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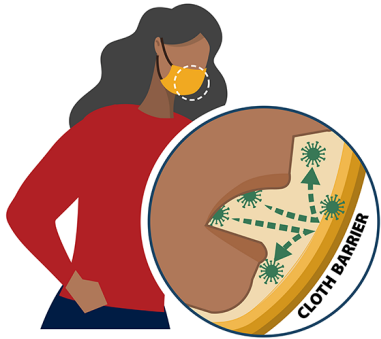
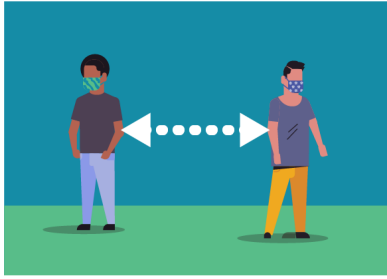
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THE ART AND SCIENCE OF REOPENING

The word "novel" means new, fresh, unique, and it certainly describes what our community has been facing the last five months due to the novel corona virus. We have learned so much at a pace faster than ever before achieved, thanks to the health care workers, scientists, public health officials, epidemiologists, manufacturers, and many more. Technology has blossomed as a mechanism to connect doctors and patients, teachers and students, family and long term care residents, and our GMPHP partners with each other.

Agencies, businesses, schools, hospitals, government, and recreation are all scrambling to set safe policies to re-open. This quarter, we will look at the planning, proposals, and ideas that will help to restore our activities safely this summer.

Once again our prodigious GMPH partners have stepped up to help prevent, protect, and provide for our residents.



The spread of COVID-19 can be broken down into four factors: TIME, SPACE, PEOPLE & PLACE.



Keeping these factors in mind can help you assess your risk while participating in activities.

Minimizing the Risk of COVID-19

- Limit capacity, especially indoors
- Social distance from others (6 feet)
- Avoid crowded areas
- Choose outside activities vs. inside (dining, worship services, etc.)
- Don't share food/drink, cups or utensils with others; bring your own or use disposable items at outdoor gatherings
- Wear face coverings in public areas
- Wash hands often or use hand sanitizer with 60% alcohol

Singing, yelling/shouting and close contact **increase** the risk of contracting COVID-19.



June 10, 2020

GUIDANCE WEBSITES

CHILD CARE/NURSERY SCHOOLS:

<https://www.nj.gov/dcf/news/Final.CC.Health.and.Safety.Standards.pdf>

GUIDANCE FOR YOUTH CAMPS:

https://www.state.nj.us/health/cd/documents/topics/NCOV/COVID_Reopening_Camps.pdf

GUIDANCE FOR BUSINESS AND EMPLOYEES:

<https://covid19.nj.gov/faqs/nj-information/general-public/what-businesses-are-open-what-rules-or-safety-guidelines-must-they-follow#direct-link>

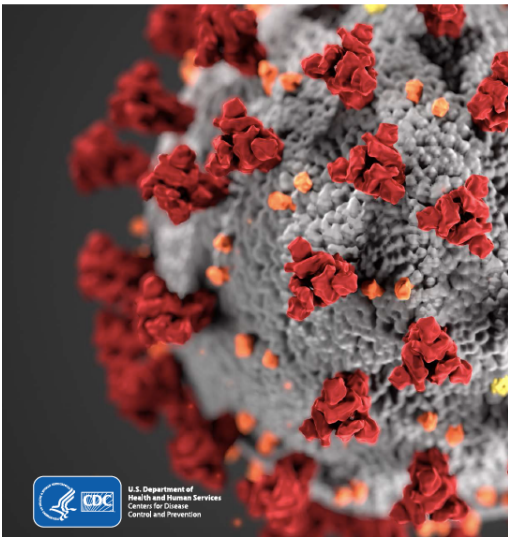
BE COVID INFORMED:

<https://covid19.nj.gov/faqs/nj-information/general-public/how-can-i-protect-myself-and-others-from-covid-19#direct-link>

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Resuming Business TOOLKIT

Coronavirus Disease 2019 (COVID-19)

**CDC RESUMING BUSINESS Toolkit**

For those who like planning checklists, go to <https://www.cdc.gov/coronavirus/2019-ncov/community/resuming-business-toolkit.html>

This 11 page toolkit is designed to assist employers in slowing the spread of COVID-19 [1] and lowering the impact in their workplace when reintegrating employees into non-healthcare business settings. Not sure whether you're ready to resume business? Use CDC's decision tools [2-3] as a start.

Upcoming Survey to Study the Effects of COVID-19 on Our Partners in Mercer County

Project Director Carol Nicholas will be reaching out to our GMPHP partners this summer, to introduce **Jacob Johnson**. Jacob will be researching the effects of COVID-19 via a survey and focus groups to understand if our partners will be able to meet their CHIP goals, how the goals have been changed, and what is predicted for their future needs. Please help him complete this project which will help all of our agencies to move forward this fall.

Save The Date!

GMPHP 2020 Summer Survey: Responding to needs of Community Based, Health Organizations facing COVID-19: Assessing Partnerships with Greater Mercer Public Health Partnership

7 - 12 - 2020

Qualtrics Survey to be sent July 12th

**RIDER OCTSOBERfest**

Partner **Susan Stahley** has created a carnival style risk reduction education program on the realities of drug and alcohol. Organizations wishing to participate can provide an educational information and game table with giveaways, prizes, or awards. For more information, contact Susan at: sstahley@rider.edu

WELCOME NEW MEMBER

GMPHP would like to welcome its newest board member, **Christopher Hellwig**, MPH MHES, Hamilton Health Officer. Chris graduated from the University of Vermont with a Bachelor's of Science in Animal Science and a minor in Nutrition, and then proceeded to attend Montclair State University for his Masters of Public Health with a concentration in Community Health Education. Chris's career has been in governmental public health with a focus on health education, emergency preparedness, and administration. He started at the Vermont Department of Health within their infectious disease surveillance program, then moved on to multiple local health departments within New Jersey to manage different programs such as health education, public health preparedness and public health accreditation. In his spare time, Chris is an avid skier, runner, and yogi who loves craft beer. Welcome Chris!



EARLY CHILDHOOD DEVELOPMENTAL SCREENING



Our partners at **Central Jersey Family Health Consortium** received grant funding from the Department of Children and Families. CjFHC's Early Childhood Specialists are offering parents/caregivers the opportunity to complete the **Ages and Stages** Questionnaire (ASQ-3) for **FREE**. To access this online, parent-led, reliable, developmental screening tool go to **www.asmercer.org** (English) or **www.asqmercerfamilias.org** (Spanish). The ASQ-3 will show parents/caregivers if their child is developing on track, uncover a child's strengths, and help to identify areas that may need support and additional practice. Once the tool is completed, an Early Childhood Specialist will contact the parent/caregiver to go over the results, provide customized learning activities, answer questions and offer appropriate resources. For additional information, please contact Janessa Gray, Early Childhood Specialist at jgray@cjfhc.org.



Developmental Screenings Could Change Children's Lives



WELLNESS WEDNESDAYS

Submitted by GMPHP Partner,
Michelle Brill, MPH
FCHS Educator/Associate Professor
NJ SNAP-Ed Program Manager

Wellness Wednesdays webinars are presented by experts from **Rutgers University's Department of Family & Community Health Sciences** and will focus on a variety of topics related to food, nutrition, and healthy lifestyles. This series will walk you through the easy steps that you can take to add positive health behaviors into your day. From grilling with care, 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.

The series takes place **every Wednesday at 2:00 p.m. from now until August 26**. Each session last approximately 45 minutes. Participants will need a computer, tablet, or smart phone with speakers. Registration is required. Webinars will be recorded and posted as they become available. Topics include bone health, mindful family meals, eating healthy on a budget, how to satisfy picky eaters, reading nutrition labels, spotting hidden sugars, and much more. For a complete list of Wellness Wednesday topics please visit:

<https://sebsnjaesnews.rutgers.edu/2020/05/wellness-on-wednesdays-with-fchs/xt>

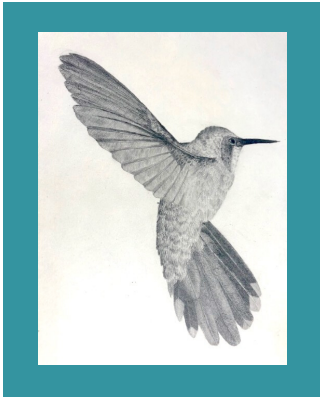
NEW WIC OFFICE

To accommodate our growing **WIC** Program in Mercer County, we are happy to announce that we are moving to the **Mercer County Building** located at **1440 Parkside Avenue, Ewing, NJ 08638**. Full programming at that site began on June 19th, 2020. We are excited about our new welcoming and family-friendly space and we are grateful for the support of the county. Staff is primarily working remotely and providing all nutrition and breastfeeding education as well as initial certifications, re-certification, and mid-certification services by phone or video conferencing. All WIC food vouchers continue to be mailed to program participants for up to 3 months during the COVID19 pandemic. We hope to have an open house in the near future.



GMPHP Partner Joan Martin also noted that there are three buses that can access this site: 601, 607, and 624.

Current hours of operation are done remotely, 8 am to 4 pm, Monday through Friday. For more information, call 609-498-7755.



LHT Offers Art on the Trail

Whether people are inspired by the critters, trees, blossoms, or lakes and streams along the 20-plus miles of the Lawrence Hopewell Trail, all are invited to take part in the **LHT Art on the Trail** program. The goal is to create and share art inspired by the walking and biking trail that runs through Lawrence and Hopewell Townships.

Take a walk along the trail with your cameras or art supplies. Choose your subject matter and create drawings, paintings, videos or photos of scenes that inspire you. Submit your art, and the LHT will share the best of them on the lhtrail.org website, through social media, and in future LHT publications.

June– July: Landscapes, which must be submitted no later than July 31.

August– September: Flora, such as a beautiful flower or bush, and fauna, perhaps your favorite critter, submitted by September 30th. For more information, go to lhtrail.org

ANTI-STRESS VIDEOS FOR HEALTHCARE WORKERS

by Carol Rickard

I wanted to share with you a video series I created recently for healthcare workers when dealing with COVID stress. It came out of talking to Chaplain Faller at Capital Health Medical Center regarding resources for staff at CHS. I also talked to some of my coworkers to get an idea of what their lives have been like.

The video series is called: **Help For Healthcare Heroes: 4 Keys to Surviving COVID Stress**. Each video is just 2-3 minutes long and is animated. I am hoping you may know of some folks who could use it for their staff. I have been wanting to contribute in some way to the incredible work our fellow healthcare colleagues are doing and this is what my higher power gave me!

I have put them on YouTube so anyone could have access to them. Here are the links:

#1

<https://youtu.be/ZZanBWg0ya0>

#2

<https://youtu.be/4knQBgYAxO0>

#3

https://youtu.be/n_oZ2DKSDeA

#4

<https://youtu.be/mG7OmFTL2Gk>



GMPHP Partner - Carol Rickard

When COVID-19 forced **Megan O'Donnell's** three college-age children and one high schooler to stay at home and move their studies online, she wanted to set a good example by doing something to bring hope to the community while adhering to shelter-in-place orders. "A longtime friend in Chatham, NJ, told me about this amazing movement in her hometown," says Megan. "**FLAG - Front Line Appreciation Group** - raises money within the community and uses that money to pay local restaurants to prepare and deliver meals to frontline heroes. I loved the idea of helping my community while practicing social distancing. Together with John Balsamo, who owns Villaggio Iccara in Hamilton, I started the Hamilton Chapter of FLAG the week of March 23rd." Since that time, the chapter has raised more than \$25,000 and provided over 4,000 meals to frontline healthcare workers in local pharmacies, nursing homes, medical offices, emergency services units and hospitals, including **St. Francis Medical Center**. Megan says, "There is a quote I love and have said many, many times to my four children: 'To whom much is given, much is expected.' I believe each of us has the God-given ability to make things better for someone else..." "We might not be able to help everybody, but we can certainly help someone."

To Whom Much Has Been Given...



Generous Donations to St Francis



Mr. Rogers had this advice for children in times of trouble: "Look for the helpers. You will always find people who are helping." "It's easy to feel helpless and not know what to do because of the pandemic," says Mason, who lives with his wife, Devon, and two children in Bucks County. "But we wanted to do something beyond sitting in our house, something to help the people on the frontlines of this crisis. Then I began seeing what **St. Francis** was posting about supply donations on social media." Mason began with purchasing coveralls, goggles and gloves from Home Depot. He then went onto Amazon to buy anything he could to help. The haul included more than 150 full-body coveralls, dozens of boxes of gloves and shoe covers, hair covers, hand sanitizer, disinfecting wipes, face masks, and 150 face shields. He also secured two medical-grade respirators thanks in part to personal donations from his colleagues at Johnson & Johnson, where Mason works in oncology data sciences. "Everyone is trying to do their part in this crisis, and this is what our family can do," Mason says simply. "This has also been a teaching opportunity for our children so they can see our responsibility to our community and helping others." Somewhere, Mr. Rogers is smiling.



MOBILE RESPONSE AND STABILIZATION SERVICES

Crisis in the time of COVID-19 Pandemic

Catholic Charities Mobile Response and Stabilization Services (MRSS) is still operating and available to serve you in your time of need and crisis. We are dedicated in providing crisis de-escalation, developing appropriate crisis plans, linkage to community services and resources, and stabilization of challenges. We are here to support you at this difficult time with using Telehealth (video or audio) to ensure your safety. If your child is presenting with behaviors such as feeling overwhelmed, anxious, depressed, aggressive, oppositional/defiant, hyperactive or demonstrating any challenges with their behavior or mental health, we can help. We continue to be available 24 hours/7 days a week.

- You can access us through PerformCare at (877) 652-7624
- We can intervene with parent-child conflict; disruption in functioning; mood dis-regulation; bullying; anxiety; mood swings; emotional outbursts; reaction to trauma; adjust difficulties, etc.
- Is your child diagnosed with Mental Health; Behavioral Health; Developmental Disabilities; Substance Abuse?

We can be the answer to help stabilize your child's challenges!

A SUGGESTION FOR ALL THOSE MEDALS THE OLYMPICS WON'T BE NEEDING THIS YEAR...



Steve Sack • Star Tribune

JEWISH FAMILY AND CHILD SERVICES RESPOND TO NEEDS FROM COVID

GMPHP Partner **Beverly Mishkin from JFCS** reports that over the past 2 months we've received more outreach to our agency via email, from an individual looking for a pantry resource due to loss of job, to a teacher seeking a resource for her students who are in need, to an adult child seeking a resource for their parents to have food delivered safely to their home. We have been able to respond to each request within 24 hours and coordinate the pickup and/or delivery of needed resources.

NOURISHING OUR NEIGHBORS

2,550

Individuals served through our on-site pantry and Mobile Food Pantry

1,120

Grab-and-go meals provided through Kosher Cafes

427

Kosher Meals on Wheels delivered EACH WEEK to homebound seniors



CONNECTING THE COMMUNITY

Socially distant and safe contributions by volunteers



68 isolated seniors receive weekly Friendly Phone calls



620 bags of groceries pre-packed by volunteers for pantry clients



Snacks delivered to **600** staff members across 8 senior care facilities
#JFCSFeedsTheFrontline

RIDE TO RECOVERY

BUS: NJ

TRANSIT has resumed full bus service, system-wide, and is monitoring ridership and developments closely. Changes in service will be announced using all available communications tools, including Twitter, Facebook, Platform Screens, the NJ TRANSIT Mobile App and our Schedules page.

RAIL: NJ

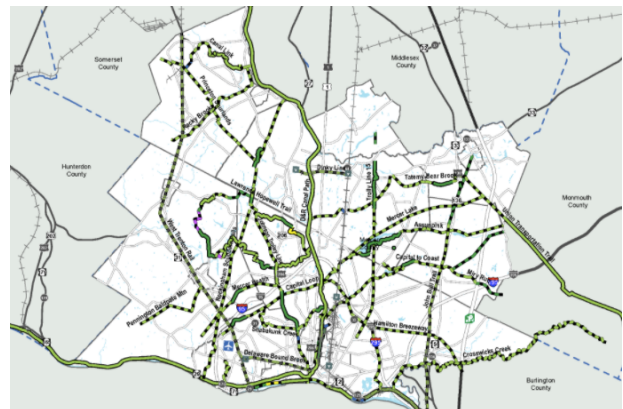
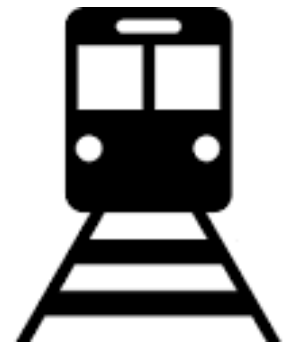
TRANSIT continues to operate an enhanced Holiday rail schedule with extra trains and crews strategically deployed around the system if needed, and is monitoring ridership and developments closely. Changes in service will be announced using available communications tools, including Twitter, Facebook, Platform Screens, the NJ TRANSIT Mobile App, our Schedules page.

LIGHT RAIL:

NJ TRANSIT continues to operate a modified, Holiday light rail service, and is monitoring ridership and developments closely. Changes in service will be announced using available communications tools, including Twitter, Facebook, Platform Screens, the NJ TRANSIT Mobile App, our Schedules page.

ACCESS LINK:

NJ TRANSIT continues to operate full service, and customers may find the latest updates at accesslink.njtransit.com.



Our partners at **GMTMA** have completed the **Greater Mercer Trails Plan**. The study was, conducted to support the development of a network of multi-use (biking and walking) trails and paths in the Greater Mercer area. It now has an interactive map to make it easier to see both proposed and existing (off-road and on-road) facilities. The interactive map, Trails Plan, and Design Guide can all be found on **GMTMA website's Trails Page**:

<https://gmtma.org/greater-merc-trails-plan/>

GMTMA Executive Director **Cheryl Kastrenakes** would like the opportunity to virtually present the Trails Plan to your Board, council, Municipality, or business organization. For more information please contact Jerry Foster: jfoster@gmtma.org 609-452-1491 x227

Unemployment:

You can apply online at **MyUnemployment.nj.gov**, or MyLeaveBenefits.nj.gov. Filing online is easy, and will ensure claims can be processed in the fastest way possible. visit our website at nj.gov/labor to determine whether they are eligible to apply for unemployment, temporary disability, family leave, or workers' compensation.

Rental Assistance Program:

The COVID-19 Emergency Rental Assistance Program offered through the New Jersey Department of Community Affairs (DCA) will provide temporary rental assistance to low- and moderate-income households that have had a substantial reduction in income or became unemployed due the COVID-19 pandemic. All participants will be selected through an online lottery process. Enrollment period is **Monday, July 6, at 9 a.m. until Friday, July 10, at 5 p.m. To enroll go to:** https://www.nj.gov/dca/divisions/dhcr/offices/cverap.htmlutm_medium=email&utm_source=govdeliveryxt

COVID Test Sites:

The New Jersey Poison Control Center and **211** have partnered with the state to provide information to the public on testing and related needs: New Jersey Department of Health 24 hour hotline: 1-800-222-1222

Food Resources:

The United Way can help you find the food pantry or soup kitchen closest to your home. Dial 2-1-1 any time of the day or night to speak with one of our resource specialists or search the 2-1-1 database (<https://www.nj211.org/food-pantries-and-soup-kitchens>) using the search term "food" and choosing from the search categories provided to find the resource that best fits your needs. You can also text your zip code to 898-211 and we will text you information about resources in your community.

Mental Health:

NJ Mental Health Cares, the state's behavioral health information and referral service, will now also offer help to people dealing with anxiety and worry related to the coronavirus outbreak. New Jerseyans can call **1-866-202-HELP** (4357) for free, confidential support. NJ Mental Health Cares will be answered from 8 a.m. to 8 p.m. seven days a week by live trained specialists.

NJ HOPELINE: 1-855-654-6735; www.njhopeline.com

NATIONAL SUICIDE PREVENTION LIFELINE: 1-800-273-TALK (8255), www.suicidepreventionlifeline.org

FAMILY HELPLINE: 1-800-THE-KIDS (843-5437), 24 hours a day – 7 days a week

Tax Questions:

<https://www.state.nj.us/treasury/taxation/index.shtml/ota/eitc/ptr/questions/cbt/automaticextension2019.shtml>