

North Jersey Health Collaborative

health matters



Fall Newsletter



President's Message

The North Jersey Health Collaborative has been very busy the second half of this year working on our mission to improve the health of our communities.

The Community Health Needs Assessment (CHNA) process began in May with the organization of the process in all of our 5 counties under the very skillful leadership of our Executive Director, Laura O'Reilly Stanzilis. Key stakeholders from each county were organized to participate in the process. Data from our partner surveys and from our website data center, powered by Conduent Healthy Communities Network, were analyzed for the CHNA. First drafts were presented at the October county meetings and are now being looked at one last time for any final revisions.

We have developed a wonderful partnership with the Rutgers New Jersey Cancer Institute receiving 3 grants from them. Two were for Screen NJ and one was for Project ECHO, "Addressing Barriers to Healthcare and Cancer Prevention Screenings for Individuals with Developmental and Intellectual Disabilities."

We thank all of our partners for their continued support financially and with services "in kind." The work of the Collaborative brings our partners together, aligning the mission of their organizations with the mission of the Collaborative, and working together with all of our partners' varied talents and focuses to better the health of our communities.

As we move forward in 2022 developing Community Health Improvement Plans built from our assessments, we look forward to your continued involvement. We are passion driven people taking the time amidst our busy lives to improve health.

Much good health, happiness, and enjoyment with our families as the Holidays approach,

Sheri Cagnetti

President, NJHC

NEWS FROM AROUND THE COLLABORATIVE



Rutgers Cancer Institute of New Jersey, ScreenNJ & the North Jersey Health Collaborative hosted a Project ECHO Educational Series on Tuesdays at 8:30 a.m. for 8 weeks from September 14 to November 2021! The topic was *Addressing Barriers to Healthcare & Cancer Prevention Screenings for Adults with Developmental and/or Intellectual Disabilities*. Learn about our speakers and this informative series here: [Project ECHO 2021 Flyer \(njhealthmatters.org\)](https://njhealthmatters.org) Speaker materials and recoded webinars will be posted on NJhealthmatters.org on November 15, 2021.



The North Jersey Health Collaborative continues to advocate for the inclusion of individuals with I/DD in health promotion with an ongoing webinar series thanks to a grant from ScreenNJ. Please join us on **Wednesday 11/4 and Monday 11/8 at 12pm on Zoom as we present Free Educational Webinars on Cancer Screenings for Individuals with Disabilities: With a Q&A. Please register in advance:**

11/4 at 12pm: [Webinar Registration - Zoom](#)

11/8 at 12pm: [Webinar Registration - Zoom](#)



**Atlantic
Health System**

November is Lung Cancer Awareness Month

The best way to prevent Lung Cancer is to quit smoking. AHS can help you quit – call 844-472-8499 for more information. Lung cancer screening can be used to detect the presence of lung cancer in people who may be at risk, but aren't showing signs or symptoms. The goal of lung cancer screening is to detect lung cancer earlier, when it's easier to cure. The

U.S. Preventive Services Task Force (USPSTF) recommends annual screening for lung cancer with low-dose computed tomography (LDCT) in adults aged 50 to 80 years who have a heavy smoking history and currently smoke or have quit within the past 15 years. Atlantic Health System provides a lung cancer screening program that is covered by Medicare and other commercial insurance companies. Funding is available for those who are uninsured or underinsured. For more information, call 1-844-228-LUNG (5864) or visit www.atlantichealth.org/lungcancerscreening



Facebook Connections

Recently NJ 211 launched a private Facebook group specifically for agency professionals and organizations. The group offers all organizations listed in our resource database a personal and customized connection to 211's resource database team, providing organizations with easy access to staff who can answer your questions, update your listings, and more. Social media is a strong outlet for many nonprofit and for-profit agencies, which is why we chose to focus on creating a connection.

Join our group to:

- Network with other agency professionals
- Share your events and news with agency professionals throughout the state
- Learn how to add and update your 211 listing easily
- Receive personal service from our resource database specialists
- Attend live trainings and sessions to get your questions answered
- Improve your understanding of the 211 system and how it can be used to assist the consumers you serve

Let's work together to create a better New Jersey! Join the group and find out more here!
<https://m.facebook.com/nj211partnership/>

NJ 211 is a statewide information and referral agency that assists residents who need help with life's most basic needs. Our database is rich in resources to help with food, utilities, affordable housing, rental assistance, mental and physical health, substance use disorders, child care, senior needs, legal advice, transportation, disability services, and more. We are multilingual, free, and available 24/7. You can reach us by dialing 2-1-1, texting your zip code to 898-211, or chatting through our website nj211.org.



What is Period Poverty?

Summit Health Cares' Fresh Start Initiative Works to Find a Solution

Period Poverty – A Fixable Problem or a Myth?

Have you ever heard of *period poverty*? If you're struggling to pay the bills or put food on the table, finding the money to pay for period supplies can feel impossible. And in New Jersey, this is a real issue. One in eight women and girls between the ages of 12 and 44 (ages prime for menstruation) lives below the Federal Poverty Line. The result? They miss work, school, or similar commitments because they don't have access to period supplies. Think about that.

A few years ago, two Summit Health physicians - Dr. Christine Masterson (Obstetrics and Gynecology) and Dr. Marnie Cambria Dardanella (Pediatrics and Adolescent Medicine) joined forces to create the **Fresh Start Initiative** – a program designed to ensure menstrual equity to prevent period poverty and to provide diapers and baby hygiene products to families who need them. Summit Health Cares (SHC) is putting a renewed effort behind the program because we know that period poverty is a fixable problem. Through financial and product donations, including pads, tampons, diapers, baby wipes, and soap, SHC is working to get basic hygiene supplies – often taken for granted by some – into the hands of those who need them.

The facts:

- Period supplies help students stay in school. One in four teens in the US has missed class due to lack of access to period supplies.
- 60% of New Jersey families living in poverty experience financial distress and struggle to keep up with their bills and cover unexpected expenses.
- In New Jersey, more than 33,000 women participate in the Women, Infants, and Children (WIC) Program. Participants of the WIC program receive nutritious food but those living below 185% federal poverty line face challenges meeting other material basic necessities – like period supplies and diapers.
- One in four women in the US struggles to purchase menstrual products due to a lack of income.

The next time you grab a box of tampons or diapers at your local grocery store, think about all those women who are missing work because they don't have period supplies. [Click Here](#) Learn more about our Fresh Start Program.

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NJHC December County Committee Meetings

These 30 minute meetings will be an interactive discussion on engaging partner organizations in the Community Health Improvement Plan. Please join us!

Please click the links below to register - Thank You For Your Support!

[Morris County Committee Meeting: Tues. December 7th, 10:00 - 10:30am](#)

[Passaic County Committee Meeting: Thurs. December 16th, 10:00 - 10:30am](#)

[Sussex County Committee Meeting: Thurs. December 16th, 11:30 - 12:00pm](#)

[Union County Committee Meeting: Thurs. December 16th, 3:00 - 3:30pm](#)

The NJHC thanks our 2021 Officers and County Committee Chairs, Daniel Wikstrom- NJHC Administrative Support, and the volunteers who work with us for their dedication to our work.

Thanks to our [Funding Partners and Board of Trustees](#) for their ongoing support!