

## Save the Date! CAB Meeting

**Wednesday, November 1  
5:00 - 7:30 p.m.**

Capital Health Medical  
Center  
PURE Conference Room

- Cheryl Kastrenakes,  
*Greater Mercer  
Transportation  
Management Authority,*  
Keynote Speaker

- Updates from our Priority  
Groups

- Refreshments will be  
served

- Please RSVP to Carol  
Nicholas,  
gmphp.nj@gmail.com, by  
10/20

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## Celebrating Cycling “Then and Now”

It is 125 years since the bicycle craze gained momentum. Beginning circa 1893, bicycles caught the imagination of the public in our area, and nationwide. The “safety bicycle” with equal-sized front-and-back pneumatic tires made it much safer and more pleasant to ride. Bicycle riding was promoted as being social fun, healthy exercise, show-off athleticism, and efficient transportation. Social clubs became fashionable in the 1890s. Bicycling clubs added the pleasant social aspect to the basic physical aspect of the activity. Bicycles were especially liberating for women. Biking was an outdoor social event in which women could freely participate.

Roads were often in bad condition in the 1890s. Roads were frequently muddy and/or rutted. Bicyclists joined farmers in demanding non-cobblestone paved roads. Farmers needed better roads to get their crops to market with less spoilage. The Department of Transportation in New Jersey began as a committee within the Department of Agriculture, to improve roads for farmers.

The bicyclists and farmers agitated for paved roads, and got them. But a not-so-funny thing happened. Roads paved primarily for bikes and farmers were taken over by aggressively driven cars. Eventually the danger from automobiles drove everything else off the roads. The “Complete Streets” Movement is working to redesign roadways to allow all road users to be safer.

The topic of “Bicycling Then-and-Now” can be the subject of an interesting museum exhibit. David Bosted would like to curate an exhibit in 2018 at the Trenton City Museum in the Ellarslie Mansion, in Cadwalader Park. The City Museum will be mostly full in May and June with the 35th Annual Ellarslie Open. However display space can be found at the Museum after the Ellarslie Open 35 ends in June. May is Bike month, including Bike-to-Work Week. Bicyclists are mostly occupied with their sport during the summer months, so the exact timing of the exhibit isn’t clear yet.

“Chasing George” was a very successful biking event last spring. The GMPHP group thought a historic theme would be fun for us to do next May. Carol Nicholas noted that alas, very few adults are wearing helmets on the LHTrails, and thought a joint collaboration of health, safety, & history of biking would be a great initiative. Cheryl Kastrenakes shared information about the Bike Fest on 9/25 at the Farmers’ Market in Trenton, providing lights, bells, helmets, and education primarily to ...

# Celebrating Cycling

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...bikers who cycle to work.

Several members of the GMPHP Transportation Priority Group will attend the Complete Streets Conference at the Bloustein School at Rutgers in New Brunswick on 10/24. GMPHP members will meet up at the Conference and discuss the Bike Initiative for 2018 that day. David Bosted has begun collecting items for the 2018 Museum exhibit. He will seek to gather informational and graphic items at the Complete Streets Planning Conference.



## Deb Hallisley: Educator & Advocate

Deb Hallisley, founder of Advocate for Mom and Dad, LLC, is an educator and advocate for seniors and their adult children. Deb blogs on a variety of caregiving issues answering the questions

"Where do I start?" and "What do I do next?" In additions, Deb works as a caregiver consultant, mentoring families through their caregiving journey, helping them identify and find the right resource, at the right time.

Deb started her caregiving role seeing her dad through congestive heart failure. It continues as she is her 85 year old mother's caregiver, with responsibility for mom's 60-year-old home and 11-year-old bichon frise.

Deb knows first hand how frustrating and exhausting the role of caregiver can be, but also understands and believes it is a privilege.

Visit [www.advocateformomanddad.com](http://www.advocateformomanddad.com) to learn more.



## Project BEST: Reducing the Incidence of Blindness in New Jersey

National Researchers say: "50% of all cases of blindness or severe vision loss could have been prevented by early detection of disorders and the appropriate follow-up care."

The NJ Department of Human Services, Commission for the Blind and Visually Impaired (CBVI) believes that every resident of NJ has the right of access to services that will prevent or limit the impact of vision loss. We are very proud that, for over 35 years, CBVI has provided services in the areas of eye health and eye safety by offering free vision screenings for adults and children with a concerted effort to provide these services to historically underserved sectors of the population (low income, elderly, minorities, people with Diabetes and individuals with special needs).

CBVI's Project BEST program works to save sight and restore vision whenever it is medically possible. Services include: mobile eye examination unit; vision screening for preschool and school-age children; monthly or semi-monthly eye screenings at more than 28 fixed sites all over the state; on-site screening at institutions and in communities; special diabetic detection and awareness programs; and other specialized eye screening programs which target historically underserved populations (i.e. minorities, the elderly, migrant farm workers, etc.). Visit **HealthyMercer.org** for information flyers on the upcoming screenings in October.



# Lawrence Hopewell Trail Opens New Segment

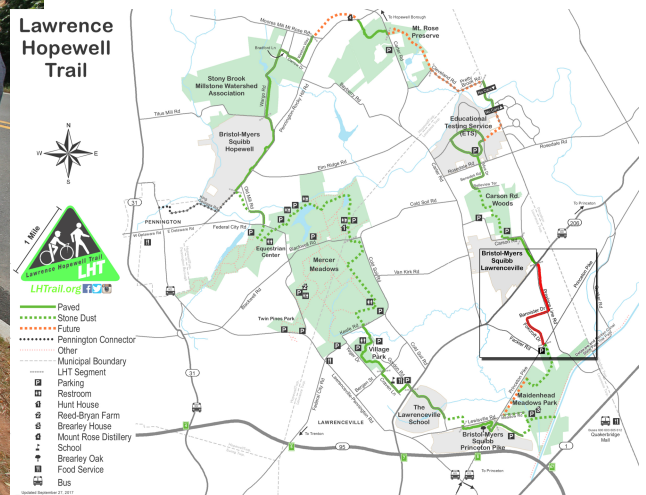
Community and corporate leaders, government officials and members of the Lawrence Hopewell Trail Board of Directors celebrated the opening of the Lawrence Hopewell Trail segment called the King's Highway Segment in Lawrence Township on September 29.

The 3,760-foot segment runs along Province Line Road from Route 206 to Bannister Drive, where it crosses into the Foxcroft neighborhood. It is a critical link between Carson Road Woods and Bristol-Myers Squibb Lawrenceville to the north and the Foxcroft neighborhood to the southeast. The trail then crosses Princeton Pike, taking walkers and riders into Maidenhead Meadows.

Nineteen miles of the Lawrence Hopewell Trail's planned 22-plus mile bicycle and pedestrian trail and transportation corridor through Lawrence and Hopewell Townships in Mercer County - or 88 percent of the trail - are now complete with the opening of the King's Highway Segment. Federal highway funding totaling \$500,000 for this segment of the trail, administered through the N.J. Department of Transportation, funded the new segment

"We are so proud that the King's Highway Segment will receive the Complete Streets Excellence Award because of the engineering and design work by Lawrence Township engineer Jim Parvesse," said David Maffei, Mayor of Lawrence Township.

The LHT is a key member of the Circuit Trails, a vast regional network of interconnected, multipurpose trails across a nine-county region in Pennsylvania and New Jersey. For more information about the Circuit visit <http://circuittrails.org>.



Community leaders celebrate the new pathway with a ribbon cutting. From left: Chris Linn DVRPC, Lisa McCormick-Lavery, Bristol Myers Squibb, Mercer County Executive Brian M. Hughes, LHT Co-President Eleanor Horne, Hopewell Twp. Mayor Kevin Kuchinski, LHT Co-President Becky Taylor, Lawrence Twp. Mayor David Maffei, and Elise Bremer-Nei, NJODT. Photo by Andrew Miller Images, LLC.

# The Community Well: “Be Good, Do Good”

CAB member Karen Buda and Jeff Vamos are pleased to announce the opening of “The Community Well” at the Presbyterian Church of Lawrenceville. It is a community wellness center offering services that promote wellness of body, mind and spirit and the discovery of human purpose in the Lawrenceville, NJ and Greater Princeton area.



THE  
COMMUNITY WELL  
Be well. Do good.

The Community Well offers a variety of physical wellness service such as yoga and Zumba, and more will be added each month. Also offered will be programs for individuals and groups, from classes to stimulate the mind to services for mental health and family support. The New Directions Center provides individual psychotherapy, spiritual direction, family counseling, and group programs.

Temple Micah and PCL offer a rich variety of worship, spiritual growth and educational programming. In addition, for those who wish to go deeper in their spiritual quest, we offer spiritual direction and classes on spiritual life through the New Directions Center.

We believe that a sense of purpose and meaning is at the heart of wellness – hence our tagline, “Be well. Do good.” Further, we believe a sense of purpose inevitably leads toward service to others. Therefore, TCW strives toward “helping people help people” – providing the means to participate in volunteer activities that connect people with human need. Those accessing the center are encouraged to find ways to serve others, for example through our Volunteer Connect program (coming in 2017/2018), which will assist persons in finding meaningful service opportunities.

## Upcoming Events:

### October

- 10/20 - Chronic Disease Priority Group Meeting (St. Lawrence Rehabilitation Center)
- 10/21 - Tour de Trenton - [Trentoncycling.org](http://Trentoncycling.org)

### November

- 11/1 - GMPHP CAB Meeting (Capital Health Medical Center)
- 11/1 - Cancer Screening Clinic (Princeton United Methodist Church, 12:00-6:00 p.m.)
- 11/4 - Cancer and Health Screening Clinic (Capital Health Regional)
- 11/28 - Healthy Eating Active Living Priority Group Meeting (Big Brother/Big Sister, 10:00 a.m.)

### December

- 12/4 - Transportation Priority Group Meeting (Thomas Edison State University, 10:00 a.m.)
- 12/6 - GMPHP Board Meeting (St. Lawrence Rehabilitation Center, 2:30 p.m.)

## Spotlight: Catholic Charities

Catholic Charities, Diocese of Trenton was initially established as an orphanage in Hopewell in 1870 and later incorporated in 1913 to provide adoption and basic needs services. Today, Catholic Charities offers services in Burlington, Mercer, Monmouth and Ocean counties.

Here in Mercer, a full complement of behavioral health services are provided: integrated, coordinated primary and behavioral care through the Certified Community Behavioral Healthcare Clinic (CCBHC) at [10 Southard Street](#) in Trenton; an ambulatory withdrawal management program opening later this fall; a day and evening co-occurring disorders program for men and women that partners with the Department of Child Protection and Permanency to reunify children with their parents following recovery; a community-based psychiatry program, PACT (Program of Assertive Community Treatment) that helps individuals with a diagnosis of serious mental illness live safely and independently in their communities; a crisis intervention program, Early Intervention Support Service that is open 7-days a week and accepts walk-in appointments; On My Own supportive housing services providing safe, stable housing for individuals living with a mental illness diagnosis; the Family Growth Program offering trauma-informed, evidence-based counseling and treatment for child victims of abuse; El Centro, a multicultural resource for residents seeking ESL, citizenship and naturalization, mentoring, job coaching and other basic needs; Milepost, a program that partners with the state and county to provide specialized treatment for youth offenders; New Choices, an after school program providing recovery and education to youth with addiction disorders; and Community Services, providing health and financial literacy education, Rapid Rehousing, and assistance with food, utility and rent/mortgage payments.

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## Meet the Board: Diane Grillo

We're proud to announce that in January, Diane Grillo will begin a new appointment as President of the GMPHP. As a founding member of the GMPHP Board and currently serving as Vice Chair, Diane Grillo has seen the evolution of the organization since its beginning. Diane is Vice President of Health Promotions at RWJ Hamilton, an affiliate hospital of the RWJBarnabas Health System. As VP, Diane has responsibility for Community Relations, Corporate & Occupational Health, Pastoral Care, Volunteers, the RWJ Fitness & Wellness Center, community education and outreach.

Passionate about prevention, health & wellness, Diane has pioneered work in the region developing programs around the benefits of fitness and good nutrition. Anyone who has seen and heard Diane talk understands the nature of REAL wellness and how it benefits individuals and organizations. Diane believes it is worth the discipline required to sustain an exceptional lifestyle and positive philosophy -- and to try always to look on the bright side of life.

Working for almost thirty years in Mercer County, she has focused on the health needs of the various segments of the population to improve health and quality of life especially the most fragile populations – the very young and the elderly. Throughout her career, Diane has been a strong advocate in promoting diversity, inclusion and equity for women both within and outside of the healthcare sector. She has been a passionate voice in raising awareness of the needs of women and girls.

She is a board member of the American Cancer Society, the Greater Mercer Public Health Partnership, the Hamilton Partnership, and the Trenton Public Educational Foundation. She also serves on the Hamilton Rotary and the RWJBarnabas Health Women's Leadership Alliance.



## Spotlight: Catholic Charities

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Catholic Charities is accredited by the Council on Accreditation and was selected as one of just seven providers in New Jersey to participate in a federal demonstration project to integrate behavioral and primary care. This project is funded through the U.S. Department of Health and Human Services and Catholic Charities was chosen to serve as a pilot Certified Community Behavioral Healthcare Clinic based on the agency's successful outcomes and lengthy history of offering innovative behavioral health services to a vulnerable population.

For more information about any of these services, visit [www.catholiccharitiestrenton.org](http://www.catholiccharitiestrenton.org) or call 800-360-7711.

