North Jersey Health Collaborative

Passaic County Committee Meeting

January 21, 2021

Attendance: Laura O’Reilly-Stanzilis (NJHC), Daniel Wikstrom (NJHC), Mary Ellen Zung (NJHC, Lakeland Hills YMCA), Cathy Scutti (YMCA; Jersey Battered Women’s Service), Meghan Gosselink (Community Foodbank of New Jersey), Robert Frank (Absolute Insurance Management), Blythe Ulrich (Chilton Hospital, Atlantic Health System; William Paterson University), Karen Donovan (Chilton Hospital, Atlantic Health System), Cheryl Walters (NORWESCAP RSVP), Carin Leiva (4C Passaic), Julia Stoumbos (Aging in Place), Zipora Levi (Jewish Family Services), Sherilyn Cognetti (NJHC; YMCA), Freddy Perez (Hackensack Meridian School of Medicine), Marline Edmond (NowPow), Alexandra Green (Atlantic Health System).

Executive Director Report: Laura O’Reilly-Stanzilis

Community Health Improvement Plans (CHIP) were created last year, NJHC is now in the implementation phase of the CHIP. Passaic County’s CHIP is focused on (1) Access to Care, (2) Access to Healthy Foods, (3) Chronic Disease (Diabetes) and Physical Activity, (4) End of Life Care, (5) Mental Health, (6) Substance Misuse.

Any partners that have data on their efforts on these topics are encouraged to share data regarding the # of individuals served with Laura at [laura@njhealthmatters.org](mailto:laura@njhealthmatters.org). Progress is tracked on our website’s [Passaic County Progress Tracker](http://www.njhealthmatters.org/tiles/index/display?alias=ProgressTrackerPassaic).

CHIP Cross Collaborative Workgroups: meetings to promote collaboration between professionals working in related fields (i.e., Nutrition, Chronic Disease, Mental Health etc.).

Health Equity and Social Determinants of Health will be at the center of collaborative efforts in 2021.

Screen NJ Project: Mary Ellen Zung

North Jersey Health Collaborative is partnering with Screen NJ, Rutgers Cancer Institute of New Jersey and the Department of Health to provide educational workshops regarding lung and colorectal cancer, cancer screenings, prevention and outcomes.

SNAP: Meghan Gosselink MPH

Community Foodbank of New Jersey efforts, “Feed the Line,” Shorten the Line,” “Wellness Efforts,” and “Engage the Public.”

Resource Access Team is a multilingual team by connecting individuals with resources and reducing risk for food insecurity. Team brings services to people to reduce barriers to services and care.

CFBNJ assisted in 2,880 SNAP applications, the equivalent of 1.67 million meals. This connects individuals with resources and reduces dependance on food pantries.

Projected needs: 431,060 new hungry residence; NJ’s unemployment rate is expected to rise by 11%, in 2018, estimated 298,553 residents were SNAP-eligible but did not receive benefits.

Online and paper applications are available at [www.njhelps.org](http://www.njhelps.org) .

SNAP Updates: Consolidated Appropriations Act of 2021 increased benefits by 15% through June; Unemployment insurance does *not* count as income in calculating SNAP benefits; Students have an expected family contribution of 0$ and only needs to be *eligible* for work study, but they do not need to work (due to school closures). COVID Waivers, everyone receiving SNAP is now receiving maximum benefits. Application portal with be updated and currently incarcerated individuals can submit an application for benefits prior to release.

Food Assistance Line (multilingual) is 1-908-838-4831 ; visit [www.njsnap.gov](http://www.njsnap.gov) for benefit information, or go to [www.cfbnj.org/findfood](http://www.cfbnj.org/findfood) or text “FOOD” or “COMIDA” to 1-908-224-7776.

Chronic Disease in NJ: Cathy Scutti

Pre-Covid: in person nutrition and exercise classes 2x a week for 12 weeks. Pre and post cardiovascular and strength testing. Area would be closed off and cleaned prior to meetings. Individuals received nutrition education to promote health during cancer treatments.

During-Covid: (1) In Person Programs will be held in well-cleaned rooms, with mandated masks and social distancing protocol. Data collection with be conducted with pre and post-tests, attendance will be recorded with Zoom options. At-home equipment options will be provided (e.g., soup cans as weights), along with education on self-evaluations.

Obesity and Physical Activity: Obesity rate has increased in children and adults since the beginning of the pandemic. This is thought to be related to lack of exercise equipment, motivation, instruction, daily routines etc.

Interventions: Walking programs, mayor’s wellness challenges, virtual and in-person nutrition classes, senior-focused interventions (due to underrepresentation in virtual programs).

Needs and Leads:

Karen Donovan:

Diabetes Self-Management Program is virtual as well as in person.

Marline Edmond:

NowPow is a women-owned and led technology company that provides communities with the information people need to get well, care for others, and manage with disease through its multi-sided self-care referral platform. NowPow’s platform supports participants in the referral process by building and managing community resource networks. Learn more at www.nowpow.com

Cheryl Walters:

Looking for partners for her evidence-based Diabetes health program through the state.

Carin Leiva:

Parent Café’s meetings will be held in the coming weeks, with over 30 parents registered. Meetings are for parents to share resources and build community.

Laura O’Reilly-Stanzilis:

Senior Technology Webinar and Newsletter Additions

Sherilyn Cognetti:

Virtual Health Symposium will be held on April 14. Connects Clinical to Community and provides continuing education credits for health professionals.

Robert Frank:

Partnering with a new organization, the American Eagle Food Pantry. Provides resources for seniors

Blythe Ulrich:

Atlantic Health System Community Health Department is system-wide now. Virtual services are now provided at all locations and will soon offer smoking cessation programs.

Zipora Levi:

JFS Covid Support Hotline is up and running, at 973-842-4463 (open Sunday-Thursday 6 am to 12 am Friday 6 am-4 pm)

Meghan Gosselink:

Welcome to working with organizations and their clients directly. Please email Meghan if you would like to learn more about Low Income Home Energy Assistance Program

Marline Edmond:

NowPow is looking to help organizations expand their network and strengthen their partnership with community health organizations and members of the community.

Mary Ellen Zung:

NJ211 and the Dep of Health has a workgroup to create an outreach program to connect doctors with resources for Diabetes prevention.