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THE COST OF POVERTY

About 60 people attended the "Cost of Poverty Experience" hosted by RWJ Hamilton Hospital at the RWJ Fitness Center in Hamilton on June 8th. Created by "Think Tank", participants were randomly assigned to a family unit and had to follow a scenario of daily living activities, filled with the different barriers that often occur i.e. health problems, transportation issues, lack of knowledge about services, and massive bureaucracy to navigate, etc. Whether you were juggling a job and two children with no grocery store in your neighborhood, or recently released from incarceration, and want to provide for your family - everyone agreed that the experience was very frustrating, and demoralizing. Children often had to care for siblings instead of studying homework, and were exposed to adult decision making at a very young age. Everyone commented on how fiercely they fought to keep the family together, and how little time was left in a day to relax together as a family.

For more information go to:
<https://thinktank-nc.org/about>

SAVE *the* DATE

OCTOBER 25TH, 2023

3-5 PM

The GMPHP Fall CAB meeting will be an interactive cultural competency exploration for you and your staff.

Capital Health Conference Center
51 Scotch Road, Ewing NJ 08628

CULTURAL COMPETENCY

Join us on October 25th, for a stimulating interactive exploration of cultural competency. In our March Partnership survey, 59% of our members requested this topic, and we were very pleased to connect with Dr June Deponte Sernak from the Center for Family Services, an expert in this field. We will be following the National Standards for Culturally and Linguistically Appropriate Services in Health and Health Care (CLAS).

The principle standard is "To Provide effective, equitable, understandable, and respectful quality care and services that are responsive to diverse cultural health beliefs and practices, preferred languages, health literacy, and other communication needs."

Housing Fact Sheet: Out of Reach New Jersey 2023

New Jersey is the seventh most expensive location in the U.S. for renters, with only California, Hawaii, Massachusetts, New York, Washington, and the District of Columbia being more expensive.

- In New Jersey, the Fair Market Rent (FMR) for a two-bedroom apartment is \$1,742. In order to afford this level of rent and utilities - without paying more than 30% of income on housing - a household must earn \$5,806 monthly or \$69,675 annually.
- The hourly housing wage in New Jersey for a two-bedroom apartment at FMR is \$33.50.
- At minimum wage - \$14.13 an hour - a New Jersey resident would have to work 95 work hours per week or 2.4 full-time jobs to afford a two-bedroom.
- The average renter wage is \$24.40, \$9.10 less than the housing wage.

For more information, contact: Arnold Cohen, Senior Policy Advisor - Housing and Community Development Network of New Jersey, (609) 393-3752 or acohen@hcdnj.org



At the Life Expectancy meeting on June 20th, CAB member Celia Bernstein presented the work that Homes By TLC has been doing in Mercer County since 1997. They manage over 120 low income housing units, and are collaborating with municipalities to build and renovate more projects this year. Celia attributes much of the success to having "wrap around" social services provided by HomeFront, incorporated into the facilities. Thank you for all you do Celia!

RISE - PROFESSIONAL DEVELOPMENT

Racial Impact on Societal Equity is an education series designed to improve collaboration between departments/agencies and community stakeholders with emerging practices of maternal child health providers in NJ. Providing a high-quality equitable system of care begins with a lens of cultural competency to destigmatize mental health issues during the lifespan of maternal care.

RISE Includes 60 minute facilitator led program topics:

- Cultural Competency in Maternal Child Health
- Trauma Informed Care in Maternal Child Health Disparities
- Stigma in Maternal Child Health

Courses available virtually or in-person in 1,2, or 3 session increments based on availability. Mental health/addiction providers, maternal child health providers, community health workers, peers, medical community, prenatal clinics, FQHGs, doulas etc... are welcome to attend. Scheduling is available between June 2023 and December 2023.

Contact Dr. June DePonte Sernak, Statewide Diversity Leadership Officer at june.depontesernak@centerffs.org or at 609-707-4070 for information and scheduling.



GMPHP Board member Carol Chamberlain (left) presents certificate to June at the Children's Futures 20 Year Gala Celebration May 25th.

COMMUNITY SERVICE AWARDEE JUNE MATTHEWS-GRAY

The GMPHP joined **Children's Futures** on May 25th to celebrate and recognize June Gray for over 50 years of dedicated community service focused on maternal and child health. She is the Director of Family Support Interventions at Children's Futures, working to reduce and eliminate disparities in perinatal outcomes for at-risk women, infants, and families. As Project Director of the Health Resource Service Administration's Healthy Start Project, June mentored new project directors from New Jersey and Tennessee. She facilitates meetings of the Community Advisory Network and the Black Breastfeeding Support Group. June also serves on the New Jersey Home Visitation Continuous Quality Improvement Committee, the National Nurse Family Partnership Administrator's Innovations Advisory Committee and the Interdisciplinary Case Review Team that reviews maternal and infant deaths in Central Jersey. June has participated in all of the GMPHP CHA's and CHIPs the last 12 years, and we truly appreciate her support and expertise. Congratulations June!

CAPITAL HEALTH

MOBILE FOOD PANTRY

Families can receive nutritious and healthy fresh vegetables, fruit and eggs provided at NO COST through the Arm in Arm Food Pantry.

Capital Health – East Trenton

(Chambers Street side of the building)

(Al lado del edificio, en Chambers Street)

601 Hamilton Avenue, Trenton, NJ 08629

First and Third Wednesday
primer y tercer miércoles

9:30 a.m. – 12 p.m.

Capital Health will also provide
FREE BLOOD PRESSURE SCREENINGS on select dates.

Capital Health también ofrecerá
PRUEBAS DE PRESIÓN SANGUÍNEA GRATIS en fechas selectas.



Capital Health Family Health Center

433 Bellevue Avenue, Trenton, NJ 08618

Second and Fourth Wednesday
segundo y cuarto miércoles

9:30 a.m. – 12 p.m.

VIOLENCE SIGNAL



1. Palm to camera and tuck thumb



2. Trap thumb



Use this signal to ask for help on a video call without leaving a digital trace.

If you see this sign on a video call, find out how to help below.

WOMENSPACE: (609) 394-9000

www.womanspace.org

ADOLESCENTS, HPV & CANCER PREVENTION

Don't Wait – VACCINATE!



The Time Is Now: The American Cancer Society recommends that **GIRLS AND BOYS** get vaccinated against HPV between the **AGES OF 9 AND 12** to help prevent six types of cancer later in life.

13

Age Matters: HPV vaccination works best when given **BEFORE THE AGE OF 13**. It's important to know that **CANCER PROTECTION DECREASES** as age at vaccination increases.



"Series" Means Success: The HPV vaccine is administered and **ONLY EFFECTIVE** as a series of 2 or 3 vaccines, depending on age.



8 in 10 PEOPLE will get HPV at some point in their lives.

Vaccine: **SCHEDULE & DOSING**

	FIRST CHANCE	ON TIME	CRITICAL	LAST CHANCE
Age	9-10 years	11-12 years	13-14 years	15-26 years
# of Doses	2	2	2	3
Timing	6-12 months apart	6-12 months apart	6-12 months apart	Dose #1: at 1st visit Dose #2: 1-2 months later Dose #3: 6 months after 1st dose

Full human papillomavirus (HPV) vaccination can prevent most of these cancers:

<p>GIRLS</p> <ul style="list-style-type: none"> • throat • cervical • anal • vaginal & vulva 	<p>BOYS</p> <ul style="list-style-type: none"> • throat • anal • penile
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HPV is a common virus that can infect both **GIRLS and BOYS**

Completion of the full HPV vaccination series protects against the virus and

90%
of the cancers it can cause.

HPV vaccination is **SAFE & EFFECTIVE**

WHAT CAN PARENTS DO?

1. Schedule the initial HPV immunization and book the follow up appointments to complete the series.
2. Talk with your provider if you have any questions or concerns.
3. Talk to your adolescent about HPV-prevention plans.
4. Follow recommendations for all screenings for the cancers caused by HPV.

HPV Vaccination Among NJ Adolescents

In New Jersey, vaccination completion among adolescents is alarmingly low.

Only **39.1%** of 13-15 year-old boys and girls completed the HPV vaccination series.

What This Means:

6 OUT OF 10 adolescents in NJ are **NOT FULLY PROTECTED** against HPV and HPV-related cancers.





CAB members **West Windsor Township** and **Princeton Health Departments** joined New Jersey Association of City and County Health Official's (NJACCHO) Strike Team to offer Project Firstline infection control trainings for healthcare personnel in local long-term care and skilled nursing facilities within their communities. Prior to implementation, Health Department personnel attended train-the-trainer sessions that focused on facilitating culturally competent trainings using materials developed specifically for healthcare workers. Both Health Departments received positive feedback from participants and provide ongoing outreach. The NJACCHO Strike Team initiative was funded through the NJ Department of Health.

Infection control saves lives, and frontline healthcare workers play a critical role. The Centers for Disease Control (CDC), Project Firstline provides innovative and accessible infection control education for all frontline healthcare workers– so they can protect their patients, their coworkers and themselves from infectious disease threats in health care. As a collaborative, Project Firstline brings together more than 75 healthcare, academic, and public health partners to reach a wide range of healthcare audiences and settings across the country.

Project Firstline offers educational resources in a variety of formats to meet the diverse learning needs and preferences of the healthcare workforce. Resources are designed to empower and enable healthcare workers to think critically about infection control, using adult learning principles, educational best practices, CDC recommendations, and the science that informs them.

Project Firstline and local health officials encourage all healthcare workers to take advantage of these free infection control training resources – that were developed with healthcare workers, specifically for healthcare workers. You can access educational materials on infection control in healthcare settings directly from CDC's website and subscribe to a newsletter to receive the latest infection prevention and control updates.

Healthcare workers and facilities throughout the county are encouraged to explore CDC's free educational resources available at <https://cdc.gov/infectioncontrol/projectfirstline>

KIDSBRIDGE AND CHS JOIN FORCES

Kidsbridge is excited to announce that we are now part of **The Children's Home Society of New Jersey!** In February of this year, our organizations merged, and we could not be happier to be counted among the wonderful life-enriching and enhancing programs of CHSofNJ. Please join us in supporting our combined mission: "Building more empathetic families, schools, and communities together."



The
Children's
Home Society
OF NEW JERSEY®

**Building more empathetic families,
schools, and communities together.**

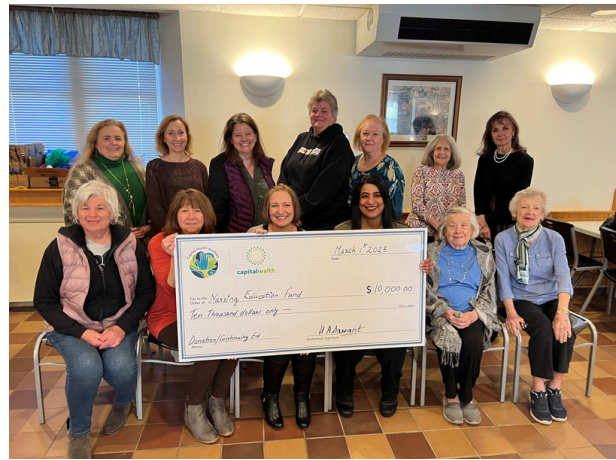
CAPITAL HEALTH VOLUNTEERS

Volunteering with Capital Health provides an opportunity to make a real impact in one's community. Each day, our volunteers touch the lives of patients, families and visitors by providing friendliness and compassion to our patients and their families.

Capital Health's volunteer programs accord our volunteers the opportunity to enrich their lives with new experiences, meet new people, and learn new skills while knowing their time and talent make a difference in the lives of our patients. All our volunteer programs add to the patients experience at the hospital and help in their healing process. A few beloved volunteer platforms are: Art by the Bedside, Mobile Library, Wayfinders, the Junior Volunteer Program and the Capital Health Auxiliary.

The Capital Health Auxiliary has been devoted to supporting educational and health programs offered by Capital Health to patients, their families and neighbors, through fundraising opportunities. The Auxiliary's Capital Thrift Store, which opened in 2018, has proved to be an invaluable fundraising resource, thanks to the helpful and diligent volunteer staff, who sort through the generous contributions received from friends and the broader community. Additionally, the Auxiliary plans and executes an annual Tree of Lights appeal, Designer Bag Bingo and their biannual Runway of Courage fashion show. All proceeds generated by these worthy events support a continuum of education and patient-care platforms.

To learn more about Capital Health's Auxiliary, please contact Ujwala Sawant, President, at ujwalasawant1121@gmail.com or phone Capital Health's Foundation at 609-303-4121. For more information about how to become a Capital Health Volunteer, please visit [Volunteering at Capital Health | Capital Health Hospitals](#).



FOUNDATION GRANT WEBINAR

Congressman Andy Kim's grant writers know that applying for federal grants can be quite challenging for many organizations, so they created an informative webinar linked below. Their office is dedicated to assisting you through this process to help you secure the funding you need to achieve your goals. They put together a Guide to Grants Newsletter to share upcoming funding opportunities, webinars, and grant writing tips that you can subscribe to. They also encourage you to reach out to the Director of Grants, Lynette Whiteman, if you have any questions about how the office may be able to support you: Lynette.whiteman@mail.house.gov

<https://www.youtube.com/watch?v=8XgY8laYPMk>

RWJ VOLUNTEERS - MATERNAL CARE ADVOCATES

The **Community Impact Alliance (CIA)** of **Robert Wood Johnson University Hospital Hamilton (RWJUH Hamilton)**, is a non-profit organization composed of community leaders and members who strive to support individuals and families throughout the Mercer County area through fundraising and outreach.

Based on the most recent data from the CDC, New Jersey has the second highest maternal mortality rate in the United States. Globally, the U.S. maternal mortality rate is three times the rate in most other high-income countries and is exceptionally high for Black women. It is more than double the average rate and nearly three times higher than the rate for White women, according to a recent article by Commonwealth Fund.

Initiatives have begun on the *state* level to address racial disparities and maternal mortality rates however the CIA believes it is important to address at a *local* level as well. Therefore, as of 2023, our main focus is to advocate and fundraise for maternal prenatal and postpartum care. Our goal is to provide financial support to members of our community and connect them with other local organizations who provide treatments and training to ensure a healthy pregnancy, labor and delivery for both mother and baby. Through fundraising efforts, to date the Community Impact Alliance has raised over \$25,000 and collected over 9,000 diapers and wipes to support community members and local grassroots organizations.



BE SURE TO CHECK THE MAIL!



NJ FamilyCare/Medicaid wants everyone to stay insured in New Jersey. NJ FamilyCare will mail renewals to all members in the year between April 1, 2023 and March 31, 2024. Members should expect to renew their coverage once a year from now on.

FREE OR DISCOUNTED ADMISSION TO CULTURAL ATTRACTIONS

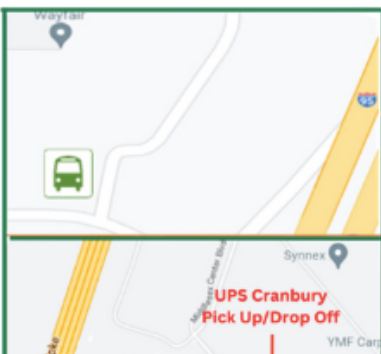
Families and individuals enrolled in State Assistance Programs, can receive free or discounted admission to arts, and history organizations, venues, and cultural programs both in-person and virtual - with the Families First Discovery Pass Program. Residents who receive benefits through SNAP, WFNJ, Child Care subsidy and/or WIC are eligible. Participants use their Families First Card or EWIC Card to confirm their eligibility for a discount.





Service Expansion June 12th

More trips with NEW service to Hightstown-Cranbury Station Road, Station Road, Half Acre Road & UPS-Cranbury Hub



The bus will continue to serve its regular stops. Saturday service does not change. Now serving these and other nearby businesses:



- Amazon TEB6
- Amazon TTN2
- Home Depot
- UPS - Cranbury Hub
- Volkswagen
- Wayfair

RTE 130 CONNECTION EXPANDED

READ MORE HERE:
<https://bit.ly/3qvVWxk>

Join us for our “lunch and learn” Annual Safe Routes Academy sessions! It is free to join and will take place online on September 7, 14, 21, and 28 from 12-1:30 pm.

Join us at the NJ Safe Routes Academy!

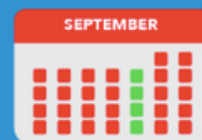


SafeRoutes Academy

Register at:
saferoutesnj.org
[/saferoutes-academy](https://saferoutes-academy)

Sessions are free!

THURSDAYS IN SEPTEMBER
12PM - 1:30PM
9/7, 9/14, 9/21, 9/28



SPONSORED BY THE NJ DEPARTMENT OF TRANSPORTATION

Welcome to the Lawrence Bike/Walk Map!



The map contains the locations of bike, sidewalk, and trail facilities in Lawrence Township. It serves as a companion to the printed version of the Lawrence Bicycle/Walk Map. **The print version will be available in the coming weeks!** If you would like a copy of the print map, you can request one by emailing: sdacosta@gmtma.org