

**Healthy Aging Cross Collaborative Meeting Minutes**

**VIA ZOOM Time: 11 AM –12 PM**

**August 11, 2021**

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|  | Attendees: Nancy Jemas, Laura O’Reilly-Stanzilis, Sherilyn Cognetti, Daniel Wikstrom, Velvet Rogers, Julia Stoumbos, Stephanie Gorman, Donna Plotnick, Leslie A Bivins, Julie DeSimone, Stephanie Gorman, Denis Kelleher, Clelia Pergola, Brenda Teed, Kristine Wilsusen, Jessica Mulcahy, Amy Nealy, Kelsey Anderson, Cheryl Walters, Meredith Persson, Renie Carniol, Barb Minemier, Robyn Kohn, Gladys F Harris, Nancy Dawson, Nina Tiger, Stephanie Gorman, Julie DeSimone, Karen Basedow, Karen Ensle, Cathy Scutti |  |
|  | Meeting was called to order by Laura O’Reilly and Nancy Jemas at 10:05 am  Care Giver Support Presentation   * Clelia Pergola, COO, Eldercare Law Firm * It is important to have a conversation with your loved ones about your and their wishes before they or you become caregivers. * Many people are caregivers and simply do not realize, such as children of aging parents who live out of state. * 43.5 million caregivers have provided unpaid care in the last 12 months. * Certified Elder Law Attorneys and Geriatric Care Managers are good resources to reach out to. * Many people are caregivers and simply do not realize, such as children of aging parents who live out of state. * 43.5 million caregivers have provided unpaid care in the last 12 months. * Certified Elder Law Attorneys and Geriatric Care Managers are good resources to reach out to.   From 10:30-11:00 There was a needs and leads session for networking. All contact info was copied from the chat and is included below.  Meeting was adjourned at 11:00 am | Clelia Pergola, COO, Eldercare Law Firm |
|  | Chat Notes: Participant contact info and services are included in Chat notes  From G F Harris to Everyone: 11:21 AM  Gladys F Harris BS, MBA, CMC, CDP, Founder / CEO - The Olive Group health care management services providing comprehensive, concierge level care management to families with elder care needs throughout NJ, FL, Huntsville AL, Boston MA, since 2007. [gladysharris@theolivegroupllc.com](mailto:gladysharris@theolivegroupllc.com) ; [www.theolivegroupllc.com](http://www.theolivegroupllc.com) ; 954-892-8209  From Amy Nealy to Everyone: 11:22 AM  Amy Nealy, Client Care and Marketing Coordinator at NJ Elder Law Center at Goldberg Law Group [amy@njelc.com](mailto:amy@njelc.com) 973-228-1795  From NJHC Laura O’Reilly-Stanzilis to Everyone: 11:24  AM  The caregiver support group is a free service that is hosted by Eldercare Law Firm  From Robyn Kohn to Everyone: 11:24 AM  Robyn Kohn Alzheimer's Association [rmkohn@alz.org](mailto:rmkohn@alz.org) Helpline 24/7 800-272-3900. Programs/services [www.alz.org/CRF](http://www.alz.org/CRF) . Volunteer: [www.volunteer.alz.org](http://www.volunteer.alz.org)  From Amy Nealy to Everyone: 11:24 AM  NJ Elder Law Center at Goldberg Law Group's Caregivers Support Group's next meeting is Monday, August 16th at 10AM Here is the link:  You are invited to a Zoom meeting. When: Aug 16, 2021 10:00 AM Eastern Time (US and Canada) Register in advance for this meeting:  <https://njelc.zoom.us/meeting/register/tZItdemorTMuG9bxJJXBOI6WsCbgUSeuauaH>  From Barb Minemier to Everyone: 11:25 AM  Barb Minemier, Your Healthy Truth LLC, Nutrition Coach, I help men and women lose weight and heal their digestive woes by counting chemicals not calories.  From Renie Carniol to Everyone: 11:25 AM  Renie Carniol, Grotta Fund for Senior Care, [rcarniol@jfedgmw.org](mailto:rcarniol@jfedgmw.org)  From Meredith Persson to Everyone: 11:27 AM  Meredith Persson, Norwescap RSVP, Program Manager and Medicare counselor  973-784-4900 ext. 2904  [perssonm@norwescap.org](mailto:perssonm@norwescap.org)  From Cheryl Walters to Everyone: 11:27 AM  Cheryl Walters - Norwescap/RSVP, Coordinator for Health Programs. We focus on the seniors population. [waltersc@norwescap.org](mailto:waltersc@norwescap.org) - 973-784-4900x2903  From Clelia Pergola to Everyone: 11:27 AM  Clelia G. Pergola, Chief Operating Officer  Author “The Law Firm Revolution”  NJ Elder Law Center at Goldberg Law Group  Phone: 973-228-1795  Web: [www.njelc.com](http://www.njelc.com)  Email: [clelia@njelc.com](mailto:clelia@njelc.com)  From Donna Plotnick to Everyone: 11:27 AM  Donna Plotnick - Senior Living Partners - I am a senior living consultant. I help families and their senior loved ones to find the right type of senior living option and resources. 973-715-7544 [dplotnick@seniorlivingpartners.net](mailto:dplotnick@seniorlivingpartners.net)  From Leslie A Bivins to Everyone: 11:28 AM  Leslie A Bivins - Community Health Worker SCDOH/Regional Chronic Disease and Cancer Coalition-Morris&Somerset Counties, NJ [bivins@co.somerset.nj.us](mailto:bivins@co.somerset.nj.us)  Leslie A Bivins -908-332-3289  From Kelsey Anderson to Everyone: 11:28 AM  Kelsey Anderson, Program Director, Norwescap RSVP. Our program offers meaningful volunteerism opportunities to individuals age 55 and over. We also offer programming in terms of companionship, money management, Medicare counseling, Medicare education, Health programming, and tax preparation for individuals with low income and the elderly.  From Kelsey Anderson to Everyone: 11:28 AM  [andersonk@norwescap.org](mailto:andersonk@norwescap.org) /973-784-4900 x 2908  From Julia Stoumbos to Everyone: 11:33 AM  <https://phinational.org/resource/crisis-on-the-frontline-new-jerseys-direct-care-workforce/>  From Jessica Mulcahy to Everyone: 11:34 AM  Jessica Mulcahy, Health Educator, for Community Health at Atlantic Health System. We offer many free programs, virtually at the moment, on different Healrh and wellness topics. Programs can be found online at [www.Atlantichealth.org/events](http://www.Atlantichealth.org/events) or you can call us at 1-844-472-8499. We also have Caregiver programs and a Healthy Aging program.  From Brenda Teed to Everyone: 11:37 AM  Brenda Teed, Prevention is Key, Preventionist and COVID-19 Social Support Coordinator for the Morris County Division of Public Health.  From Julia Stoumbos to Everyone: 11:37 AM  Feel free to contact Julia or Renie if you would like to learn more about age-friendly communities. Also, visit this website for more info! <https://age-friendly-nj.constantcontactsites.com/>  From NJHC Laura O’Reilly-Stanzilis to Everyone: 11:40 AM  You can find Atlantic Health's Community calendar on the NJHC Home Page www.njhealthmatters.org This link is from the Morris Chamber Wellness Committee website . Take a tour <https://www.thrivemorris.com/take-a-video-tour-of-morristown-medical-centers-geriatric-assessment-center-gerrys-apartment/>  From Julia Stoumbos to Everyone: 11:41 AM  another good resource for family caregivers: <https://caringacross.org/>  From Denis Kelleher to Everyone: 11:43 AM  Denis Kelleher from [www.TransOptions.org](http://www.TransOptions.org) .  From NJHC Laura O’Reilly-Stanzilis to Everyone: 11:43 AM  Thank you Clelia! Great presentation.  Healthy nutrition leads to heathy aging!!  From Denis Kelleher to Everyone: 11:44 AM  TransOptions provide presentations to senior groups on safe driving and safe walking. [DKelleher@TransOptions.org](mailto:DKelleher@TransOptions.org)  From Julie DeSimone to Everyone: 11:48 AM  <https://www.njhcqi.org/coyl/>  From Leslie A Bivins to Everyone: 11:48 AM  African American Wellness Coalition presents "A Women's Night Out" Thurs. Oct 21, 2021 6:30p-8:p. More info: TBA [theaawc2019@gmail.com](mailto:theaawc2019@gmail.com)  From Velvet Rogers to Everyone: 11:54 AM  Westfield Community center |  |