



Summit Health
cares

Julienne Cherry, Executive Director

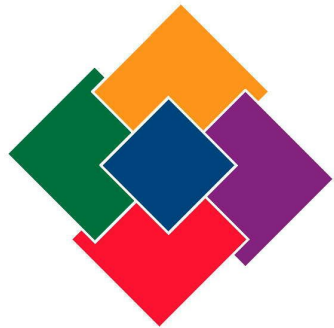


Summit Medical Group
Foundation

A Healthy Tomorrow Starts Here.



Summit Health
cares



SUMMIT
MEDICAL
GROUP



Vision

Summit Health Cares is committed to helping our community achieve a healthy tomorrow.

Mission

We are focused on supporting **people in need** and **helping our neighbors in underserved communities gain access** to the **medical, educational and social services** they need to live a healthier life.

Tagline

Providing Care, Transforming Lives



Summit Health Cares will continue to build on its work in four priority areas:

Empowering Communities
by removing the barriers to care, primarily through access to health screenings to raise awareness of health and medical conditions and education to properly treat those conditions.




FOOD, HEALTH AND HOPE



PROVIDING EDUCATION AND RESOURCES

- ❑ Vaccine initiatives, providing education to address vaccine hesitancy
- ❑ Lesson plans for volunteers developed from the Chronic Disease Workbook



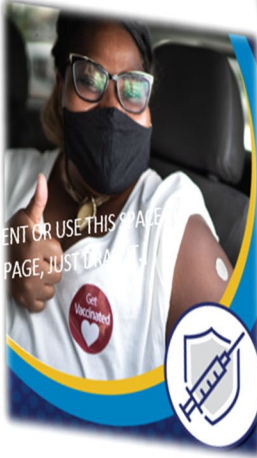


Summit Health
cares

Get Vaccinated ~ Vacunese ~ Pran Vaksen


Get Boosted ~ Ser Impulsado ~ Doz Rapel

Get Protected ~ Protegerse ~ Jwenn Pwoteje




We will help you schedule an appointment. It takes less than 5 minutes!

Union County Vaccination and Testing Information	908-613-7829
Passaic County Vaccination and Testing Information	973-881-4396
Essex County Vaccination and Testing Information	973-877-6456
Hudson County Vaccination and Testing Information	HCvax@hudsonregionalhealth.org



Summit Health
cares

Pages 4 & 5



What changes can you make to bring your blood sugar down ?

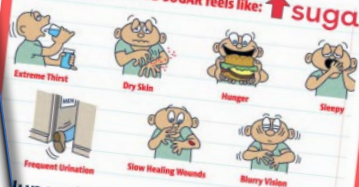
Diet, exercise, medication compliance, meal prep

- limit sugar, whole milk, flour, potatoes & rice
- **If it's green and it grows, it's good**

Pages 6 & 7 & 15

Do you ever get symptoms of high or low blood sugar?


This is what HIGH BLOOD SUGAR feels like: ↑ sugar



Hyperglycemia (high blood sugar)


- Most people feel one or more of the above symptoms when their blood sugar is more frequently high.

This is what LOW BLOOD SUGAR feels like: ↓ sugar



Hypoglycemia (low blood sugar)

- Most people feel one or more of the above symptoms when their blood sugar is low. These feelings in your body mean you need to eat something
- Use the 15 to 15 rule: 15 grams of carbohydrate every 15 minutes such as**



To help keep your blood levels normal

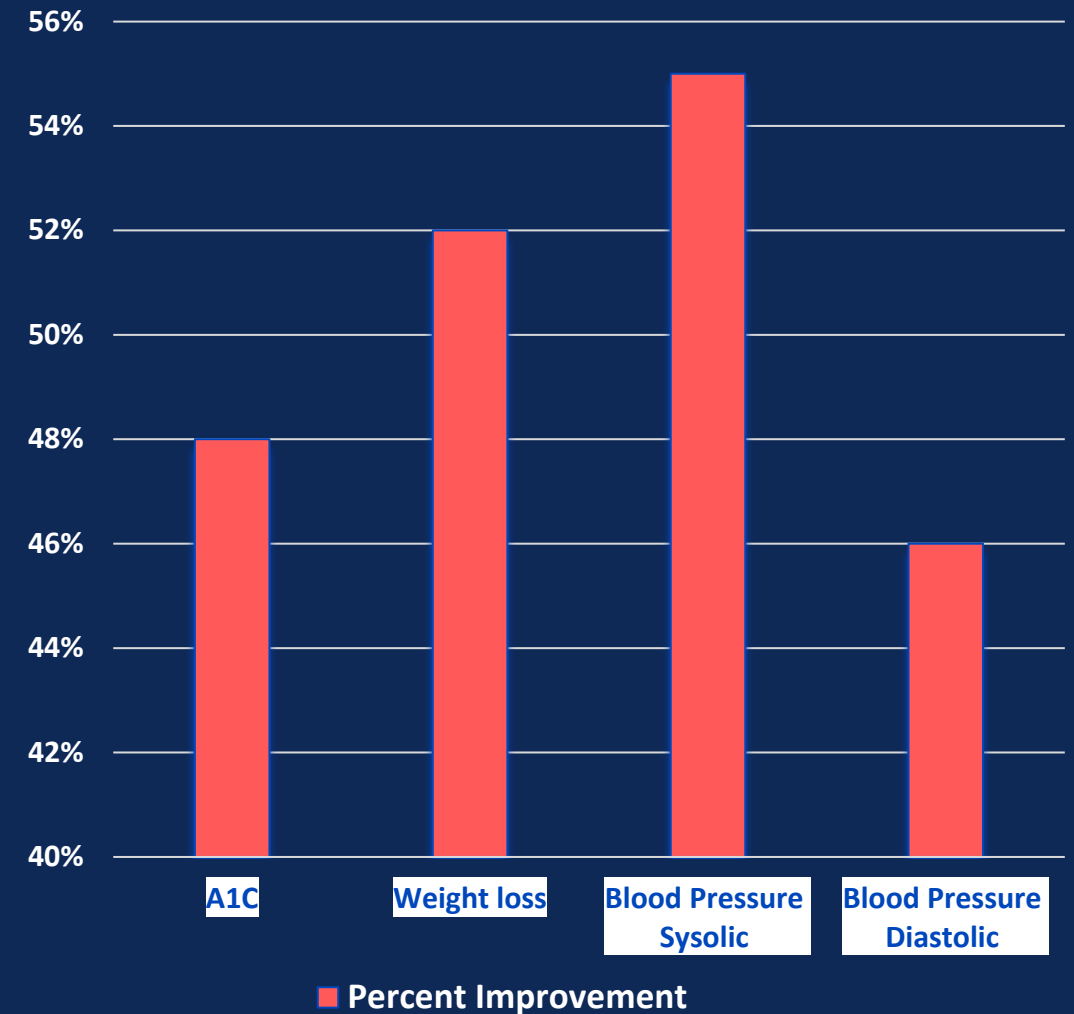
- Be aware of how you feel
- Take all medications as prescribed
- Eat healthy more fresh vegetables and water
- Exercise five days a week for at least 30 min (walk, jog, ride a bike)
- Read your Diabetes Book to learn more health habits

FHH 3.0 EVALUATION REPORT

Highlights from Rutgers School of Social Work

- ❑ 48% of participants demonstrated an improvement in their A1c
- ❑ 52% of participants demonstrated a weight loss
- ❑ 55% of participants demonstrated a decrease in their systolic BP
- ❑ 46% of participants demonstrated a decrease in their diastolic BP

- ❑ 95% of participants reported that their quality-of-life improved attending FHH



COMMUNITY HEALTH AND WELLNESS FAIRS






Covid -19 Health & Wellness Fair

Saturday April 23, 2022
11am - 3pm

City Hall 515 Watchung Ave Plainfield

COVID-19 VACCINATIONS - COVID TESTING - BOUNCY HOUSE - SAFETY IN THE COMMUNITY - COLORECTAL CANCER AWARENESS AND ACCESS TO SCREENINGS - SUPPLEMENTAL NUTRITION FOOD ASSISTANCE - SUN SAFETY AND FREE SUNSCREEN - MUSIC - FREE FOOD - HIV TESTING - FACE PAINTING - FREE CONDOMS - HEALTH INSURANCE INFORMATION AND REGISTRATION - MATERNAL HEALTH INFORMATION - CHILDREN'S DENTAL CHECK - FREE DIAPERS AND FEMININE HYGIENE - FREE BAGS AND FREE SWAG

Free lunch while supplies last

Free SWAG AND PRIZES

Free Diapers & Menstrual Products

THANK YOU TO OUR PARTNERS IN THIS COMPREHENSIVE HEALTH EVENT:




















Give the gift of a

Fresh Start to the day



The cost of personal hygiene products is a hidden consequence of poverty keeping people from achieving their full potential. Donating these products promotes living without inhibitions and shame. You can make a difference.

In New Jersey, 1 in 8 women and girls between the age of 12 and 44 lives below the Federal Poverty Line.

All donations will go directly to local NJ community pantries to be distributed to our neighbors in need.

Please donate unopened packages of personal hygiene products:

• TAMPONS



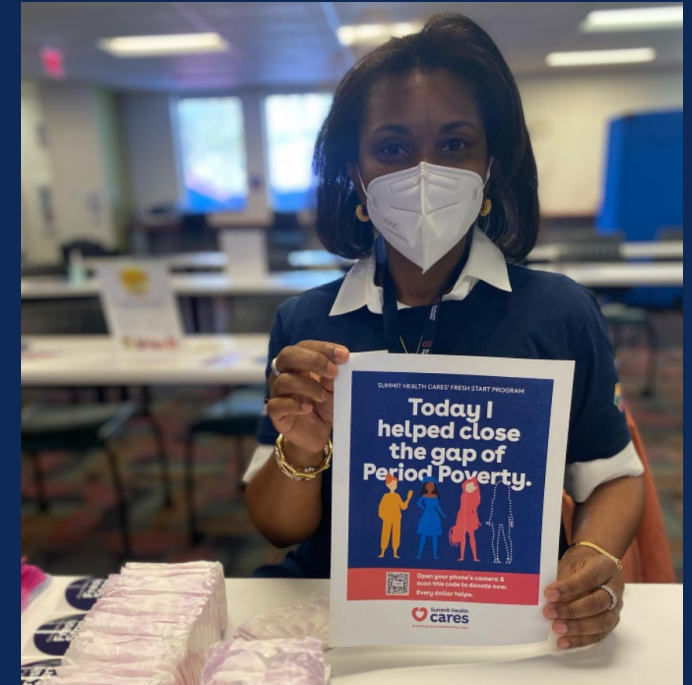
• PADS

• DIAPERS
(child & adult)



Want us to shop for you?

Visit sh-cares.org/donate and let us do the shopping.



ENRIGHT SUN SAFETY PROGRAM

Saving Lives Through Education and Prevention

Kids spend a lot of time outdoors, which is why it is so important to teach them good sun protection habits at an early age.

With interactive, engaging online courses, the **Enright Sun Safety Certification™ Program** makes learning about sun safety FUN and EASY for all ages.

Multiple Courses Specifically Designed for 3 Different Age Groups:



5 to 8



9 to 12



13 and over

(It's never too late to learn about sun safety!)

It's Easy to Remember the Enright Sun Safety ACE™ Acronym:

APPLY:

Apply sunscreen whenever you will be exposed to the sun.

COVER:

Wear clothing, hats, and sunglasses that protect your skin.

ENJOY:

The sun doesn't have to be scary.

With sun safety awareness and the tools learned through this program, you can enjoy the many benefits the sun has to offer while protecting yourself.

Make a difference! Spread awareness and provide free education about sun safety.

Take the course today visit
<https://www.applycoverenjoy.org/>



Scan this image to connect directly to the courses

This program is brought to you by Summit Health Cares (formerly Summit Medical Group Foundation).

Summit Health Cares will continue to build on its work in four priority areas:

Educating future medical professionals by fostering a successful path for local high school students in underserved communities to become the next generation of health care providers.



Summit Health Cares will continue to build on its work in four priority areas:

Giving back to the community through financial assistance and scholarships which will help students, patients, team members, and community partners achieve a healthier tomorrow.



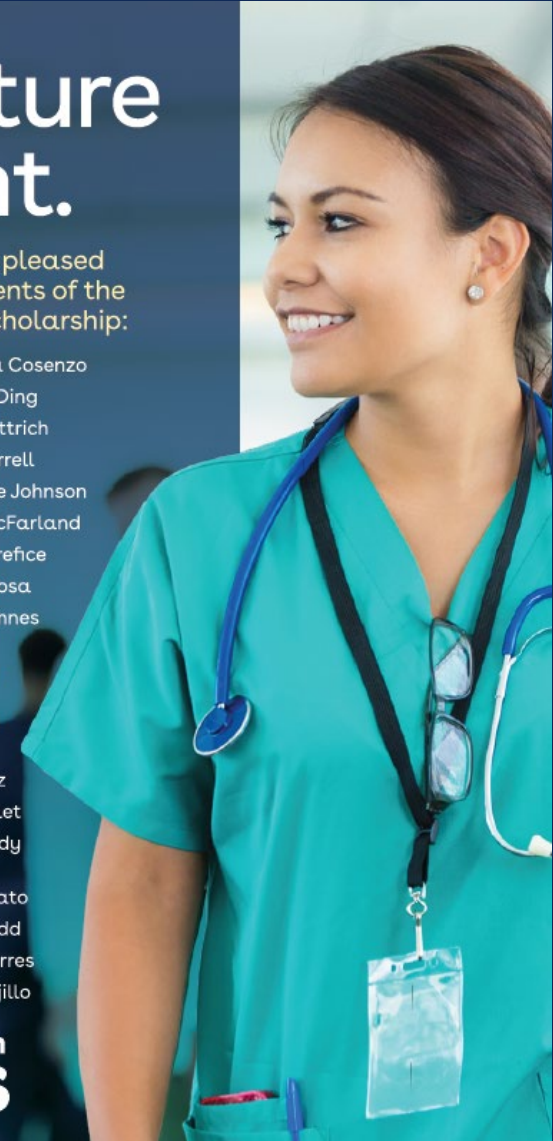
Educating Future Leaders 2021

The Future is Bright.

Summit Health Cares is pleased to announce the recipients of the 2021 Next Generation Scholarship:

Tania Akther	Christina Cosenzo
G'Tanya Clarke	Patricia Ding
Bryanna Copeland	Jenna Dittrich
Gisel Encarnacion	Rivka Farrell
Javier	Ashaunte Johnson
Rosa Espinales	Claire McFarland
Giulia Frias	Diana Orefice
Giancarla Fuentes	Briana Rosa
Richell Garcia	Ava Starnes
Kinesha Harris	Navida Wazeed
Nabil Mahmoud	Grace Hatfield
Ripley Mars	Melody Melendez
Matthew McDermut	Joya Millet
Jessica Michel	Ashit Mody
William Nunn	Gisell Moromisato
Adesuwa Okesanya	Tasia Redd
Robert Patio	Laura Torres
Andrew Reyes	Juan Trujillo
Dayanna Roncal	
Erica Wacaster	
Genia Weldon	

 Summit Health
cares



Summit Health Cares will continue to build on its work in four priority areas:

Providing comfort to cancer patients and their families above and beyond medical care, helping them to maintain their emotional, physical, and spiritual well-being throughout treatment and increasing their chances for survival.



Your Dollars at Work

At Summit Health Cares, we strive to make a positive impact in the community we call "home." The funds raised at our fund raising events such as the Gala+Auction, Golf Tournament and Broadway Rocks Cancer are used to provide free medical screenings and education to

clients at local food pantries, give students a close up view of what their future can look like as a health care professional, offer Mind/Body therapies and comforting touches for patients fighting cancer and so much more.

Won't you join us in building a healthier tomorrow for our neighbors?

More than
8,600

Free medical screenings provided to underserved populations.



620

Chronic Education workbooks distributed with workbook development assistance from Summit Health Endocrinology Department.

175

Podiatry screenings completed by Summit Health Podiatry Team to the underserved communities.



17,400

Feminine hygiene products distributed to FoodBank partners and underserved communities.



1,530

Covid tests performed.



3,100+

Staff volunteer hours offered.



4,100

PPE products distributed (including masks and hand sanitizer).



3,920

Attended Mind/Body programming.



65,663

Pounds of free produce distributed by CFBNJ to pantries participating in chronic disease program.



\$28,400

Scholarships awarded to students pursuing careers in health care. **\$301,400** funding to date.



“Service is the rent we pay for living on this earth, for being. It is the very purpose of life...”

Shirley Chisholm and Marian Wright Edelman

