

GREATER MERCER PUBLIC HEALTH PARTNERSHIP

Sharing our news and your events



CHA 2018 is on Target

Yes, it has been three years since we all gathered together to survey our county and create the 2015 Community Health Improvement Plan. This winter, GMPHP contracted with New Solutions Inc., Bruno & Ridgway, and Curtis Analytics to conduct qualitative and quantitative studies of health needs in Mercer County.

In March, Dolores Curtis lead 5 focus groups, and documented the comments of 55 residents regarding health, access to health care, deficiencies and priorities they perceived.

In April and May, Bruno and Ridgway will reach out to the public to capture hundreds of online and paper surveys from residents. All of this data will be analyzed, compared with state statistics, and reported to our Community Advisory Board in September. Following that, the next Community Health Improvement Plan will be created by our CAB members in the fall.

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Please help distribute the online survey to your agencies, clients, and list serves via this link:

www.healthymercer.org

April 25th CAB Meeting and World Cafe

Fifty GMPHP partners met at St Lawrence Rehabilitation Center to hear about the website redesign, the progress of the current CHA, and to experience a World Cafe. "We had read so many fun helpful results from the World Cafe method that we wanted our members to experience this approach", said Project Director Carol Nicholas. Much like speed dating, attendees rotated through 4 tables, and answered a question at each table. The data that was collected, will be processed 1) to help improve our coalition, 2) to under-stand what we learned from the last CHIP, 3) to learn what the community considers a "healthy community", and 4) if we are doing a good enough job recognizing our underserved clients and barriers to good health.

*"We had such a
good time with
our partners.
This is a true
coalition"*

Mary Jo Abbondanza



WHAT IS VISION ZERO?



In May, the GMPHP Transportation Committee will be collaborating with Cheryl Kastrenakes of the Greater Mercer Transportation Association, and the RWJ Hamilton Foundation, to submit a grant proposal entitled Vision Zero.

Vision Zero is a strategy to eliminate all traffic fatalities and severe injuries, while increasing safe, healthy, equitable mobility for all. First implemented in Sweden in the 1990s, Vision Zero has proved successful across Europe — and now it's gaining momentum in major American cities.

Each year, more than 40,000 people — the population of a small city — are needlessly killed on American streets and thousands more are injured. We call this suffering traffic “accidents” — but, in reality, we have the power to prevent traffic collisions. The committee finds out in June if their submission is successful, and we wish them good luck.

TRADITIONAL APPROACH

Traffic deaths are **INEVITABLE**

PERFECT human behavior

Prevent **COLLISIONS**

INDIVIDUAL responsibility

Saving lives is **EXPENSIVE**

VS

VISION ZERO

Traffic deaths are **PREVENTABLE**

Integrate **HUMAN FAILING** in approach

Prevent **FATAL AND SEVERE CRASHES**

SYSTEMS approach

Saving lives is **NOT EXPENSIVE**

Children's Futures

The community we serve throughout Mercer County is either uninsured, undocumented, have low income or no income, says Tamika Hall of Children's Futures. Utilizing Optical Academy's services has helped the community tremendously for a number of reasons. Their services are either FREE or Low-Cost (depending on a person's co-pay). The mobile unit based in Clifton NJ, brings their fully equipped van to perform eye exams. A wide selection of eyeglass frames and contact lenses are available. They will work within any indoor space allotted. The staff is patient, professional, friendly and culturally aware of each community they are in.

Once Optical Academy's team arrives at an event, they transform the space to look like a normal eye-doctor's office. They are very self-sufficient. They do require a pre-registration of at least 50 people, (they provide a link to their website to do this), in order to have the eye doctor come out and do the eye exam.

Tamika says the feedback has always been positive in terms of the service, quality of care and the quality of the eyeglasses received. For more information or to book the Optical Academy, contact: Tamika at:

thall@childrensfutures.org



Fully equipped van provides eye exams



Clients can select frames at low or no cost

WHAT IS NJCEED?

From its base in Trenton, Shiloh CDC's Mercer NJCEED (New Jersey Cancer Education and Early Detection) program has dedicated years to providing accessible and reliable cancer screening to the community. The program works to provide education and awareness on breast, cervical, prostate, and colorectal cancer, and on the importance of routine examinations (especially among high-risk populations).

The Mercer NJCEED staff understands the needs of the population and strives to ensure that all eligible clients have access to these resources. The office collaborates with several community partners that serve the Spanish-language, Eastern-European, and French-speaking populations.

One of its oldest partners, Lackawanna Mobile Digital Mammography, helps NJCEED bring opportunities for breast screening to all parts of Mercer County. The program is constantly building and strengthening relationships with community organizations, businesses, religious centers, and more. This ensures that new and returning clients have familiar faces and spaces to help facilitate a healthier lifestyle.

If you are a resident of Mercer County who is uninsured or underinsured, contact Mercer NJCEED directly at **609-989-0236** to learn more about how the team can help you. The program is located at 416 Bellevue Avenue, Suite 401, Trenton, NJ 08618.

Screenings take place every Tuesday and Thursday. The mobile mammography van is scheduled for **May 19th** and also for the Trenton Community Health Fair on **June 23rd**.

Remember, early detection is your best protection!



The Importance of Play

by Jill Makkay

Children spend nine months of the year scheduled, tested, and often stressed. The summer brings with a relaxed schedule and summer camp, where each camper is encouraged just to be a kid! Through PLAY, kids learn to solve problems, make new friends, and discover the world around them which helps them grow. Daily activities range from traditional camp favorites such as arts and crafts, music, sing-a-longs, science lab and dance to soccer, basketball, gaga, volleyball, swimming, and so much more! Summer Camp at the Hamilton Area YMCA is the ideal environment for campers to Discover, Play and Learn. Video link:

<https://youtu.be/LULnmnKp-Bg> The Importance of PLAY @ Camp

1. Children learn through play. Time spent on the playground teaches campers social and cognitive skills as well as enhances physical abilities such as balance.

2. Play is healthy. Activity such as playing on the soccer fields is critical for children to grow strong and healthy.

3. Play reduces stress. Playing carefree in the sprinklers provides an outlet for children to release anxiety.

4. Play is more complex than you'd think. How children learn through play has been studied extensively.

5. Making time for play is important to cognitive, language, physical, social and emotional development. Campers experience 3 daily activities periods and 2 swim periods each day providing plenty of time for as much play as possible.

6. Outside play is critical for exploring the world. Building forts, nature hikes, playing in the sand, and climbing the traversing wall are not only healthy, but build lasting memories.

7. Play comes naturally in a camp setting. Given the time to play, at the pool, at the playground, at the pavilion, children do amazing things!

8. Play is how children learn. Trial and error in a no stress environment provide opportunities that lead to improved self-esteem and lasting success.

Children look at camp as a fun way to spend the summer in the sun and splashing in the pool, but parents should understand that camp allows them to reap many life benefits that will follow them through their lives long after the sun has set their summer camp days. We have worked hard to plan an exciting summer of interesting and engaging camps and fun special events! And, our counselors are second to none, having had extensive training to welcome your children for the summer. For more information, printing or sending out copies of the newsletter, visit:

hamiltonymca.org/sawmill-branch.



Strive - A Recovery Program

The Hamilton Area YMCA is excited to begin STRIVE in April. STRIVE is a 12 week health and wellness program for those in recovery from drug and alcohol abuse. This program will include weekly sessions that will facilitate improvements in multiple areas of health including physical, mental and emotional wellbeing. Participants will take part in 1 to 2 hour workshops each week led by various professionals in different fields. Exercise instruction, nutrition education, and various types of professional development will be included. After the initial 12 week program, participants will follow up with each other for monthly meetings and check in for the remainder of the year. Participants are encouraged to bring members of their families and support systems to take part in this program throughout its entirety.

Please contact:

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**THIS COULD BE YOUR
STORY!**

We want to share your success, ideas, and programs with our partners and community. Send your article and photos to Carol at: gmpnp.nj@gmail.com