



Minutes for Union County NJHC

Thursday, April 21, 2022

Meeting was brought to order by Laura O'Reilly Stanzilis at 11:04am with 18 participants attending.

Forum – Zoom

### Attendees:

Laura O'Reilly- Stanzilis, Nicole Castellucci, Daniel Wikstrom, Donna Plotnick, Takrima Helal, Laura Schubert, Karen Ensle, Christina Inteso, Jennifer Donahue, Gladys Harris, Sheri Cognetti, Megan Avallone, Alexandra Green, Debbie Walter, Nancy Raymond, Shantelle James, Aimee Puluso.

### Notes:

#### **Takrima Helal: North Jersey Health Collaborative, Fairleigh Dickinson University**

- Cultural competency survey will be going out in the next week.

#### **Alexandra Green: Atlantic Health System**

- Survey for Community Health Needs Assessment will be going out soon.
- Virtual programming is continuing in many regions of New Jersey.
- If anyone is interested in getting more information on AHS programs, please reach out.

#### **Laura O'Reilly-Stanzilis: North Jersey Health Collaborative**

- Update and outline of the Union County 2022 Community Health Improvement Plan (CHIP)
  - Overview of 2022 Union CHIP topics and interventions.
  - Topics are Chronic Disease and Cancer, Mental Health and Substance Misuse, Maternal and Child Health, Healthy Aging, and COVID-19 Testing and Vaccinations.
  - Preliminary data has been collected on the targets of interventions, now we are digging deeper to see *how* these interventions are targeting specific health outcomes.
  - Focus on Health Equity and Social Determinants of Health.
  - Importance on referrals and referral systems.
- Symposium on breaking down barriers to health equity and social determinants of health
- CHIP Follow-up Survey
- Cross Collaborative Mental Health Forum: Discussion and Q&A  
<https://us02web.zoom.us/meeting/register/tZ0lceyurz4vGtCoPupcE6aa2WJVe0ChAqch>

**Those who participated in the CHIP will receive a survey so we can start building on the action plan. [CLICK HERE TO TAKE CHIP FOLLOW-UP SURVEY.](#)**

### Events:

[Cross Collaborative Mental Health Forum Link](#)

[Medicaid Annuities Webinar](#)

[The Holistic Nutrition Masterclass](#)

[Weird Science Part Two: Unconscious Brain Potpourri](#)

Chat:

Debbie Walter

I'm on phone

Talked on the phone but it didn't go through from Union Public Library

Nancy Raymond

WHO WILL THE SURVEY BEING GOING TO?

Alexandra Green

Alexandra.Green@atlanticealth.org

Gladys F Harris

Please share with your colleagues, network, clients, family:

I invite you / your colleagues, network, family to me join me & Elder Law attorney, Michael Willis, to discuss the ins & outs of Medicaid Annuities, via Zoom, Thursday, 21 April at 5p EST.

Registration Link

[https://us02web.zoom.us/webinar/register/WN\\_LS4P1P8IS8eV8vmc5B14hw](https://us02web.zoom.us/webinar/register/WN_LS4P1P8IS8eV8vmc5B14hw)

A Medicaid annuity is a way to protect assets when qualifying for Medicaid extended care and nursing home benefits.

It prevents the care-taking spouse from going broke.

These accounts, called Single Premium Immediate Annuities (SPIAs) are complex and require advice from a CPA or eldercare attorney.

These are part of a long-term strategy so the sooner you act, the better.

Respectfully,

Gladys F Harris BS, MBA, CMC, CDP

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Providing families peace of mind



Aimee Puluso

The Linden Health Department is bringing out community clinics directly to our senior housing facility , and includes blood pressure screening, Covid testing/vaccination, and diabetes screenings.

Jill Schlossberg

Jill Schlossberg Director Union County MHANJ 201-835-6663. We will also be going a walk on June 11th for Mental Health. It will be in Cranford. I will send out flyers to you Laura.

Debbie Walter

- The Holistic Nutrition Masterclass Tues., April 26 @ 12:00 pm Learn why it's been difficult for you to lose weight and 5 strategies to help you achieve your goals faster than you thought possible. Presented by Carmina Mevs, CHC, Pn1. Register to get the link at: <https://uplnj.org/event/the-holistic-nutrition-masterclass/>

- Weird Science Part Two: Unconscious Brain Potpourri Why does looking at the sun make some people sneeze? Why can't you feel the clothes on your body? What brings you out of sleep and back into consciousness? All questions about the brain are welcome! Taught by Barbara Bogner, retired professor of Anatomy & Physiology at Middlesex County College Register to get the link at: <https://uplnj.org/event/weird-science-part-two-unconscious-brain-potpourri/>

Managing Diabetes Wed., May 11 at 12:00 pm Receiving a diagnosis of diabetes can feel like being cast out to sea without a boat. We can help. Learn about the digestive process, monitoring and maintaining safe blood sugar levels, healthy eating plans, and managing the emotions surrounding diabetes.

Presented by Chelsea Belton, BA, MPH, CHES, and Redeemer Health. Go to [www.uplnj.org](http://www.uplnj.org) to register and get the link.

Karen Ensle

Wellness Wednesdays 2 pm zoom through FCHS Dept at Rutgers and topic is Lead Poisoning Prevention and Nutrition which will be Wednesday, June 1st. It is free and if interested in registering please let me know: [kensle@njaes.rutgers.edu](mailto:kensle@njaes.rutgers.edu).