

# HEALTHY MERCER

*A Quarterly Publication of the Greater Mercer Public Health Partnership*



## Transportation Team Explains "Complete Streets"

We recently asked Dave Bosted of the Transportation Priority Group to share more about the progress of Complete Streets, and he explained the following. "Complete Streets" is a national trend that dates back to the 1970's. Now, almost 45 years later, the concept continues to gain momentum. All municipalities in Mercer County have adopted ordinances on complete streets, which, while slightly different, are compatible - and all are designed to help drivers, cyclists, and pedestrians more safely share the road.

The New Jersey Department of Transportation (NJDOT) has an active Office of Bicycling and Pedestrian Programs. They work with Rutgers University to promote and recently sponsored the 2017 Complete Streets Summit at Rutgers in October. County governments are partnering with NJDOT, local governments and non-profits to conduct detailed local studies. This includes a 2008 study for Lawrence Township. Lawrence Township is a County leader, with three major projects underway plus several lesser interventions. These include:

- (1) The award-winning Lawrence Hopewell Bike (LHT) segment along Provinceline Road.
- (2) The Traffic Calming Project along US Route 1, a 15 plus years endeavor.
- (3) Re-stripping in many locations to encourage multiple users and improve intersection enhancements.



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# A Note from Our Director

**CAROL NICHOLAS**

As we welcome in 2018, the GMPHP would like to thank our volunteers – more than 130 of you! - who have helped with the success of the 2015 CHA and CHIP. None of the goals would have been achieved if it were not for your continued support and contributions.

At our most recent CAB meeting in early November, members shared the advancements accomplished towards the goals of the CHIP, but also, the benefits of partnership that have evolved. We heard about:

- a data collection agreement with NJ Hospital Association and the four hospitals in our coalition;
- the increase in prevention programs for opioid abuse;
- two grant submissions;
- a new transportation agreement for seniors;
- the completion of the recess book contents;
- and the formation of new partnerships.

We heard of shared services, foreign language translations of program flyers, increased outreaches, sharing of facilities, and increased program attendance, to name a few. There is a wealth of expertise in our area. Thank you for sharing your talents and resources with the GMPHP.

Earlier this month, the GMPHP Board of Directors hired New Solutions, a talented firm based in New Brunswick, to head up the next 2018 Community Health Assessment and Improvement Plan. They also partner with Bruno and Ridgway Research Associates, and Curtis Analytic Partners to offer a full quantitative and qualitative market research service.

We would not be able to tackle the 2018 Community Health Assessment if it were not for our remarkable members. Many of you have already offered your locations and facilities to run focus group meetings and distribute the online and paper surveys. Reaching the vulnerable and disenfranchised is critical to an accurate assessment, and we hope you will reach out to us with your ideas and suggestions. As we work with the consulting team, we will update you with the timeline and plans. Please do not hesitate to reach out to me any time with recommendations or proposals.

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Public Health  
*Partnership*

# Great Resources for Clients

## Hamilton YMCA Programs

The Hamilton YMCA offers a suite of programs for people living with chronic diseases. From diabetes prevention to Parkinson's disease and Multiple Sclerosis, to cancer and childhood and adult obesity, we have classes to assist, guide, teach, inspire and motivate.

Healthy Living classes are typically twice a week for 12 weeks, and most are offered at no cost. We incorporate exercise and nutrition in most classes, while emphasizing lifestyle changes. Delay the Disease (Parkinson's), One Step (MS) and Thrive (cancer) classes are exercise programs that address the fatigue, weakness, balance, and flexibility issues many people experience with these conditions. ACT (child obesity), and Healthy Ways (adult weight management) are exercise programs that include nutrition components.

Healthy Ways is an intensive course that stresses lifestyle change through healthier choices and journaling food and activities. ACT is for children 7-14 and includes 2 nutrition classes per 12-week session. Prevention is a round table, 16-week program where journaling is required, and lifestyle changes are taught to reduce participants A1C level to avoid diabetes onset.

Participants in the Y's Healthy Living programs have said these are not classes, they are little communities where they feel supported and encouraged, and friendships are formed. Since 2015, the Y's Healthy Living programs have helped over 500 people manage chronic disease symptoms, decrease symptoms, lose weight, and enjoy a healthier lifestyle. For more information on any Healthy Living program, please contact Janice Nastasi at [janastasi@hamiltonymca.org](mailto:janastasi@hamiltonymca.org)



## Depression and Bipolar Support Alliance

We are a mood-disorder self-help support group affiliated with the Depression and Bipolar Support Alliance (DBSA). The mission of DBSA is to improve the lives of people, families and friends living with a mood disorder toward wellness. All are welcome. DBSA Support Groups provide a caring environment for people to come together to discuss their challenges and successes in living with a mood disorder, or supporting a loved one with a mood disorder. We provide a forum for mutual understanding, self-discovery, and finding a path to wellness with support from others who have been there. For more information go to: <http://dbsanewjersey.org/princeton/>

### Group Meetings

#### Princeton

**When:** Every Tuesday from 7:30 pm to 9:15 pm

**Where:** University Medical Center of Princeton at Plainsboro, Education Center, Classroom 1 & 2, One Plainsboro Rd (at US 1), Plainsboro, NJ 08536

#### Hamilton

**When:** 2nd and 4th Saturdays of the Month from 11:00 am to 12:45 pm.

**Where:** Reach Out/Speak Out Community Wellness Center, 2100 E. State Street Extension (at Sculptors Way) Hamilton, NJ 08619



Depression and Bipolar  
Support Alliance

We've been there.  
We can help.

# New Members Elected ... & a Big Thank You!

From time to time the GMPHP has the opportunity to elect new members to serve in a leadership role on its Board of Directors. We are pleased to welcome three new members to the Board in this new year:

Carol McAloon has been appointed to represent St. Francis Medical Center. Carol has been in the nursing profession for over 40 years. Thirty of those years have been at St. Francis Medical Center working in the field of cardiology. She has held many administrative positions, the most recent as Administrative Director of Cardiovascular Services. In 2011-2013 Carol had the privilege of working with the Trenton Health Team to help complete the first joint Community Health Needs Assessment that focused on the six zip codes in the City of Trenton. She lives in Bucks County with her husband and spends as much time as they can with their two teenaged grandsons.



Joining the Board as Community representatives are Karen Buda and Steve Papenberg. Karen Buda spent 25 years in hospital and medical group management in Chicago, Boston, and Philadelphia hospitals, and at The Medical Center of Princeton. She also has worked as a grant writer and consultant, and currently serves as the Director of The Community Well, a community center based at The Presbyterian Church of Lawrenceville that promotes wellness of mind, body and spirit, and a sense of purpose.

Steve is a retired Health Officer from South Brunswick who is very active in the community and health organizations. He is currently the Chairperson of the Pennington Board of Health, and Treasurer of the NJ Local Boards of Health Association. His career interests include public health policy and environmental health. Carol, Karen and Steve bring a wealth of experience to our Board and we are grateful for their offer to serve in this capacity. Please join us in sharing a warm welcome!

With great gratitude we recognize the work of Carol Chamberlain, who has finished her term as President of the GMPHP. Carol is an inaugural member of the GMPHP, and has served in several positions including twice as President. Her knowledge of public health standards and policy has led the GMPHP in its formative years as it built the current foundation and structure. She was instrumental in helping with the by-laws, 501 (c)3 application, membership, policy development, and the 2012 and 2015 CHA. She will continue on the board as past President, and the Transportation Committee. Thank you Carol!

As noted in our previous issue, Diane Grillo, Vice President, Health Promotion, at RWJ Hamilton, part of the RWJBarnabas Health System, has been appointed to serve as President. Diane is also a founding member of the GMPHP and has been an active leader on the board since its inception.

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## "Complete Streets"

The Transportation group propositions for future activities are:

- (1) Inclusion of "Project Zero" (goal of zero traffic fatalities in transportation planning) into the 2018 Mercer County Community Health Improvement Plan.
- (2) Many small municipal projects to make each road segment and each intersection safer.
- (3) One or two projects in Mercer County with major positive effect that anyone can see and cite - for example, create a 2.3 mile Lawrence Station Road Bike and Walkway that connects the D&R Towpath near Franklin Corner Road and Route 1.

# Putting the "Partner" in GMPHP

*We're proud of how members partner for greater impact because of our network. Here are a few recent examples of the partnership at work!*

## United Way of Greater Mercer County and Quality Insights

United Way of Greater Mercer County (UWGMC) and Quality Insights are partnering to bring Diabetes Education to more individuals in Mercer County!

Quality Insights Quality Innovation Network offers Diabetes Self-Management Education and Diabetes Empowerment Education as part of the national Everyone with Diabetes Counts (EDC) initiative.

With these programs participants learn to understand diabetes and its risks, as well as the importance of diet, exercise, keeping regular physician exams, receiving annual foot and eye exams, managing medications and much more.

Organizations often find that program implementation comes with its own set of successes and challenges. It is through true partnership that organizations can work together to help successful programs reach more individuals. UWGMC and Quality Insights Quality Innovation Network both believe in the power of Self-Management and Empowerment Education as it relates to Diabetes. For this reason, UWGMC will support Quality Insights to identify locations for Diabetes Education workshops that target Medicare beneficiaries.

For more information about the programs offered, please contact Jarmaine Williams at (732) 955-8168 or [jwilliams@hqsi.org](mailto:jwilliams@hqsi.org).

## Big Brothers Big Sisters of Mercer County

Anita Hanft, Director of Community Outreach at Big Brothers Big Sisters of Mercer County, joined the Greater Mercer Public Health Partnership two years ago to explore ways for Big Brothers and Big Sisters to engage their "Littles" in healthy lifestyles.



"Our mission is to ensure that our "Bigs," wonderful people from all walks of life who volunteer to be personal mentors to over 500 Mercer County kids who depend on them for guidance and encouragement, have all the training and resources they need to prepare their "Littles" for a good future. Clearly, two key components for that future are a good education and good health. I look forward to every meeting as I always come away with new communication tools and new ideas."

