

North Jersey Health Collaborative



health matters

Executive Director Laura O'Reilly Stanzilis and County Committee Chair Sarah Rubinstein welcome everyone and begin introductions.

Attendance: (23) Laura O'Reilly-Stanzilis, Daniel Wikstrom, Sarah Rubinstein, Donna Plotnick, Mary Ellen Zung, Phygenia Nimoh, Sherilyn Cognetti, Tina Mereos, Amy Lewis, Lea Kimmelman, Brenda Teed, Carmen Cintron, Denise Lanza, Nancy Rudgers, Imge Uludogan, Kathy Fisher, Laura Cerutti, Blythe Ulrich, Katy Galton, Candace Wu, Megan Heck, Jennifer Gavilanes, Elizabeth Zalme.

Laura O'Reilly-Stanzilis speaks on the CHIP and the North Jersey Health Collaborative:

CHIP

In each county we put together project teams including Laura O'Reilly Stanzilis, Sherilyn Cognetti, Daniel Wikstrom, and county chairs as well as other community members to put together the county needs assessments. We used disease prevalence and social determinants of health data that is publicly available on our site thanks to Atlantic Health Systems. Now, rather than forming project teams we want to meet the community where it is at. To best engage the community impact model, we are asking our partners to look at their mission and look at the CHIP, and see what work is being done that is aligned with the CHIP.

NJHC Updates:

The North Jersey Health Collaborative had a very successful symposium on "Linking Clinical to Community" last year. We are in the process of developing another on how lifestyle and disease management links to chronic disease, so keep your eyes open for that! And we had a [great webinar with the Opioid Response Network](#) last week. You can find information on that on our website.

The North Jersey Health Collaborative website has many resources available on their website under the "Data" tab at the top. On our resource library you can find the [Special Needs Registry for Disasters](#), the [Disability and Health Resource Collection](#), and [materials](#) and [webinars](#) for our Project ECHO series on improving health outcomes of people with intellectual and developmental disabilities.

[The Progress Tracker](#) is available on our website, and tracks the work being done to improve community health in Morris, Sussex, Warren, Passaic, and Union County.

The [Morris County CHIP Questionnaire](#) is live, everyone is encouraged to take the survey.

Sarah Rubenstein welcomes members to update the group with what they are working on in the community:

Nancy Rudgers: I'm with Nourish NJ, we are open 365 days a year and our goal is to help the whole person, mind, body spirit. We work with a lot of people who fall through the cracks, so I feel that there is a lot of room for collaboration here.

Denise Lanza: I just want to mention there is a program called Park Rx, and I think it could be a resource. If you have clients who could benefit from physical activity, you can go to this website, log in to a location, and you can send your client to those parks. You do not be a doctor to write this prescription you can be any health

Katy Galton: We at the interfaith food pantry are continuing to work on expanding our mobile pantry network and with the smaller food pantries in the farther out areas in the county like Butler. We are also beginning to expand our freezer space.

Mary Ellen Zung: Health coach and I run a diabetes prevention program. We are delaying the program to have more people with prediabetes to register. I'd love to hear from anyone who is working on diabetes prevention.

Laura Cerutti: TransOptions provides resources and programs involving transportation and safety. Some things we are trying to focus on this year are partnering with communities in Morristown and Dover as well as kids in schools to do programming involving safe walking and biking. We are also working with seniors to talk about safe walking and driving if they are driving, as well as when it is time to give up keys.

Lea Kimmelman: We are working on providing a cancer thriving and surviving program from April 7-May 12. The program is evidence based for cancer patients and their families and caregivers.

Phygenia Nimoh: I am an MPH student at FDU and I wanted to volunteer my services for health education to anyone who needs it.

Jennifer Gavilanes: we are running a program for men's cancer screenings for uninsured and people under the federal poverty level. I'll put my information in the chat in case anyone knows anyone who would need these services.

Imge Uludogan: I know our public health nurses are currently doing blood pressure screenings as well as COVID vaccines and testing.

Donna Plotnick : recently I put together an extensive lists of topics which would be interesting for seniors and their families. When we get a program together, I'll let you know.

Sarah Rubenstein: Thank you everyone for joining and please remember to complete the [Morris CHIP Questionnaire!](#)

Chat:

Mary Ellen Zung

New DPP Cohort virtual program with Lakeland Hills YMCA supposed to start tomorrow night, but we only have 4 registered, so delaying a few weeks for a larger group. If you know anyone with prediabetes, please send them our way.

Laura O'Reilly Stanzilis

<https://www.surveymonkey.com/r/72RW6DM>