

# North Jersey Health Collaborative

health matters



## Summer 2020 Newsletter

It has been a challenging time adapting to a new way of providing healthcare, living, and doing business during the COVID-19 Pandemic. We wish you all the best of health and safety!

The North Jersey Health Collaborative (NJHC) has been busy with our partners on Zoom meetings and providing informative webinars. We have a great Fall lineup of Cross Collaborative meetings and webinars on a variety of topics.

As you can see by the breadth of this newsletter our partner organizations have much to offer.

Stay tuned to our activities by checking our calendar frequently: [NJHC Meeting and Events Calendar](#)

THE NJHC 2019 Annual Report is now Available. Please check out our new progress tracker and see how our partner organizations all contributed to the work of the CHIP: [NJHC Annual Report 2019](#)

## Public Health

### Feeling Sick? Need to be Tested for COVID-19? Here's What You Should Know

*By Courtney Sartain, MPH, Public Health  
Epidemiologist, Warren County Health Department  
NJHC Data Committee Chair/Warren County NJHC CHIC Chair*



Health Departments across the United States are working hard to stop the spread of COVID-19. If you are feeling ill, and are seeking testing for COVID19, here's what you should know-

- Once you get tested, you should stay home until you receive your results. If your test comes back positive, and you have been out in the community, you have may have exposed others unnecessarily. After being tested, remain at home and isolate,

especially if you are feeling ill.

- If your test result comes back positive, your local Health Department will be reaching out to you to do a thorough case investigation. During this time, an investigator, typically a Public Health Nurse, will ask you about your symptoms, in addition to asking about your close contacts. A close contact is described as someone being within six feet for over ten minutes.
- Contact Tracers will then follow up with those close contacts to ask them how they are feeling, in addition to advising them about quarantining for 14 days. The reason that Health Departments recommend a 14 day quarantine is because the incubation period, the period of time between when you've been infected and when you may see symptoms, is 2-14 days.
- Case Investigators and Contact Tracers will never ask you about personally identifiable information, including your social security number, bank account number, or credit card number.
- The best way to stop the spread of disease is to stay home if you are feeling sick.

### For COVID-19 Testing:

<https://covid19.nj.gov/pages/testing#test-sites>

### CDC What to Do While Waiting for Test Results:

[https://www.cdc.gov/coronavirus/2019-ncov/downloads/3key-steps-when-waiting-for-COVID-19-results\\_508.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/3key-steps-when-waiting-for-COVID-19-results_508.pdf)



## FREE COVID-19 Mobile Testing in Passaic County

*By Syeda Islam, Health Educator/Field Rep. Passaic County Department of Health Services  
Passaic County NJHC Chair*

The Passaic County Board of Chosen Freeholders is offering FREE COVID-19 testing throughout Passaic County. As of August 14th, 2020 over 8,000 residents and first responders have been tested at community testing sites in Wanaque, Clifton, Little Falls, West Milford, Paterson, Haledon, Wayne, Hawthorne, and Ringwood. Passaic County Department of Health Services is advising residents to get tested for COVID-19 and work with contact tracers to protect Public Health.

Please remember to:

- Wash your hands often.
- Avoid close contacts.
- Cover your mouth and nose with a mask when around others.
- Cover coughs and sneezes.
- Clean and disinfect.
- Monitor your health daily.

## COVID-19 Resources:

Visit [www.covid19.nj.gov](http://www.covid19.nj.gov) for more information on COVID-19. Visit [www.passaiccountynj.org/health](http://www.passaiccountynj.org/health) for more information regarding FREE COVID-19 testing in Passaic County.

Passaic County Board of Chosen Freeholders is offering FREE COVID-19 testing at home. To register, please visit [Passaic County at Home COVID Testing](#)

## NEWS FROM OUR PARTNERS ACROSS THE NORTH JERSEY HEALTH COLLABORATIVE



### Morris County Officials Provide More than Food

*By Suzanne Ross, Marketing and Communications Manager, NJ211 Partnership  
NJHC Communications Committee Co-Chair*

When a food distribution event was organized to help families impacted by Covid-19, Randolph Township Freeholder Marie Potter took the opportunity to share a little extra that is bound to go a long way. Freeholder Potter went from car to car sharing information about NJ 211, a statewide information and referral service that maintains a database of over 10,000 health and human service programs and provides live assistance 24/7/365. By connecting people in need to existing programs and services that can help with things like utility assistance, housing, healthcare, and food (to name a few), Ms. Potter and everyone involved in the event were laying the foundation that will help residents take the next step to addressing the challenges brought on by the pandemic. [Read more](#)



### Women's Night Out: Breast Center Open House Goes Virtual in 2020

Since 2015 **The African American Wellness Coalition** and one of its founding members, **The Carol G. Simon Cancer Center** have hosted women for open house events in the Ripple Breast Center in Morristown. Over the years, these

occasions have been successful in engaging women in a fun and supportive environment to get their screening mammograms, learn more about getting mammograms and hear about other ways to take good care of themselves.

Founded in 2014, the African American Wellness Coalition (AAWC) is comprised of a group of concerned community advocates, cancer survivors, community organizations and public health professionals who have come together to address the pressing health needs of the African American community in Morris County. Through partnerships and coordinated efforts, the AAWC aims to improve their overall health and well-being.

The AAWC has focused a lot of their initiatives on breast health. Breast cancer mortality is nearly 41 percent higher in African American women than in white women and African American women are more likely to be diagnosed at a later stage when treatment options are more limited and less effective. The open house event was created to address barriers to care and diminish fears that women might have of coming to the Breast Center or having a mammogram.

With COVID-19 keeping many women at home most of the time, members of the AAWC recognize that it is especially important this year to encourage women to get our routine checkups, annual mammograms and other screenings.

## **Save the Date!** **Virtual Women's Health Forum**

The **African American Wellness Coalition Invites You to a Virtual Women's Health Forum** that will take place [on Saturday, October 24, 2020 from 11:00 am - 12:30 pm](#). In addition to discussing breast health, healthcare professionals will cover other women's health topics including how to take care ourselves and our families during the pandemic and beyond. Q and A, games and a video tour of the Breast Center will all be part of the virtual event. For more information, please email: [theaawc2019@gmail.com](mailto:theaawc2019@gmail.com) or call [917-973-5952](tel:917-973-5952)



## **MedPro Wellness Inspires Healthier Behaviors by Creating an Environment That Produces Optimal Engagement**

*Jamie Pula PhD, RDN VP of Clinical Operations, MedPro Wellness  
NJHC Data Committee*

We believe MedPro Wellness can ultimately be a solution to America's healthcare crisis by providing payers, providers, and employers the tools to drive behavioral changes in their populations.

Participant engagement is key for long-lasting healthy outcomes. Providers, employers, and health innovators, alike, can realize maximum return on investments (or ROIs) when interactive (and fun!) activities become a well-vested and -focused approach.

MedPro addresses population health management through enhanced use of communication, content, and accountability. Learn more about MedPro at [www.medprowellness.com](http://www.medprowellness.com)

## COVID-19 EMPLOYEE REINTEGRATION

Where do we go from here?

"Consulting with the Centers for Disease Control and Prevention (CDC), local authorities, and industry-specific organizations for key information and dates will be the first step in putting together a strategic plan."

Please see a COVID-19 Reintegration Guide [HERE](#), a Back-to-Work whitepaper by MedPro Wellness and SelfHelpWorks.



### Family Promise of Morris County

They say March comes in like a lion, and boy oh boy – did it ever. As the severity of COVID-19 hit communities, the need to help those experiencing homelessness in Morris County rose to new heights.

Our mission to provide resources, shelter, and housing to the most vulnerable among us truly became a life and death scenario. We have long held the philosophy that Housing is Healthcare; this became apparent to all as shelter in place orders were implemented and transmission of COVID-19 was identified. Shelter was, and is, required to protect the health and well-being of our guests and the county as a whole.

In the height of the pandemic, our Housing Resource Team and Licensed Social Workers moved 17 families into permanent housing. Diligent work to prepare families, engage with landlords, and the help of our Making Moves Matter volunteer team to move people in were critical pieces to make this happen as quickly as it did.

The work to obtain housing in Morris County requires this team, plus congregation and community volunteers and funding from local corporations and businesses and individual donors. We thank you for your support – and our guests thank you for the lifeline during these unprecedented times.

As we celebrate 17 move-ins, we know that the work that lies ahead is great. The demographics of guests and those needing services is growing to include more families and individuals that are precariously housed and on the brink of homelessness due to the financial impacts of this pandemic.

Our children and parents seeking the best options to educate their children while maintaining employment is one of the next big hurdles to overcome. Family Promise of Morris County is with our guests and the community every step of the way and working to prevent homelessness in Morris County.



**Mental Health  
Association in  
New Jersey, Inc.**

**MHANJ Offers Online Virtual Support Groups Offer New Jerseyans Comfort and Connections During COVID-19**

Help is available to New Jersey residents who may be feeling alone or socially isolated during the ongoing COVID-19 pandemic. The Mental Health Association in New Jersey (MHANJ), as a part of the New Jersey Hope and Healing Crisis Counseling program (CCP), is offering a wide variety of free confidential online virtual support and discussion groups that are available to state residents via Zoom (using the most upgraded version of the platform) or phone call.

The virtual online support groups provide emotional health support, addressing a wide range of topic areas for a vast variety of demographic and interest groups in response to the ongoing COVID-19 pandemic. Comprised of peers from across the state and facilitated by trained members of the community, focus of the groups ranges from general support, to topics for people of specific age groups, professions and areas of interest.

Under typical circumstances, many people find support groups to be a helpful tool for dealing with the difficulties in life. During this pandemic, connecting with like-minded, non-judgmental peers in a virtual support group setting can be especially beneficial,” notes Jaime L. Angelini, MA, DRCC, a Director at the MHANJ who is leading the Association’s New Jersey Hope and Healing participation. “The groups are committed to providing a comforting and caring environment, allowing for the sharing of experiences in a safe and confidential setting.”

Participating in a support or discussion group can help improve one’s emotional comfort level and overall state-of-mind. Participants can share stories—as much or as little as they like—and information about their own emotions, thoughts, and experiences. Individuals may feel less isolated when they can relate to others in a similar situation.

There is no cost to join any of the MHANJ virtual support groups. A listing of the available groups and the times that they meet is available on the MHANJ [www.mhanj.org/njhope](http://www.mhanj.org/njhope) or by visiting their Facebook page at [www.facebook.com/MentalHealthAssociationinNewJerseyInc](https://www.facebook.com/MentalHealthAssociationinNewJerseyInc).

In addition to the virtual groups, emotional support during the COVID-19 crisis is available through a free, confidential call-in service available through the New Jersey MentalHealthCares Helpline at **866-202-HELP (4357)**, or by **texting NJHOPE to 51684**. Through the Helpline and texting features, New Jersey residents can connect and chat with trained specialists who are available to provide support, education, information and referrals daily, from 8 a.m. to 8 p.m. Crisis counseling may also be arranged as necessary.

These services are provided through the New Jersey Hope and Healing Crisis Counseling program (CCP). The Mental Health Association in New Jersey in collaboration with the New Jersey Department of Human Services’ Division of Mental Health and Addiction Services, is offering the CCP through a (FEMA/SAMHSA) grant.

The Mental Health Association in New Jersey (MHANJ) is a statewide nonprofit organization that strives for children and adults to achieve victory over mental illness and substance use disorders through advocacy, education, training, and services. For more information, please visit [www.mhanj.org](http://www.mhanj.org).



**Dig In! Community Garden Grants for Passaic County.**

City Green is now accepting Dig In! Applications for **Tree Plantings & Daffodil Plantings** from municipalities and community groups in Passaic County!

- City Green is also accepting **Dig In! Community Garden Grant Applications** for existing community gardens. **NEW in 2020! Covid-19 Safety Grant** for existing community gardens. The Dig In! Program is funded by the Passaic County Board of Chosen Freeholders.

Please use these links for applications:

<https://www.citygreenonline.org/dig-in-community-gardens>

[City Green Self-Guided Garden Adventure at the City Green Farm Eco Center in Clifton!](#)

For additional information please contact Jasmine Moreano, Director of Community Engagement, City Green at (973) 869-4086



## **Food, Health, Hope – Needed Now More than Ever**

In 2017, Summit Medical Group Foundation had a vision to begin a community service program that would provide health screenings and education at food pantries in North Jersey. Working with the Community FoodBank of New Jersey as a program partner the **Food, Health, Hope: An Answer to Diabetes** program was launched as is an innovative community-based three-year pilot health program.

The final quarter of the second-year program coincided with the height of the coronavirus pandemic in the tristate area. Screenings and classes were replaced by wellness calls and no-contact food delivery for persons who could not safely go to their pantry. End of year program screenings were provided outdoors at the pantries, with all wearing masks/face coverings and other necessary PPE. Social distancing guidelines were promoted, beginning by introducing individual appointment scheduling and reminder calls as well as follow-up calls to discuss results and goal setting replacing in person discussions at the pantry. Click here to read **[The Food Health and Hope Executive Report Summary of the Summit Medical Group Foundation](#)**

For more information contact Anna Trautwein, RN, Clinical Director of Programs and Community Wellness at [atratutwein@smg-foundation.org](mailto:atratutwein@smg-foundation.org)



## **Academy of Clinical and Applied Psychoanalysis**

Academy of Clinical and Applied Psychoanalysis (ACAP) Offers CEU Courses for Teachers, Nurses, MFT, Social Workers, Mental Health Counselors, and Psychologists in New Jersey

The Academy of Clinical and Applied Psychoanalysis – ACAP – is a recognized authority for its mental health training programs addressing complex interpersonal

and sociocultural issues confronting those caring every day for our communities' most fragile.

### **Why Choose BGSP-NJ/ACAP?**

BGSP-NJ/ACAP's approved provider workshops typically provide 1-2 CE hours. Full academic courses, when approved, are 30 CE hours. We offer at least one CE opportunity, plus several other professional development opportunities per month. Participants in BGSP-NJ/ACAP's courses and events routinely report their satisfaction and enthusiasm with our programs. They describe the experience as an enlivening one in which they leave with new tools immediately applicable in their work and lives. Virtually everyone who attends an ACAP event returns for more. *ACAP is an NBCC Approved Continuing Education Provider, approval #5709.*  
[MORE ON ACAP COURSE OFFERINGS HERE](#)



### **CASA of Union County Recruiting Volunteers**

CASA of Union County is actively recruiting volunteers to serve as advocates for children in foster care. Contact Abby Gallego at 908.293.8139 or [agallego@casaofunioncounty.org](mailto:agallego@casaofunioncounty.org) to learn how you can change a child's story. For more information go to <https://www.casaofunioncounty.org/>



### **NJ Elder Law Center at Goldberg Law Group Offers Care Giver Support Groups**

Learning how to provide excellent care for a loved one can be a challenge. The "Caregiver Support Group" provides a safe space for caregivers to share their joys, successes, frustrations, questions, and wisdom with others in the area. Join us on August 31st from 10:00am to 11:00am.

Register: <https://us02web.zoom.us/meeting/register/tZltdemorTMuG9bxJJXBOI6WsCbgUSeuauaH>

For more information Contact Amy Nealy at [amy@njelc.com](mailto:amy@njelc.com) or 973-228-1795





Islamic Center Of Passaic County  
المركز الإسلامي المقاطعة باسجيت

## **The Islamic Center of Passaic County in collaboration with Islamic Center of North America (ICNA) Relief is currently leading a weekly fruit and vegetable distribution in Paterson, NJ.**

In the span of 10 weeks, we have distributed 1,773 boxes of fresh produce to hundreds of families. We are hopeful that this initiative advocates and promotes healthy eating habits for families; while supporting hundreds of families experiencing financial difficulties. We have seen a great rise in job losses afflicting many families due to the pandemic and this type of effort provides families with reassurance and support during these unprecedented times. For information please contact Rana Sabagh, *Social Services Manager* at [rsabagh@icpcnj.org](mailto:rsabagh@icpcnj.org) / [www.icpcnj.org](http://www.icpcnj.org)



## **Free Diabetes Education by The Gateway Family Y in Union County**

Over the past few months many individuals with chronic medical conditions have become sedentary or forgone health care visits with physicians because of the economic strain and physical distancing requirements created by COVID-19. In order to support these individuals, The Gateway Family YMCA is virtually offering the Diabetes Empowerment Education Program (DEEP) free to the community.

DEEP is designed to help participants with diabetes and their caregivers learn more about the disease and how to manage it through lifestyle changes. Through 1-hour sessions, participants in this 6-week program will learn how to understand diabetes' affect on the body, prevent diabetes complications, increase physical activity, improve nutrition, and utilize available resources to manage their diabetes.

Changing a lifetime's worth of habits is overwhelming for most people unless they understand why the changes are necessary and feel encouraged to make changes every step of the way. That is why we create a small-group support system of sharing and learning, all while remaining safe at home. Our YMCA Lifestyle Coach Paul Mickiewicz facilitates the weekly virtual education sessions and small-group discussions. All participants are able to benefit from one-on-one time with the coach and receive encouragement from their peers, who are all going through a similar experience.

In order to assist those who need the services most at this time, participants may join an existing session or register for an upcoming session. To register for the Diabetes Empowerment Education Program (DEEP), visit [www.tgfymca.org](http://www.tgfymca.org). For more information or questions, contact Paul Mickiewicz at [BPSM@tgfymca.org](mailto:BPSM@tgfymca.org).

# NEW JERSEY QUITLINE

## **NJ Quitline Puts a Focus on Vaping**

NJ Quitline (NJQL), a program that is supported by the NJDOH Office of Tobacco, Nutrition and Fitness, is a free telephone program dedicated to help NJ Residents quit using tobacco and vaping products. The NJQL has 30 years of experience of providing behavior change support and helps over 1,000 lives per day. NJ

Quitline offers free smoking, tobacco and vaping cessation programs including '4 Steps to Quit Smoking/Vaping.'

### **NJ Quits provider toolkit:**

<https://www.njquitline.org/providerresources>

### **Public information:**

<https://www.njquitline.org/quitlineknowledgeispower>.

### **CDC public-friendly information and graphics:**

[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/index.htm](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm).

If your organization or board of health would like to arrange a virtual presentation on vaping please contact Cathy Butler-Witt, MA, BSW, NCTTP, Assistant Director, Public Health Programs, The Southern NJ Perinatal Cooperative at [tobaccofreenj@snjpc.org](mailto:tobaccofreenj@snjpc.org)

## **YOUR Health Matters! We Have a Personal Health Tip For You!**

Being fit and well nourished lead to improvements in overall health and reduce the risk for certain chronic illnesses. Our partners in fitness and wellness are happy to share personal health tips that can enhance your life and the lives of those in your care!



## **EASY WAY TO STAY HYDRATED WHILE BEING ACTIVE**

By Lois Manzella-Marchitto, BS, BFA, CPT, Owner of Fitness Knocking

There is a lot of importance behind staying hydrated and getting enough sleep. Both of these factors can contribute to losing and gaining weight. Click here to read the full article:

<https://fitnesscoachingllc.com/importance-of-sleep-and-hydration/>

[View NJHC's 2019 Annual Report](#)

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