

GMPHP NEWSLETTER

Sharing our news and your events



FIRST CAB MEETING 2019

Sixty-five Community Advisory Board (CAB) members assembled at Capital Health Pure Conference Room on March 13th, to celebrate the completion of the 2018 Community Health Assessment and Improvement Plan. GMPHP President Stephen Papenberg reviewed the 15 month long process which included:

- 1) Conducted five regional focus groups in March
- 2) Conducted a CAB "World Cafe" conversation and assessment
- 3) Obtained 1,701 completed health surveys in April and May
- 4) Tracked the demographics of the surveys to ensure we were capturing a representation of Mercer demographics
- 5) Analyzed the data
- 6) Reported the data to the community in August
- 7) Assembled the CAB to do a "root cause analysis" of the priority areas in October
- 8) In November we studied best practices to determine what will work in Mercer County
- 9) CAB members committed to strategies that will improve the health of Mercer County residents.
- 10) Publish the CHA and CHIP in April 2019.

The four priority groups presented their upcoming strategies which are already in progress.

Following this, the group watched RESILIENCE: The Biology of Stress and the Science of Hope. This outstanding documentary reviews the serious lifelong health effects of adverse childhood experiences.

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Smart Growth Awarded to LHT

March 25, 2019—New Jersey Future has named the Lawrence Hopewell Trail a winner of its 2019 Smart Growth Awards competition, recognizing the 22-mile LHT for its success at providing a new, safe, and environmentally sound means of transportation between communities, businesses, and public spaces in the region. The Smart Growth Awards highlight and honor projects that represent the best examples of sustainable growth and development in New Jersey.

The LHT won the prestigious award for its grass-roots-driven effort to provide a means of connecting to communities, businesses, and public spaces throughout the region without an automobile. It makes bicycling and walking safe, convenient, fun, and immensely practical transportation choices, and creates multiple recreation opportunities and commuting alternatives for area residents.

The LHT, which attracts about 400,000 users per year, does not own any section of the trail itself. Instead it formed partnerships with and between numerous public and private entities that own land on which the trail was envisioned. Businesses, educational institutions, state and local government agencies, and private landowners all collaborated to make the trail available to the public as part of their commitment to our community.

Congratulations LHT!



Please join us **Saturday, April 13, 2019 at 9:30 AM** for the **1st walk of this new club!** We'll also celebrate **Circuit Trails Opening Day.**



The Princeton Health Department achieved national accreditation through the Public Health Accreditation Board (PHAB) in November 2018. The national accreditation program works to improve and protect the health of the public by advancing and ultimately transforming the quality and performance of the nation's state, local, tribal, and territorial public health departments.

The national accreditation program, jointly supported by the Centers for Disease Control and Prevention and the Robert Wood Johnson Foundation, sets standards against which the nation's nearly 3,000 governmental public health departments can continuously improve the quality of their services and performance. To receive accreditation, a health department must undergo a rigorous, multi-faceted, peer-reviewed assessment process to ensure it meets or exceeds a set of 12 quality standards and measures. Princeton is the third health department in NJ to be accredited.

Congratulations Princeton Health Department !

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Spotlight on a Partner...

YWCA BREAST CANCER RESOURCE CENTER

The Breast Cancer Resource Center of YWCA Princeton is a unique, non-clinical environment that offers support for breast cancer patients, survivors, and family members. Whether you need to throw some right hooks at Director Paula Flory's office punching bag, channel your creativity in a healing arts workshop, or speak freely in a safe space, the compassionate and professional staff at the BCRC are here for you. All of the programs offered by the BCRC are free of charge, which includes transportation to treatment, a fitting boutique for wigs, bras, and prosthesis, head shaving parties, and workshops dedicated to mental and physical health. The center is located on a peaceful nature preserve and operates in a beautifully renovated home that feels like you are visiting a friend. At the BCRC, you are treated like family by staff who are dedicated to enabling you to live with, through, and beyond breast cancer.

With a generous grant from the United Way of Greater Mercer County, the Urban Mental Health Alliance (UMHA) is pleased to collaborate with UIH Family Partners (UIH) to launch a county wide mental health initiative entitled, Healthy Minds Matter in Mercer County. For more information go to:

<https://www.ywcaprinceton.org/programs/bcrc/>

HEALTHY MINDS MATTER

April 6, 2019

Healthy Minds in Our Communities

April 13, 2019

Real Stress, Real Stress Management

April 27, 2019

Being a Healthy Mind Gatekeeper

October 5, 2019

What is Addiction?

October 12, 2019

Why Am I Depressed

October 19, 2019

Trauma Response and Self-Care

A poster for the 'Healthy Minds Matter' workshop series. At the top, it says 'KNOWLEDGE IS EMPOWERING'. Below that is a row of colorful gears (red, orange, green, yellow, red, green). Under the gears, it says 'Healthy Minds Matter' in a bold, black font, followed by 'in Mercer County' in a smaller, italicized font. Below that, it says 'WORKSHOP SERIES' in red. A dashed line separates this from the text 'FREE & OPEN TO THE PUBLIC' in bold. The poster is divided into two columns. The left column is titled 'Spring Workshop Topics' and lists four workshops with their dates and times: 'Healthy Minds in Our Communities' (April 13, 1:00-2:30 pm), 'Real Stress, Real Stress Management' (April 20, 1:00-2:30 pm), 'Being a Healthy Mind Gatekeeper' (April 27, 1:00-2:30 pm), and 'What is Addiction?' (October 5, 2019). The right column is titled 'Location' and lists 'The College of New Jersey' (2000 Pennington Avenue, Education Bldg., Room 209, Ewing, NJ 08628) and the website 'https://counselored.tcnj.edu'. At the bottom, it says 'Questions?...Contact UMHA at (609)300-3306 or urbanmentalhealthalliance.org'. Below that, it says 'sponsored by:' followed by logos for 'UIH FAMILY PARTNERS' and 'United Way of Greater Mercer County'. The bottom of the poster features a row of colorful silhouettes of people's heads.

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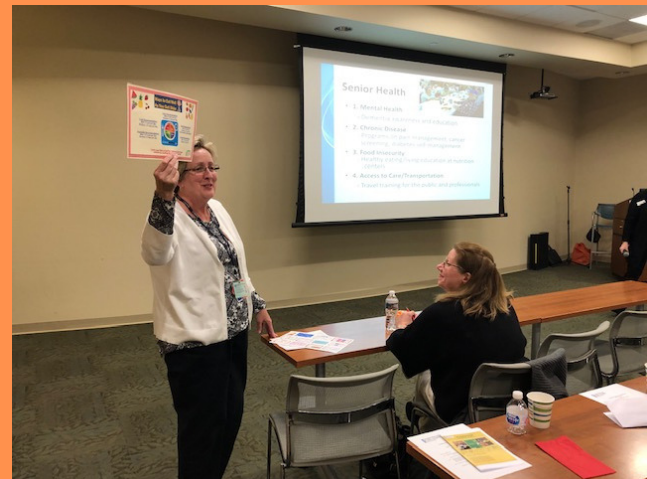


April 16th Health Care Decision Day

The Trenton Free Public Library hosted an informative presentation on "advanced care directives". Guest speakers (left) Trenton Director of Human Services Shakira Abdul-Ali, Commissioner of Health Shereef Elnahal, Mayor Reed Gustiora, and Library Director Patricia Hall, all shared stories of family members who had to face difficult decisions at the end of life, and the consequences of being or not being prepared. In NJ, only 30% of people have written their wishes down. "Conversation of your Life" is sponsored by Health Care Quality Institute. For more information and resources, visit: <http://www.njhcci.org/initiative/mayors-wellness-campaign/mwcc-conversation-of-your-life/>

SENIOR HEALTH EDUCATION

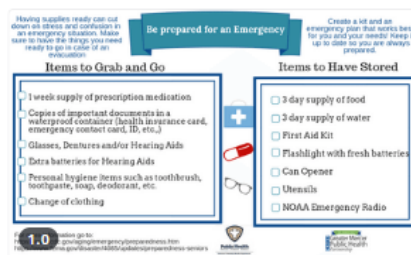
Leader Mary Rosner shows an example of the senior nutrition educational placemats that will be distributed to all of the nutrition centers monthly in 2019. In 2019 the Senior Health Group will be working on food security, healthy food pantry donation education, promotion of farmers markets, and nutrition staff mental health awareness trainings. Thank you Meals on Wheels and Office on Aging for supporting these initiatives. Thank you Mary for your leadership.



nutrition poster



Phys Activity



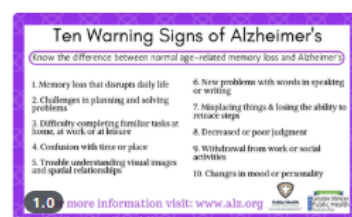
Emergency Prep



Flu



Medication



warning signs alzheimers



hearing



nutriton

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NNLM Reading Club Book Kit

It's a selection of "ready-to-use" fiction and nonfiction books along with free and downloadable materials designed to help libraries support the health information needs in their communities. Short on time? Want to own a "program-in-a-box?" The NNLM Reading Club Book Kit can be requested and shipped free from a participating National Network of Libraries of Medicine regional office. A standard NNLM Reading Club Book Kit includes:

- 8 books, regular print *
- 8 bookmarks
- 8 discussion guides
- 8 NIH MedlinePlus Magazines
- 8 NIH All of Us Research Program brochures
- 8 reading club book bags
- 1 library book bag

What materials are available to download?

Discussion guides, promotional materials, as well as health information and program ideas can be downloaded, printed, and shared from the subject-specific NNLM Reading Club Selection Guide.

How to apply?

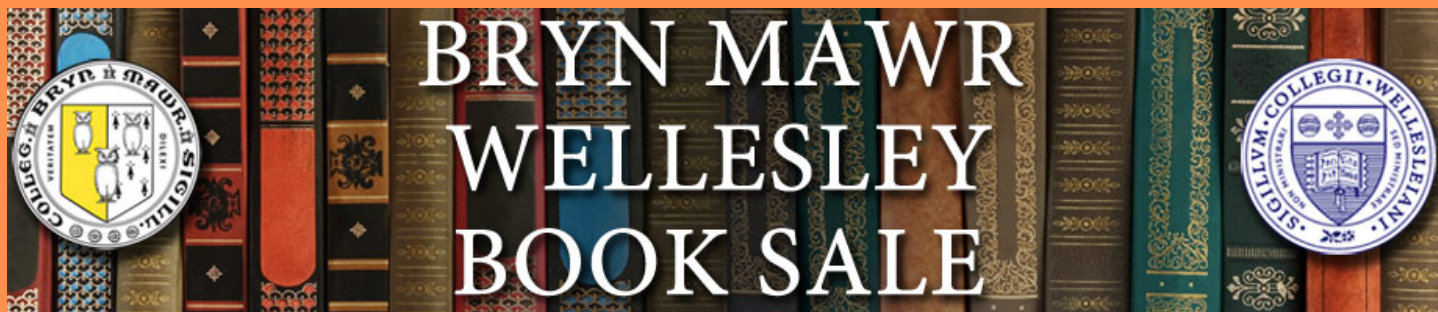
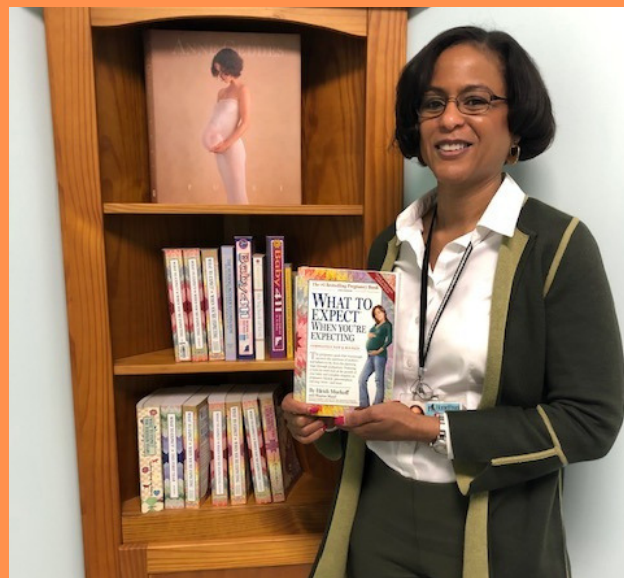
Any United States library that is an organizational member of the National Network of Libraries of Medicine is eligible to apply.

For information:

https://uiowa.qualtrics.com/jfe/form/SV_06WNH2NRorHN
Wap

What to Expect When You are Expecting

Bryn Mawr Wellesley Book Sale recently donated boxes of books to Janine Green, HomeFronts Children's Champion. She set up a small lending library for pregnant and breast feeding mothers living at the shelter.



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School Aged Health Group

Group Leader Ian Henderson, of Greater Mercer Transportation Management Ass., will run traffic safety lessons for K-8 students.

For more information go to: Saferoutesnj.org
and gmtma.org

TRAFFIC SAFETY FOR K-8 STUDENTS!

ASSEMBLIES INCLUDE:

- Crossing the street
- Signs and Signals
- Train crossings
- Helmets
- Blind spots
- Moving at night
- And more...



Bicycle Safety Rodeo and Safe Kids Day

St. Lawrence Rehabilitation Center will host its annual Bicycle Safety Rodeo and Safe Kids Day on Saturday, **May 11, 2019** from 9:00 a.m. until 1:00 p.m. The purpose of the event is to provide children ages 3-12 and their families with an opportunity to learn about safety and prevention while participating in sports and other recreational activities.

Did you know that in 1969 half of all children walked or biked to school? TODAY FEWER THAN 15% WALK OR BIKE TO SCHOOL AND OVER HALF ARRIVE BY PRIVATE AUTOMOBILE. AS MUCH AS 20-30% OF MORNING TRAFFIC IS GENERATED BY PARENTS DRIVING THEIR CHILDREN TO SCHOOL. DURING THIS TIME PERIOD THE NUMBER OF OVERWEIGHT CHILDREN INCREASED BY 65%.

Check out the walking school bus at:
gmtma.org

