NJHC year-end minutes 12/16/2021

Laura opened meeting 11:30am

Began meeting with a positive experience share about her accomplishment of completing and wining her class in a 5K and that she is literally diving backing to healthy exercise habits at The Y.

Introduced Mark and Deena from 211: Mark shared how 211 works, encouraged members to share updates to keep everything current on their informational site. [databas@211.org](mailto:databas@211.org)

Introduced MaryEllen Zung: MaryEllen from Screen NJ shared a short PowerPoint regarding the importance of education and early detection of lung and colorectal cancer.

Shared about the CHNA and reviewed the link survey to collect information for support in the areas of need. Please sign into link and complete survey. [https://www.surveymonkey.com/r/72BWRND](https://us02st1.zoom.us/web_client/w4c33rz/html/externalLinkPage.html?ref=https://www.surveymonkey.com/r/72BWRND)

Spoke about Mayor's Wellness initiative and the importance or collaborating. encouraged organization to share.

Shared meeting information Jan 11 with Tina Anue form CFP

Welcomed new NJHC Sussex county chair Claudia Pelaez and co-chair Stepanie Powell for 2022

Thanked Alma for her completed service as chair.

Chat notes:

Elsie McGaughran Center for prevention for tobacco free for a healthy NJ [elsie@centerforprevention.org](mailto:elsie@centerforprevention.org)

Mary Ellen Zung for more information about Destig  [Coachmaryellen@outlook.com](mailto:Coachmaryellen@outlook.com)

[https:/mailchi.mp/d8fbdd8a35d1/team-de-stig](https://mailchi.mp/d8fbdd8a35d1/team-de-stig)

Cindy Armstrong and the MHTF promoting the change Direction a mental health program

resource library https:/[www.njhealthmattera.org/resourcelibrary/index/view](http://www.njhealthmattera.org/resourcelibrary/index/view)