

Hunterdon & Mercer County Regional Chronic Disease Coalition | MINUTES

9/15/2015 | time 10:00 am | Meeting location Princeton HCS – Hamilton, NJ

Meeting called by Amanda Medina-Forrester (AMF)

Type of meeting FY 2016 – 1th Quarter

Facilitators Amanda Medina-Forrester (AMF) & Miriam Ramirez (MR)

Attendees-

Allison Lacko – Zufall Health (AL)
Alison Murtha – American Cancer Society (AM)
Carol Chamberlain – Lawrence Twp Public Health (CC)
Devangi Patel – Montgomery/West Windsor Public Health (DP)
Jamie Yates - West Windsor Twp Public Health (JY)
Janet Acosta-Hobschaidt - Hunterdon CEED (JA)
Kelly McLaughlin – Mom’s Quit Connection (KMc)
Marge Vellotti – Hunterdon CEED (MV)
Marissa Davis – NJ Partnership for Healthy Kids-Trenton (MD)
Sandra Greci – Rutgers Cooperative Ext-Hunterdon (SG)
Mary Rosner – Hopewell Twp/Capital Health (MRo)
Meg McQuarrie – Elixir Fund (MM)
Michelle Brill – Rutgers Cooperative Ext-Mercer Co. (MB)
Vinny Smith – Horizon NJ Health (VS)
Diane Litterer- NJ Prevention Network (DL)
Susan Brown- Patient Advocate Foundation (SB)
Jeff Grosser- Princeton Public Health Department (JG)
Jenna Giaquinto- NJ Prevention Network (JG)
Catherine Shaltis- St. Francis Medical Center (CS)
Sean Tyndall- Rutgers SPH/MTHD (ST)
Betsy Muessing- Princeton Healthcare Systems (BM)
Denise Stone - Henry J. Austin Health Center (DS)
Andrea Martinez-Mejia - City of Trenton – DHHS (AMa)
James Brownlee- City of Trenton – DHHS (JB)
Roni Todd-Marino- Fisherman’s Mark (RT)

AGENDA TOPICS

Short introductions led by AMF.

Hamilton YMCA Presentation - Jill Makkay & Joe Fuhrman

A short presentation from Hamilton YMCA Healthy Living Initiative with chronic disease program highlights in Mercer County: Delay the Disease, ACT Youth weight management, MS Program ONE STEP, Diabetes, Healthy Ways, Girls B.I.O. and Harmony Movement a Care One/Dementia group. These programs are low-cost and run from 8-16 weeks. They are looking to expand these programs at other County YMCA in NJ and will be planning future programs on: arthritis, cardio and substance abuse. Staffing, volunteers and funding are some of the resources the Hamilton YMCA is in need of for continued success in their programs.

Action items	Person responsible	Deadline
Send out email to coalition members about per-diem certified trainer Staffing opportunities at the Hamilton YMCA	AMF	

Smoke-Free Park and Recreation Area Ordinances

A Special thank you to City of Trenton – Department of Health and Human Services, Tobacco Free for Healthy NJ, NJ GASP, Mercer Council, NJ Prevention Network, Sustainable NJ, NJ Partnership for Kids-Trenton and other organizations. City of Trenton City Council approved ordinance on July 16th.

JB was appreciative of the collaboration and thankful for the Mercer Ordinance being passed.

NJPN spoke briefly on their Tobacco Free Initiatives. NJPN has been involved in tobacco-arena for 18 years and was involved in REBEL Program Statewide. Recently received 2 state funded grants to coordinate Tobacco Free Healthy NJ at a statewide approach. Their interventions include Outdoor & Recreation Ordinance and Point of Sale. Improvements being made to the Worksite Wellness Smoke Free Policy and a toolkit for Multi-Unit Housing Smoke Free Policy. Will be coordinating through 3 regions, North, Central and South Region for NJ.

Action items	Person responsible	Deadline
Schedule Tobacco Free group meeting	AMF/NJPN	

Colorectal Cancer Toolkit - Screening

We have seen a 13% increase in Hunterdon County within the five current practices since toolkit was commenced through the Coalition in 2008. The CRC Toolkit Workgroup has partnered with Hunterdon Healthcare Partners, Hunterdon Regional Cancer Center and Zufall Health. For the FY 2016 grant, a new practice was recruited in Hunterdon County, Cornerstone Family Practice, and this practice was a pilot test for Motivational Interviewing Call strategy to increase CRC Screenings and well visits among noncompliant patients. For Mercer County, Workgroup met with Henry J Austin Healthcare via web conference to present the CRC Toolkit. Henry J. Austin Healthcare is currently reviewing contract.

Action items	Person responsible	Deadline
Schedule Cornerstone MI Training	Workgroup	
Follow up with Henry J. Austin	AMF	

Media and Communications

Grant goal is to have one print and electronic media. After meeting with first workgroup members (organizations part of workgroup: Women of Teal Blog, Zufall Health, Elixir Fund, Hunterdon Healthcare Public Relations). After the meeting, we decided a quarterly Newsletter/e-newsletter would be of great benefit for our coalition members and intended audiences. Second goal is to have 2 social media outlets in which we are able to disseminate health information and bring awareness. For this initiative we are looking at collecting metrics that we are able to share and report on; with this in mind we selected Facebook and Twitter as our Coalition social media outlets and looking to launch Facebook initially on October 1, 2015

Action items	Person responsible	Deadline
Send out email requesting programs, events from Coalition Members	MR	9/29/2015
Send out invite to Facebook Page to Coalition Members	MR	10/01/2015

Cervical Cancer and HPV

For grant year, our goal is to educate healthcare professionals about adolescent immunization recommendations for HPV vaccines. And to improve completion rates for the HPV vaccine 3-dose series among at least 2 practices or clinics. CC commented that she is interested in increase of HPV vaccination in Mercer County and working with Pediatricians. CC commented that Public Health Nurses would be a good partner for this project.

Action items	Person responsible	Deadline
Coordinate HPV workgroup to draft strategic plan	AMF/CC	10/30/2015

Children & Adolescent Health

SG spoke about grant goal to empower schools by building on their current wellness committees, and ideally adopt the School Health Index. This tool, based on the CDC, is a step-by-step assessment to evaluate the schools health, mental health, nutrition and other resources and needs. It will also empower the school to evaluate successes and review areas that are in need of improvement, versus bringing a program to an over-loaded school.

MB mentioned that Trenton might have adopted a school wellness policy this past year; Healthy Hunger for Kids Act also mandates a school wellness policy for schools. So having an action plan, accountability, and compliance are being monitored. SG also mentioned that sustainability is key for a school program to work. New Jersey does not have written mandate for a statewide school wellness policy.

Action items	Person responsible	Deadline
Schedule 2 trainings in Hunterdon and Mercer	AMF/SG	Early 2016
Schedule meeting with Hunterdon County Superintendent Office	AMF	October 30, 2015

Shaping NJ Initiative

Discussions on continuing the Chronic Disease Self-Management program keeping the Stanford Model. A upcoming program has been schedule in Princeton and is full and closed for registration.

AMF, MB and Beatriz Velasquez delivered Chronic Disease Self-Management under Skylands RSVP of NORWESCAP held July 1st, 5:30 – 8:00 pm (Every Wednesday for 6 weeks) at Rutgers Cooperative Extension of Mercer County, 930 Spruce Street, Lawrenceville, NJ 08648. (N=5)

AMF, SG and Eleanor Langeveld from Hunterdon Co. Senior Services, delivered Chronic Disease Self-Management Program under Skylands RSVP of NORWESCAP on July 7th, 2:00 – 4:30 (Every Tuesday for 6 weeks) at Hunterdon County Public Health Nursing, Building #2, 6 Gauntt Place, Flemington, NJ 08822. (N=14)

MD sustainable NJ meeting quarterly- in process.

Action items	Person responsible	Deadline
Work with NJ Partnership for Healthy Kids-Trenton on 2016 Farmers Market and Food Pantry projects	AMF	Ongoing

Skin Cancer Screening

In Hunterdon County 108 were screened on June 15 & 17th with over 40 referrals for follow up with a dermatologist for suspicious findings. Mercer county 60 were screening on, September 17th with 20 referrals for follow up with a dermatologist for suspicious findings.

Action items	Person responsible	Deadline
Screening follow up with participants	AMF/MR	December 1, 2015

Breast Cancer Survivorship

A Breast cancer survivorship care plan is a plan/document to help navigate survivors once treatment has ended. Ideally, developed by cancer center team, it can be shared with primary care to best coordinate a patient’s ongoing care. Hunterdon Regional Cancer Center has begun a committee with a goal to distribute a SCPs to 50% of the breast cancer survivors.

Action items	Person responsible	Deadline
Develop Metrics for evaluating a target group of primary care physicians and breast cancer survivors SCPs	AMF	

Coalition Member Upcoming Events, Announcements

AMF- Mercer CEED having a Free Breast, Cervical, Colorectal and Prostate Screening on October 1st 9-3pm at the Mercer County Hispanic Association, Hamilton NJ.

JA- Hunterdon CEED is having 2 upcoming events for Prostate Cancer Awareness 1- on Sept 24th North Branch Library, Clinton NJ and 2 – and on Sept 8th a Spanish presentation at the Family Success Center, Flemington NJ.

RT- Fisherman’s Mark – Health Awareness day on December 2nd, Lambertville NJ. Will send out flyer as soon as it’s available to share this event is in recognition of World Aids Day.

MD- Farmer’s Market server 269 individuals at the Farmer’s Market on Sept 14th with over \$1,600 matching dollars given out. Many referrals have been given out as well, MS thankful for all the continued support.

Hamilton YMCA- Parkinson’s Dance is set for September 22, 2015 at 1pm, Hamilton NJ.

MB- December 2nd annual conference Building a Culture of health – will send out flyer to all. Pine’s Manor, Hamilton NJ.

CC- Healthymercer.org – if you have any events you would like to share please go onto this website. Also, please complete Mercer County resident survey (document provided at meeting).

KC- Mom’s Quit Connect, new website for client referrals, also will allow self-referral to mom’s quit connect. KC has posters 11 x17for the new website as well.

MMc- Elixir Fund- Chronic Illness is now included for client/patient referrals for Elixir Fund.

Mercer Co. Community- Oct 21- Conference Leading Communities to a Better State of Health – registration is closed with wait list available, looking to expand conference and allow more attendees.

NJPN- Searchable database Working Smarter project is available, linking coalition through one database. Help Coalitions work better together. For more information go to NJPN.org

Next In-Person or Web Conference Call Meeting

Date: Tuesday, December 15, 2015

Time: 10 a.m. – 11:30 a.m.

Location: Hunterdon Regional Cancer Center

2100 Wescott Drive, Flemington NJ 08822

March 15, 2016 Meeting Location:

Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd., Titusville, NJ 08560 (GPS recognizes it as Pennington)

Meeting adjourned 12:00 pm

Prepared by Miriam Ramirez