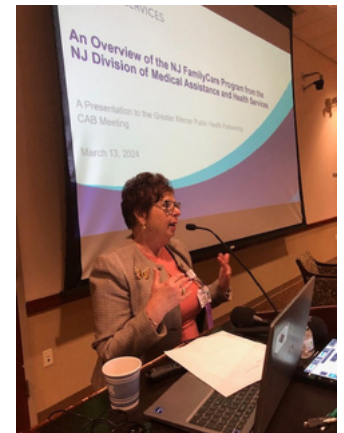


Established 2012

**GMPHP** Greater Mercer  
Public Health  
Partnership

# GMPHP NEWSLETTER

Our News and Your Stories



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## ACCESS TO CARE

by Carol Nicholas

A year and a half ago, our partners asked us to hold an event to help everyone get to know the other nonprofits in Mercer County, and meet their peers doing similar work. It was such a success, that we repeated it this year on March 13th, at the RWJ Fitness Center in Hamilton. Forty of our partner organizations had representatives available to table and share flyers and programs. Over 102 people attended, and by all accounts, found the afternoon very informative. Many people reflected that after Covid, putting a face to a name, and meeting people in person is so worthwhile and constructive for facilitating client services. Networking at events like this leads to future successful collaborations.

Phyllis Melendez from the Department of Human Services, gave an informative presentation giving an overview of Family Care and the State's efforts to have as many children and residents as possible signed up for health care. Following the presentation, Phyllis, and associate Jennifer Kraemer, and Trenton Health Team's Kenya Davis held a panel discussion answering the audience's questions. GMPHP thanks our presenters, our partners, and RWJ staff for helping to make this a successful meaningful event.

For more event pictures, see page 2.

# SOME OF OUR FABULOUS PARTNERS AT THE RESOURCE FAIR!



## HOW DO YOU BUILD A COMMUNITY HEALTH IMPROVEMENT PLAN?

Our HRiA consultants will spend the spring gathering data by: 1) conducting key informant interviews with leaders in our community; 2) conducting community focus groups; 3) and studying the results of the surveys distributed in April through June. They review the data and determine the health priorities on which our organizations should be focusing. This information will be forwarded to you in September.

We will gather together on October the 8th to talk with you and hear what your organization is doing and would like to do for the next three years to address those priorities. The actions your organization pledges will be in the official Mercer County Community Health Improvement Plan, and the data will be tracked for the next three years to ascertain if these measures improved the health of our residents. Your participation in this process is an essential component of the improvement planning, and we are grateful for all the support our partners have provided throughout this process. You will find that it benefits your organization for future grant applications, collaborations, and recognitions. This is an all day event. Lunch will be served.

For more information email Carol: [projectdirector@gmphp.org](mailto:projectdirector@gmphp.org)

# SAVE *the* DATE

OCTOBER 8TH, 2024

Time: TBD

Our partner nonprofit Leadership will gather to review the health gaps and priorities determined from the recent surveys, focus groups, and key stakeholder discussions. Partners will help form the next Mercer County Community Health Improvement Plan 2024. Lunch will be served at this all day event.

Location: RWJ Fitness Center  
3100 Quakerbridge Rd. Hamilton



GMPHP 2024 CHA-CHIP

### Community Health Improvement Planning



#### TIP: Consider These Questions When Creating an Action Plan

1. What do you want to change (goals)?
2. Why did you choose these goals?
3. What steps will you need to take to meet these goals?
4. Who will be responsible?
5. When do you want to accomplish these goals?
6. How will you know that you have accomplished your goals?<sup>37</sup>

## BEHAVIORAL HEALTH/ACE WORKGROUP

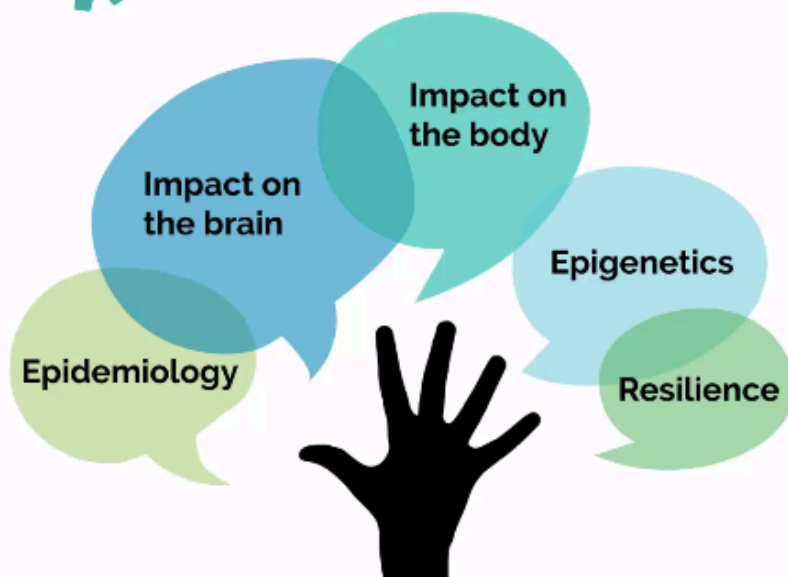
In February, the Behavioral Health /ACE workgroup showed the movie “Resilience” to fifty-five community members at the RWJ Fitness Center. The movie is about childhood trauma/neglect, and the potential life long health effects that may result. For many people, it leads to obesity, addiction, depression, heart disease, and for some, a shortened life span. Understanding the biological effects of trauma on the brain, helps people understand why they have a chronic disease. Science has shown that the mind might forget the past, but the body remembers.






A panel discussion followed the movie, and people had an opportunity to ask questions and talk with local mental health experts and agencies. Tracy Post from Princeton Center for MindBody Healing led the event, and was accompanied by Dr Dara Whalen from TCNJ, and Eboni Gadson from Princeton Center for MindBody Healing. Also tabling at the event were representatives from the Veterans Affairs, Catholic Charities, and Creative Change Counselling.

**If you would like to offer a similar event at your organization, church, or community center, etc. please reach out to Carol at [projectdirector@gmphp.org](mailto:projectdirector@gmphp.org)**



## PACEs and Resilience Science



-  **Epidemiology** ACE study and expanded definitions of ACEs
-  **Impact on the brain** toxic stress caused by ACEs impact children while they (and their brains) are developing
-  **Impact on the body** health consequences of toxic stress (short & long term)
-  **Epigenetics** generation-to- generation impact/ historical trauma
-  **Resilience** body can heal. Brain is plastic. Positive Child Experiences (PCEs) among resources that build resilience.

## APRIL IS SEXUAL ASSAULT AWARENESS MONTH



APRIL is Sexual Assault Awareness Month, a campaign to raise awareness about sexual violence, educate communities on how to prevent and respond to it, and support survivors. It aims to promote understanding and empathy for victims of sexual assault, challenge harmful attitudes and behaviors, and empower individuals to speak out against sexual violence. The goal is to create a culture of consent, respect, and accountability to end sexual assault and support survivors in their healing process. April 2nd is Day of Action, when supporters wear teal to raise awareness and show solidarity with victims.

Staff from Womanspace will be traveling through Mercer County this month to give workshops and share helpful information and resources on sexual assault. Please follow our social media (Facebook, Instagram and X) for more details on where to find us throughout the month!

### April 10

Mercer County Library: Lawrence  
5:30 to 8:00 P.M.  
2751 Brunswick Pike,  
Lawrence, NJ 08648

### April 17

Hamilton Township Public Library  
5:30 to 8:00 P.M.  
1 Justice Samuel A. Alito, Jr. Way  
Hamilton, NJ 08619

Your organization can also book an educational presentation for Sexual Assault Awareness Month. Presentations are available for schools, youth-serving programs, businesses, and other organizations. The topic can be tailored for your audience, such as healthy relationship dynamics or dating. For information, please email **Grace at: [gef@womanspace.org](mailto:gef@womanspace.org)**



## HIP HOP PUBLIC HEALTH

Hip Hop Public Health creates research-based educational resources by harnessing the power of music and culture to improve health in communities that are underserved



### Become A Health MC Today

Enjoy FREE access to easy-to-use K-12 Educational Toolkits that make health and physical education fun and engaging with:

- Educational songs and videos
- Student centered activities
- Standards-based lessons
- Family materials



For more information contact:  
Lori Rose Benson Executive Director & CEO  
[lori@hhph.org](mailto:lori@hhph.org)




**Women's Health Breakfast**  
**Women Talking About Health**  
 May 11, 2024 | Saturday

**Join an interactive program addressing HEALTH ISSUES FACING WOMEN**

**Our Presenters**

- Camille Green, MD**  
 Hunterdon Internal Medicine Associates  
 "Physical & Emotional Wellness through the Decades"
- Renee Davison**  
 Capital Area YMCA  
 "Group Fitness"
- Chelsea Wargo, CPT**  
 Capital Health Wellness Center  
 "Exercise & Pelvic Health"
- Loketha C. Johnson, MSN, RN**  
 NJ Dept. of Health NJ Cancer Education & Early Detection Program  
 Moderator

**WHAT – CELEBRATING WOMEN'S HEALTH**  
 This free program celebrates women and Mother's Day with experts sharing information on disease prevention, early detection and lifestyle wellness that can make a difference in achieving optimal health. Women experience unique health care challenges from pregnancy and menopause to gynecological conditions. Cancer and diabetes are the leading chronic diseases women face. Join us to learn more.

**WHEN – SATURDAY, MAY 11, 2024**  
 8:30 – 9:30 AM Registration/Check-in & Free Hot Breakfast Buffet  
 Catered by Taste of Ty's Kitchen  
 9:30 – 11:30 AM Program Presentation

**WHERE**  
 Union Baptist Church  
 Fellowship Hall (Downstairs)  
 301 Pennington Avenue  
 Trenton, NJ 08618  
 On-site Parking Available (Reservoir St & Frazier St)

**REGISTER TODAY!**


To register use the link below, QR code, or CALL 908-237-2328.  
<https://forms.gle/dTENZZQUkLYMyxFA>

Pre-registration is requested by May 6, 2024.

**Onsite Services\***

- Trenton Health Team – Health Vitals, Asc Testing, Cover All Kids Information
- ScreenNJ Mobile Health Van\* – Breast, Cervical & Lung Screening Assessments
- Community Health Resources & Services

\*By appointment – provided upon registration



**Sharing the Hope**  
**FAMILY SUPPORT CENTER**  
 HUNTERDON | MERCER | MONMOUTH | SOMERSET  
 A Division of Prevention Resources, Inc.

**FREE SUPPORT FOR FAMILY MEMBERS WHO HAVE A LOVED ONE AFFECTED BY SUBSTANCE USE DISORDER.**

- No Barriers: Family Support Advocates available via phone, text, email or Zoom
- One-on-one and weekly virtual support groups
- Free Naloxone for families and quarterly Naloxone (Narcan) trainings
- Self-care events
- 100% confidential & free

**CONTACT A FAMILY SUPPORT ADVOCATE**

**Hunterdon County: Jennifer Denlinger**  
 jdenlinger@njprevent.com | (908) 484-6437

**Somerset County: Pam Bianco**  
 pbianco@njprevent.com | (908) 842-0176

**Mercer County: Vanessa Peters**  
 vpeters@njprevent.com | (908) 731-5146

**Monmouth County: Deidre Krok**  
 dkrok@njprevent.com | (908) 546-6327

Or contact Rocky Schwartz: rschwartz@njprevent.com | 908-481-5191



**TRENTON HEALTH TEAM UPDATES**



**Trenton Health Team** is thrilled to share some exciting updates and recent successes in our mission to create a healthier Trenton. As one of NJ's four Regional Health Hubs, THT is partnering with NJ FamilyCare to carry out community outreach for Cover All Kids by providing one-on-one application assistance through our website, [trentonhealthteam.org/getcovered](https://trentonhealthteam.org/getcovered). Support for prospective members and households are available in both English and Spanish. This is only one part of our 'Get Covered,' campaign where we also do work in reaching out to individuals at risk of losing their NJ FamilyCare Medicaid coverage to re-enroll them or walk them through the state redetermination process.

Beyond Medicaid, THT is making strides in maternal health. Thanks to funding from the Burke Foundation, we've recently launched a project called, Moms Like Me, which aims to address the unique maternal health needs of Black and Brown birthing people in our area. By engaging these expectant parents in small, focus groups where we listen to their experiences, we're working to create and sustain maternal health programs better tailored to their needs.

THT is also immensely proud to recognize our Chief Community Care Officer, Cheryl Towns, who has been honored with the prestigious NJ Social Innovation Award in the 'Healthy Communities,' category this year. Cheryl's dedication to Trenton and health equity across the board, inspire us all. As always, Trenton Health Team is grateful for your continued support as we strive to create a healthier, and more inclusive Trenton community.



United Way  
of Greater Mercer County



### SPRING INTO HEALTH

United Way of Greater Mercer County (UWGMC) in Partnership with the **Diabetes Foundation** hosted "Spring into Health: Everything Diabetes" event at the **Capital Area YMCA** on March 16, 2024.

Over 50 individuals received A1c screenings, vision checks, diabetes management support and access to important resources. UWGMC invests in programs, community partnerships, and volunteer engagement to propel individuals and families to reach their fullest potential. We envision a vibrant and inclusive community whereby all can thrive, especially in the areas of youth and family success, economic vitality and health and wellness.

Thank you to our sponsors for making this a successful event (ADCE, Arm in Arm, ASCENSIA-Diabetes Care, Commission For The Blind and Visually Impaired, Capital Health, Catholic Charities, CONAIR, District 37, Henry J Austin, HomeFront, Isles, Millhill, Novo Nordisk, The Salvation Army of Trenton, Sanofi, TASK, and Capital Area YMCA.)

Ginine Cilente: Diabetes Foundation - Executive Director

Sandra Toussaint: United Way of Greater Mercer County - CEO/President

Fatima Scipio: United Way of Greater Mercer County-Director of Community Impact

Rosemary Klie: Diabetes Foundation-Senior Director of Operations

## Welcome to the NJ TRANSIT to Trails App

This app allows you to find parks that are accessible by public transit

Pan around the map to locate parks closest to you. Click on  or  for transit options

Or use the tool on the left-side of the screen to search for a park

#### Search Parks by County or Park Name

- Select a county using the dropdown menu (or leave blank for full list of parks)
- Select park name
- Hit "Apply" at the bottom of the tool



## PREVENT OPIOID OVERDOSE, SAVE LIVES

### In case of overdose, use naloxone

Rutgers Robert Wood Johnson Medical School and The Division of Mental Health and Addiction Services have partnered together to offer this **FREE** activity and service.

### FREE TRAINING AND NALOXONE NASAL SPRAY KITS

We offer free public trainings six times per month. Attendees who are 18 years of age and older, who reside, attend school, or work in New Jersey will receive a Narcan kit.

- First Monday of each month at 1:30 PM
- First Friday of each month at 12:30 PM
- Second Thursday of each month at 11:00 AM
- Second Wednesday of each month at 5:00 PM
- Last Monday of each month at 12:30 PM
- Last Tuesday of each month at 12:30 PM



\*\*\*Registration is required\*\*\*

## Programs & Services

### Programas y Servicios

- Individual & Group Support  
(Apoyo emocional)
- Nutrition Programs  
(Educación de nutrición)
- Mind & Body Classes  
(Clases de salud)
- Educational Workshops  
(Programas educativos)
- Support4Families  
(Apoyo para familias)
- My Voice Matters: Treatment Decision Support  
(Herramientas de apoyo a decisiones)
- Resources & Referrals  
(Recursos y referencias)
- Financial Assistance  
(Asistencia financiera)



**Crossroads4Hope®**  
A NETWORK OF CANCER SUPPORT  
Taking On Your Cancer Journey. Together.®

crossroads4hope.org | @cr4hope





**NEW FREE  
CANCER  
SUPPORT  
SERVICES IN  
MERCER COUNTY**

Community Outreach & Our Events go to:  
<https://crossroads4hope.org/calendar/>