

# Hunterdon & Mercer County Regional Chronic Disease Coalition | MINUTES

06/21/2016 | time 10:00 am | Meeting location *Hunterdon Regional Cancer Center*

Meeting called by Amanda Medina-Forrester (AMF)  
Type of meeting FY 2016 – 4<sup>th</sup> Quarter  
Facilitator Amanda Medina-Forrester (AMF)

## Attendees (In-Person or Conference Call)

Alison Murtha – American Cancer Society (AM)  
Amanda Skahan – Mercer Co. SNAP-Ed  
Andrea Martinez – City of Trenton PHD (AMa)  
Beverly Manganeli – HMC Center for Nutrition & Diabetes (BM)  
Bethann Wittig – Hamilton Area YMCA  
Carol Chamberlain – Lawrence Twp PHD/GMPHP (CC)  
Cheryl Womek- West Windsor Health Dept (CW)  
Dee Sparacio – Women of Teal (DS)  
Devangi Patel – Princeton Health/Pennington/Hopewell Board of Health (DP)  
Jamie Sierzputausha- West Windsor Health Dept (JS)  
Janet Acosta-Hobschaidt - Hunterdon CEED (JAH)  
Jeanne Gee – HRCC Oncology Nutrition Services (JG)  
Jenna Giaquinto – New Jersey Prevention Network (JGi)  
Jennifer Exley – HMC Public Relations (JE)  
Kathy Jaeger – Hunterdon Co. Public Health Nursing  
Kim Blanda – Hunterdon Regional Community Health (KB)  
Kim Seppelt – Hunterdon Co. SNAP-Ed  
Marge Vellotti – Hunterdon CEED (MV)  
Martha Speakman – Hunterdon CEED/CDC Coalition (MS)  
Mary Rosner- Capital Health (MR)  
Maureen Kuhn – American Cancer Society (MK)  
Meg McQuarrie – Elixir Fund (MM)  
Michelle Brill – Rutgers Cooperative Ext. Mercer Co. (MB)  
Michelle Dimachlavian – HMC 5 West  
Roni Todd-Marino – Fisherman’s Mark (RT)  
Selena Casinelli – Mom’s Quit Connection  
Vinny Smith- Horizon NJ Health (VS)  
Whitney Hendrickson – NJPHK-Trenton (WH)

## AGENDA TOPICS

Short introductions.

### Presentation

“Farm to Table to Nutrigenomics” presented by Jeanne Gee, RDN, CSO, CDE

JG presented and discussed the influence of food and other external factors on our health. She provided valuable information on epigenetics related to the development and prevention of cancer. Presentation generated much discussion among attendees.

### Tobacco Free Outdoor and Recreation Area Ordinances

JGi and AMF provided overview of tobacco free outdoor ordinances from the past quarter. JGi announced that Ewing Twp passed their ordinance in early June, so that is 2 Mercer County within a 11-month cycle (City of Trenton in July 2015). We are also communicating with Jill Swanson, PHO, for the possibility of Hightstown adopting this ordinance. JGi also mentioned that Hopewell and Pennington Twp are interested, but will need to ask contacts for more information.

AMF plans to revisit the Hunterdon Co. Parks and Open Space Committee on county-wide ordinance. She will contact PHD and other Hunterdon Co. advocates. Good news for Hunterdon Co: Readington Twp Board of Health with Parks and Open Space Committee approve outdoor ordinance, and will recommend at town council in September, all because of Jane Butula and Hunterdon Prevention Resource –Safe Coalition.

### Next Tobacco Free for Healthy Hunterdon/Mercer Regional Meeting:

Facilitator: Jenna Giaquinto, NJPN | Please rsvp at: [jenna@njpn.org](mailto:jenna@njpn.org)

Date: July 21st at 10:00 am -11:00 pm

Location: Mercer Council, 1931 Brunswick Ave., Lawrence Twp, NJ

Action items	Person responsible	Deadline
Follow-up on Hunterdon Co. and Readington Twp	AMF	Ongoing
Follow-up on Mercer Co. Townships	JGi/AMF	

### Colorectal Cancer (CRC) Screening Toolkit

AMF provided update on Mercer Co. CRC initiative. Henry J. Austin provided a FY 2017 plan to increase CRC screening rates utilizing assessment and audit tools, new EMR system for screening metrics and other exploratory factors, reminder prompts for patient and staff, automated patient calls and plan to update follow-up policies.

For Hunterdon Co., motivational interviewing call project to increase CRC screenings is currently in its mid-point. Two-staff members are calling noncompliant patients from Hunterdon Family Medicine at Phillips-Barber (family practice) to discuss barriers and options that may assist them in scheduling their well visit, colonoscopy, etc. This project educated 142 patients, 15 patients scheduled for CRC screening, and 12 patients scheduled for well visits (Feb. – June 1, 2016). Please see meeting ppt.

Action items	Person responsible	Deadline
CRC Screening Workgroup will develop other projects for FY 2017 coalition grant	AMF	July 30, 2016
Continue to work on MI call project with workgroup		Ongoing

## Cervical Cancer and HPV

AMF stated that the focus on HPV vaccine uptake should be heavily focused in Mercer Co., especially Trenton. Once AMF receives guidance from Dept. of Health on the HPV initiative, she will work with providers and local and statewide partners on strategies to achieving goals/objectives.

Action items	Person responsible	Deadline
Schedule Meetings with DOH, Central Jersey Health Consortium and other Chronic Disease Coalitions, ACS, NJIIS and local partners to develop strategic plans	AMF	September 30, 2016

## Media and Communications

JE provided an update of Media and Communications Initiative. Facebook page is still going strong with 453 individuals reached in the last 28 days, 144 reached last week, 151 individuals engaged in our posts and sharing our events in the last 28 days. The post popular post was on skin cancer awareness video "Dear 16 Year Old Me" (reached 248 individuals).

Please send event and program information for FB page to [jexley@hhsnj.org](mailto:jexley@hhsnj.org) and/or [amedina@hhsnj.org](mailto:amedina@hhsnj.org).

Action items	Person responsible	Deadline
Send out email requesting programs, events from Coalition Members	AMF	Ongoing
Facebook updates	JE	Ongoing
E- Newsletter Development	JE	Ongoing

## Children & Adolescent Health

BW provided an overview of the Hamilton Area YMCA Healthy Living programs. One specifically in mind is the Hamilton Area YMCA's ACT Program, a weight-management program that serves the community in Mercer County. The coalition provided a small stipend for youth participant scholarships and program supplies. Program count details and other evaluation results will be provided at next meeting.

AMF mentioned this grant initiative to empower schools on adopting the School Health Index assessment, and ultimately establish a wellness committee to complete the SHI. At this moment we do not have any schools recruited. There are discussions with Foundation Academy School in Trenton and possibly Holland Township School for Hunterdon County.

BM described the Hunterdon County program "Weigh to Go" - weight management program for children that includes a four (4) week nutrition and exercise program for kids ages 7-14 that will promote changes in food habits, exercise and self-esteem. This is led by a registered dietician and Hunterdon Co. YMCA trainers, with a free 2-month Hunterdon Co. YMCA membership and pedometer. There were 2 programs with 14 children: 63% had weight loss, 100% increased physical activity, and 100% decreased sugar and fat immediately after program. It's a very successful program with strong results.

KS described the collaborative project between Hunterdon Co. SNAP-Ed, Center for Nutrition and Diabetes, Hunterdon Co. YMCA, Norwescap Head Start and the coalition. The project goal was to educate and provide physical activity sessions for children and their parents throughout the month of May and during Family Fun Day. For Family Fun Day, there were 54 children and their parents educated. KS shared a few positive comments on what the children and parents were saying during the nutrition education program.

AMF stated that we are currently discussing the SHI with a school and waiting for approval from all potential partners; this will be reported next meeting.

Action items	Person responsible	Deadline
Continue to work with Head Start Program	AMF/BM/Hunterdon	September 30, 2016
Continue to work with Center for Nutrition and Diabetes Management and Hunterdon YMCA for ACT Program	YMCA	
SHI project with potential school and partners		Ongoing

### Shaping NJ – Food Access

WH provided information about the Greenwood Ave. Farmers Market led by New Jersey Partnership for Healthy Kids-Trenton. It's every Monday from June 13 to October 24, from 2 – 6pm. The market has “Good Food Bucks” as a matching incentive for residents using SNAP and SFMNP vouchers to purchase produce. There is also “Greenwood Green Bucks” for SNAP, SFMNP and WIC customers to receive matching incentives for the entire market. Coalition has provided funds for this successful strategy to increase healthy food access among Trenton residents. WH mentioned the activities at the market: bingo, DJ music, choir, and Rutgers Cooperative Extension of Mercer Co. and SNAP-Ed provides healthy food demos with samples. Another exciting and new program is the free dinner for children ages 8 to 18 yrs. old. AMF also mentioned a potential collaboration with Henry J. Austin Healthcare registered dietician to provide nutrition education for residents and they will receive “Greenwood Green Bucks” as an incentive. The market is centrally located in the City of Trenton limited to fresh produce and healthy food.

AMF mentioned another exciting opportunity to help a rural school in Hunterdon Co. with their school/community garden. The Frenchtown Elementary school garden expansion is the perfect opportunity for food access where the school volunteers and staff educate children on nutrition and gardening (outdoor classroom), and using garden produce for children cooking classes. The coalition provided supplies to help improve the water supply/irrigation system to garden. AMF will discuss with the school garden club leader to see if this expansion helped build and sustain youth garden projects. AMF will also request guidance from DOH on next year's Shaping NJ initiative.

Action items	Person responsible	Deadline
DOH guidance for FY 2017 grant year	AMF	August 1, 2016

### Survivorship Care

MM described the Elixir Fund and the Elixir Fund Registry. This is one of many projects led by MM that fits in the coalition survivorship initiative as strategies to provide survivorship information and resources to cancer patients and families. Elixir Fund Registry is a new and innovative project designed for patients and their caregivers to create a wishlist of their needs based on available services (e.g., meals, transportation, housekeeping, physical therapy), and friends/family can purchase gift certificates for items/services off their wishlist. The registry will be piloted at Hunterdon Regional Cancer Center this fall. This is not just for cancer patients, but all patients with chronic illnesses.

AMF is currently working with Survivorship Care Plan workgroup to finalize SCP surveys for cancer patients and healthcare providers (e.g., primary care, other specialists). This survey will assess how usable, satisfied, communicative is the survivorship care plan is, and what improvements should be made. AMF will also request guidance from DOH on next year's Survivorship initiative.

Action items	Person responsible	Deadline
Continue to work with SCP workgroup	AMF & Survivorship Workgroup	August 30, 2016
Elixir Fund Registry	AMF/MM	September 30, 2016

**Greater Mercer Public Health Partnership – Chronic Disease workgroup**

AMF gave a brief update on GMPHP Chronic Disease workgroup and stated revised goals. Also, please submit any health events, programs, resources to GMPHP website: [healthymercer.org](http://healthymercer.org). Those interested in becoming a workgroup member or join this meeting, please let AMF or Jeff Grosser know.

Action items	Person responsible	Deadline
GMPHP – Chronic Disease Workgroup	AMF/Jeff Grosser	Ongoing

**Hunterdon Partnership for Health**

KB provided an overview of the priority groups and currently working on goals and objectives with each priority group. KB asked if anyone is interested, please contact her: 908-237-5514 or via email: [kblanda@hhsnj.org](mailto:kblanda@hhsnj.org).

Action items	Person responsible	Deadline
Hunterdon Partnership for Health – invitation	KB	Ongoing

**Mercer County NJCEED**

AMF provided brief contact information for Mercer CEED (slide on ppt). Also, June 18<sup>th</sup>, Mercer CEED hosted a Family Day with Coalition, SNAP-Ed of Mercer Co., and Capital Health – Oncology Services to provide screenings, education, and other resources to Trenton residents. Over 40 women and men screened for cancer, educated on skin cancer and tobacco from Capital Health, HPV materials provided by coalition, SNAP-Ed provided healthy food tasting (e.g., fruit smoothies). It was a successful program.

Action items	Person responsible	Deadline
Mercer CEED Collaboration Meeting	AN/AMF	Ongoing

**Hunterdon County NJCEED**

JA briefly described the Hunterdon County outreach for CEED program:

- CEED Outreach at local business locations and local food pantries (reading Township and Flemington food pantries).
- Breast Cancer Prevention and Awareness education provided at a Women's Support Group meeting held at the Flemington Family Success Center.
- A Breast cancer prevention and awareness educational display was placed at the county regional library.
- Outreach at the Latino Health Day event held at the Hunterdon United Way.
- A colorectal cancer prevention presentation was provided to members of the Latino 7th Day Adventist Church in Flemington.

Action items	Person responsible	Deadline
Hunterdon CEED events	JA	Ongoing

### Skin Cancer Screening

AMF, On May 16<sup>th</sup> and 18<sup>th</sup> in Hunterdon County, 116 were screened with 41 referrals for follow up with a dermatologist for suspicious findings. Coalition staff will work on follow-up calls to those who require referrals for biopsies or follow-up with primary care or dermatologists.

For Mercer County, Capital Health will have their Skin Cancer Screening on September 13<sup>th</sup> in the evening at Capital Health – Hopewell, Oncology Services Department. Coalition staff will help on that day, and provide educational materials.

Action items	Person responsible	Deadline
Coordination of Hunterdon Co. Skin Screening Follow-up	AMF/MS	Ongoing
Mercer Co. Skin Cancer Screening	MR	September 13, 2016

### Coalition Member Upcoming Events, Announcements

Capital Health Skin Cancer Screening – September 13<sup>th</sup> from 5 – 7pm at Capital Health Medical Center – Hopewell, Center for Oncology, One Capital Way, Pennington, NJ 08534.

Fisherman’s Mark – RT described the extensive social services, advocacy, food pantry, nutritional education programs throughout the summer/fall. There is a farm stand on Wednesdays through the summer. Please contact Roni-Todd Marino ([r.toddmarino@fishermansmark.org](mailto:r.toddmarino@fishermansmark.org)) for more information.

### Next In-Person Meeting

**Date:** Tuesday, September 20<sup>th</sup>

**Time:** 10 a.m. – 11:30 a.m.

**Location:** Lawrence Township Municipal Building – Lower Level Conference Room  
2207 Lawrence Road, Lawrence Twp., NJ, 08648 (also known as Route 206)

*Meeting adjourned 11:30 am*

*Prepared by Amanda Medina-Forrester*