

GMPHP Greater Mercer Public Health Partnership

Mark Your Calendar

August 2nd
"National Night Out"
10 communities in
Mercer County – 6 pm

August 3rd
Asthma Education
See article

August 5th & 6th
Mental Health First Aid
See article

September 9th & 10th
Mental Health First Aid
See article

September 13
Transportation Meeting
RWJ – 10 am

September 13
Healthy Living Meeting
StoneyBrook
Watershed – 1 pm

September 29
Mental Health Meeting
Lawrence Library 10 am

Resources Events About Contact

Find a resource to help you with something you need!

Search bar with "Search" button

1 Search for health resources in the search bar above.

2 Refine your search by town or zip code on the results page.

- diabetes,
- headaches
- fever
- aches

3 Contact us if you need help!



The newsletter is now available on our website. Coming soon, CAB action plans will be posted to track the quarterly goals.
www.healthymercer.org/newsletters



Thank you CAB members who help distribute our GMPHP postcards so more people know about this great resource.

National Night Out 2016 August 2nd

Healthy Living/Eating CAB members will be manning tables in 10 communities in Mercer County, to advertise the GMPHP website. They will be handing out stylus pens with an LED light in it, and describing the programs that can be found on our website. Thank you GMPHP volunteers!



POLICE • COMMUNITY PARTNERSHIPS



“Let’s Move Lawrence”
 On June 5th bikers explored an eight-mile course on local greenways and parks in Lawrence. Check out the website for hiking, bike trails, and outdoor activities for the whole family in Mercer County.

<http://www.healthymercer.org/resources/all-trails-new-jersey>

Spotlight on Mental Health



CAB member Kurt Baker and his wife Trisha, recently became certified Youth Mental Health First Aid instructors through the National Council for Behavioral Health. They are co-founders of Attitudes in Reverse.

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-

step action plan for how to help young people in both crisis and non-crisis situations.

Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Mental Health First Aid USA is listed in the Substance Abuse and Mental Health Services Administration’s National Registry of Evidence-based Programs and Practices. This nationally recognized program is endorsed by SAMHSA. All interventions have been independently assessed and rated for quality of research and readiness for dissemination.

SIGN UP NOW!

Mental Health First Aid Class:

August 5th, Friday, 6:30 p.m. - 8:30 p.m. &
 August 6th, Saturday, 8:00 a.m. - 2:30 p.m. (Pizza lunch served)
or

September 9th, Friday, 6:30 p.m. - 8:30 p.m. &
 September 10th, Saturday, 8:00 a.m. - 2:30 p.m. (Pizza lunch served)

Attitudes In Reverse

707 Alexander Road, Suite 208
 Princeton, NJ 08543
 Phone: [609-945-3200](tel:609-945-3200), ext. 1124

Sign Up
 at: www.AIRTraining.org

**Greenwood St.
Farmers
Market**

Every Monday

2-6 pm



CAB member Mary Jo Abbondanza from St. Francis Medical Center performed health screenings at the farmers market.

Healthy Living/Eating Around Mercer County

**Trinity
Cathedral
Farmers
Market**

Every Friday

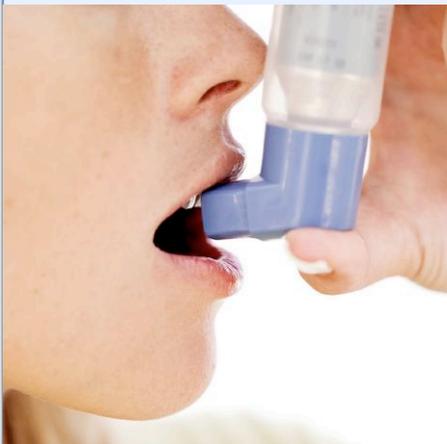
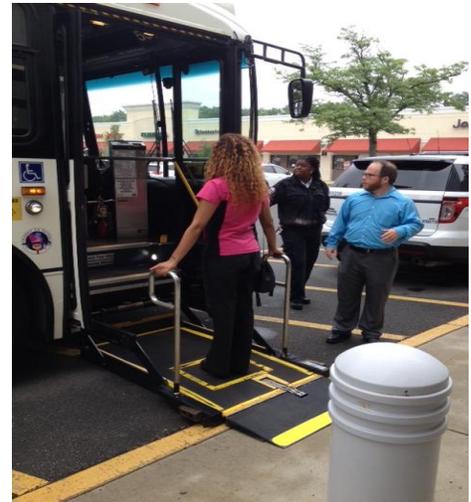
Noon-4:30

CAB member Marissa Davis is pleased to announce that the Greenwood St. Farmers Market is now open from 2-6 pm, every Monday until October 24th. Each week, the market features affordable food options including locally grown fruits and vegetables, tropical fruits, meat, eggs, and bakery items. Along with healthy food options, the farmers market provides health screenings, live music, nutrition education, and cooking demonstrations. Matching "Good Food Bucks" (\$2 for every \$1, up to a maximum of \$20) are provided for residents using SNAP vouchers who purchase fruits and vegetables. Individuals using SNAP, SFMNP and WIC vouchers also receive a \$1 match in "Greenwood Green" bucks for each dollar spent at the market. Beginning Monday, June 27, the Greenwood Ave. Farmers Market will kick off its summer dinner program for children ages three to eighteen, and will be the first open site in New Jersey to do so. The program is part of the USDA Summer Food Service meal program and will provide a healthy dinner for kids and teens at no cost. The goal is to combat areas of food insecurity during the summer months. In addition to the June Art Fest, upcoming market events throughout the season include: Water Fest (July 25), Fit Fest (August 29), Bike Fest (September 26) and Fall Fest (October 24).



Transit Seminar a Hit!

CAB member Cheryl Kastrenakes of the MTA helped organize the "Connect to Transit" training seminar for health care workers, to learn about transportation options available to Mercer County residents. Sixty attendees learned about "kneeling buses", motorized lifts for wheelchair/scooters, people who require help with stair access, RideProvide and more. Residents must preregister for RideProvide, and should call 609-452-5144 for more information. The mobility guide is available on the GMPHP website and the transportation priority group is looking for new ways to update residents with this helpful information.



Attention all Coaches, Parents, Athletic Trainers...

CAB member Margaret Vasil is presenting a free asthma education workshop at Capital Health Hamilton, 1445 Whitehorse Mercerville Rd., on **August 3rd**, from 6:00-8:00 pm. Margaret will review exercise induced asthma, the proper use of inhalers, home care and treatment plans. Light refreshments, giveaways, and a certificate of completion will be provided.

RSVP to Margaret Vasil 609-278-5910
Or email: Margaret.vasil@henryjaustin.org

**Save the date: October 25th, 5-7 pm ETS
CAB Annual Review and Celebration of CHIP
Accomplishments!**

This space could be your story and picture! Send your photo and paragraph to Carol at gmpHP.nj@gmail.com