



Sharing Our News and Your Stories

NEWSLETTER

COMMUNITY RESOURCES

 The poster has an orange background with a white leafy branch pattern at the top. The main title "Come Connect Collaborate!" is in a large, white, serif font. Below it, the text "SHARING RESOURCES & COLLABORATIONS" is in a smaller, white, sans-serif font. Further down, the text "JOIN OUR CAB MEETING FOR A DISPLAY OF OUR PARTNER'S RESOURCES AND HEAR FROM THE EXPERT PANEL ON COLLABORATIONS IN MERCER COUNTY. REFRESHMENTS WILL BE PROVIDED" is in a white, sans-serif font. At the bottom, the text "RSVP BY OCTOBER 10 TO CAROL AT GMPHP.NJ@GMAIL.COM" is in a white, sans-serif font. The bottom section of the poster has a light orange background with the text "Wednesday, October 19, 2022 5:00-7:00 PM at RWJ Fitness and Wellness Center 3100 Quakerbridge Road, Hamilton, NJ 08619" in a dark orange, sans-serif font.

Come Connect Collaborate!

SHARING RESOURCES & COLLABORATIONS

JOIN OUR CAB MEETING FOR A DISPLAY OF OUR PARTNER'S RESOURCES AND HEAR FROM THE EXPERT PANEL ON COLLABORATIONS IN MERCER COUNTY. REFRESHMENTS WILL BE PROVIDED

RSVP BY OCTOBER 10 TO CAROL AT GMPHP.NJ@GMAIL.COM

Wednesday, October 19, 2022 5:00-7:00 PM
at RWJ Fitness and Wellness Center
3100 Quakerbridge Road, Hamilton, NJ 08619

This newsletter issue is all about community and resources we are blessed to have in Mercer County. After a 3 year hiatus, the Greater Mercer Public Health Partnership members will be meeting in person for the annual Community Advisory Board meeting. This year's theme Come Connect Collaborate, evolved after reconnecting with our partners on the community health improvement plan. We all realized that staffing in every organization was severely impacted by Covid-19, and there were so many new workers in every field. It is hard enough learning a new job, but couple that with learning all about the resources in Mercer County, and it can be overwhelming. We hope by having this resource fair, that newer and established partners will connect with all of the great people in our county, and see how they can collaborate on future initiatives. There will be 24 organizations tabling, and we will also have an expert panel talk about their organization, and how they have collaborated with other organizations in our county to improve, add, or share services. Refreshments will be served.

Panelists will be Lisa Lawson from Catholic Charities of the Diocese of Trenton, Robyn D'Oria from Central Jersey Family Health Consortium, Cheryl Kastrenakes from Greater Mercer Transportation Management Ass., and Sarah Steward from HomeFront. Please **RSVP** to Carol by **October 10th** at :

gmphp.nj@gmail.com

Thank you to all of our partners for helping to build a multi-faceted **Community Health Improvement Plan** with targeted interventions and community wide strategies that will address inequities.

November is
**NATIONAL FAMILY
CAREGIVERS MONTH**

#CaregiverAnd



Office on Aging & Disability Resource Connection Supports Caregivers

November is National Family Caregivers Month, and here at the Mercer County Office on Aging/ADRC we don't just support older adults and those living with disabilities, we also provide services for their caregivers. As a caregiver you have access to our information, referral, and assistance services to help you and your loved one connect to programs that can support your loved one's wellbeing and independence, as well as providing relief, education, and support to you. We support multiple community programs such as:

- **Oaks Integrated Care Senior Wellbeing Program**, which provides interactive workshops, presentations and supports groups to adults ages 60 and older and their caregivers on a variety of topics related to mental health and wellness. The program also provides short-term assessment, consultation and referrals for older adults or caregivers who may need to access mental health or other resources.
- **The Advancing Opportunities** youth with disabilities respite program which allows parents of children with disabilities a break from the stresses of caregiving and time to take care of other responsibilities.
- **Active Day of Hamilton** provides a day program where adults can socialize, eat, and engage in activities and exercise safely with supervision from nursing, social work and other trained professional staff to assist and support them.
- At the **Mercer County Nutrition Program for Older Adults**, caregivers are welcome to accompany their loved ones and share a meal at their local nutrition site.

In addition, the Mercer County Office on Aging helps people understand eligibility and connect to programs such as the Statewide Respite Care Program, home health services, access to personal emergency response systems, and much more that can help support community members and ease caregiver challenges. We also help people understand opportunities for financial compensation as caregivers. If you or someone you love could benefit from these services please call us Monday – Friday from 8:30 AM to 4:30 PM at: 609-989-6661, or contact us by email at ADRC@mercercounty.org. We are happy help.



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RWJ FOOD OUTREACH

Everyone is keenly aware of the importance and value of free/reduced breakfast and lunch programs in our schools. But when the summer comes, these children lose what might have been their only consistent meals for 2.5 months. The financial and health impact on the families can be tremendous. Because of this, RWJUH Hamilton partnered with Parker Elementary School (located in Trenton, NJ) to provide food deliveries every other week. The school staff then distributed the food to families of students in the free/reduced meal plans. The food delivered was a variety of fresh local farm produce, bread, eggs, and yogurt.

“We had an opportunity to donate food locally, but wanted to be specific and impact a moment of need in our local community. We couldn’t think of a better way to help children and their families at a time of year when nutrition can take a back seat, and food insecurity can really impact a family’s health and wellness. The Parker School was a great partner in helping to ensure this food was received and distributed to their families and we can’t thank them enough for their part in making this program a success” said CAB Member Brian Weiner, Director of Community Education/Health at RWJUH Hamilton.

RWJUH SUMMER NUTRITION PROGRAM



What Is A PeeWee Clinics?



Under the direction of Mercer County Executive Brian M. Hughes, the Mercer County Division of Public Health hosted its first pediatric COVID-19 vaccination clinic for the under 5 age group on June 30, 2022. Mercer County’s public health nurse, Dr. Cathy Jo Soden, along with two Medical Reserve Corps (MRC) volunteers, Dr. Laurel Kruse, a pediatrician and Andrea Webb, RN, vaccinated 54 children. Mercer County provided lollipops, drawstring bags, scented teddy bears, snacks and water for participants. Parents expressed gratitude for the vaccination efforts and offered praise on social media for the event.

Mercer County’s second clinic for this age group was conducted with several local health departments that partnered to help vaccinate. They included Hopewell, Lawrence, Montgomery Township and Princeton Health departments. MRC volunteer Andrea Webb, RN again assisted. In addition to the giveaways from Mercer County, other partners that provided support and giveaways for the families included Children’s Home Society of N.J., Homefront and Mercer County WIC. This clinic vaccinated 121 individuals, of which 110 were under the age of 5. The event was well received by all who attended, and County Executive Hughes extends his thanks and gratitude to all those who partnered with Mercer County Division of Public Health to make it a huge success.

For more information on Covid vaccination clinics go to:
<https://www.mercercounty.org/departments/division-of-public-health/coronavirus-disease-2019-covid-19/covid-19-vaccination>
 or call your local health department.

CONGRATULATIONS MARITZA!

Maritza Raimundi-Petroski, Vice President of Strategic Initiatives, Prevention Programs, and Community Engagement at **The Children's Home Society of New Jersey**, was nominated by the Burke Foundation to receive the **2021 Changemaker Award**. The award is given to only 50 individuals across the country and it highlights the services they've provided in their communities amidst COVID-19. Maritza was the only New Jersey recipient. Recipients were honored at the 2021 Changemaker Awards held during The Art of Leading for Good: Shining a Light on Changemakers this February. Honorees were recognized for supporting their neighbors and communities, leading their teams, demonstrating remarkable service, courage and generosity while confronting unprecedented adversity over the past two years.

Maritza leads the Maternal Child Health services that CHS provides. Her leadership contributed to the success of programs like AMAR, a community based doula program that trains doulas to provide perinatal and postnatal care to pregnant Latina women. Throughout the years, she has worked closely with her dedicated staff to introduce and expand programs at the agency. Two such programs are Body & Soul and CUNA, to ensure healthy childbirth. Body and Soul is a holistic prenatal health program for Black pregnant women that focus on a lifestyle that promotes culturally sensitive harmony between the mind, body, and soul. CUNA offers linguistically and culturally appropriate prenatal health, education, and support for at-risk and isolated Latina pregnant women, birth fathers, and their families.

CAB MEMBER HONORED FOR LEADERSHIP



MARITZA RAIMUNDI-PETROSKI
VP Children's Home Society

NEW NAME - SAME GREAT SERVICES

Connecting NJ (Formerly Central Intake) at Central Jersey Family Health Consortium helps meet the needs of pregnant people, parents, and caregivers with young children from all races and backgrounds to improve their quality of life. Resource Specialists link parents/caregivers to free or low-cost supportive wellness resources, assists in identifying individual and family needs and provides linkages to appropriate services in their community such as:

- Health Insurance, medical providers, primary and prenatal care,
- Housing, childcare, early childhood programs,
- Educational information on prenatal health parenting,
- WIC applications and community programs,
- Early Childhood Specialists,
- Home Visiting Programs and Community Health Workers

A toll free line has been established to simplify and streamline the referral process at 1-888-551-6217.



We connect New Jersey families - moms, dads, newborns, teens, young adults, and grandparents - with the best health and social resources available in their local community.

Looking for programs, resources and more in your area?

Individuals and families who are interested in getting connected can fill out the form below.

How can we help?

What type of support, resources, or services are you interested in?

☐ Basic needs (ex. clothing, diapers, formula)

☐ Breastfeeding

☐ Healthcare for myself or my children (ex. primary care, dentist, physical therapy)

☐ Home visiting (in-home parent support)

The THT Maternal Child Workgroup meets via Zoom every 2 months, second Tuesday of the month, at 12 pm. For more information email:

Videsha Joshi at:

vjoshi@trentonhealthteam.org



Quit Smoking? You Don't Have to Do It Alone

Michael Kosloski

The RWJ Barnabas Health Institute for Prevention and Recovery Nicotine and Tobacco Recovery Program continues to offer our FREE 8-week cessation program, which also provides free nicotine replacement therapy including nicotine patches, gum, and lozengers for anyone struggling with a tobacco or nicotine addiction.

The Quit Center has resumed in-person services at RWJ Fitness and Wellness Center, 3100 Quakerbridge Rd, Hamilton, NJ 08619. Individual consultation sessions by appointment are Monday and Wednesday 1-5pm.

In person group sessions are on Thursday, 6pm to 6:45pm. Zoom Teleconferencing groups are Monday and Wednesday 7pm to 7:45pm. Call to receive the Zoom link. To schedule an appointment call 833-795-7848 or email quitcenter@rwjbh.org. You can also reserve an appointment on line at rwjbh.org/nicotinerecovery.

FOR MORE RESOURCES FOR YOUR CLIENTS
Go to <https://healthymercer.org/resources/>

Connect with a Social Work Intern.



Mercer County Library System (MCLS) partners with Rutgers University School of Social Work to assist Mercer County residents who are in need of social services.

MCLS interns are available to connect residents with social services agencies and resources throughout the County. *Interns will be available from October through early December 2022, and again early January through mid-April 2023.*

*Appointments are available virtually or
in-person at the Hightstown and Lawrence Branches ONLY.*

Appointment Times:

Monday (Hightstown Branch): 2:00 - 8:00 pm
Thursday (Lawrence Branch): 2:00 - 7:00 pm
Friday (Hightstown Branch): 1:00 - 5:00 pm

To schedule an appointment, visit:
<https://picktime.com/mclsnj>

www.mcl.org/services/social-work

Perinatal Mood Disorders Initiative Supporting Emotional Wellness

Services for healthcare providers, hospitals,
and other agencies:

- Education regarding Perinatal Mood and Anxiety Disorders (PMADs) screening, diagnosis, and treatment
- Distribution of New Jersey's *Speak Up When You're Down* pamphlets
- Distribution of support materials for birthing people, expectant and new parents, and those with perinatal loss

To Refer a Client:

- Fax PMAD Phone Follow-Up Consent and Referral Form to 732-348-5311 or
- Call 732-937-5437, ext. 179 or
- Scan a referral form to PMAD@CJFHC.org

30 Silverline Drive • 2nd Floor, Suite 1
North Brunswick, NJ 08902

1659 Route 88 • Suite 2A
Brick, NJ 08724

www.cjfhc.org
PMAD@CJFHC.org

SUPPORTED BY A GRANT FROM
THE NEW JERSEY DEPARTMENT OF HEALTH



CJFHC Central Jersey Family Health Consortium Perinatal Mood Disorders Initiative Supporting Emotional Wellness

Services provided to clients and families:

- Phone support for birthing people at risk for Perinatal Mood and Anxiety Disorders (PMADs) during pregnancy and after giving birth
- Grief support following perinatal loss
- Referral to behavioral health treatment, social service resources, community and hospital-based support groups
- Support groups for new mothers and new fathers facilitated by CJFHC staff
- Education on PMADs

To Speak With a Staff Member:
Call 732-937-5437, ext. 179 or
Email PMAD@CJFHC.org

"Glad Rain"
Botham Cannon



Synthesizing shelter and protection from adverse conditions, an umbrella represents the ways that mental health resources strengthen us in the face of life's challenges.

COMMUNITY ORIENTED RECOVERY EFFORTS



Mercer Council on Alcoholism and Drug Addiction has received a grant from Horizon Foundation of New Jersey, called C.O.R.E. (Community Oriented Recovery Efforts). It has been created to assist with developing better strategies to provide access to increased recovery support for individuals with Opioid Use Disorder (OUD) and to ensure that programs are being designed WITH them as opposed to FOR them. Included in the grant is also an opportunity to listen to loved ones of those with OUD to ensure that programs are being designed with knowledge, awareness and attitudes around opioid use disorders, recovery, availability of resources, treatment and stigma.

Adrienne Petta, Certified Recovery Specialist, was asked to start a NOON All Recovery ZOOM meeting on Thursdays at 12pm. All-Recovery meeting welcome all who struggle with addiction, are affected by addiction and/or support the recovery lifestyle.

An All-Recovery meeting is “non-denominational”, meaning all pathways of recovery are embraced here. Specifically, an All-Recovery meeting is not affiliated with any “Anonymous” program although we are likely to hear comments associated with 12-Step fellowships, as they are a proven “pathway” that has worked for many.

NOON All Recovery Zoom meeting every Thursday at 12pm. All are welcome to log on using the following Zoom Meeting link: <https://us06web.zoom.us/j/81444610301>



**YOUR PATHWAY TO
IMMEDIATE CARE.**



Mental Health Crisis Services

- Mobile Response Stabilization Services
- Crisis De-escalation
- Assessment & Case Management
- Outpatient Counseling
- Depression/Anxiety Treatment
- Addiction Recovery
- Transportation



CALL US @ 609-729-5468
Scan the QR-Code for Hours of Operation



HELP IS ON THE WAY.



For more
information on
human services in
Mercer County go
to:
<https://www.mercercounty.org/departments/human-services>

988
SUICIDE
& CRISIS
LIFELINE

CRISIS TEXT LINE
Text HELLO to 741741
Free, 24/7, Confidential

teen line
Call 800-852-8336
from 6pm to 10pm PST
or text "TEEN" to 839863
from 6pm to 6pm PST

GET HELP 24/7:

TrevorText
Text 988 to 8880

TrevorChat
trevorchat.org

TrevorLifeline
800-852-8336

TREXOR!
Transgender Emergency Response

**MESSAGES IN BOTTLES
ARE NOT ALWAYS THIS OBVIOUS**

**IN JUST 5 DAYS
OPIOID DEPENDENCY CAN BEGIN**

**FOR MORE RESOURCES
GO TO:**

<https://healthymercer.org/resources/>



NEW SOLUTIONS TRANSPORTATION 130 CORRIDOR

For years, Task has been hosting Job Fairs for employers (like Amazon, UPS, and Wayfair...to name a few) to connect with potential employees. Taking the next step, TASK approached CAB member **GMTMA** and asked if a Voucher/Ticket program could be developed to assist new hires to get to their job by using the Rt 130 Connection bus.

And, so it began. GMTMA mocked up the vouchers/tickets and put together a mode of operational procedures for Task and Starr Tours (Rt 130 Connection's service provider). The TMA also arranged for the printing of strip tickets for new employees to use to ride the bus. Tickets will be provided by TASK as needed and until the employee receives their first paycheck. "TASK has a deep understanding of transportation's role in gaining and maintaining employment. We are so pleased to have collaborated with them to set up this program," said GMTMA's Executive Director **Cheryl Kastrenakes**.

NJ DRIVER ALERT: NEW SAFE PASSING LAW Slow Down. Move Over. Pass with Care.



STREET SMART

BeStreetSmartNJ.org

Contact us for more bicycle and pedestrian safety information ● gmtma.org



NEXT GMPHP WORKGROUP CAB MEETINGS

Maternal Child Workgroup - November 8th, 12 pm Zoom

COVID-19 Workgroup - TBD in early January 2023

Life Expectancy/ Chronic Disease - January 11, 2pm

Behavioral Health/ACE's - January 25th, 2 pm

Amerigroup: Providing Whole Person Care for more than 25 years!

Amerigroup, a NJ leader in healthcare for over 25 years, helps improve health care access and quality of care for more than 250,000 NJ Family Care recipients throughout the state by providing innovative health management programs and services in addition to traditional health benefits.

Amerigroup members are assured care, it is not only accessible but also accountable, comprehensive, integrated, and patient centered. Times are tough today and the situation can be even more difficult for those on Medicaid; many of whom may not know about the services that are available to them over and above their standard Medicaid health benefits.

Amerigroup believes we need to focus on more than just medical needs to achieve good health. With that in mind we provide our parent/guardians with necessary baby and children items, such as infant car seats, strollers, booster car seats, a box of newborn diapers, potty training seat/or water pitcher. Members can also earn rewards for completing healthy activities, such as flu and covid vaccinations, completing prenatal and post partum visits, testing A1C levels, and other health screenings. Amerigroup also provides \$60 a year of many over-the-counter (OTC) products per member, such as Tylenol and Band-Aids.

Amerigroup is grateful to have a multitude of community partners. Together we have been able to participate in numerous community events focused on Food Distribution, Book Bag Giveaways at local school systems, Covid testing and vaccinations, presentations about the Public health emergency and what NJ Families need to know to keep their coverage, Give Kids a Smile program whereby our vendor Liberty Dental, provides dental education and hundreds of toothbrushes to children, our therapy vendor TNNJ, whom, provides therapy education and support to our communities. Amerigroup also has thousands of participating providers in its network, including all of Capital Health.

Amerigroup currently has a growing virtual library link with local NJ community celebrities that read aloud their favorite books to kids and families. This link has been made available to many participating school districts in NJ. This year books were distributed through the virtual library initiative across the state, reaching 15,000 students. Feel free to check out our virtual library at:

<https://www.youtube.com/channel/UCVa0kqb-e4AJFdtys2QxjA/videos>

We are here to help you navigate these difficult times together! For additional questions and information on Amerigroup, call 877-453-4080



**Hope to see you at the Resource Fair October 19th, 5-7 pm
RWJ Fitness Center, Hamilton NJ**