

Workplace Wellness Summit

Thursday, April 20, 2017
 8:00 a.m. - 11:00 a.m.

Robert Wood Johnson
 Fitness & Wellness Center
 3100 Quakerbridge Road
 Hamilton, NJ 08619

- Craig Kramer, *Johnson & Johnson Mental Health Ambassador Chair*,
 Keynote Speaker

- Learn how to implement and measure employee wellness programs for businesses, with best practices shared.

- Designed for executives, business owners, HR professionals, and health professionals.

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Community Advisory Board Spring Meeting

The Community Advisory Board (CAB) met on March 22 at Capital Health Medical Center in Hopewell to share the results of a very productive first year of the Community Health Improvement Plan (CHIP).

Kate Flewelling, Executive Director of the National Network of Libraries of Medicine, addressed the CAB, sharing data, resources, and best practices for health and wellness information. Kate and the NNLM are available for CAB members and participating organizations, offering resources, print and educational materials, traveling exhibits, and outreach opportunities.

Brenda Seals, discussed opportunities for partnership, especially with internship and grant-writing possibilities.

Chronic Disease Priority Group

Amanda Medina and Darlene Hanley presented the progress their workgroup has made:

- Program Service Data Collection Tool Development and Implementation
- Hospital Data Collection Progress
- Compilation of Mercer County resources for Cancer
- Patient Navigation Tools to help coordinate care and communicate with healthcare systems
- Program and Service Sharing



Healthy Eating and Active Living

Stephanie Carey presented on the activities and progress:

- Participation in the Mercer Green Fest on 3/18
- Upcoming Worksite Wellness Summit on 4/20
- Special Partner Event with the Stony Brook Watershed Run & Festival, to be held 5/21
- Working with TCNJ's *Health & Physical Education Program* to develop an Active Recess Guidebook for the School Health Initiative

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Community Advisory Board Spring Meeting

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Mental Health & Substance Abuse Priority Group

Ann Dorocki presented on the workgroup's progress toward the objective to improve accessibility for information and resources for all human services in Mercer County:

- Central Jersey Family Health Consortium provided info on substance abuse and smoking cessation, with a focus on women, for 167 individuals. Counseling services were provided for 110 individuals, training was provided to 7 physicians, and a conference on May 13 was attended by 60 people.

- Mercer Council on Alcoholism and Drug Addiction ran a faith-based conference for 35 participants.

- Mercer County, Department of Human Services, hosted 12 sessions on education and accessing services, with 900 participants. Six sessions were specifically designed to provide education and information to seniors.

- Phoenix Behavioral Health organized a community picnic for 75 participants featuring Stygma, a musical group committed to drug prevention.

- Robert Wood Johnson University Hospital held 2 sessions with a total of 32 participants.

- Upcoming events and activities include the Opiate Knock Out Day Conference; a collaboration with the Mercer County Department of Human Services on the DETERRA Bag project; an update to the Mercer County Department of Human Services resource directory; a 2017 Fall Conference; and a Medication Assisted Treatment Initiative.

Transportation

Cheryl Kastranekes presented on the activities of the workgroup, designed to improve the awareness and impact of mobility options:

- Outreach programs include Travel Training for seniors, people with disabilities, and healthcare/social service personnel. Safety programs include bicycle and pedestrian safety, as well as air quality and anti-idling programs.

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- The comprehensive Mobility Guide is available online at www.healthymercer.org or www.gmtma.org.

- Travel Trainings are planned for Lawrence Senior Center, East Windsor Senior Center, Hopewell Senior Center, Newgrange School, Lawrence High School, and Steinert High School.

- Planned safety and environmental programs include Senior Pedestrian Safety PSRC; an Air Quality Program at the Lawrence Library; and Air Quality/Bike Pedestrian Safety at area camps.

Supporting Small Business Health

The Small Business Health Care Tax Credit & Premium Assistance Program

As a small business owner, you know that your employees are vital to the success of your business. Having a healthy bottom line is nearly impossible with high turnover or unproductive employees. Health insurance is a key factor in recruiting and retaining talented employees, maintaining productivity, and keeping employee satisfaction high.

The Small Business Health Options Program (SHOP) Marketplace at HealthCare.gov, provides an easier and more affordable way for small business employers to offer high-quality health and dental insurance to their employees. When you offer coverage through the SHOP Marketplace, you may be eligible for the Small Business Health Care Tax Credit, which may be worth up to 50% of your contribution toward your employees' premium costs. SHOP Marketplace gives you control over your health care costs. Health insurance means peace of mind for employees, which is invaluable for employee satisfaction and productivity.

Meet the Family Resource Network Health Insurance Marketplace Navigators to learn more and find out if your business qualifies for SHOP. It is a free service that can profit your business.

Tahirih Gomez-Smith
HIM Navigator
Family Resource Network
(609) 331-1938

THE GREATER MERCER PUBLIC HEALTH PARTNERSHIP
PRESENTS A WORKSITE WELLNESS SUMMIT



A BUSINESS PERSPECTIVE ON
WELLNESS AND MENTAL HEALTH

April 20, 2017 · 8 – 11 a.m.

LOCATION: Robert Wood Johnson Fitness & Wellness Center
3100 Quakerbridge Road, Hamilton, NJ 08619

Keynote Speaker: **CRAIG KRAMER**

Johnson & Johnson Mental Health Ambassador Chair

Panel Discussion: ROI and Implementation of a Worksite Wellness Program for small, medium, and large businesses. The program is designed for executives, business owners, HR, and health professionals.

COST: FREE. Space is limited. REGISTER NOW at www.healthymercer.org/worksitewellness
QUESTIONS? Call Carol at 609.580.0621 · Breakfast and Networking sponsored by the GMPHP

Barbara Johnson Named 2016 Outstanding Woman in Government

Barbara George Johnson, executive director of The John S. Watson Institute for Public Policy of Thomas Edison State University, was presented with the 2016 Outstanding Women in Government Award by the New Jersey League of Municipalities (NJLM) at its annual conference.

George Johnson, a member of the GMPHP Steering Committee, was recognized for her extraordinary efforts on behalf of the health of communities at NJLM's breakfast, held in Atlantic City this past fall.

NJLM Past President, Stone Harbor Mayor Suzanne Walters, explained that George Johnson's recognition speaks to the health of community and quality of life she works hard to bring change to every day. "This year, the committee had the honor of recognizing the hard work, dedication, and strides Barbara George Johnson has made in making our communities healthy for all of our residents."

"I am honored to have been recognized by the League as its Outstanding Women in Government awardee," George Johnson said. "Public Health is really the lynchpin of the healthcare system, dating back to the late 19th century, with healthcare being key to the future of our nation. I am fortunate to be able to work at an institution that puts health and policy education at the forefront."

George Johnson brings more than 20 years of experience as a public policy professional in New Jersey to the University and has been a leading voice in shaping economic, health, and social policy in the region. She has experience as managing principal of GOVCONNECTIONS, LLC, and a senior associate for MBI-GluckShaw, where she represented a diverse client base that ranged from the New Jersey Council of Teaching Hospitals to municipal governments including the city of Trenton.

The John S. Watson Institute for Public Policy of Thomas Edison State College is a vital resource for New Jersey decision makers. The Institute's practical, nonpartisan, hands-on approach supports informed public policy that links people to policy.



Barbara George Johnson was presented with the 2016 Outstanding Women In Government Award by the New Jersey League of Municipalities. George Johnson is the executive director of the John S. Watson Institute for Public Policy of Thomas Edison State University.

Spotlight: Healthy Living with the YMCA in Hamilton

Healthy Living Programs offered at the Hamilton Area YMCA provide safe, therapeutic exercise that address the physical challenge affecting those with chronic diseases, including cancer, pre-diabetes, adult and adolescent obesity, Parkinson's Disease and Multiple Sclerosis.



The programs are designed to empower participants by strengthening them physically, while also offering them emotional support by creating a calm, nurturing environment and conversation facilitated by our trained instructors. The goals of the programs are to promote exercise to all, focusing on these special interest areas.

The programs offer modified exercise options and activities are modified based on age, physical stamina and level of comfort. Healthy Living Programs are offered at low or no cost to participants, in addition all participants receive a family facility membership, at no cost, for the duration of their program session.

For more information on Healthy Living Programs, contact [609-581-9622 ext. 114](tel:609-581-9622) or jnastasi@hamiltonymca.org.

New CAB member Kailin Rockhill from the Hamilton YMCA has taken on two active priority group projects in recent months, including the event at the Watershed to be held on 5/21, and the Worksite Wellness Summit to be held on 4/20. Special thanks to Kailin for her good work as a new member of the GMPHP!

Carol Nicholas Honored

Carol Nicholas, GMPHP Program Director, was honored by the Greater Eldridge Park Neighborhood Association on March 8, during an event held at the Lawrence Nature Center - the Rinck House.

Carol was celebrated for her avid volunteerism, as a naturalist, musician, and gardener, and, most importantly, for her work taking care of children as school nurse in Princeton and in Lawrence. The list of Carol's contributions is very long. Honorable Freeholder Pasquale Colavita was the speaker and had a Proclamation recognizing Carol.

Honorable David Maffei, Township Mayor, Richard Krawczun, Pam Mount, Carol Chamberlain, Mr. & Ms. Steve Greoger, David and Melissa Bosted, Jeanne and Joe Cermele, Greg Whitehead, Nick Bosted, Virginia Tomat and Richard Kelly, Jori Fahrenfeld, Teresita Bastides-Heron and more were all in attendance. Congratulations, Carol!

10K-5K Watershed Trail Run & Festival

Sunday, May 21
12-4pm

Join our 2nd Annual Watershed Trail Run & Festival
Registration is now open - thewatershed.org/trail-run

Join us for this
Upcoming Event:

- 10K & 5K -
Watershed Trail Run & Festival



Cash Prizes • Live Music • Beer & Wine
Family Fun Walk • Supervised Childcare
Great Food • Health Fair • Exhibits & Demos

thewatershed.org/trail-run

