to the webinar?

Daniel Wikstrom, NJHC

[info@njhealthmatters.org](mailto:info@njhealthmatters.org)

^my email

Daniel Wikstrom, NJHC

[https://www.njhealthmatters.org/content/sites/njhc/Annual\\_Reports/2022\\_NJHC\\_Annual\\_Report.pdf](https://www.njhealthmatters.org/content/sites/njhc/Annual_Reports/2022_NJHC_Annual_Report.pdf)

Annual Report ^

Jessica Mulcahy

Please email [communityhealth@atlanticealth.org](mailto:communityhealth@atlanticealth.org) to be added to the monthly calendar email list. For information about the smoking cessation groups please reach out to me directly: [Jessica.mulcahy@atlanticealth.org](mailto:Jessica.mulcahy@atlanticealth.org). Thanks!

Layal Helwani

The City of Clifton will holding its 2nd Annual Community Baby Shower on Saturday, May 6th 11am-2pm. This event is open to new and expecting mothers. Although we are prioritizing Clifton and Little Falls residents, we can put those residing in other municipalities on a waitlist, and will make every effort to accommodate them if feasible. There will be important educational resources, information about child care, giveaways and so much more! I can share this flyer after the meeting as well. That event will be held at Main Memorial Park, 1395 Main Ave, in Clifton. Thank you!



### Rutgers Cancer Institute of New Jersey Community Outreach and Engagement

# Free Health Workshops

The Community Outreach & Engagement team at Rutgers Cancer Institute of New Jersey offers online educational sessions for community and healthcare organizations!

#### CANCER BASICS & PREVENTION:

- Be on the Sunny Side: Tips for Detecting & Preventing Skin Cancer
- Breast Health
- Cancer 101
- Eating for Cancer Prevention
- HPV-Related Cancers & How to Prevent Them
- Prostate Health

#### CLINICAL TRIALS & RESEARCH

- Clinical Trials Process & Protocols
- Research Studies, Ethics and Shared Decision Making

#### COLORECTAL HEALTH & NUTRITION

- Guts and Glory: Steps You Can Take to Protect Yourself from Colorectal Cancer
- Nutrition for Colorectal Health & Cancer Prevention

#### GENETICS & CANCER

- Controlling Your Cancer Risk: Nurture vs. Nature
- Family History and Cancer Risk: What You Need to Know

#### LGBTQ+ PRIDE HEALTH INITIATIVES

- LGBTQ+ Cultural Competency Training: Community-Based or Provider-Focused
- Prevention & Early Detection of HPV-Related Cancers for the LGBTQ+ Community
- Tobacco Cessation for the LGBTQ+ Community

#### TOBACCO & SMOKING CESSATION

- Breathing Easier: The Basics of Smoking-Related Illnesses & Secondhand Smoke
- Lung Cancer Screening: New Guidelines for a Life-Saving Screening Test
- Vaping and E-Cigarettes: What You Need to Know

If you are interested in scheduling a health educator for community-based education or train-the-trainer sessions (available in English and Spanish), please [click here](#) or use the QR code to access our registration form. *You can also find us on social media!*

To learn more about the resources and translation services offered by Community Outreach and Engagement, visit our page on the [Rutgers Cancer Institute of New Jersey website](#).



Let's beat cancer together.





## Quit Smoking Program

Virtual and In-Person Classes



### It's Not Quitting, It's Living!

#### What are the benefits of quitting?

- Breathe easier
- Improve your health
- Save money
- Have more energy
- Control your life

#### How we can help:

- We will give you the tools and support you need to quit for good!
- Meet with others who are quitting to share success and challenges.

#### What to expect from this FREE program:

- An individual assessment of your tobacco dependence by a Certified Tobacco Treatment Specialist.
- Nicotine replacement products will be provided at no cost to you and/or a recommendation for medication to help you quit.
- Six weekly group meetings to learn techniques that can help you quit and stay smoke free.

#### Individuals who use any of the following products are eligible for this program:

- Cigarettes
- Cigars
- Smokeless Tobacco (chew, dip, snuff, snus)
- Pipes
- E-cigs/vapes
- Waterpipes (hookah, shisha)

**Programs may be available in-person or virtually. You must register and have a smoking assessment done before starting a program.**

Newton Medical Center  
Thursdays, 3:00 to 4:30pm

*Call 973-579-8588 for more information and to enroll.*

Morristown Medical Center  
Wednesdays, 12:30 to 1:30pm

*Call 973-971-7971 or 973-971-6358 for more information and to enroll.*

Hackettstown Medical Center  
Wednesdays, 3:00 to 4:30pm

*Call 908-979-8797, option 3 for more information and to enroll.*

Chilton Medical Center  
Thursdays, 12:30 to 2:00pm

*Call 973-831-5427 for more information and to enroll.*

Overlook Medical Center  
Thursdays, 6:00 to 7:30pm

*Call 908-522-2296 for more information and to enroll.*

**Additional dates and times may be available.  
Call 844-472-8499 for more information.**



Atlantic  
Health System



### Smoking Cessation Resources

Helpful, user-friendly sites and hotlines that offer education, guidance and encouragement.

**New Jersey Quitline:** [njquitline.org](http://njquitline.org), 1-866-NJ STOPS (657-8677)

A free, interactive site that offers real support. Membership includes 24/7 support community, quit date wizard, buddies, message boards, expert support, medication guide, and self assessment tools.

**SmokeFree.gov:**

- **Quit Guide and Quit Start:** Interactive apps that use proven quit strategies to assist you with giving up smoking. Set goals, track daily habits, view progress, connect with social networks, and receive motivational reminders.
- **SmokefreeTXT:** A mobile service that provides 24/7 encouragement, advice, and tips to help smokers stop smoking for good. To sign up, text QUIT to 47848.

**American Cancer Society:** [cancer.org](http://cancer.org), 1-800-ACS-2345 (1-800-227-2345)

How to Quit Using Tobacco - Guide to Quitting (available as a pdf download).

**American Lung Association:** [lung.org](http://lung.org), 1-800-LUNG-USA

Freedom from Smoking, [freedomfromsmoking.org](http://freedomfromsmoking.org)

**Mom's Quit Connection:** [momsquit.com](http://momsquit.com), 1-888-545-5191

Free program for pregnant women and mothers of young children.

**Rutgers Tobacco Dependence Program:** [tobaccoprogram.org](http://tobaccoprogram.org), 732-235-8222







## Programa Para Dejar de Fumar



### ¡Se trata de renunciar al hábito y vivir!

#### ¿Cuáles son las ventajas de dejar de fumar?

- La respiración mejora
- La salud general también mejora
- Ahorro de dinero
- Usted tendrá más energía

#### ¿Cómo le podemos ayudar?

- Le daremos las herramientas y apoyo que necesita para dejarlo de una vez por todas.
- Conozca a otras personas que también están dejando de fumar para compartir el éxito y los desafíos que esto representa.

#### Esto es lo que puede esperar de este programa GRATUITO:

- Una evaluación personal de su dependencia del tabaco, realizada por un especialista certificado en tratamiento para dejar de fumar.
- Se le entregarán productos de reemplazo de nicotina sin costo para usted y se le recomendará un medicamento que le ayudará a dejar el cigarro.
- Seis reuniones de grupo semanales para aprender técnicas que le ayudarán a dejar el cigarro y mantenerse sin fumar.

#### Si utiliza los siguientes productos, puede ser candidato para este programa:

- Cigarros
- Puros
- Tabaco sin humo (tabaco para masticar, tabaco en dip [pizca de tabaco entre los dientes], rapé, polvo)
- Pipas
- Cigarros electrónicos y vapeadores
- Pipas de agua (hukaa shisha, bong)

**Fecha:** Los Lunes - 5/15, 5/22, 6/5, 6/12, 6/19, & 6/26 (sin clase 5/29)

**Hora:** 10:00am - 11:00am

**Costo:** Gratis

**Ubicación:** Virtual

El espacio es limitado, debe registrarse previamente y realizar una evaluación de tabaquismo para poder participar en este programa.

Es posible que haya fechas y horarios adicionales disponibles.

Llame al 1-844-472-8499, opción 2  
para obtener más información e inscribirse.



Atlantic  
Health System



### Recursos para dejar de fumar

A continuación, se incluyen otros sitios y líneas directas útiles y fáciles de usar que ofrecen información, orientación y estímulo.

**Línea para dejar de fumar de New Jersey:** [njquitline.org](http://njquitline.org), 1-866-657-8677 para hablar con un asesor para dejar de fumar en español

**QUITFORKIDS:** Envíe un mensaje de texto al 53016 a través de la conexión para dejar de fumar de Mom's Quit Connection, que es un programa de mensajes de texto en todo el estado para embarazadas y parejas; padres, familiares y cuidadores de menores de 8 años.

- **SmokeFreeEspanol:** <https://espanol.smokefree.gov/> Guía para dejar de fumar y comenzar a dejar: Aplicaciones interactivas que utilizan estrategias probadas para ayudarlo a dejar de fumar. Establezca metas, realice un seguimiento de los hábitos diarios, vea el progreso, conéctate con las redes sociales y recibirá recordatorios motivacionales.
- **SmokefreeTXTespanol:** <https://espanol.smokefree.gov/consejos-herramientas/smokefreeTXT> Servicio móvil las 24 horas de apoyo que brinda aliento, asesoramiento y consejos para ayudar a los fumadores a dejar de fumar para siempre. Para inscribirse, envíe un mensaje de texto a 1-855-DÉJELO-YA

**Sociedad Americana del Cáncer (American Cancer Society):** <https://www.cancer.org/es/saludable/mantengase-alejado-del-tabaco.html> Cómo dejar de usar el tabaco

**Centros para el Control y la Prevención de Enfermedades:** <https://www.cdc.gov/tobacco/campaign/tips/spanish/index.html> La campaña de consejos muestra el perfil de personas reales que viven con graves efectos a largo plazo para la salud como consecuencia del tabaquismo y la exposición pasiva al tabaquismo. Los consejos también cuentan historias convincentes sobre el costo que estas afecciones relacionadas con el tabaquismo han tenido para los miembros de la familia.

**Asociación Americana de los Pulmones (American Lung Association):** 1-800-LUNGUSA (1-800-586-4872) para hablar con un experto en dejar de fumar. La Línea de ayuda de esta institución ofrece asesoramiento para dejar de fumar y apoyo personal de enfermeros, terapeutas respiratorios y consejeros capacitados para ayudar a dejar de fumar. Los servicios están disponibles en inglés y español.







**North Jersey Health Collaborative**  
health matters



# FREE EYE SCREENING

**Every 3rd Tuesday  
9:00AM - 12:00PM**

**For residents who are under insured or without insurance.  
Test results will be provided with referral.  
Referrals made as needed on results of diagnosis.**

- Vision
- Glaucoma
- Eye Screening

**930 Riverview Drive,  
Suite 250  
Totowa, NJ 07512**

**FOR APPOINTMENTS CALL:**  
**(973) 881-4396**



Sponsored by Passaic County Board of County Commissioners  
Hosted by Passaic County Department of Health Services  
In Partnership with NJ Department of Human Services, Commission for the Blind and  
Visually Impaired



North Jersey Health Collaborative

health matters



# **FREE** COVID-19 HOME TEST KITS

The Passaic County Board of County Commissioners, in partnership with the NJDOH, is offering **FREE COVID-19 test kits** for all Passaic County residents.

## **Pickup Times:**

Monday 1PM - 4PM

Friday 1PM - 7PM

## **Pickup Location:**

Passaic County Dept of Health Services

930 Riverview Drive, Suite 250

Totowa, NJ 07512

(973) 881-4396

**Limit 2 per person; whilst supplies last!**



Keep yourself  
and your family  
safe!

**Avoid the COVID-19 snafu!**  
The bivalent vaccine is available for you!  
Don't worry, we have boosters too!



North Jersey Health Collaborative

health matters



DEPARTMENT  
OF HEALTH  
SERVICES

## CHILDREN'S WELLNESS CLINIC

### The Clinic Offers:

- State Required Immunizations
- Physical Exams

### Services available for the

- Uninsured - and those enrolled in NJ Family Care Plan A

**Passaic County Department  
of Health Services**

930 Riverview Drive, Suite 250,  
Totowa, NJ 07512

**BY APPOINTMENT ONLY\***

**Call to Schedule an Appointment:  
(973) 881-4396**

**Covid-19 Information and  
Services Available**

**Available Clinic Dates**

**11:00AM - 3:00PM**

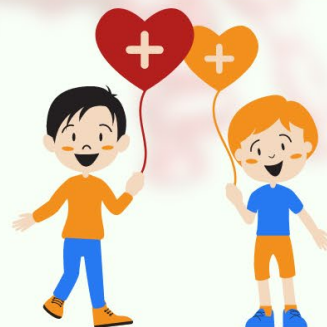
**Feb 23, 2023**

**Mar 15, 2023**

**Apr 19, 2023**

**May 17, 2023**

**Jun 21, 2023**







North Jersey Health Collaborative

health matters



# ADULT HEALTH CLINIC

PASSAIC COUNTY DEPARTMENT OF HEALTH SERVICES  
FOR PASSAIC COUNTY RESIDENTS



930 Riverview Drive Suite 250  
Totowa NJ, 07512

## Health Education Monthly Topics:



Learn  
Risk Factors



Prevent  
Chronic Disease



Promote  
Lifestyle Changes



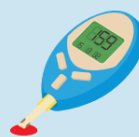
Understand  
Nutrition Choices

## SERVICES AVAILABLE FOR THE UNINSURED

### Available Vaccines:

Hepatitis A  
Hepatitis B  
HPV  
MMR  
Meningococcal  
Pneumococcal  
Tdap  
Varicella  
Zoster vaccine

## Health Screenings:



Blood  
Pressure



Glucose



Cholesterol



Covid-19  
Information  
and Services

**Monday - Friday**  
**8:30AM - 4:30PM**

**For an Appointment, Please Call:**  
**Phone: (973) 881-4396**

SPONSORED BY  
PASSAIC COUNTY BOARD OF COUNTY COMMISSIONERS