



Morris County Committee Meeting Minutes

4/18/2023

Attendees (22): Sarah Rubinstein (Atlantic Health System), Daniel Wikstrom (NJHC), Leslie Bivins (Chronic Disease and Cancer Coalition), Ann Marie Peterson (Randolph YMCA), Mary Ellen Zung (Holistic Health Coach), Donna Plotnick (Senior Living Partners), Casey Martin, (Child and Family Resources), Laura Cerutti (Avenues in Motion), Gilbert Baez (Morristown Medical Center), Candace Wu (Goryeb Children’s Hospital), Melissa Rosa Garcia (Child and Family Resources), Tina Mereos (Morristown Division of Health), Sylvia Nieves (Centers for Medicaid and Medicare), Imge Uludogan (Morris County Division of Public Health), Katie Bisaha (New Jersey Healthcare Quality Institute), Laura Hawkins (Atlantic Health System), Denise Lanza (Morris County Park Commission), Megan Heck (Head Start of Morris County), Solangel Patroyo (Atlantic Health System), Lisa Alexander (Grow it Green), Melissa Rosa Garcia (Child and Family Resources), Kyle Giffen (Madison YMCA)

Call to Order Sarah Rubinstein called the meeting to order at 10:02 am.

CHIP Implementation Discussion (Sarah Rubinstein):

The [Morris County CHIP](http://www.NJHealthMatters.org) is published on the Morris County Committee page on www.NJHealthMatters.org. Starting in May, the NJHC will begin to collect impact data from CHIP contributors. If you contributed to the CHIP, you will be asked to provide 2022 impact data for the interventions your organization provided by July 1st.

Effective strategies for obtaining impact data from partners

- Q: What time range can we provide?
- A: calendar year of 2022, if you have incomplete data and would like to make a note of that, that is okay.

Screen NJ Discussion (Daniel Wikstrom):

NJHC Partners who expressed a willingness to share and publicize future cancer screening educational webinars with referrals will be contacted with promotional materials in the future and encouraged to share within their professional network, as well as with clients and patients when possible.

Effective strategies for recruiting (1) NJ Residents; (2) Nutrition Insecure NJ Residents; (3) Low-income families, and child care providers.

- **Partner Input:** Mary Ellen Zung: In 2021 we had a similar program; I think it’s a great idea to have partners start thinking about who they will contact now.
- **Potential Organizations to reach out to:** Food pantries (e.g., loaves and fishes), nourish NJ, MHA, professional conferences, Morris County Chamber of Commerce, Faith Based organizations in Morris County (Churches, Temples, Mosques, especially ones with community programs), public health nurses/town nurses.
- **Potential Events:** Potential for collaboration with organizations that can provide space **and** organizations that can provide services (smoothie demo, screenings, watch party for health education webinars).
 - Randolph YMCA is open to hosting collaborative events (if interested, contact Ann Marie Peterson annmarie@randolpjmca.org)

Subcommittees (Sarah Rubinstein)

Many people expressed interest in leading and joining subcommittees in Morris County. If you are interested in joining and are not on the subcommittee interest list, please contact



info@njhealthmatters.org

Subcommittee Discussion

- Keep obesity, nutrition separate?
- Goal is to have Morris County Subcommittees meet before the next Morris County Committee Meeting (August, 2023) OR breakout groups in county committee meeting with subcommittees
- Donna Plotnick (Senior Living Partners) interested in leading Healthy Aging Subcommittee

Goals for 2023 (Sarah Rubinstein):

- Have partners share community events more and collaborate to host events *together*, providing multiple services in in-person or hybrid events.

Community Resource Sharing/Needs and Leads (Sarah Rubinstein):

- **NJHC: (1)** All Chair positions are now filled, however chair-elect positions, as well as officer-elect positions (President, Treasurer, Secretary) for 2024 and beyond are open. Please reach out to info@njhealthmatters.org if you are interested in a future leadership position. **(2)** The NJHC is looking to partner with more institutions of higher education. If any partners have contacts with colleges and universities in the area, we encourage partners to connect them to the collaborative. **(3)** The NJHC 2022 Annual Report has now been published, please view it [here](#).
- **Mary Ellen Zung:** Green Smoothie Class in Boonton next week at the Gateway Community Resource Center (Loaves and Fishes). Please feel free to share and post. Any questions, let me know 973-0617-6742
- **Lisa Alexander:** Grow it Green Morristown has contacts with school districts, faith based organizations, Morris County Hispanic-American Chamber of Commerce
- **Laura Cerutti:** We are offering safe driving, safe walking presentations for older adults <https://avenuesinmotion.org/safety-community/older-adults/>
- **Sarah Rubinstein:** AHS Community Events Calendar

Adjournment

Sarah Rubinstein adjourned at 11:00 am.

Chat

Daniel Wikstrom, NJHC:

<https://files.constantcontact.com/ce65425f301/be750d91-01bd-4dde-be5a-6430c6523ef2.pdf>

^NJHC updates with links Sarah had mentioned

Reach me at: info@njhealthmatters.org

Ann Marie Peterson:

The Randolph YMCA would be willing to host in-person collaborative events! We have a newly renovated Community Room & are an accessible facility. Please feel free to contact me at:

annmarie@randolpymca.org



Katie Bisaha:

Hi everyone I have a youth mental health first aid training coming up on May 4. It will be conducted virtually. If you are interested, know someone who would be interested or want to share in your network please feel free to email me at kbisaha@njhcgi.org

Mary Ellen Zung:

Here is the flyer [*find at end of minutes*] for the free Green Smoothie Class in Boonton next week at the Gateway Community Resource Center. Please feel free to share and post. Any questions, let me know 9730617-6742

Daniel Wikstrom, NJHC:

[https://www.njhealthmatters.org/content/sites/njhc/Annual Reports/2022 NJHC Annual Report.pdf](https://www.njhealthmatters.org/content/sites/njhc/Annual%20Reports/2022%20NJHC%20Annual%20Report.pdf)

^NJHC Annual Report

Laura Cerutti:

<https://avenuesinmotion.org/safety-community/older-adults/>

Lisa Alexander:

Chef Tasting & Teaching Event- Early October with Morris County Hispanic Chamber of Commerce. Have a solar pavilion at back of the Community Garden on Early street for a senior transportation discussion. Also will be building a new yoga platform in the back this summer. Excited to be back together with this group! lisa@growitgreenmorristown.org

Sarah Rubinstein:

sarah.rubinstein@atlantichealth.org

See the flyers below for upcoming community events!

Flyers are linked to event registration pages.



North Jersey Health Collaborative

health matters

Green Smoothie Class

PRESENTED BY
MARY ELLEN ZUNG, HEALTH COACH

WED. APRIL 26, 7:00 PM
GATEWAY
COMMUNITY
RESOURCE CENTER,
BOONTON



Use the QR code or please register at

<https://www.gcrcnj.org/green-smoothie-class/>



North Jersey Health Collaborative

health matters

AUTISM AWARENESS MONTH APRIL 2023



FREE COMMUNITY PRESENTATION

Randolph YMCA • 14 Dover Chester Road

Understanding Autism from Diagnosis to Treatment

Monday April 24th

6:00–7:00 pm in the Community Room

Presented by: Erin White, PhD, BCBA-D & Kelly May, PhD, BCBA-D



Atlantic
Health System

Register online or at the Welcome Center





North Jersey Health Collaborative

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JOIN US SATURDAY, APRIL 29

for our annual Healthy Kids Day!

11 AM-2 PM

This free, annual event features a variety of family-friendly activities to encourage healthy kids, healthy families and a healthy start to the summer season.

FREE & OPEN TO THE PUBLIC!

Please only sign up the kids attending. Rain or Shine!

KIDS ACTIVITIES INCLUDE: Dance Classes, Fitness Classes, Open Swim, Youth Fitness Passport, Fun & Games, Face Painting, Arts & Crafts, Summer Camp Information & more!

You will need to register separately for both Open Swim times & Youth Fitness Passport times

GOODIE BAGS TO THE FIRST 100 KIDS! Walk-ins Welcome!
Register Online at randolphymca.org



North Jersey Health Collaborative

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the **Y**
YMCA

**DÍA DE LOS NIÑOS
SALUDABLES™**

29 de Abril ¡Gratis y Abierto al Público!

Por una mejor comunidad para todos™

» ENCUENTRA
LA DIVERSIÓN.
ENCUENTRA TU Y.
RANDOLPH YMCA
www.randolphymca.org

Patrocinador
a nivel nacional

Patrocinador
a nivel local

ENGLAND'S
BEST

Provident Bank

Visítanos sábado 29 de abril para nuestro anual Día de Los Niños Saludables 11 AM-2 PM

Este evento anual gratuito presenta una variedad de actividades familiares para fomentar la salud de los niños, las familias saludables y un comienzo saludable de la temporada de verano.

¡Gratis y Abierto al Público!

Por favor, solo inscriba a los niños que asistirán. ¡Lluvia o sol!

LAS ACTIVIDADES PARA NIÑOS INCLUYEN: clases de baile, clases de acondicionamiento físico, natación abierta, pasaporte de acondicionamiento físico para jóvenes, diversión y juegos, pintura facial, artes y manualidades, información del campamento de verano y más

Tendrás que registrarte por separado tanto para los tiempos de Open Swim y para los de Youth Fitness Passport

¡BOLSAS DE REGALOS PARA LOS PRIMEROS 100 NIÑOS!
Registro en línea: randolphymca.org



Rutgers Cancer Institute of New Jersey Community Outreach and Engagement

Free Health Workshops

The Community Outreach & Engagement team at Rutgers Cancer Institute of New Jersey offers online educational sessions for community and healthcare organizations!

CANCER BASICS & PREVENTION:

- Be on the Sunny Side: Tips for Detecting & Preventing Skin Cancer
- Breast Health
- Cancer 101
- Eating for Cancer Prevention
- HPV-Related Cancers & How to Prevent Them
- Prostate Health

CLINICAL TRIALS & RESEARCH

- Clinical Trials Process & Protocols
- Research Studies, Ethics and Shared Decision Making

COLORECTAL HEALTH & NUTRITION

- Guts and Glory: Steps You Can Take to Protect Yourself from Colorectal Cancer
- Nutrition for Colorectal Health & Cancer Prevention

GENETICS & CANCER

- Controlling Your Cancer Risk: Nurture vs. Nature
- Family History and Cancer Risk: What You Need to Know

LGBTQ+ PRIDE HEALTH INITIATIVES

- LGBTQ+ Cultural Competency Training: Community-Based or Provider-Focused
- Prevention & Early Detection of HPV-Related Cancers for the LGBTQ+ Community
- Tobacco Cessation for the LGBTQ+ Community

TOBACCO & SMOKING CESSATION

- Breathing Easier: The Basics of Smoking-Related Illnesses & Secondhand Smoke
- Lung Cancer Screening: New Guidelines for a Life-Saving Screening Test
- Vaping and E-Cigarettes: What You Need to Know

If you are interested in scheduling a health educator for community-based education or train-the-trainer sessions (available in English and Spanish), please [click here](#) or use the QR code to access our registration form. *You can also find us on social media!*

To learn more about the resources and translation services offered by Community Outreach and Engagement, visit our page on the [Rutgers Cancer Institute of New Jersey website](#).



Let's beat cancer together.