

Mayors Wellness Campaign

Bringing Wellness to Your Community with the Mayors Wellness Campaign

November 18, 2020



Julie DeSimone Mayors Wellness Campaign Program Officer jdesimone@njhcqi.org

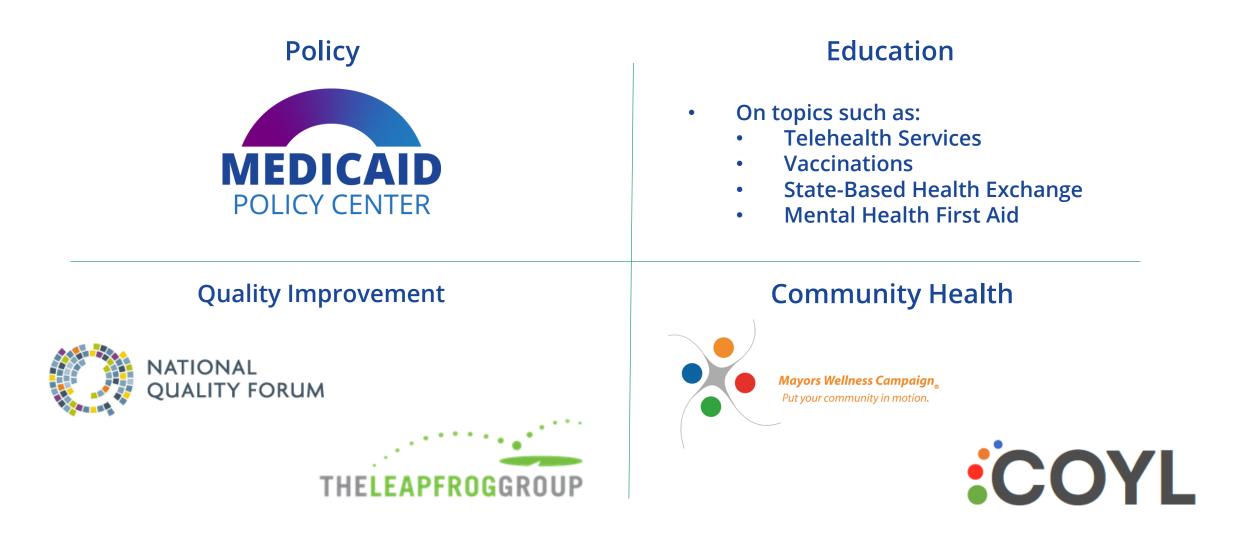


• Our mission is to improve the safety, quality, and affordability of health care for everyone.





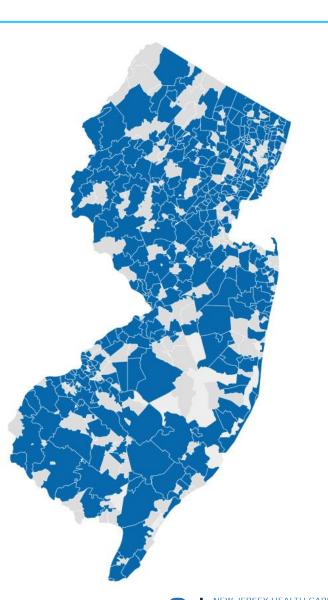
Our Work





Mayors Wellness Campaign (MWC)

- 14 years
- 400+ communities
- The MWC gives mayors and community leaders evidence-based tools and guidance to improve the health and wellness of their communities to help their residents live their healthiest lives.



Benefits include:

- ✓ Support and guidance to organize a local MWC Committee and identify top local health needs
- ✓ Strategies and Tools
- Connections to local partners
- ✓ Press kits
- ✓ Networking
- ✓ Information on funding opportunities
- ✓ Opportunity to receive a 'Healthy Town' designation



Mayors Wellness Campaign Resources





View this email in your browser



MAYORS WELLNESS CAMPAIGN





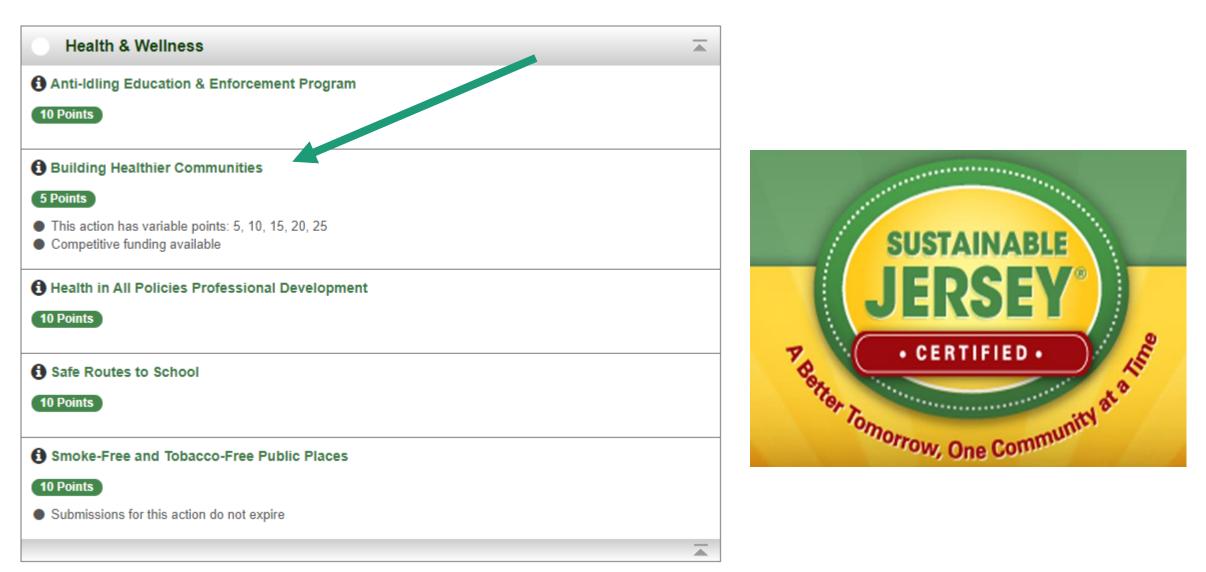
Participating MWC communities receive a quarterly newsletter featuring:

- Town spotlights
- New MWC tools
- Helpful resources, such as volunteer networks
- Programming ideas
- Funding opportunities



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Mayors Wellness Campaign and Sustainable Jersey





New Jersey Action Coalition

How Does it Work?

- NJAC will help match a nurse volunteer with your community project.
- NJAC will engage nurses to contribute their time, expertise and passion to your project.
- Tap into NJAC's trusted resources that are right in your community.





Mayors Wellness Campaign Highlights













Conversation of Your Life



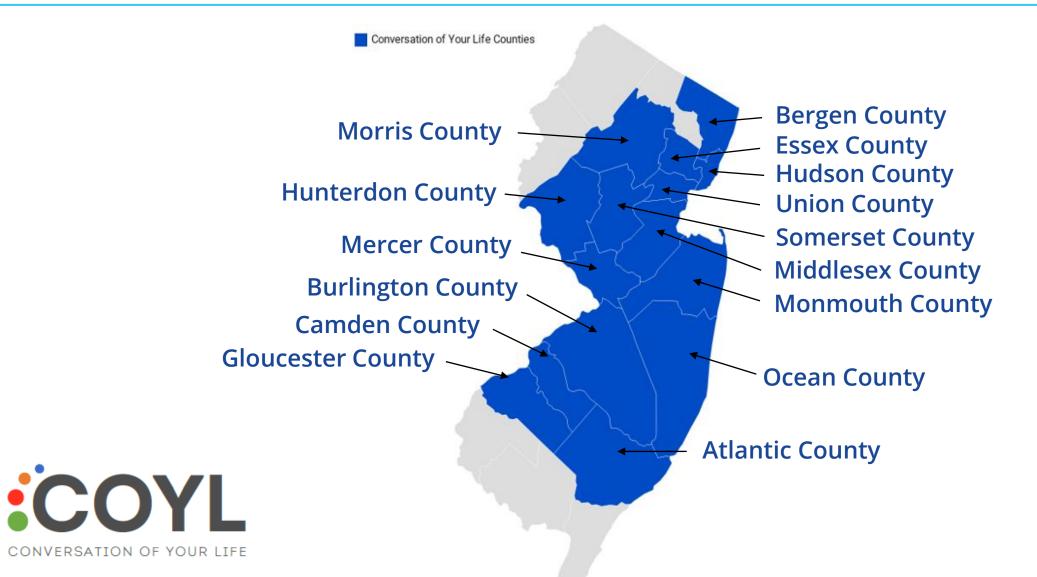
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- A community health initiative to develop a community conversation in a culturally sensitive and accessible way around what matters most to us if we become seriously ill.
- Goal: To create culture change and normalize having a good talk that leads to a good quality of life. To empower NJ residents to become as comfortable talking about what matters most to them as they are talking about any other phases of life.

Consider your options. Communicate your wishes. Create a written document with your wishes. Horizon.



Active COYL Counties











MWC Healthy Town Designations

Towns can be awarded one of three designations:



Healthy Town

Healthy Town to Watch

Healthy Town Up-and-Coming



 Recognizes communities in which mayors have made healthy lifestyles a top priority and engage all members of their community through inclusive, evidencebased health and wellness programming, policies, and a culture of health.

Apply at www.njhcqi.org/mayors-wellness-campaign by January 29th, 2021.

For New towns, joining is simple:

- 1. Sign the MWC Participation Pledge to get started at <u>www.njhcqi.org/mayors-wellness-campaign</u>.
- 2. Check out the MWC Handbook on our website for a step-by-step guide on how to get started.
- 3. Schedule a call with the Quality Institute staff.





For Existing MWC towns:

- 1. Sign the Annual MWC Participation Pledge online at <u>www.njhcqi.org/mayors-wellness-campaign</u>.
- 2. Identify your local health needs and implement appropriate programming using the Healthy Town rubric to guide you. The Quality Institute is here to help!
- 3. Apply to be a New Jersey Healthy Town.
- 4. Share pictures of events and policy or programming outcomes with Quality Institute Staff.



How Partnerships Strengthen Your Mayors Wellness Committee



Sue Portuese, Health Officer Montclair, NJ

Montclair Department of Health and Human Services



How to Build a Mayors Wellness Committee

Partners!

- Municipal Departments
 - Health Nursing, Senior Services, Health Education, shared service towns
 - Recreation
 - Police
 - Fire
- Community
 - Hackensack Meridian MC, Mountainside Hospital
 - Partners for Health Foundation
 - Davis Integrated Medicine
 - Montclair Public Library
 - YMCA
- Non-Profit and For-profit
 - Fleet Feet
 - Bike & Walk (NJ Bike and Walk Coalition, Montclair Bike and Walk Coalition)
 - Yoga, gyms, spinning, cross fit studios
 - Montclair Community Farms





Unusual Collaborations

- Police Department
 National Night Out (August)
 Autism Run

 - Torch Run
- Fire Department
 Bucket Brigade Fitness Fridays
 Santa Visits on the
 - Firetruck







2017 MAYOR'S WELLNESS CHALLENGE KICK-OFF EVE NT MONDAY, JANUARY 9, 2017

All Challengers Are Invited to Attend MAIN EVENT: 4:30PM to 7:30PM Fire Department Headquarters – 1 Pine Street, Montclair

• Weigh-Ins

- Weigh-Ins
 T-Shirt Distribution
- General Nutrition & Exercise Presentation
- General Number & Exercise Presentation
 Free Health Evaluations Appointments required: Call 973-509-4970
- Distribution of Event Calendars
- Free Chair Massages

Challenge Sponsors and Friends Exhibit Booths Including:

The Township of Montclair * HackensackUMC Mountainside * The Montclair Board of Education * Montclair State University School * Fleet Feet Sports of Montclair * Montclair YMCA * Bike&Walk Montclair * N.J. Bike & Walk Coalition * Montclair Business Improvement District * Montclair Public Library * Davis Integrated Medicine: Alfred Davis Jr., DC * Sister to Sister

\$10.00 Registration Fee For questions or to register for the Mayor's Wellness Campaign, call 973-509-4970

Make a New Years Resolution to be healthy and fit in 2017!













MWC 2017





Community Events





PD Torch Run

Montclair Farmer's Market

National Night Out



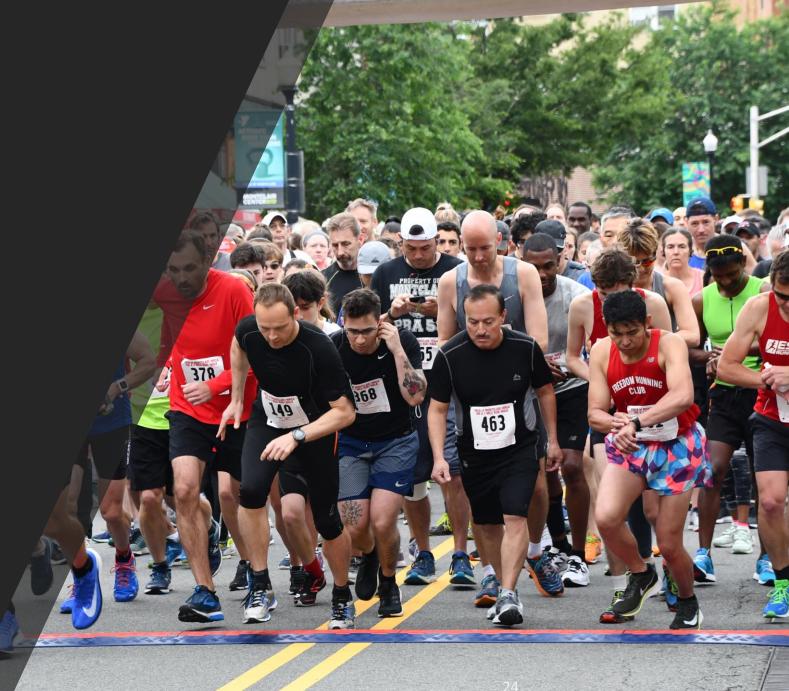
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Smaller Collaborations

- Recreation and YMCA Montclair Run
- Fleet Feet and MPD Jingle Bell Run
- Fleet Feet and Health Big Urban Adventure Challenge
- Farmer's Market and Health Lead Awareness
- Mountainside Hospital and Montclair Public Library– health screenings
- Mountainside Hospital and Health

 community health screenings
 and events



NJHCQI awards Healthy Town designation to Montclair in 2018!











Now what?

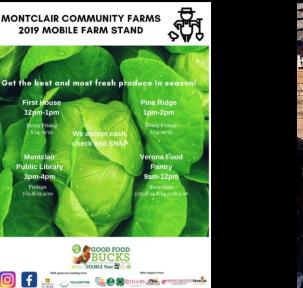
Evaluate what works and what needs improvement. Can a town sustain its Healthy Town designation in consecutive years?

- Include additional partners
- Highlight the work of partners with like minded goals
- Think outside the box physical fitness, wellness, community and social events
- Listen to feedback from NJHCQI
- COYL Conversation of Your Life













SWEET PEA KIDS PROGRAM

TINY ANIMALS IN THE GARDEN & THE POWER OF THE SUN JULY 20 & 22 OR JULY 21 & 23



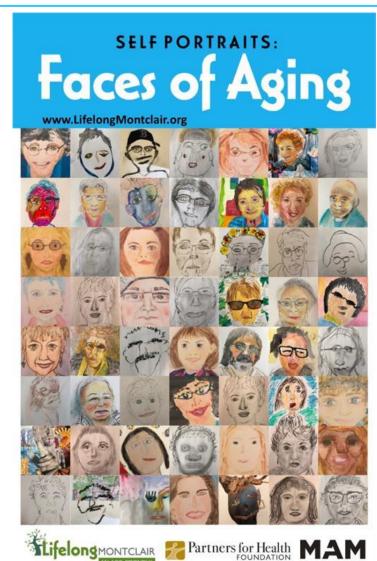
Montclair Community Farms



Educating and engaging the community through farm, food and health

 Montclair Community Farms is a local non-profit. Our mission is to serve as a local hands-on resource that engages and educates the community through urban farming, affordable food access and healthy living. At the heart of Montclair Community Farms is its Coalition, partners, and community volunteers. Farms is a local nonprofit. Our mission is to serve as a local hands-on resource that engages and educates the community through urban farming, affordable food access and healthy living. At the heart of Montclair Community Farms is its Coalition, partners, and community volunteers.

Division of Senior Services/Lifelong Montclair









Aging is part of our life journey and something to embrace.





- Montclair's COYL task force is part of the Mayors Wellness Campaign.
- Our goal is to increase awareness around the importance of documenting what matters most to you should you become seriously ill and communicating these wishes to those who matter most to you.
- The Task Force is hoping to get Mayors from Essex County to be involved either by pledging to have a Conversation, by signing their own Advanced Directive (Five Wishes), or by issuing a proclamation regarding COYL.



• Join a Task Force!

• Each county has its own county-wide task force led and run by local trusted community members. Task Force members collaborate to develop, promote, and execute local programming.

• As a Task Force member, you are part of an essential group of individuals organizing in your community to help people better understand the benefits of the choices available should they become seriously ill.





APRIL 17TH, 12-1PM Edgemont Park 280 Valley Road Montclair

CONVERSATION OF YOUR LIFE

CELEBRATE NATIONAL HEALTHCARE DECISIONS DAY

It is time to have the Conversation of Your Life to let your family, friends and providers understand your wishes through advance care planning. The Conversation of Your Life program series aims to provide all the pertinent information you may need to communicate your end-of-life care wishes ahead of time, saving your loved ones from having to make emotionally taxing decisions on your behalf when the time comes.

In this public event, guest speakers will discuss crucial end-of-life care concepts and documents. Following a brief discussion,

- Mayor Robert Jackson of Montclair
- Mary Ellen Clyne, PhD, President & CEO, Clara Maass Medical Center

will lead by example and share why advance care planning is important to them and/or sign their own advance directives. They are some of many elected and public officials across New Jersey joining Conversation of Your Life events to promote the importance of discussing and documenting your advance care plans early.





Have you had the Conversation?

Speakers include:

Louis Monticchio Director of Pastoral Care, VNA/RWJBH Home Care & Hospice

Dr. Audrey Radin Hospice Medical Director, VNA/RWJBH Home Care & Hospice

Dr. Sheree Starrett Shana Siegel, Esg.

Norris McLaughlin

COYL Future Series:

Everything You Wanted to

Know About Funerals But

Important to You at the End

- Planning to Live: How to Get

COYL

The New Jersey Health Care Quality Institute runs a program called Conversation of Your Life (COYL) in 13 New Jersey Counties. The goal of

COYL is to encourage more individuals to engage in fruitful conversations – the Conversation of Your Life – to let

individuals' friends, family, and health

care providers understand and respect their end-of-life wishes through advance care planning, COYL is generously supported by The Horizon Foundation for New Jersey.

INSTITUTE Investments for New Jer

QUALITY

Horizon 🐨 🕅

All Your Legal Ducks in a

Hospice and Palliative

Care: What's the

Were Afraid to Ask

 Personal Values: Understanding What's

Difference?

of Life

Row

COYL kick-off event

Montclair Mayor Robert Jackson Edgemont Park House

lunch included!

April/May 2019 205 Claremont Ave	Eifelong MONTCLAIR AN AGE-FRIENDLY COMMUNITY NUE • Montclair, NJ 07042 973-509-4970 lifelongmontclair.org
TABLE OF CONTENTS Seniors of the Months 2 Month Highlights 2 April Edgemont Calendar 3 May Edgemont Calendar 4 Edgemont Activity Descriptions. 5	Celebrate Older Americans Month
ANNOUNCEMENTS Want to find out about cancellations, changes in the programs, and more? Sign up for Swift911 at www.montclairnjusa.org and check that you want to receive information about Senior Programs. Or leave your email at the desk at Edgemont. Ride the Montclair Senior Bus to places such as: Edgemont. Church Street Shopping, and more! Call 201-939-4242, ext. 1 to schedule a ride. Be green! Get this newsletter digitally at www.ourseniorcenter.com/ find/township-of-montclair Edgemont Community Tog Sole Saturday, May 10th	 Every May, older adults around the country celebrate Older Americans Month.This year's theme is Connect, Create, Con- tribute, which encourages older adults and their communities to Connect with friends, family, and services that support par- ticipation. Create by engaging in activities that promote learning, health, and personal enrichment. Contribute time, talent, and life experience to benefit oth- ers. Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recog- nize that older adults play a key role in the vitality of our neigh borhoods, networks, and lives. This May Lifelong Montclair will be celebrating Older Ameri- cans Month with Self Portraits: Faces of Aging - self-portraits created by Montclair-area older adults will be featured online and throughout town Recent Works: Edgemont Art Opening Reception 4pm May 17th Sip and Paint Event at Edgemont at 3:30 on May 22nd
9am-3pm Accepting donations of housewares, decorative, collectables, small furniture, artwork, and mare! Please drop off your donations the week of Man, May 6th-Fri, May 10th. All praceeds from this event will go to benefit Lifelong Montclair programs.	Conversation of Your Life (COYL) April 17th Join community leaders and experts as we discuss the im- portance of and information about end of life planning. Com- plimentary lunch will be provided. Registration preferred. Call 973-744-3278 to sign up.

COYL Kick-off Event

April 17, 2019 Edgemont Park House





COYL Program Series

Advance Care Planning Hospice and Palliative Care Everything You Wanted to Know About Planning a Funeral (but were afraid to ask) Starting the Conversation The Next Step

In collaboration with Essex County Task Force series held in Montclair, Verona, Nutley, Maplewood, West Orange.



It is time to have the Conversation of Your Life to let your family, friends, and health care providers understand your wishes through advance care planning. The Conversation of Your Life (COYL) series aims to provide you all the pertinent information you may need to communicate your end-of-life care wishes ahead of time, saving your loved ones from having to make emotionally taxing decisions on your behalf when the time comes.

Advance Care Planning: Why is it important? This panel discussion will feature local experts discussing the legal, medical, ethical, emotional, practical, and spiritual aspects of important conversations around death and dying. Guest Speakers: Dr. Audrey Radin, Hospice Medical Director, and Louis Montiochio, Director of Pastoral Care, VNA-RWJBH Hospice and Palliative Care; Dr. Sheree Starrett; Shana Siegel, Esq., Norris McLaughlin.

> April 17, 12 p.m. – 1 p.m. Edgemont Park 274 Valley Road, Montclair, NJ 07042

Hospice and Palliative Care; What's the Difference? Gain a comprehensive understanding of hospice and palliative care, the best and least utilized benefits. Guest speakers: Tacy Silverberg-Urian, RN, BSN, CHPN, and Ellen Koehler, LCSW, VNA-RWJBH Hospice and Palliative Care; Ellen Coughlin RN, CHPN, MA, MPA, Director of Patient Services, Center for Hope Hospice.

> May 1, 1 p.m. – 2 p.m. Verona Community Center – Ballroom 880 Bloomfield Avenue, Verona, NJ 07044

Everything You Wanted to Know About Planning a Funeral (but were afraid to ask) You have options ~ Come learn about the interesting and ever-changing options available to you in funeral planning. Guest speakers: Biondi Funeral Home; S.W. Brown & Son Funeral Home.

> May 6, 12:30 p.m. – 1:30 p.m. Nutley Library – Stockton Room 93 Booth Drive, Nutley, NJ 07110

Starting the Conversation: Personal Values What you want and how to get it. Our program begins with a short screening of the film *Anna's Story*, followed by a discussion on personal values and understanding what is important to you at end of life. Guest speakers: Rev. Brenda Ehlers, Morrow Memorial Church; Synergy Home Care.

> May 7, 11:30 a.m. – 1 p.m. The Woodland 60 Woodland Road, Maplewood, NJ 07040

The Next Steps: An Empowered Consumer's Action Plan

Managing your finances doesn't have to be a complex chore. Elder law is specially focused on issues affecting the aging population and can provide guidance on issues related to health care, long term care planning, preservation/transfer of assets, and Medicare/Medicaid.

What are your next steps? Having shared this journey for the past 4 weeks, you'll also have an opportunity to reflect on what you've learned and turn it into action! Guest speakers: Shana Siegel, Esq., and Lori Kayne, MSW, Norris McLaughlin.

> May 13, 6: 30 p.p. – 8:30 p.m. West Orange Library 46 Mt. Pleasant Avenue, West Orange, NJ 07040

To learn more about COYL, visit: njhcqi.org/COYL.

Conversation of Your Life (COYL) is a program of the New Jersey Health Care Quality institute's Mayors Weiness Campaign. COYL is active in over 11 New Jersey Counties. COYL focuses on engaging communities in fruttui dialogue – the Conversation of Your Life – to let individuals' triends, family, and health care providers understand and respect their end-of-life withsets through advance care planning. COYL is generously supported by The Hortzon Foundation for New Jersey.



Develop partnerships with local community members who are respected topic experts.

Everything You Want to Know About Funerals <u>But</u> Were Afraid to Ask

Edgemont Park House* October 16, 2019 * 10:00am- 12 noon

Montclair Health Department has partnered with NJ Health Care Quality Institute's COYL program Conversation of Your Life GOAL: to encourage engagement in fruitful conversation to let friends, family & health care providers understand & respect their end-of-life wishes through advanced care planning.



Montclair's Own Funeral Homes: *Caggiano Memorial Home *Martin's Home for

Service Inc.

*Moriarty Funeral Home Inc.

Light refreshments provided

October 16th 10-12p: Edgemont Park 280 Valley Rd, Montclair

For more information regarding the event contact: Edgemont Park House (973) 744- 3278



Division of Senior Services/Lifelong Montclair

2019 COYL Program Total participants: 125

April 17 COYL Kickoff Event: 66

June 27 COYL Bevival Book Club Kickoff: 17

September 25 COYL Bevival Book Club Meeting: 22

October 16 COYL Funeral Planning 101: 12

December 4 COYL Bevival Book Club: 8



Key Areas of Social Determinants of Health 2019 Application

- Economic Stability
- Education
- Health and Health Care
- Neighborhood and Built Environment
- Social and Community Context
 - Civic Participation
 - Senior Services
 - COYL





How our MWC Changed Focus During the Pandemic

Is a Healthy Town designation achievable?

- Prevention
- Education and outreach
- Food deliveries
- Preventing social isolation
- Virtual programming
- Continuity of Services under Executive Orders
- Include Long Term Care facilities in COYL





Panel Discussion on COVID-19

Date: Tuesday March 10, 2020

Time: 6pm to 7pm

Location:

Hackensack Meridian Mountainside Medical Center 1 Bay Avenue, Montclair. Auditorium Coronavirus Disease is a respiratory illness cause by a novel (new) coronavirus that was first detected in Wuhan City, China. It has now been detected in 60 locations internationally. On January 30, the World Health Organization declared the outbreak a "public health emergency." Join our panelist group as they address the best way to prevent and avoid exposure.

Main Presenters:

Valerie Allusson, MD, Chief Medical Officer Arthur Calise, MD Director of the Emergency Services Zaza Cohen, MD, Critical Care Punit Gupta, MD, Infectious Disease & Karen Palatella VP, Chief Compliance Officer.

Light refreshments will be served.

To register, visit www.mountainsidehosp.com/events or call 1-888-973-4674.



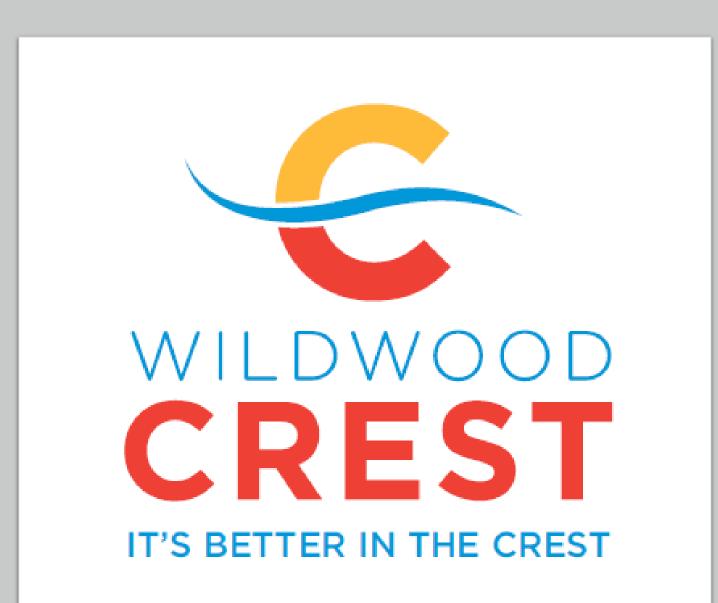
Thank you, from the Montclair Mayors Wellness Committee

Thank You <u>www.montclairnjusa.org</u>

Department of Health and Human Services Sue Portuese, Director/Health Officer (973)509-4970

https://www.facebook.com/montclairwellnesschallenge





Borough of Wildwood Crest

Mayor Don Cabrera





Wildwood Crest

Mayor Cabrera, an athlete, a health and wellness enthusiast and an avid runner, had a mission and vision for Wildwood Crest and created the Wildwood Crest Wellness Committee.

Our main goal: Making Wildwood Crest a Healthy Town! Mayor Cabrera reached out to his wellness team and together they built a coalition to serve the Wildwood Crest community.

The Wildwood Crest wellness committee is made up of borough employees, residents, a student from Crest Memorial School and the Recreation Department.

Together the committee partnered with local organizations to help achieve our goal.

The Borough of Wildwood Crest, recognizing that the health and the wellbeing of our employees and community is important, will commit to providing a safe, healthy and supportive environment in which to work and live.



Wellness with children:

- Annual wellness art poster contest
- Youth swimming lessons
- Children's gymnastics
- Youth soccer and basketball leagues

Wellness with Families:

- Financial wellness lectures
- Annually mayor's wellness walk and bike ride
- Crest best run fest
- Bike path mile markers

Wellness with Seniors:

- Adult Fitness Classes
- Yoga & Tai Chi
- Lecture series
- Pickleball courts

Employee wellness:

- Annual health fair
- October breast cancer awareness
- Staff basketball game
- Nutrition lectures
- Green team recycling

Wellness in the community of Wildwood Crest

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Borough of Wildwood Crest

2018: Healthy Town in the Making2019: Healthy Town to Watch



Wellness in Wildwood Crest – Cape Regional Lectures

Wildwood Crest wellness committee partnered with Cape Regional Health Systems and presented a seven-week medical lecture series on a variety of topics.

Heart health – Nutrition Cancer prevention – Sports injury Financial wellness – Diabetes care Chiropractic care – Natural health













Wildwood Crest – Mayor's Wellness Walk and Bike Ride

- Participants walked the beautiful beachfront path to celebrate community wellness
- Moving the community in a positive direction
- Morning bike ride with the Mayor
- Promoting bike safety and the importance of exercise, health and wellness

Wildwood Crest Health & Wellness Expo

- Annual interactive health expo for Borough employees and the general public.
 - Health screenings Nutrition experts
 - Fitness class demonstrations
 - Public safety Blood drive
 - Therapy dog Race organizers
 - Dentist Dermatology



Wildwood Crest Children's Art Contest

Contest highlighted a child's vision of health and wellness.

Contest was open to local grammar school.

Winners received a class luncheon with the Mayor and top winner was gifted a gift certificate.

"Beginning the dialogue of community health with the next generation," said Mayor Don Cabrera.



Employees held a month long "pink out" by purchasing and wearing breast cancer awareness shirts. All proceeds supported the Love of Linda nonprofit cancer organization.









Crest Best Run Fest Weekend!

A weekend-long running event brought in more than 1000 participants. The races were open to all runners and walkers of varying skills and brought together families, children, seniors and even pets as it included a Doggie Dash fun run! The Borough partners with DelMo Sports for this fun filled weekend event!











Wildwood Crest Employee Basketball Game

Annual staff basketball game between Borough employees from the police, fire, public safety, public works, and recreation departments. This highspirited event boosted team spirit, morale, cooperation and exercise.









Wildwood Crest offers a wide variety of fitness classes throughout the year.

These classes help to relieve stress, encourage exercise and support, and build a stronger community!

Yoga – Tai Chi – Boot Camp Cardio Pump – Zumba Sunset Yoga – Adult Fitness









Borough of Wildwood Crest

Wildwood Crest "Green Team" and Wildwood Crest Mayors Wellness Committee joined forces to collect and recycle plastics bags and materials for our environments. This initiative is offered through the Trex company. Every 500 pounds of collected materials within a six-month period yields a composite bench donated to the borough for public use.

Together we are committed to supporting a sustainable community. This campaign will help make the environment cleaner and healthier for future generations.







Continuing Wellness in Wildwood Crest

We are continuing our efforts to communicate with our residents, provide education on health and create opportunities to come together as a community and participate in wellness events.

Building a healthy town requires a collaborative effort.

It's better in the Crest because we are community strong!

Together we are taking strides to be a "Healthy Town!" Mayor Andre Sayegh City of Paterson, NJ







Vision for The City of Paterson

The Mayor's Wellness Campaign of Paterson focuses on the chronic challenges such as diabetes and obesity that our community faces.





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The Kickoff

In January 2020 the Mayors Wellness campaign kicked off in the City of Paterson with a wellness walk from City Hall to the Great Falls National Park.

Over 100 participants joined in the walk in partnership with Paterson Public School #2.

Taking Steps toward healthy living - PATERSON IS ON THE MOVE!





Please join Mayor Andre Sayegh and the Paterson Health Department as they kick off the Mayor's Wellness Campaign!

Together we will take the walk from City Hall to the Great Falls National Park!

When: Friday, January 24, 2020 Time: 11:30 AM Meeting point: City Hall 155 Market St.



Parks Initiative





Parks are a priority in the City of Paterson.

It is extremely important that children and adults have a space to remain active in an urban environment.

We are working tirelessly to restore and improve parks in the city, investing millions in park restoration.

We have created a Parks & Recreation commission and a Friends of Paterson Parks committee to continue to push the initiative.

The City will have its first park, named for the famous Patersonian, Lou Costello, that will accommodate children on the spectrum.



COVID Response

The New Hork Times

As the Nation Begins Virus Tracing, It Could Learn From This N.J. City

Paterson, a low-income city of 150,000, has been a pioneer in creating a contact-tracing program to curb the spread of the coronavirus.





The COVID Pandemic riddled the city with additional challenges regarding the health of our most vulnerable communities, challenges that as a community we have had to overcome.

The City has provided:

- A nationally recognized Contact Tracing Team
- A strike team of 25 professionals trained to handle contact tracing that has ultimately helped lower the number of possible infections that could have occurred had a contact tracing strategy not been in place.
 - COVID Taskforce
- Ensures consistent and saturation-level communication of standardized health protocols.
- COVID Testing
- The City of Paterson has provided free COVID testing for Patersonians and most recently a mobile testing unit that will be available day and night throughout the city.
- Senior Services
- The Paterson Department of Human Services have been working to provide boxed meals to over 3,000 seniors throughout the city. Included in the boxes are non-perishables items, produce, and proteins donated by the Community Food Bank and United Way.



Post Pandemic Outbreak

CITY OF PATERSON PRESENTS

NEIGHBOR EXPRESS

THIS SERVICE, RUN BY

VOLUNTEERS, ALLOWS

SENIOR RESIDENTS TO

ORDER GROCERIES AND

THEIR HOMES.

LEARN MORE AT

PATERSON, NEIGHBOREXPRESS, ORG

OR CALL: 973-910-0647

MONDAY - FRIDAY 9AM - 5PM



- Mask availability
 - Free mask distribution for city residents.
 - Grocery delivery service.
 - A volunteer run program that helps connect neighbors to deliver groceries and provide a helping hand to senior citizens and single mothers.
 - Public health virtual town halls keeping residents informed.
 - A discussion with Dr. Joshua Sharfstein, Vice Dean of Public Health Practice & Community Engagement at John Hopkins Bloomberg School of Public Health, on the COVID Pandemic, value of masks, and information on vaccine research.
 - The Importance of Census Outreach
 - The City of Paterson has been working relentlessly to ensure we get a complete and accurate count in the 2020 Census. A complete count can help Paterson receive funding for our hospitals, first responders, and schools. #PatersonCounts



Healthy lifestyle during COVID

- Workout Wednesday!
 - Available midday on the municipal channel at home workouts for yoga and Tai Chi.
- Held the first annual city wide bike tour.
- Videos on healthy living staying healthy.
- Citywide blood drives.
- Health screenings and flu shots.





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You Can Still Take Care of Yourself During Social Distancing. Grab your water and join the Mayor's Wellness Campaign for Work Out Wednesdays at 11am every Wednesday beginning on April 22, 2020.

> Watch on TV: Optimum Channel #77 Verizon Channel #32

Stream online at: www.youtube.com/c/CityofpatersonNJCityHall/liv

Make sure you consult your physician before you begin this, or any, exercise program.





NEW JERSEY HEALTH CARE

QUALITY INSTITUTE

PATERSON IS ON THE MOVE TOWARD HEALTHY LIVING!





MWC Virtual Campaign - Ways to Connect

Sign the Pledge Campaign Ongoing

2020 League of Municipalities Conference November 17th-19th

> **Statewide MWC Survey** Ongoing in November

2020 Healthy Town Application Webinar December 10th 2pm

> **2020 Healthy Town Application** Due January 29th



Thank You to Our 2020 Sponsors



Thank You

Julie DeSimone, MWC Program Officer jdesimone@njhcqi.org

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