



IN THIS ISSUE:

HEALTH LITERACY GRANT	1
SAVE THE DATE	2
ALZHEIMER FORUM	2
RECOGNITION	3
DENTAL SCREENING	3
CYCLOVIA	4
MEMORY CAFE	5
UNITED WAY	5
CAREGIVER SUPPORT	6
BIKE SHARE	6
TREES	7
NJAC	7
WALK/SAVE THE DATE	8
QUITLINE	8
Data Collection	8

HEALTH LITERACY GRANT

Brenda Seals, TCNJ Chair of Public Health, has been awarded a \$19,999 grant to help develop a Health Literacy Corner at the Trenton Free Public Library. The grant "All of Us Community Engagement Award" entitled "From the Public to Professionals: Health Information as a Bridge to Wellness", is funded by the National Network of Libraries of Medicine.

Librarian Richard Jutkiewicz and Director Patricia Hall, pictured below, will coordinate with TCNJ Project Director Natasha Patterson to purchase display carousels, computers, dvd's, reference material, etc. Coalition members have been setting up dates to do blood pressure screenings, breastfeeding programs, yoga, and health screenings to name a few. They will be collaborating with the Ciclovía Festival September 21 to show the community all of the wellness opportunities that go on at the library regularly. Librarian Jungwon DeVone is a Certified Consumer Health Information Specialist, and can help library clients research their health conditions on recognized leading research sites for reliable health information. Congratulations team!





FALL CAB MEETING

HOW CAN GMPHP HELP?

We hope to see you or your delegates in October. The four group leaders will be sharing the progress of their improvement plans since March. It is also a great opportunity to network and hear what other non-profits in Mercer County are working on.

*RSVP to Carol:
gmphp.nj@gmail.com*

ALZHEIMER TRAINING AND FORUMS

GMPHP and the Alzheimer Association (AA) have partnered to help spread the facts about the large increase in Alzheimer disease, and necessary services that will be and are impacting our communities. Robyn Kohn from AA conducted a Community Forum December 6th, and a follow up forum June 28th. Professionals and people with Alzheimer's gathered to review what is working well in Mercer County, and what services are lacking. Many of those gathered were unaware of the work being done by other non-profits, and it was energizing to hear all the good things going on in the county. As a result, the group developed an action plan to address several of the issues this year.

- 1) Develop a directory of all the memory care services to share with practitioners, hospitals, non-profits, and the GMPHP website.
- 2) Survey how many support groups for caregivers exist, and decide if there is a need to increase groups.
- 3) Explore how many memory care patient navigators there are, and discuss if we can help improve the doctor referrals to this service.

Robyn will also be offering community education at the Senior Nutrition centers to broaden peoples knowledge of the diagnosis, support systems, and current treatments. Robyn trained 12 TCNJ nursing students in May 2018, and 29 health professionals on May 14th, 2019. She gave them the tools to run programs in their community. Robyn hopes to train more professionals, and has prepared an educational series for health educators. If you are interested in leading a program, or would like more educational materials, please contact Robyn at: rmkohn@alz.org



Far Left: Robyn Kohn and TCNJ professors and nursing students



GMPHP BOARD MEMBER RECOGNIZED

Lawrence Township Health Officer Carol Chamberlain was recognized for "Excellence in Prevention" by the Prevention Coalition of Mercer County, and Mercer Council on Alcohol and Drug Addiction, on June 12, 2019. Carol is the Chairwoman of the Lawrence Alcohol and Drug Alliance, and the staff liaison to the township Health Advisory Board. She serves on the township Public Safety Advisory Committee and belongs to the Mercer County Health Officers Association, the New Jersey Health Officers Association and serves as a Board member of the Greater Mercer Public Health Partnership. Barbara Sprechman, Assistant Executive Director, remarked that Carol has always been extremely supportive, an advocate, a resource, and always promoting the work of the agency. Congratulations Carol!

The Prevention Coalition of Mercer County priorities are:



1. Reduce Underage Drinking
2. Reduce the illegal use of Marijuana
3. Reduce Prescription Medication Misuse
4. Reduce the use of new and emerging drugs



For more information contact Barbara Sprechman
bsprechman@mercercouncil.org

DENTAL SCREENINGS

Professor Ellen Rudowski teaches Clinical Nursing to TCNJ undergraduate and RN to BS nursing students. She made a commitment to the **GMPHP Community Health Improvement Plan** to screen 400 children in 2019, for dental disease, and educate them on good oral hygiene. Using the "Smiles For Life" curriculum, 33 students completed the on-line training, and have gone out to numerous schools, clinics, WIC clinics, health fairs, and camps to screen and educate children.

Poor oral health can potentially contribute to various diseases and conditions, including:

- Endocarditis - An infection of the inner lining of your heart chambers or valves possibly from bacteria in the mouth.
- Cardiovascular disease - Some research suggests that heart disease, clogged arteries and stroke might be linked to the inflammation and infections that oral bacteria can cause.
- Pregnancy and birth complications. Periodontitis has been linked to premature birth and low birth weight.
- Pneumonia. Certain bacteria in your mouth can be pulled into your lungs, causing pneumonia and other respiratory diseases.
- Research shows that people who have gum disease have a harder time controlling their blood sugar levels



Student nurse Maria Lizzo teaches children good oral hygiene techniques and habits.

If anyone has contacts who could help provide toothbrushes, tooth paste, dental floss - it would greatly help their mission to improve oral hygiene in underserved populations of Mercer County. Please email Carol at gmpHP.nj@gmail.com

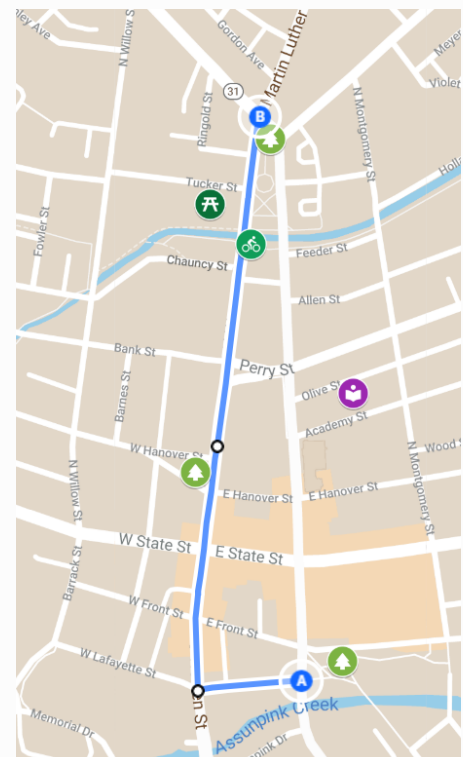
Thank you Professor Ellen and TCNJ Nurses!



Ciclovía - What is it?

Ciclovía/Open Streets Festival is a free event that closes the streets so that residents can walk, run, bike, use wheelchairs and walkers, rollerblade, dance, push baby strollers, and utilize the roadways in countless creative and active ways. It is meant to bring the community together in a truly public space - the street - without having to worry about traffic safety.

This type of event originated in Bogota, Columbia where every Sunday (and public holiday), the city closes major streets to form a 121 km network, eliminating congestion and traffic and filling the streets with people. There have been numerous successful Ciclovía in the U.S., notably New York City's summer streets program. Each season, New Brunswick organizes a Ciclovía, which closes over 2 miles of streets. These events attract hundreds of participants and provide an opportunity for families to enjoy active recreation in unique spaces without the fear of being struck by drivers. This event also provides an opportunity for people to explore local businesses as well as parks and other spaces in the city. Many members of our coalition are helping to organize this event including: GMTMA, Isles, Trenton Free Public Library, Trenton Cycling Revolution, Trenton Health Team, and the City of Trenton.



Organizer Sonia Sczesna has formed a work group of non-profits to make this a successful healthy family event. If you are interested in having a table and participating, email Sonia at: sonia@tstc.org

MEMORY CAFE OPENS JULY 9TH

Greenwood House, a non-profit, nonsectarian senior health care continuum based in Ewing, NJ, is pleased to introduce their latest program, Friend's Circle, a memory café. For those with memory challenges and care partners, Friend's Circle is a two-hour social gathering designed to stimulate shared connections via music, art, meaningful conversation, education and resources. Each month, a creative artist facilitates an engaging activity – something in which all guests can participate and feel a sense of belonging no matter their cognitive abilities. The café will be held at Adath Israel Congregation in Lawrenceville, NJ.

According to dementia experts, memory cafés provide a break from disease and disability. They offer social connectivity, inclusion and a time to step out of the daily routine. People living with dementia can become isolated due to increasing difficulty of engaging in everyday activities. There's also the stigma that makes people feel



Friend's Circle: A Memory Café

Brought to you by Greenwood House, in collaboration with JFCS



A Social Gathering for Anyone Affected with Memory Challenges and their Care Partners

Tuesday, July 9th, 2019 1 PM – 3 PM

Free & Open to the Public

Adath Israel Congregation

1958 Lawrenceville Road (Route 206) | Lawrenceville, NJ 08648

unwelcome or embarrassed in public situations. Isolation can increase the effects of dementia and often leads to depression and other medical conditions. Memory cafés provide normalcy and a welcoming environment to those who deserve a fun social outlet in their lives that they and their care partner can enjoy together.

Registration Required: Please contact Donna Sobel, DSobel@Greenwoodhouse.org or 609-883-5391, ext. 388



75 GARDEN KITS DONATED TO BOYS AND GIRLS CLUB

In June, **United Way of Greater Mercer County** (UWGMC), worked with volunteers from Deloitte and Johnson & Johnson to make Grow A Garden Kits. The kits have a book and supporting activities to teach children about gardening and nutrition, which sparks a child's curiosity to learn how food grows. 75 kits will benefit the Boys and Girls Club of Mercer County, where they will incorporate the activities throughout the summer in their new learning garden. These projects allow UWGMC's corporate partners to fulfill their corporate social responsibility goals and provide service to the community.

CAREGIVING SUPPORT

In 2014, CAB member Deb Hallisey's life changed as she helped her parents through serious health issues. In 2015 after her father passed, she became responsible for her disabled mother. Deb became a caregiver knowledge expert, and developed Advocate for Mom and Dad. The mission of Advocate for Mom and Dad is to build a community that helps families determine their best answers to the questions of "what do I do?" and "where do I start?"

Deb recommends the upcoming Regional Caregiving Conference September 21, for families and healthcare professionals. The conference will be held at Springpoint Senior Living Monroe Village. For information go to: <https://www.caregiving.com/northeast/>

CAB member Eileen Doremus also recommends the National Family Caregiver Support Program. NFCSP grantees provide five types of services:

- information to caregivers about available services
- assistance to caregivers in gaining access to the services
- individual counseling, organization of support groups, and caregiver training
- respite care; and
- supplemental services, on a limited basis

These services work in conjunction with other state and community-based services to provide a coordinated set of supports. Studies have shown that these services can reduce caregiver depression, anxiety, and stress as well as enable caregivers to provide care longer, thereby avoiding or delaying the need for costly institutional care. For more information go to: <https://acl.gov/programs/support-caregivers/national-family-caregiver-support-program>

COUNTY DEBUTS BIKE SHARE PROGRAM

The Mercer County Park Commission and Zagster have launched a bike-share program now available to the public in the County Parks system. Ten bikes are available at three location and can be rented by downloading the Zagster app. The three locations are: Mercer County Park near the 9/11 Memorial, Mercer Meadows at Rosedale Park on Federal City Road, and the Red Barn at Keefe and Cold Soil roads. Users can pay \$1 per 30 minutes or sign up for a \$20 annual membership that includes two free hours per trip, then \$1 per 30 minutes thereafter. Rentals are available up to eight hours. There is a \$30 late fee for rides lasting more than 24 hours. Users must be 18 years or older to rent a bike and rentals must be returned to one of the three county park locations.

Northeast Regional

Caregiving Conference

Join us for a special day of connecting, sharing, and encouraging if you are:

- Caring for a family member or friend
- Working professionally with family caregivers

Enjoy presentations from local Certified Caregiving Consultants™ — experienced family caregivers with specialized training:

Penny Patnaude Caregiver Strategist, LLC	Best Care Practices for People with Alzheimer's and Dementia and Those Who Care for Them
Trudy Madden Senior Moment Solutions, LLC	Juggling Careers and Caregiving: Five Ways to Manage Work and Family Responsibilities
Nneka Njideka Caregiver Consulting and Mediation	How to Plan a Family Meeting When Family Members Disagree
Gael Chiarella Alba SelfCareOasis.com	Selfcare Toolkit for Your Busy Days
Debra Hallisey Advocate for Mom and Dad, LLC	Your Caregiver Relationship Contract: How to Navigate the Minefield of New Roles and Expectations

Saturday, September 21, 2019
8:30 a.m. – 2:00 p.m.

Springpoint Senior Living Monroe Village
One David Brainerd Dr.
Monroe Township, NJ 08831

Early-bird rate of \$20 includes continental breakfast and a box lunch. Early-bird rate ends September 1, 2019.



CareGiving.com
Caring for You as You Care for Family



Register at www.caregiving.com/northeast.



TREES ARE IMPORTANT TO HEALTH

Board member Dave Bosted shared the Arbor Day accomplishments in Lawrence Township this spring. They planted 12 Dawn Redwood trees, grown from seed, and donated by Joe Willis of Willis Greenhouse. Many communities are taking action to reduce urban heat islands using five main strategies: 1) increasing tree and vegetative cover, 2) installing green roofs, 3) installing cool—mainly reflective—roofs, 4) using cool pavements (either reflective or permeable), and 5) utilizing smart growth practices. Increasing tree and vegetation cover lowers surface and air temperatures by providing shade and cooling through evapotranspiration. Trees and vegetation can also reduce stormwater runoff and protect against erosion. Trees also benefit our health by:

- Visually narrowing the street which prompts drivers to slow down
- Improved pedestrian environment, encouraging more walking
- Improved air quality, especially reduced levels of localized ozone
- Higher and more stable property values
- Screening of unsightly roadway elements (power poles, etc.); and
- Protection from direct UV rays which can protect from skin cancer, and extend the life of asphalt pavement and reduce resurfacing costs.

For more information on the costs and benefits of street trees, see US EPA's webpage on Strategies for Mitigation of Urban Heat Island Effect (<http://www.epa.gov/heatisland/mitigation/trees.html>)



Left to right: David Bosted, Pam Mount, Christopher Bobbitt, Paul Larson, and John Ryan



- **Boost** your career profile
- Fulfill your **passion**
- **Expand** your professional network
- Make a **difference**

How Does it Work?

- ✓ You will **apply** for a community project posted on our site
- ✓ You will be **supported** by a network of Ambassadors throughout your volunteer experience
- ✓ All you have to do is **contribute** your time, expertise & passion!!!

For questions contact:
info@njactioncoalition.org

How to Become a NURSE VOLUNTEER:

 Sign up @

www.njactioncoalition.org

 Apply for projects

 NJAC Ambassadors will be in contact with you

The New Jersey Action Coalition (NJAC) is one of 51 action coalitions across the country under the umbrella of the Campaign for Action, working on building a culture of health to promote an outcome of healthier communities, well-being and equity for New Jersey Citizens. The goal of NJAC's work is to give nurses the opportunity to utilize their skill-set outside of the clinical setting, and likewise, have organizations realize the value that can be added by having a nurse involved on their projects.



DATE: Saturday, October 5, 2019

TIME: 8:30 a.m. - Registration Opens

Walk To End Alzheimer's -Mercer County
Veterans Park
2206 Kuser Road, Hamilton Township, NJ 08690

Looking to get more involved with the cause?
Explore opportunities at alz.org/walkvolunteer.

Welcome New CAB Members

GMPHP welcomes new CAB members Michael Kosloski, Treatment Specialist, and Monica Hanna, Community Educator from RWJB Health.

Funded by the Department of Health - Office of Tobacco Free, Nutrition and Fitness, RWJBarnabus Health offers free and proven support for people who struggle with nicotine dependence. Michael Litterer, Director of Prevention and Recovery explains that smokers can take many steps to quit, including:

- Individualized nicotine dependence assessment, focusing on triggers and stressors
- Ongoing support in both individual or group settings
- Access to a medical director on staff to assist with primary care coordination and prescription medication
- Free nicotine replacement therapy (nicotine patches, gum and lozenges)
- Recommendation and navigation for appropriate prescription nicotine dependence medication
- Assistance in understanding the real impact of vaping devices and cigarettes
- Behavioral modification and assistance in managing or eliminating nicotine withdrawal symptoms

For more information call the QuitCenter Line: 732-837-9416 or email quitcenter@rwjbh.org for a free confidential assessment

NEW JERSEY
QUITLINE

Tracking Our Coalition's Success In Improving Health Outcomes

by Stephanie Carey Health Officer (Hopewell Borough & Pennington Borough)

Last fall, over 70 community groups and individuals gathered to come up with strategies where we could work together to improve the health of our communities. Those strategies coalesced into the GMPHP Community Health Improvement Plan. But how do we know if what we planned is actually being put into action, and working?

Why Track CHIP Implementation?

- We know that "What gets measured gets done", so each strategy has been assigned a measure.
- A measure describes "what success looks like" Begin with the end in mind
- Trying to measure our objectives gives us a reality check: Are our objectives actually related to our goals (to reduce obesity, reduce traffic deaths, increase breastfeeding)? Will they "move the needle" to improve health outcomes?
- Measuring creates accountability— Did we do what we said we would do?
- Meets IRS, public health, and many grant reporting requirements

GMPHP is testing a cloud-based reporting system to track our progress quarterly, but we need your support for this to work. We are asking all partners to report their work on the CHIP to the Project Director by the 10th of each quarter. We also aspire to having letters of support from all our partners, stating which strategies your organization intends to embrace. This information gives us the chance to give regular feedback to our partners, and share our progress.