



GMPHP NEWSLETTER

OUR NEWS AND YOUR STORIES



BUILDING RESILIENCE - Why it Matters

Our recent **Community Health Improvement Plan** has a focus on ACE prevention and building resilience. We have learned that adverse childhood experiences can change the course of a child's physical, behavioral, and cognitive development. The good news is that there are simple ordinary things that can prevent damage, and build resilience.

The Center for the Study of Social Policy states "Early Relational Health (ERH) is an emergent term that has galvanized the interest of many leaders in the child and public health sectors. It simply means that healthy and positive child development emerges best in the context of nurturing, warm, and responsive early caregiver child relationships, when children are surrounded by safe communities with strong trust and social connectedness."

The American Academy of Pediatrics NJ Chapter notes "Positive parenting focuses on building safe, stable, and nurturing relationships between parents and children. This is particularly critical in a child's earliest years when strong emotional bonds develop through sensitive, consistent and responsive parenting. Physical health is linked to these early experiences, and these (continued on page 6)

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TAKE CARE OF YOURSELF TOO!

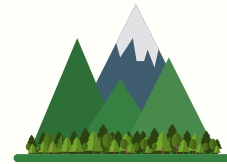


The last two years has made us self reflect on our ability to cope with all that Covid has thrust upon our jobs and home life. We are caregivers to many, and usually put our own mental health needs last.

What is Resilience?

It is the ability to “bounce back” during or after stressful, unpleasant, dangerous or tragic experiences. Resilience is ordinary, and not extraordinary. We can learn and grow from overcoming these experiences, and improve how we deal with future stress. During stressful situations try to do the following:

- Make connections
- Avoid seeing crises as insurmountable problems
- Accept that change is a part of living
- Look for opportunities for self-discovery
- Nurture a positive view of yourself
- Keep things in perspective and practice gratitude
- Maintain a hopeful outlook
- Take care of yourself (exercise, eat properly, sleep, avoid drugs and alcohol)
- Let go of your anger
- Learn how to calm yourself
- Spend time in nature
- Find meaning in every single day
- Laugh!



If you feel you are not making progress, seek professional help: 1-800-382-6717

From: Resiliency toolkit: <https://www.resiliency.tools/>



IN THE MOMENT

To manage stress at work, the American Psychological Association recommends you learn relaxation techniques such as:

- Meditation or mindfulness practices:
https://www.youtube.com/watch?v=ssss7V1_eyA
- Deep breathing exercises – Try the 4 7 8 breath method?
 1. First, let your lips part. Make a whooshing sound, exhaling completely through your mouth.
 2. Next, close your lips, inhaling silently through your nose as you count to four in your head.
 3. Then, for seven seconds, hold your breath.
 4. Make another whooshing exhale from your mouth for eight seconds.





Fulfilling a Promise,
Making it Possible.

16 West Front Street-Suite 220 | Trenton, NJ 08608 | Ph: 609 695-1977 | Fax: 609 695-5247
www.childrensfutures.org

PREGNANCY testing

Need a pregnancy test?

Children's Futures continues to serve our community through the COVID-19 pandemic with the following **FREE** and **CONFIDENTIAL** services:

- Pregnancy Testing
- Home Visiting Nurses
- Parenting Classes
- Prenatal Care
- Doula Services
- Insurance Enrollment AND MORE!

CALL NOW!

609-695-1977

Mon & Fri: 9 AM -4PM (APPOINTMENT ONLY)

Tues. - Thurs.: 9 AM- 4PM (NO APPOINTMENT NEEDED)



The information on this page is for informational purposes only. It is not intended to be a substitute for professional medical advice. Always consult your healthcare provider for all decisions regarding your health. The information on this page is for informational purposes only and is not intended to be a substitute for professional medical advice.



NATIONAL CENTER ON ELDER ABUSE

5 Things Everyone Can Do to Prevent Elder Abuse

Here are 5 things everyone can do to build community supports and prevent elder abuse.

- 1) **Learn the signs** of elder abuse and how we can solve the issue together.
- 2) **Prevent isolation.** Call or visit our older loved ones and ask how they are doing on a regular basis.
- 3) **Talk to friends and family members** about how we can all age well and reduce abuse with programs and services like law enforcement, community centers, and public transportation.
- 4) **Sign up to be a friendly visitor** to an older person in our communities.
- 5) **Send a letter** to a local paper, radio or TV station suggesting that they cover World Elder Abuse Awareness Day (June 15) or Grandparents Day in September.



It is up to all of us to prevent and address elder abuse!

For more information on elder abuse prevention, please visit us online or call:

ncea.acl.gov | 855-500-3537



This material was completed for the National Center on Elder Abuse situated at Keck School of Medicine at the University of Southern California and is supported in part by a grant (No. 90ABRC000101-02) from the Administration for Community Living, U.S. Department of Health and Human Services (DHHS). Grantees carrying out projects under government sponsorship are encouraged to express freely their findings and conclusions. Therefore, points of view or opinions do not necessarily represent official ACL or DHHS policy. LAST DOCUMENT REVISION: DECEMBER 2017

Keck School of
Medicine of USC

Free State Park Admission All Summer Long

Starting Memorial Day weekend, entry to all New Jersey State Parks, forests, and recreation areas will be free of charge this summer. Park entrance fees will be waived for all visitors, regardless of residency. Anyone who already purchased a 2022 annual State Park Pass will automatically receive a full refund. Other individual park fees remain in place, such as camping, interpretive programs, and mobile sport fishing permits. Health and Social Resources for Families



Health and Social Resources for Families

Health insurance, doula services, home visit assistance, early childhood education, and many other services for families with young children are now available through Connecting NJ. This new website simplifies the process of accessing services and provides a single point of entry for community members in need.

<https://www.nj.gov/connectingnj/>

[utm_campaign=20220527_nwsltr&utm_medium=email&utm_source=govdelivery](https://www.nj.gov/connectingnj/?utm_campaign=20220527_nwsltr&utm_medium=email&utm_source=govdelivery)



BLUNT FACTS

Marijuana can have negative and lasting effects.



MARIJUANA CAN HAVE PERMANENT DAMAGING EFFECTS ON DEVELOPING BRAINS.

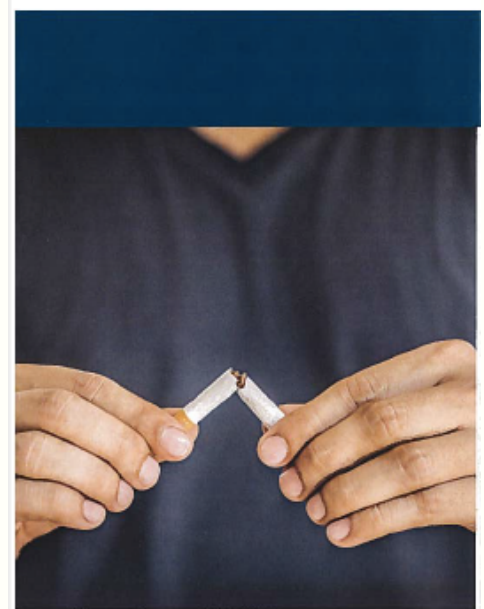
FREQUENT MARIJUANA USE HAS BEEN LINKED TO DEPRESSION, PARANOIA, ANXIETY, AND SUICIDE.

PLAY SPORTS OR VIDEO GAMES?
MARIJUANA CAN AFFECT TIMING, COORDINATION, MOVEMENT, AND WEAKEN YOUR PERFORMANCE.

MOST TEENS HAVE NOT SMOKED MARIJUANA IN THE PAST MONTH.

1 IN 6 YOUTH MARIJUANA USERS BECOME ADDICTED.

IN NEW JERSEY, IT IS ILLEGAL TO USE MARIJUANA UNDER THE AGE OF 21



Quit Smoking Program

For more information about the Quit Smoking Program, contact us by calling

1.844.303.LUNG (5864)
or **609.947.7147**

or email us at
pulmonarynavigator@capitalhealth.org



About

Patient Navigation helps improve care. We can help you overcome barriers like:

- Transportation
- Complex Systems
- Insurance Coverage Concerns
- Language
- Financial
- Child Care

Other resources include:

- Community Education
- Provider Education
- Screening Referrals for all cancer types



Learn more about ScreenNJ Patient Navigation Services by scanning the QR code below:



ScreenNJ is a statewide program whose focus is to implement and expand the reach of evidence-based cancer prevention and screening services, directly address barriers that prevent people from receiving timely cancer screenings, and reduce the cancer burden experienced by New Jerseyans.

In partnership with Rutgers Cancer Institute of New Jersey, the New Jersey Department of Health, and healthcare and community organizations across New Jersey, ScreenNJ aims to increase cancer awareness and share information about cancer screening, treatment, research, and survivorship services, as well as helping organizations initiate or expand outcomes-oriented, evidence-based cancer screening, education, and outreach services.

Contact Us

☎ **1 (833) 727-3665**

🌐 **screennj.org**

✉ patientnavigation@cinj.rutgers.edu



Help is Available!



THE BENEFITS OF PATIENT NAVIGATION

Navigation services are available throughout NJ
AT NO COST TO YOU



Cancer Screening



Diagnosis/
Treatment



Care
Coordination

You do not have to do it alone.

1 (833) 727-3665

screennj.org

CHARGING STATIONS OPEN

The electric vehicle (EV) charging stations that the County of Mercer has installed at 11 of its facilities are now open and available for public use. Pay\$ to Plug In was designed to expand the state's growing network of electric vehicle infrastructure, allowing residents, businesses and government agencies to purchase and drive electric vehicles.

Level 2 charging adds about 10 to 20 miles of range to a plug-in electric vehicle per hour of charging time. The cost for EV users is \$1 per hour for the first four hours of charging time, and then \$5 per each additional hour until the vehicle is fully charged. Download the ChargePoint App via the Apple App Store or Google Play or visit <https://www.chargepoint.com/drivers> to sign up for a ChargePoint account.



Children's FUTURES Wellness Center!

**Fulfilling a Promise,
Making it Possible.**



218 North Broad Street, Trenton NJ

**REACH OUT TO FIND OUT
MORE INFORMATION:**

Call us at (609) 695-1977
or visit our website at childrensfutures.org

Don't have medical care?

Children's Futures offers **FREE** prenatal and postpartum medical care to women at our wellness center, regardless of your insurance status!

Services include:

- * pregnancy testing
- * prenatal care
- * blood pressure testing
- * stress & anxiety counseling
- * case management
- * linkage to resources & services
- * referrals to specialty care and more!

Open Tuesday & Wednesday
evenings, 5:00pm - 8:00pm!



218 North Broad Street, Trenton NJ

Pediatric Residents Learn Skills that Build Resilience



The **Keystones of Development** curriculum demonstrates how Pediatric residents can promote early childhood development and help strengthen parent-child relationships within the context of routine well-child visits. It focuses on six developmental keystones – Attachment, Autonomy, Self-Regulation, Perspective Taking, Problem Solving and Academic Knowledge – that are well-supported by research, largely dependent on caregiver behaviors and are strongly predictive of later social-emotional and cognitive well-being.

"Our mission is to transform the way pediatric healthcare is delivered by maximizing opportunities to promote strong parent-child relationships and early child development within everyday healthcare interactions. Through provider training, environmental transformation and pioneering research, our easily scalable programming will leverage the healthcare space to reach families in the earliest years."

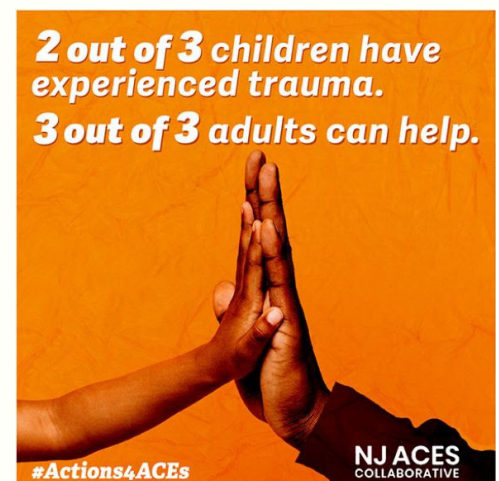
Keystones of Development launched on July 1st, 2018 at eight pilot sites – Mount Sinai Hospital, Elmhurst Hospital, Massachusetts General Hospital, Children's Hospital LA, Tulane University, University of Mississippi Medical Center, University of Utah, University of Texas Southwestern Medical Center – and showed statistically significant changes in resident's knowledge, confidence, and self-reported behaviors about the promotion of positive parenting practices. In July 2019, the Keystones of Development curriculum was made available to all pediatric residency programs in the US, aiming to reach a new generation of pediatricians and the millions of children and families they serve.

For more information, go to: Mount Sinai Parenting Center
<https://parenting.mountsinai.org/providers/about-us/>

Continued from page 1:

bonds help infants, children, adolescents and teens develop high self-esteem, seek out social connection and support, and learn how to manage their feelings and behaviors. These emotional bonds are crucial to success later in life, and serve as a buffer when children encounter challenges like poverty, family instability, parental stress, or depression. A recent study of 14,000 US children demonstrated that 40% of children lack strong parental attachments (1). Children who lack secure attachments may have poorer language and behavior before entering school, and these negative impacts can continue to impact children throughout their lifespan." See above to learn about the ERH curriculum for pediatric residents in NJ medical schools.

(1) Moullin, S., Waldfogel, J., & Washbrook, E. (2014). *Baby Bonds: Parenting, Attachment and a Secure Base for Children*. Sutton Trust.





Public Health
Prevent. Promote. Protect.



West Windsor Reaches Out to At-Risk Residents

The West Windsor Health Department (WWHD) serves the towns of West Windsor, Robbinsville and Hightstown. Throughout the pandemic, one prominent goal for the department has been to conduct neighborhood outreach to the at-risk populations within each community in the effort to reach people where they live, play, attend school or work to help lessen the negative impacts of COVID-19 to those who may suffer the most. As part of WWHD's outreach to one of the at-risk groups, the elderly and economically disadvantaged, the health department created COVID-19 prevention kits and delivered them door to door in a 60-unit affordable housing complex home to residents over 55 years of age.

The kits contained hand sanitizer, test kits, masks and educational materials on COVID-19 prevention measures as well as lists of vaccination clinics and test sites. During delivery, staff attempted to speak with the residents to explain the items included in the bags and services available, including local vaccination clinics. The outreach efforts were well received by the residents and several engaged in conversations with the visiting staff.

In the days that followed the delivery of the bags, WWHD received calls not only to thank the department for the prevention bags but also to schedule appointments for booster vaccinations. One flyer included in the bag addressed second booster dose eligibility. This flyer was useful for this population since all the residents are over the age of 50 years and therefore qualified for the second booster shot. Some of the residents reported they were not previously aware the second booster was now available; or that they were eligible to receive the additional vaccination and gain further protection from illness.

This outreach effort confirmed that going directly to neighborhoods where at-risk members of the community reside and engaging personally with the residents is beneficial in building trust, increasing awareness about disease prevention and promoting vaccinations.



Lead poisoning is the most common environmental hazard for children in the United States

You can help protect your family by getting your home and water tested for lead, for FREE! You may also be eligible for our free program to help remove the lead!

Lead Poisoning is Preventable!

In children, exposure to lead can cause:

- Behavior & learning problems
- Hearing problems
- Damage to the brain
- Hyperactivity
- Anemia
- Slower growth & development

How do you qualify?

- Your household income is within the low-to-moderate income limits
- You live in a one-to-four-unit home or apartment built before 1978
- Lead-based paint is found
- Both tenants and homeowners are welcome to apply



**CONTACT US TODAY TO
SCHEDULE A FREE LEAD TEST AT A
TIME CONVENIENT FOR YOU!**

Call us at 609.341.4747 or email Lvasquez@isles.org

PRINCETON KINDNESS FOOD PROJECT

FREE Food trays available for pick up!

**Every Tuesday, 4:00 p.m. to 5:30 p.m.
(Or until they're gone, Come early!)
From January 4th, 2022**

At the Princeton Family YMCA,
59 Paul Robeson Place, Princeton, NJ-08540



Food prepared by the Trenton Area Soup Kitchen (T.A.S.K)

Volunteers/Donors can contact ashaguru@hotmail.com
prfoodproject@gmail.com
princetonkindness.wordpress.com



Better Health Program

Complimentary Membership at 65+ years old



Our Better Health program at RWJ University Hospital Hamilton is a complimentary program for individuals 65+ dedicated to the rediscovery of the mind, body, and spirit in retirement. Recently our members completed a program on Successful Aging! Through an engaging presentation, they tackled the major components of health; physical, psychological, and social well-being.

During the classes, they identified ways to take charge of their aging. In the discussion of the physical well-being, getting active was the main focus. Through an emphasis on individualizing the form of exercise to meet your personal goals and needs as well as limitations, our members were able to learn to integrate exercise in their day-to-day lives. Also, in talking about the psychological well-being, alertness and memory were top priority. Members participated in a conversation about their favorite critical thinking games to help each other find ways to exercise the muscle that is their brain.

Finally, when addressing the social well-being our members learned how important human connection is for their health. They were given examples of ways to meet new people including volunteer opportunities, community events and organizations like the Better Health Program.

This Successful Aging program allowed our members to take control of their wellness and taught them that it is possible to live your best life with your best health. To become a member of the Better Health Program, go to: <https://www.rwjbh.org/rwj-university-hospital-hamilton/treatment-care/senior-health/better-health-program/>

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Monkeypox: Get the Facts

- Monkeypox is a rare disease caused by the monkeypox virus
- Monkeypox can make you sick including a rash or sores (pox), often with an earlier flu-like illness
- Monkeypox can spread to anyone through close, personal, often skin-to-skin contact including:
 - Direct contact with monkeypox rash, sores or scabs
 - Contact with objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with monkeypox
 - Through respiratory droplets or oral fluids from a person with monkeypox
- This contact can happen during intimate sexual contact including:
 - Oral, anal, and vaginal sex or touching the genitals or anus of a person with monkeypox
 - Hugging, massage, or kissing and talking closely
 - Touching fabrics and objects during sex that were used by a person with monkeypox, such as bedding, towels and sex toys
- We know the virus can be spread in fluid or pus from monkeypox sores, and are trying to better understand if the virus could be present in semen, vaginal fluids or other body fluids



What Are the Symptoms?

- Early flu-like symptoms of monkeypox can include:
 - Fever
 - Headache
 - Muscle aches and backache
 - Swollen lymph nodes
 - Chills
 - Exhaustion
- A rash or sores, sometimes located on or near the genitals or anus, but sometimes in other areas like the hands, feet, chest or face – sores will go through several stages before healing
- Sores may be inside the body, including the mouth, vagina, or anus
- Some people experience a rash or sores first, followed by other symptoms and some only experience a rash or sores
- Monkeypox can be spread from the time symptoms start until all sores have healed and a fresh layer of skin has formed – this can take several weeks



If You Have a New or Unexplained Rash, Sores, or Other Symptoms...

- See your healthcare provider – If you don't have a provider or health insurance, visit a public health clinic near you
- When you see a healthcare provider for possible monkeypox, remind them that this virus is circulating in the community
- Avoid sex or being intimate with anyone until you have been checked out



MONKEYPOX

VISUAL EXAMPLES OF
MONKEYPOX RASH

PROFESSIONAL DEVELOPMENT & CAREERS



Healthy Homes for Community Health Workers -Online

The Healthy Homes for Community Health Workers is intended for individuals who work as health advocates in their communities, whether they are community health workers, weatherization technicians, health educators, public health nurses, social workers, or other home visitors.

Through self-paced, online learning and by exploring their own homes, students will learn to provide advice about specific healthy homes problems and be able to recommend solutions to families, landlords and community members. Participants will gain insight into how housing and health are related and actions they can take to improve the health of their clients by identifying causes of health problems in a home.

Each principle will have a slide presentation followed by a combination of supplementary videos, quizzes, readings, and discussions. *After an introductory webinar*, students will continue at their own pace. Estimated time to complete the class is a minimum of 6 hours. In order to receive a Certificate of Completion, students will attend a final live webinar and complete a home assessment of their residence as a "final project".

Please contact Emily Puskar for upcoming training dates.
epuskar@isles.org – (609) 341-4737

isles Center for Energy and
Self-Reliant Communities Environmental Training



Catholic Charities, Diocese of Trenton is a faith inspired non-profit, mission-driven organization that provides the highest quality of care to those seeking mental health services, addiction recovery, housing and immigration services, and domestic violence services. We are a recognized leader in trauma-informed care and have pioneered integrated healthcare in the State.

With more than 50 human services programs spread throughout four counties (Burlington, Mercer, Monmouth and Ocean), we offer a wide variety of exciting career opportunities in the areas of Direct Care, Clinical, Finance, Human Resources, Information Technology, Marketing and Development, Facilities, Transportation, Nursing, and other areas that support the operations of Catholic Charities, Diocese of Trenton.

We offer competitive salaries and comprehensive benefit programs. Catholic Charities is an Affirmative Action / Equal Opportunity Employer, fostering a diverse and inclusive environment for staff as well as for people seeking assistance.

Call 988 For Mental Health Emergencies

The Federal Communications Commission recently approved a new 3-digit dialing code, **988**, for mental health crisis and suicide prevention.

The 988 line will operate 24 hours a day, 7 days a week for calls, texts, and chat **beginning on July 16th, 2022.**

