

North Jersey Health Collaborative

health matters



Happy Spring!

The North Jersey Health Collaborative has begun the 2021 Community Health Needs Assessment (CHNA) process in all 5 counties of the NJHC.



We need your input and invite you to take this [SOCIAL DETERMINANTS OF HEALTH SURVEY](#). Please let us know what you have identified to be the greatest needs in your communities, as we work together to create the Community Health Improvement Plans (CHIPs).

Upcoming Meetings:

Please check the NJHealthmatters website for our July County Committee meetings, where we will review the assessments. We hope you will join us as we work to improve the health of our communities.

We Appreciate You!

The NJHC thanks our 2021 Officers, County Committee Chairs, and all of the volunteers who are dedicated to our work.

President: Sherilyn Cognetti, Fanwood Scotch Plains YMCA, Retired

Vice President: Maureen Cianci RN BSN, Sussex Co. Health Dept.

Treasurer: Trevor Weigle, Health Officer, Mount Olive Township Health Dept.

Secretary: Amy Lewis, Health Educator, Westfield Health Dept.

Morris

Chair: Denise Lanza, Morris County Parks Commission and Co-Chair Sarah Rubenstein, Atlantic Health Systems

Passaic

Chair: Jessica Elicin, Community Food Bank of New Jersey and Co-Chair Cathy Scutti, CEP

Union

Chair: Paul Mickiewicz, Gateway Family YMCA and Co-Chair Jaime Pula, PhD RDN Avidon Health

Sussex Chair: Alma Dhuyvetter, Sussex Co. YMCA and NJHC VP Maureen Cianci RN, BSN Sussex Co. Health Dept.

Warren Chair: Pauline Shehata, Warren County Health Dept. and Co-Chair Lorraine Hubbard, Norwescap

We wish Daniel Wikstrom, NJHC administrative Assistant, the best of luck in the completion of your studies at The George Washington University.

Thanks to our [Funding Partners and Board of Trustees](#) for their ongoing support!

Laura O'Reilly Stanzilis, RN, MSM, Executive Director, North Jersey Health Collaborative

NEWS FROM AROUND THE COLLABORATIVE



The US Preventive Service Taskforce has just updated their colorectal cancer screening guidelines. Average-risk individuals are now recommended to start screening at age 45.

Join us on June 15th at 11 am For a FREE 15-minute webinar to learn about free or low-cost colorectal and lung cancer screenings in Your Community. **Please register in advance** [HERE](#)

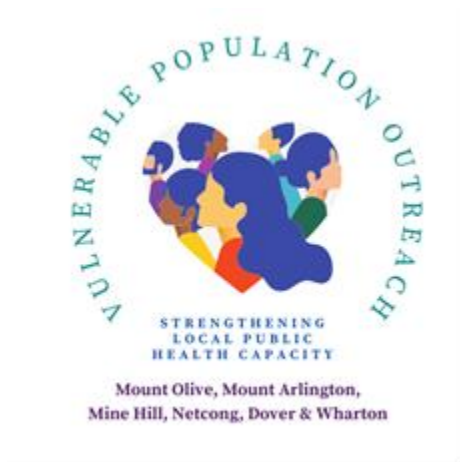
MORRIS COUNTY



Take a Video Tour of Morristown Medical Center’s Geriatric Assessment Center- “Gerry’s Apartment”

Atlantic Health’s Caregiver Training Lab is part of the David and Joan Powell Center for Healthy Aging at Morristown Medical Center. The video link below is the tour of the geriatric assessment center nicknamed “Gerry’s Apartment”.

See video here – <https://fb.watch/4ABoaDTnAH/>



Vulnerable Population Outreach Grant

The Mount Olive Township Health Department is one of many local health departments that received a Vulnerable Population Outreach grant from the New Jersey Department of Health’s Office of Local Public Health to support its COVID-19 response and mitigation efforts. This grant was awarded to local health departments to prepare, respond to, and contain the spread of COVID-19 in their communities. As part of our mission to prevent disease, promote healthy behaviors, and assure accessibility of health services we have hired Vulnerable Population

Outreach Coordinators (VPOC's) to assist with these efforts. The VPOC's have begun the work of identifying vulnerable populations within our service areas, which include Mount Olive, Mount Arlington, Mine Hill, Netcong, Dover, and Wharton. As defined, vulnerable populations are those at greater risk for poor health status and health outcomes, those who experience significant disparities in life expectancy, often lack access to healthcare and social supports, and experience increased illness and death. The VPOCs will respond to the social and health impacts of the COVID-19 pandemic through targeted outreach of at-risk vulnerable populations. Specifically, the purpose of this funding is to ensure that at-risk residents in their communities have access to testing, vaccination, and support services such as housing, primary medical care, insurance coverage, and unemployment compensation to allow them to quarantine effectively. In order to do this the VPOC's have conducted a survey with local community partners to define gaps and needs within our jurisdictions. Collaborative efforts with social support agencies and non-profits will allow us to outreach, educate, and develop a local resource manual that will be disseminated to both residents and community partners. Our Vulnerable Population Outreach Coordinators can be found on Facebook @VPONJ and via email juliamontoya@mtolivetwp.org and samantatanzola@mtolivetwp.org. The Health Department and our VPOC's look forward to assisting in the local efforts of eliminating COVID-19.

Spring into Parks

Denise Lanza, CPRP, MAS, Chair of the NJHC Morris Co. Committee



It's spring, and what better way to recover from a year of isolation than to get outdoors! Many people found going outside to be a positive effort against the effects of pandemic distancing and the four walls of home. As color comes back to the landscape, it's even more appealing. Warm weather beckons us to walk, hike, bike, fish, and play. Play isn't just for kids – it allows us to let go of worry and negative stress, and to have FUN! Being in parks and a connection to nature can provide physical and mental health benefits. A 2019 study* found that spending two hours per week outside in nature promotes health and well-being. The study in England assessed 20,000 people and found that age, sex, or ethnicity did not affect the positive results. For those who cannot get to large green spaces, even a 20 minute daily urban walk can reduce negative stress markers.

The Morris County Park Commission has promoted **Park Rx**, a prescription for park visits. Park visits can help with life perspective, reduce heart rate, unleash creativity and imagination, help children with ADD, provide increased physical activity, (which can lead to reductions in weight

and chronic disease implications), reduce inflammation and mental fatigue, increase endorphins, and fight depression and anxiety. The benefits are numerous. As May is Mental Health Awareness Month, it is a message that can be shared – park visits are free and fun (and they can make you feel good)! For mor info. Visit www.morrisparks.net

*University of Exeter, United Kingdom, as published in *Scientific Reports*.



UNION COUNTY



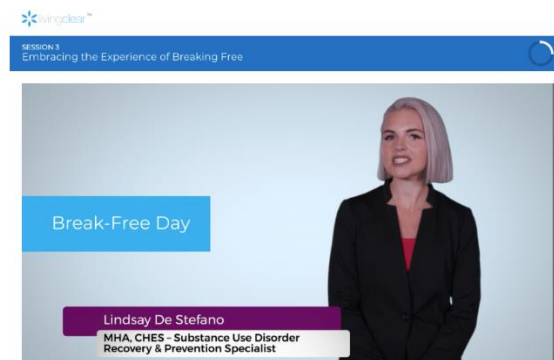
Thanks to All Who attended and Made our First Symposium a Success!

Sheri Cognetti, President of the North Jersey Health Collaborative

The Union County Task Force on Chronic Disease of the North Jersey Health Collaborative held a Symposium on Chronic Disease on April 14th, 2021. Originally scheduled for March 2020, 127 attendees participated in the “Standards of Care: Linking Clinical to Community” virtual day - long Symposium moderated by Michelle Jansen of the Rutgers Cancer Institute of New Jersey. Dr. Daniel Huberman and Dr. Jeffrey Feldman from Overlook Medical Center spoke on Diabetes and Hypertension from a clinical perspective. Patrice Paoletta from Overlook Medical Center updated everyone on many nutrition and diet options and their benefits specifically for the Diabetes population. Karen Enslie from the Rutgers Cooperative Extension and Sheri Cognetti from the Fanwood-Scotch Plains YMCA spoke from a community perspective on

nutrition and physical activity. Laura O'Reilly-Stanzilis , Executive Director of the North Jersey Health Collaborative spoke of the collective impact of community partners working together and the importance of collecting data of that work. Laura Hawkins from Atlantic Health spoke of their work with community health and social services. And the Symposium included 10 community health partners involved in connecting clinic to community: Summit Medical Group, Community Food Bank of New Jersey, Now Pow, NJ 211, the YMCA, Screen NJ, Academy of Clinical and Applied Psychoanalyst, the Diabetes Center of Overlook Medical Center, Braven Health, and the Morris/Somerset County Chronic Disease Prevention Coalition. Participants of the Symposium were able to obtain 5 CME credits. Participants of the Symposium also felt that they gained knowledge on Diabetes and Hypertension as well as knowledge of community resources to refer patients to assisting in the continuum of care of their patients.

View the event brochure with bios of the speakers and the community partners, as well as a recording of the Symposium [HERE](#).



Living Clear- An Online Cognitive Behavioral Training Course

Jaime L. Pula, PhD, RDN, VP of Clinical Operations, Avidon Health and NJHC Union County Committee Co. Chair

Avidon Health recognizes that addressing the mental health crisis includes expanding support for substance use disorders. In response to the substance use epidemic hitting our communities so hard right now, we developed our latest online cognitive behavioral training course, *LivingClear*, to supplement substance use recovery and MAT programs using our proven behavior change methodology.

We invite you to try the course at no cost! Just follow instructions on this page for access and let us know what you think: <https://go.avidonhealth.com/livingclear-offer>

Please contact Lindsay De Stefano, MHA, CHES, one of the co-creators of the course and its principal instructor. If you'd like to learn more about the research and methodology behind *LivingClear*. She can be reached at ldestefano@avidonhealth.com

PASSAIC COUNTY

**Are you struggling with emotional strain
related to the COVID-19 Pandemic?**

WE'RE HERE TO HELP.

WHO WE ARE

Jewish Family Service of Clifton-Passaic provides free assistance to New Jersey residents with emotional challenges related to the COVID-19 Pandemic.

WHAT WE DO

Our Crisis Counselors help people with the emotional challenges associated with stress, anxiety, and loss and provide brief counseling, information and referrals to additional resources.

COVID SUPPORT HOTLINE

973-842-4463

OPEN SUNDAY - THURSDAY 6 AM - 12 AM, FRIDAY 6 AM - 4 PM



Jewish Family Service of Clifton-Passaic
110 Main Avenue | Passaic, NJ 07055
973-777-7638 | WWW.JFSCLIFFTON.ORG

For daily updated vaccine info, visit JFSCLIFFTON.ORG/VACCINE
For more COVID resources, visit JFSCLIFFTON.ORG/COVID-19-RESOURCES

This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by Jewish Family Service of Clifton-Passaic in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services and is funded through a FEMA/SAMHSA grant.





CAREGIVER SUPPORT GROUP

A collaboration between **Jewish Family Service** and
Alzheimer's Association

2nd and 4th Thursday of the month
10:30 - 11:30 AM

Now meeting on Zoom!



For more information and to join
the zoom group, contact Rebecca
Schochet, LSW at **862-233-1598**
or r.schochet@jfsclifton.org

**Build a support
system with people
who understand.**

Our caregiver support group
is conducted by trained
facilitators and are a safe
place for caregivers, family
and friends to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping. Share feelings, needs and concerns.
- Learn about community resources.



SUSSEX COUNTY

As we move forward with the 2021 CHNA and CHIP, Sussex County Childhood Health Crisis Committee will continue to focus on ways to address childhood obesity in Sussex County.

The Child Health Crisis (Obesity) Workgroup collaborated with more than 17 county agencies and organizations, as well as Rutgers University, Montclair State University and The College of St. Elizabeth, to achieve the goals of this initiative.

The Sussex County Schools Health and Wellness Resource Guide is posted on the NJHC website so that other districts could access it and use it as a model.

[CLICK HERE](#) to view and download the Guide.



WARREN COUNTY

Warren County Department of Human Services Promotes Healthy Aging

Warren county is celebrating Older Americans Month in May. Mary Louise Christine Outstanding Senior citizen award will be provided during May 2021 to an outstanding senior in Warren county who has contributed to the wellbeing of the community residents. The Division provides the following services for seniors and caregivers (60 and older community residents)

1. Information and Assistance
2. Medicaid application assistance
3. Medicare counseling
4. Adult protective services
5. Jersey Assistance for Community caregiving services
6. MLTSS clinical assessments.
7. Senior nutrition programs (home delivered and congregate nutrition meals)
8. Legal assistance programs

9. Home safety, emergency assistance and chore corps
10. Volunteer assistance for home bound seniors (includes small chores, shopping, meal deliveries, money management and telephone reassurance services)

More information can be obtained from www.co.warren.nj.us under the Division of Aging services.



Nutrition for Longevity Accepting WIC and SNAP at Farm Store

Annette Torres, Case Worker and Client Services Manager, Nutrition For Longevity

Nutrition for Longevity (N4L) is a farm to fork home delivery meal kit company. N4L's warehouse is located in Hackettstown where we have a store front offering our fresh produce, our organic regenerative farm is in Long Valley, NJ.

N4L will participate in the WIC and S/FMNP this June. N4L is in the process of accepting SNAP and WIC benefits in the Hackettstown store front location. N4L offers a wide range of services from produce boxes with recipes to get more fruits and veggies to those in areas of food insecurity, fully prepared home-delivery meals, hot home delivery meals, and even digital lifestyle programs.

Nutrition for Longevity provides meals to patients with a broad range of diseases, including, but not limited to cardiovascular disease, cancer, diabetes, HIV/AIDS, pre-surgery and post-surgery, autoimmune diseases and pre-bariatric. N4L's Medically-Tailored-Meal programs involve the home delivery of meals prepared under the supervision of registered dietitians and are created to meet the individual needs of patients with complex conditions. Our in-house Registered Dietitians also provide Nutrition Therapy when needed in full PCI, PII and HIPAA compliant platform. Nutrition for Longevity's MTM kits include plant-based, gluten free, pescatarian, flexitarian (seafood, plants, chicken) and full vegan menus which help patients manage complex dietary restrictions. For information, please visit www.nutritionforlongevity.com



WARREN COUNTY HEALTH & WELLNESS FIELD DAY

at Meadowbreeze Park, Washington, NJ 07882

**Games - Sports - Music -
Giveaways- Yoga - Family Fun!!!**

Save the Date!!!



June 19th, 2021

NOON-5PM

Raindate: June 21st, 2021



With A Special Appearance By:

Magician and Anti-Bullying Educator:

Michael Kirschner

<https://abracabully.com/>



Search for @healthandwellnessfielddaywarrencounty on Facebook

What's Going on in Your County?

We would love to hear from you! Please share your news with us at info@njhealthmatters.org

[NJHC Meeting and Events Calendar](#)



Are we on YOUR schedule?

Stay tuned to our activities and our partners' events by checking our calendar frequently.