



Trenton Free Public Library and YWCA Princeton  
will provide a virtual presentation



## Breast Cancer Awareness and Prevention

Thursday, October 22, 2020 at 3 PM

For more information, visit <https://trentonlib.org/event>



**Prevention Resources Inc.**  
<https://njprevent.com/fscevents/>

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## Webinars Galore!

We have all had to adjust to the separation, isolation, distancing, and insecurities of the COVID pandemic, and our Mercer County partners have shown tremendous creativity and dedication serving our population. I know you will be impressed with the constant evolving adjustments our non-profits have made to meet the changing needs. In the 2nd quarter we devoted our newsletter to spreading the facts about COVID-19 as known at that time. Our 3rd quarter issue brought attention to the amazing volunteers, healthcare workers, and innovative products being developed in our county. It also reviewed the planning for reopening. This fall, as I surveyed our partners, it became very apparent that we have all adapted to new norms of distance virtual meetings, telemedicine, and the plethora of webinars available each day. My calendar is full of zoom meetings and daily webinars of topics that I would not have had the time to attend in person during the work day, but now can listen to over lunch, or watch later after work. It certainly is helping to keep us connected, and to start getting back to our Community Health Improvement Plan goals. In this issue, please enjoy seeing what our partners have achieved despite difficult circumstances.

# CJFHC- Preparing New Dads



Target audience: Professionals working with new fathers and postpartum families

**OCTOBER 23, 30 & NOVEMBER 6**

**10:00AM - 11:00AM**

## POSTPARTUM DEPRESSION & THE IMPORTANCE OF DADS AND PARTNERS

### VIRTUAL WEBINAR SERIES

PM 10/23

David Levine, MD, FAAP

#### "Concerning Dads: PPD & Fathers"

David Levine, MD, FAAP, is a pediatrician in Westfield, NJ with the Summit Medical Group. Dr. Levine serves currently as a Postpartum Support International Board Member and Dad coordinator, helping fathers across the U.S. deal with postpartum depression.

PM 10/30

Cindy Hyman, LCSW

#### "Fathers: Powerful Allies for Maternal/Child Health"

Cindy Hyman, LCSW, is a team member working with women and families at the Perinatal Mood & Anxiety Disorder Center in Monmouth Medical Center, Long Branch, NJ. Her private practice, Ocean Waves Wellness, is located in Ocean, NJ.

PM 11/06

William Davis

#### "The Father Factor"

William Davis is the Client Service Specialist of The Father Center in Trenton, NJ.

PM 11/06

James Doherty, RN

#### "A Dad's Support Group? What's that all about?"

James Doherty, RN is former Pediatric Emergency Department nurse.

REGISTRATION FEE FOR THE SERIES: \$28.00

REGISTER ONLINE: [HTTPS://TINYURL.COM/PMAD4DADS](https://tinyurl.com/PMAD4DADS)

SESSIONS WILL BE RECORDED AND AVAILABLE FOR ON DEMAND VIEWING

Provided by:  
Central Jersey Family Health Consortium  
& Postpartum Support International-New Jersey Chapter

30 Silverline Drive - Suite 1 - 2nd Fl - North Brunswick, NJ 08902  
For details, contact: [Pat.Vincent@CJFHCC.org](mailto:Pat.Vincent@CJFHCC.org) 732-877-9407 (x131)

The CJFHC promotes obstetric, neonatal, and pediatric standards of care by providing quality comprehensive education throughout the Consortium region. Professionals working with new fathers and postpartum families are invited to a virtual webinar series provided by CJFHC's Perinatal Mood Disorders Program and Postpartum Support International (PSI), New Jersey Chapter. Attendees will be able to apply strategies which provide emotional support for men and their transition into their role as Fathers. To register for the program go to:

[HTTPS://TINYURL.COM/PMAD4DADS](https://tinyurl.com/PMAD4DADS)



## A FREE FIVE PART SERIES ON LUNG HEALTH, TOBACCO CESSATION AND VAPING FOR HEALTH PROFESSIONALS

Join us for a free five week series that will be held via Zoom. Registration is required.

Attendance at all five sessions is not required to participate in any of the workshops.

1.0 (CEU) continuing education hour will be available for the Ask, Advise, Refer, session on brief tobacco intervention for nurses from the New Jersey State Nurses Association.

[Click here to register!](#)



### Monday Zoom Series at 10:00 a.m. (EST)

Session 1: 9/30/20

An Overview of Tobacco Treatment

Session 2: 10/5/20

Ask, Advise, Refer, Tobacco Brief Intervention Model

Session 3: 10/12/20

What You Need to Know: Tobacco Products & Vaping

Session 4: 10/19/20

Health Effects of Tobacco Use & Lung Cancer Screening

Session 5: 10/26/20

Tobacco Cessation for the LGBTQ+ Community



### Wednesday Zoom Series at 12:00 p.m. (EST)

Session 1: 9/30/20

An Overview of Tobacco Treatment

Session 2: 10/7/20

Ask, Advise, Refer, Tobacco Brief Intervention Model

Session 3: 10/14/20

What You Need to Know: Tobacco Products & Vaping

Session 4: 10/21/20

Health Effects of Tobacco Use & Lung Cancer Screening

Session 5: 10/28/20

Tobacco Cessation for the LGBTQ+ Community



### Thursday Zoom Series at 4:00 p.m. (EST)

Session 1: 10/1/20

An Overview of Tobacco Treatment

Session 2: 10/8/20

Ask, Advise, Refer, Tobacco Brief Intervention Model

Session 3: 10/15/20

What You Need to Know: Tobacco Products & Vaping

Session 4: 10/22/20

Health Effects of Tobacco Use & Lung Cancer Screening

Session 5: 10/29/20

Tobacco Cessation for the LGBTQ+ Community

? Do you have questions? Please reach out to Heather Jordan at [jordanhm@rwjms.rutgers.edu](mailto:jordanhm@rwjms.rutgers.edu) ?



# Screen NJ Cancer Prevention Webinar Series

ScreenNJ and the Rutgers Cancer Institute of New Jersey invite you and your colleagues to an upcoming free five-part webinar series for healthcare and public health professionals across New Jersey. Each topic will be offered on three different dates at varying times to allow you to attend the sessions that work best for your busy schedule. Sessions start next week and run throughout October, and you can register for free today at:

<https://bit.ly/2Z40vOY>



Mercer Council envisions a healthy, safe, and responsible community.

Our Mission is to create pathways to reduce substance-related challenges through education, support, advocacy, and partnerships throughout our community.



## Marijuana - Community Impact

Register for this free one hour Zoom seminar on Friday, October 23rd, 10 am, to learn how today's marijuana is impacting communities across the country.

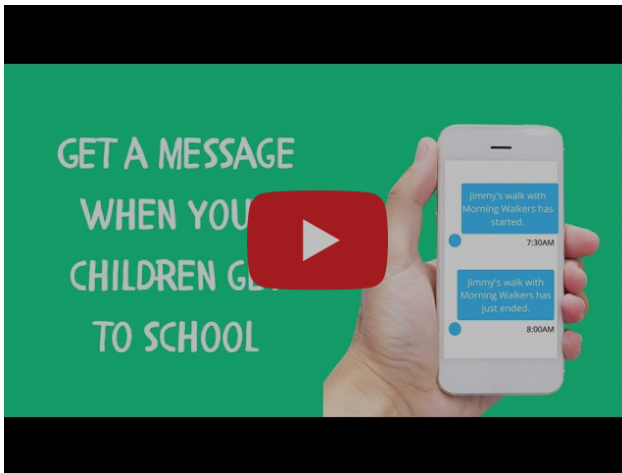
Presenters are Jocelyn Cooper and Barbara Sprechman from Mercer Council. Pre-register at Mercer Council website:

<https://www.mercercouncil.org/>

### Upcoming Free Webinar Series

On behalf of the Prevention Coalition of Mercer County and the Mercer Council on Alcoholism and Drug Addiction, we would like to invite you to our upcoming webinar series:

### Marijuana Legalization: What We Need to Know to Keep Our Communities Healthy & Safe 3-Part Series



## New Walking School Bus App Launched

The NJ Walking School Bus app allows parents to easily create and plan walks to and from school. Parents in New Jersey can search for existing walking groups by school name, city, and group name, or create walking groups and invite neighbors to join. Parents can select a parent leader to walk with students to and from school. The parent leader will be in charge of starting and ending the walk and alert parents when students have arrived safely at school. Parents, who are not leading the walk, can track the walk progress on the app map. The app also calculates the miles walked and reduction in CO2 emissions for the group. The app can also be used creatively by parents or teachers with children learning virtually-- for encouraging walking/physical activity, estimating and measuring actual distance walked, and seeing the positive environmental impact of walking instead of driving. The new Walking School Bus App version is available in the Google Play and the App Store. The app is free and can be used throughout New Jersey. Schools, parents, Transportation Management Associations, and other organizations interested in using the app, can contact our SRTS Coordinator, Lisa Serieyssel at [lserieyssel@gmtma.org](mailto:lserieyssel@gmtma.org) for more information.





**Kindersmile  
Community Oral  
Health Center  
Trenton**

**Comprehensive  
Dental Care  
for  
Adults and Children**



**Medicaid  
NJ FamilyCare  
Dental Savings Plan  
Private Insurance  
Uninsured**

**101 North Broad Street  
Trenton, NJ 08608**

**Call: 973-744-7003  
www.kindersmile.org**

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## New Dental Clinic Opens

GMPHP welcomes Dr Nicole McGrath and her team at Kindersmile Community Oral Health Center in Trenton. "We are excited about our partnership with Dr. Jiaping Wang and Mercer County Community College, and our future plans to implement a Dental Assisting & Dental Hygiene Program. This addition will not only help mobilize students to the James Kearny Campus and contribute to workforce development in Trenton, but our Dental Home will provide a clinical environment for the students to garner experience through internships and volunteer work."

Our new state of the art Dental Home is a 13-chair facility and will provide quality comprehensive services for medically underserved adults and children alike. For more information about services call Tammy Demko RDH,

**Oral Health Program Coordinator  
T:(973) 744-7003 ext. 306  
101 North Broad St. Trenton NJ**

## Quit4Kids App

Quit for Kids educates and supports pregnant women, parents and caregivers of children up to 8 years old who want to live a tobacco-free life. You can choose to connect with a Quit Coach by texting the phone number in your welcome message to get personalized support that will help you stay tobacco free. Text quitforkids to 53016 and fill out a short form to enroll.

You'll then receive texts with helpful information and tips on topics like:  
Steps to Quit Smoking or Vaping  
Emotional Support  
Trigger, Craving and Stress Management  
Coping with Withdrawal and Preventing Relapse  
Healthy Eating, Child's Growth Milestones



Mom's Quit Connection is proud to announce a statewide new texting program for pregnant women and partners; parents, family members and caregivers of children under 8.

**Customized text messages to:**

- ▶ Support successful quitting
- ▶ Manage triggers
- ▶ Prevent relapse
- ▶ Educate about child development
- ▶ Offer personalized coaching

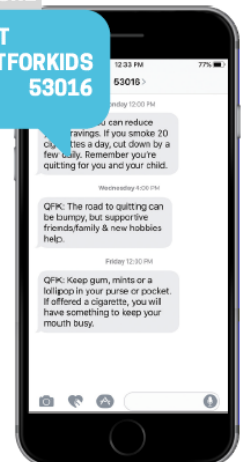
**ORDER  
YOUR FREE  
PROGRAM  
MATERIAL  
TODAY!**

### CONTACT

Barbara Heinz at  
856.675.5326 or [click here](#)  
to visit our resource page!

**USE OUR LIVE  
CHAT FEATURE**

**TEXT  
QUIT4KIDS  
TO 53016**



Head to our website, [www.momsquit.com](http://www.momsquit.com)  
to watch the Quit for Kids video  
or [CLICK HERE](#)

# Nutrition Webinars

## A Must See!



CAB member Michele Brill shared with us the Wellness Wednesday and Grow Healthy School Wellness initiative webinars brought to you by Family & Community Health Sciences. Wellness Wednesday is designed for the general public, and the Grow Healthy schools is designed for child care facilities. They will focus on a variety of topics related to food, nutrition, and healthy lifestyles. These series will walk you through the easy steps that you can take to add positive health behaviors into your day or at work from reducing the amount of food waste you produce in your home to understanding how to read the new nutrition facts label. Now is the time to make some of those small changes that will improve your health in a large way. Join us on Wednesdays at 2 p.m. to learn from experts in the Department of Family & Community Health Sciences, Rutgers Cooperative Extension. All sessions are free, will last approximately 45 minutes, and be provided via Webex. To join, you will need either a computer, tablet, or smartphone with speakers. You must register to participate. For the title and descriptions of each webinar and to register, go to:

<https://njaes.rutgers.edu/online-event-series/wellness-wednesdays.php>

The school wellness initiative webinars can be found at:

<http://growhealthy.rutgers.edu/webinars/index2.html>

## Ciclovía 2020

CAB member Sonia Szczesna from Tri-State Transportation Campaign reported the Trenton community enjoyed another successful Ciclovía. "Residents and visitors enjoyed a beautiful day of open streets and open studios in Trenton on Saturday, September 21st for a combination event of Trenton Ciclovía and Art All Day. The event was held between World Car-Free Day and PARKing Day to celebrate the reclaiming of streets for people and a safe way to have an in-person event during the times of COVID. All attendees wore masks and maintained appropriate social distancing while enjoying art, music, performances, and while participating in activities such as bicycling, skateboarding, and rollerblading!"



## Are your kids too young to talk about race?

Nope. Silence about race can reinforce racism by letting children draw their own conclusions.

### 0-1 year

At birth, babies look equally at faces of all races. At 3 months, babies look more at faces that match the race of their caregivers.

[Kelly et al, 2005](#)

### 2 years

Children as young as 2 use race to reason about people's behaviors.

[Hirschfeld, 2008](#)

### 2.5 years

By 30 months, most children use race to choose playmates.

[Katz & Kofkin, 1997](#)

### 4-5 years

Expressions of racial prejudice often peak at ages 4 and 5.

[Aboud, 2008](#)

### 5 years

Black and latinx children in research settings show no preference toward their own groups, as compared to white children at this age, who are more likely to be strongly biased in favor of whiteness.

[Dunham et al, 2008](#)

### 5 years

By kindergarten, children show many of the same racial attitudes held by adults in our culture. They have already learned to associate some groups with higher status than others.

[Kinzler, 2016](#)

### 5-7 years

Explicit conversations with 5-7 year olds about interracial friendship can dramatically improve their racial attitudes in as little as a single week.

[Bronson & Merryman, 2009](#)

Adapted from work by the Children's Community School.

More info at [childrenscommunityschool.org/social-justice-resources/](https://childrenscommunityschool.org/social-justice-resources/)

Design provided by [prettygooddesign.org](https://prettygooddesign.org)



Aging Insights 108- Expert Guidance for Medicare Open Enrollment in 2020

## Medicare Reenrollment October 15-December 7

CAB member **Melissa Chalker** from NJ Foundation for Aging has an excellent YouTube explaining Medicare re-enrollment. Share this link with your loved ones and clients. Mary McGeary explains how SHIP (State Health Insurance Assistance Program) can help clients navigate the re-enrollment process. Because of COVID, most interactions will be on the phone. To learn more, go to: <https://www.youtube.com/watch?v=VLEGAELmjWs&feature=youtu.be>



## HAVING THE CONVERSATION: PLANNING AHEAD FOR THE UNEXPECTED

NOVEMBER 5TH, 2020 | 12 PM - 1 PM  
ZOOM PRESENTATION

Join us as we discuss the importance of putting your health care wishes in writing prior to a medical emergency. Learn tips, tools, and strategies to communicate your wishes to loved ones and health care providers. Providers, learn tips to engage your patients on this topic.



### Speakers:

**Gretchen Schwarze, MD, MPP,**  
FACS, Associate Professor,  
University of Wisconsin  
School of Medicine and Public  
Health

**Tacy Silverberg-Urian,**  
Founder,  
Advance Choices

Register Now: <http://bit.ly/ACPinNewJersey>



History repeats itself. Came across this poem written in 1869, reprinted during 1919 Pandemic.

### This is Timeless....

And people stayed at home  
And read books  
And listened  
And they rested  
And did exercises  
And made art and played  
And learned new ways of being  
And stopped and listened  
More deeply  
Someone meditated, someone prayed  
Someone met their shadow  
And people began to think differently  
And people healed.  
And in the absence of people who  
Lived in ignorant ways  
Dangerous, meaningless and heartless,  
The earth also began to heal  
And when the danger ended and  
People found themselves  
They grieved for the dead  
And made new choices  
And dreamed of new visions  
And created new ways of living  
And completely healed the earth  
Just as they were healed.



## Covid Alert App

COVID Alert NJ is New Jersey's free and secure mobile app that anonymously alerts users if they have been in close contact with someone who has tested positive for COVID-19. The app also provides users with up-to-date information on New Jersey reopening news, key COVID-19 metrics, and a user-friendly symptom tracking tool. COVID Alert NJ uses Bluetooth proximity technology. The app will never record any identifying data. All users will remain anonymous.

Each day, the app will compare your list of close contact codes to the list of codes associated with positive COVID-19 app users. If there is a match you will get an Exposure Alert, along with appropriate next steps. For more information go to: <https://covid19.nj.gov/pages/app>



**ADD YOUR  
PHONE  
TO THE  
COVID FIGHT**  
DOWNLOAD THE  
COVID ALERT NJ APP

[covid19.nj.gov/app](https://covid19.nj.gov/app)

GMPHP Board member **David Bosted** shared this story about the health benefits of trees. Thank you David.

“The first city-wide health impact assessment of the estimated effects of a tree canopy initiative on premature mortality in Philadelphia suggests that increased tree canopy could prevent between 271 and 400 premature deaths per year. The study by Michelle Kondo, a Philadelphia-based research social scientist with the U.S. Department of Agriculture Forest Service, and her partners suggest that increased tree canopy or green space could decrease morbidity and mortality for urban populations – particularly in areas with lower socioeconomic status where existing tree canopies tend to be the lowest. The analysis is one of the first to estimate the number of preventable deaths based on physical activity, air pollution, noise, heat, and exposure to greenspaces using a tool developed by public health researchers in Spain and Switzerland called the Greenspace-Health Impact Assessment. For more information go to:

<https://www.sciencedirect.com/science/article/pii/S2542519620300589>

"Let's all go plant a tree!"

## Health Benefits of a Tree Canopy



## COVID TEST SITES

COVID-19 tests are available at a number of locations in Mercer County (see below). Visit the location's website or call for information on how to get tested.

**Henry J. Austin Health Center** in Trenton is now offering COVID-19 saliva tests to the community by appointment, at no cost for patients without health insurance.

The COVID-19 saliva test is a more comfortable and less invasive option than a nasal swab test to diagnose active infection with the novel coronavirus. Tests are available for HJAH's adult and pediatric patients at 321 N. Warren St. and their mobile health unit throughout Trenton. To make an appointment, call 609-278-5900.



- [Concentra Urgent Care](#), 2542 Brunswick Pike, Lawrence 08648; 609-493-5440
- [CVS Hamilton Square](#), 1099 Route 33, Hamilton Square 08690; 866-389-2727
- [CVS Princeton](#), 881 Route 206, Princeton 08540; 866-389-2727
- [CVS Robbinsville](#), 2281 Route 33, Robbinsville 08691; 866-389-2727
- [CVS Trenton](#), 1248 Greenwood Ave. #1240, Trenton 08609; 866-389-2727
- [InFocus Urgent Care](#), 64 Princeton-Hightstown Road, Princeton Junction; 609-799-7009
- [InFocus Urgent Care](#), 100 Campus Town Circle, Suite 100, Ewing 08628; 609-799-7009
- [MedExpress Urgent Care](#), 1680 North Olden Ave., Ewing 08638; 609-896-0485
- [MedExpress Urgent Care](#), 811 Route 33, Hamilton Square 08619; 609-587-8298
- [Patient First – Hamilton](#), 641 Route 130, Hamilton 08691; 609-568-9383
- [Rite Aid Robbinsville](#), 2370 Route 33, Robbinsville 08691; 609-259-1251





**Womanspace**  
**COVID Emergency Housing Project**

Through this project, Womanspace will provide housing assistance to victims of domestic violence who are clients of other social service providers in Mercer County.

**Eligibility:** Victims of domestic violence in Mercer County with a stated need for housing assistance. Both single individuals and those with children will be served. Applicants are not required to be currently homeless or permanent residents of the county. Undocumented victims can be served as well.

**Note:** All other available funding in the community should be researched/attempted before referring clients for this program. **Referral Procedure:** Contact: Isabel, Crystal or Linda at 609-394-9000. Staff should be calling to refer clients, and will be asked to complete a referral form. Please do not refer clients to Womanspace directly.

## Well Beyond



GMPHP welcomes new CAB member Carolyn Biondi of Well Beyond. She shares positive psychology and yoga to help individuals build resilience and enhance wellbeing. The premise of positive psychology is that when we feel good, we function better, and when we function better, we are more resilient and capable of persevering through difficulties. Given the stresses that people have faced over the past six months, activities like celebrating past achievements, recognizing character strengths in one another and cultivating hope for the future can be very effective in shifting people to a more positive and energized mindset. And practices from yoga, like mindful breathing and simple stretches that can even be done in a chair, can also be restorative to the overworked nervous system when it is in a chronic "fight or flight" mode as may be demanded of it right now. Carolyn is available to host virtual sessions to help your staff teams and your clients continue to face the challenges of the day. "I have trauma-informed certifications and bring that approach to my positive psychology and yoga sessions. Please reach out for more information at: [carolyn@wellbeyondpartners.com](mailto:carolyn@wellbeyondpartners.com).

