



Minutes for Union County NJHC

Thursday, July 21, 2022

Meeting was brought to order by Laura O'Reilly Stanzilis at 11:04am with 21 participants attending.

Forum – Zoom

Attendees:

Laura O'Reilly- Stanzilis, Sherilyn Cognetti, Chanel Dupree, Karen Ensle, Daniel Wikstrom, Da-sha Warren, Michelle Olk, Beatriz Pachas, Zeiry Flores, John La Placa (along with four colleagues), Aimee Puluso, Victoria Buhl, Jill Schlossberg, Marisol Saenz, Anfal Muhammad-Jenkins, Michaela Novo.

Laura O'Reilly-Stanzilis, Executive Director, The North Jersey Health Collaborative

- Registration is now open for the [NJHC Symposium](#) on October 12th **Breaking Down Barriers and Building Bridges: *Bringing Equity at the Center of Community Health*** from 9am-3:15pm.
 - Offering CEUs for Registered Dietitians, Social Workers, CHES, and Public Health Employees.
 - Registration and information are available at www.njhealthmatters.org
 - Sponsors will receive advertisement space on promotional materials and tickets for the Symposium.

- 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.
 - Impact numbers will be reported on the NJHealthMatters [Progress Tracker](#).
 - The next survey will be available for all organizations and will look at specific interventions that address the health topics outlined in the CHIP.

Da-Sha Warren: Health Education Specialist Premature Prevention Initiative (PPI) of the Partnership of Maternal Child Health of Northern New Jersey.

- Aimed at reducing preterm birth rates in New Jersey
- PPI Goal is to reduce the # of preterm births and reduce maternal mortality rates of Black women and women of color.
- PPI aims to offer education and resources to reduce these rates
 - Diabetes, Hypertension, Stress, Nutrition, Smoking and Substance Use
- Education on pre-term birth, such as medications to reduce risk of preterm births
- Eliminating racial disparities through community and education programs
- PPI also attends community events (e.g. community health fairs, baby showers, Wellness Wednesdays) and provides education and resources.
- Provide NICU kits to birthing hospitals throughout New Jersey

- [The Maternal Experience Survey](#), survey for birthing individuals, regardless of experience (positive or negative; any age; regardless of outcome, e.g., live birth, still birth, elected termination, or miscarriage).
 - Implementation Report is also available for organizations, form can be found on www.njpreterm.org
- PPI shares resourceful information on all [social media accounts](#) and social media toolkits.

Lindon Health Department is planning a Health Fair in October and is designing a Maternal Child Health Clinic.

Atlantic Health System is running a smoking cessation program for organizations that have 6 or more individuals who are looking to quite smoking (flyer attached to minutes).

American Heart Association is offering heart healthy resources and connection to health promotion resources and home blood pressure screening cuffs.

Chat:

Michaela Novo

Good morning everyone! Sorry, my connection was not great- my name is Michaela Novo from Planning and System Development at Atlantic Health System

Kimberly Ullisse

Good Morning, My name is Kimberly Ullisse and I'm an Infectious Disease Preparedness Generalist, from The Linden Board of Health. My email is Kullisse@linden-nj.gov

Yaimi Cintra-Miranda

Good morning, My name is Yaimi Cintra-Miranda, Public Health Nurse from Linden Health Department. My email is ymiranda@linden-nj.gov

Marjorie Derival

Good morning everyone! My name is Marjorie Derival, my title is an Infectious Disease Preparedness General from Linden Health Dept. my email is Mderival@linden-nj.gov

Antoinette Pino

Good Morning, I'm Antoinette Pino my title is Infectious Disease Preparedness Generalist at Linden Health Department my email is, apino@linden-nj.gov

Laura O'Reilly-Stanzilis

Welcome everyone!! Please share your events and programs and connect with each other in the chat...we will share chat notes in the minutes. The CHIP survey will go out late August and will be open through September 30 to be shared at the October meeting..

Laura O'Reilly-Stanzilis

If you want to be added to our mailing list for County Committee meetings, Cross Collaborative Forums and More and more please email Daniel@njhealthmatters.org

Beatriz Pachas

Hello Everyone. My name is Beatriz Pachas, a Health Educator at Atlantic Health System. I have shared a community flyer for organization leaders only about potential partnership to run a smoking cessation program at your local department. Please feel free to contact us as displayed in the flyer if you are interested in running a smoking cessation group at your local department. You can also contact me directly at Beatriz.pachas@atlanticealth.org Thank you everyone and hope to connect with you all in the future!

Jill Schlossberg

Good Morning. My name is Jill Schlossberg. I am the Director with MHANJ in Union county. We provide no cost peer support for those struggling with a mental health or substance use disorder. My email is jschlossberg@mhanj.org

Da-sha Warren

<https://linktr.ee/njpreterm>, <https://www.njpreterm.org/mes>, dwarren@pmch.org

Victoria Buhl

American Heart Association, my email is Victoria.buhl@heart.org

TAKE THE MATERNAL EXPERIENCE SURVEY

SHARE.

BE HEARD.

EXPECT CHANGE.



Presented by: NJ NAACP Black Infant and Maternal Mortality Taskforce
Complete the Maternal Experiences Survey to help improve care and reduce injustices for Black birthing people. Your experience will help to produce change and better outcomes in New Jersey.

IF YOU'VE HAD ONE OF THE FOLLOWING:

- Live birth
- Still birth
- Miscarriage
- Termination

Share your experience and receive a special gift.

"While Supplies Last"



Scan the QR code to participate or visit:
njpreterm.org/mes

If you have questions about the survey, contact Christine Ivery at civery@fhiworks.org or 609-206-8206.

The Prematurity Prevention Initiative is a program of Family Health Initiatives (FHI) supported by funding from the NJ Department of Health. FHI is a subsidiary agency of the Southern NJ Perinatal Cooperative. 2021.



Community-Based Quit Smoking Program



It's Not Quitting, It's Living!

Atlantic Health System is offering additional Quit Smoking Programs at community-based locations for the convenience of participants. Time and dates will be flexible to meet the needs of your organization and eligible individuals who participate in this program. Spanish language groups also available.

What benefits can participants expect if they quit smoking?

- Breathe easier
- Improved health
- Save money
- Have more energy

How our community-based programs can help:

- We provide the tools and support participants need to quit for good.
- Participants will be able to meet with others who are quitting to share successes and challenges.
- Classes are held locally in the community or virtually online.

What to expect from this FREE program:

- An individual assessment of tobacco dependence by a Tobacco Treatment Specialist.
- Nicotine replacement products will be provided at no cost and/or a recommendation for medication to help participant quit.
- Six weekly group meetings to learn techniques that can help participant quit and stay smoke free.

Individuals who use any of the following products are eligible for this program:

- Cigarettes
- Cigars
- Smokeless Tobacco (chew, dip, snuff, snus)
- Pipes
- E-cigs/vapes
- Waterpipes (hookah, shisha)

Referred participants must pre-register and have a smoking assessment done in order to participate in this program.

Dates and times will be set based on the needs of the community.
Call 1-844-472-8499 for more information.



**Atlantic
Health System**

Smoking Cessation Resources

Helpful, user-friendly sites and hotlines that offer education, guidance and encouragement.

New Jersey Quitline: njquitline.org, 1-866-NJ STOPS (657-8677)

A free, interactive site that offers real support. Membership includes 24/7 support community, quit date wizard, buddies, message boards, expert support, medication guide, and self assessment tools.

SmokeFree.gov:

- **Quit Guide and Quit Start:** Interactive apps that use proven quit strategies to assist you with giving up smoking. Set goals, track daily habits, view progress, connect with social networks, and receive motivational reminders.
- **SmokefreeTXT:** A mobile service that provides 24/7 encouragement, advice, and tips to help smokers stop smoking for good. To sign up, text QUIT to 47848.

American Cancer Society: cancer.org, 1-800-ACS-2345 (1-800-227-2345)

How to Quit Using Tobacco - Guide to Quitting (available as a pdf download).

American Lung Association: lung.org, 1-800-LUNG-USA

Freedom from Smoking, freedomfromsmoking.org

Mom's Quit Connection: momsquit.com, 1-888-545-5191

Free program for pregnant women and mothers of young children.

Rutgers Tobacco Dependence Program: tobaccoprogram.org, 732-235-8222





Mayor Derek Armstead, the City of Linden,
and the Linden Board of Health present:



LINDEN HEALTH & WELLNESS FAIR

SATURDAY, OCTOBER 15, 2022 - 10AM TO 3PM

LINDEN MULTIPURPOSE CENTER - 1025 JOHN STREET



- Free entry - everyone is welcome!
- Walk and Talk with Mayor Armstead
- Free 6-page budget-friendly healthy recipe booklet for each attendee
- Tables with local health & wellness organizations showcasing their information, products, and services
- Activities and demonstrations
- Giveaways and prizes
- Flu and COVID-19 vaccinations
- Blood pressure readings
- Blood sugar readings
- And more!



FOR MORE INFORMATION, PLEASE CALL THE LINDEN HEALTH DEPARTMENT AT 908-474-8409