

[View this email in your browser](#)




## MAYORS WELLNESS CAMPAIGN<sup>®</sup>

*Celebrating 15 Years*

A QUARTERLY UPDATE OF THE MAYORS WELLNESS CAMPAIGN

### Our Health Champions of 2021

Congratulations to the Mayors Wellness Campaign  
**2021 Champion of Health, Dawn Bascelli of Deerfield Township**



**Dawn Bascelli,**  
Deerfield Township  
Administrator

“  
Dawn Bascelli's persistence and dedication makes her the perfect person to run MWC programs. Her multi-media approach during the pandemic ensured programming was able to continue during a time when health and wellness programs were needed most.  
- Julie DeSimone, LSW  
Program Officer, Mayors Wellness Campaign

NEW JERSEY HEALTH CARE  
QUALITY INSTITUTE

MAYORS WELLNESS CAMPAIGN<sup>®</sup>  
*Celebrating 15 Years*

Thank you for the many submissions recognizing your Champions of Health that supported your local MWCs. We are excited to announce our 2021 winner, Dawn Bascelli, Township Administrator for Deerfield Township. Learn more about Dawn and our runner-ups' efforts to improve health and wellness by clicking the button below.

[Learn more about our champions here!](#)



A message from our Health Commissioner, Judy Persichilli, thanking our MWCs for their efforts to improve the health & wellness of their communities



# Mayors Wellness at 2021 League of Municipalities

MWC staff along with Mayor Veasy from Evesham Township, Mayor Burrell from Vernon Township, and Councilman Ficarra from Woodbridge Township, presented “Bringing Wellness to Your Community with the Mayors Wellness Campaign” at the conference. If you missed our panel, click [here](#) to view the slides and resources.

It's not too late to sign the pledge; click the button below!

[Sign the Pledge](#)



NJ League of Municipalities Conference 2021: MWC panel, *Bringing Wellness to Your Community with the Mayors Wellness Campaign.*

Panelists: Mayor Howard Burrell, Vernon; Councilman Gregg Ficarra, Woodbridge, Mayor Veasy, Evesham.

## Time to Apply for the 2021 Healthy Town Designation



The [2021 New Jersey Healthy Town Application](#) is open now and due by **5pm January 14th, 2022**. The Healthy Town designation recognizes communities in which mayors have made healthy lifestyles a top priority and are actively engaging all members of their community through inclusive, evidenced-based health and wellness programming, policies, and a culture of health.

For more information about the designations and benefits, check out the [2021](#)

[Healthy Town Flyer](#) and watch the recording of our webinar [here](#) for advice for the Healthy Town Application.

[Submit Your Application](#)

---

## We need you to complete the Mayors Wellness Campaign Survey

Please complete our quick 5-minute survey to provide us with valuable information about your town and program. All towns that participate will be entered into the MWC Incentive Drawing for the chance to win \$1,000 to spend on MWC programming or donate to a local nonprofit partner working in conjunction with their MWC program. *(Selected towns will be required to provide a brief description of how funds will be used prior to receiving the funding).*

[Survey Link](#)



The Mayors Wellness Campaign's COYL program provides free resources and support to help residents make decisions about the type of care they would want to receive in a medical emergency or serious illness. Check out COYL's recent webinar, *Essentials for Caregivers: A Lesson on Palliative Care*, and share it with your residents. We discuss how palliative care can help those you care for live better and how it can support your role as a caregiver.

Reach out to Katie Bisaha, at [kbisaha@njhcqi.org](mailto:kbisaha@njhcqi.org), to bring this or similar in-person and virtual programs to your community.



---

## MWCs Program Spotlight: Woodbridge MWC Highlights



Woodbridge has been an active campaign since 2008. Check out their robust program and how it has evolved since its inception.

[View Video Here](#)

---

## Bernardsville Mental Health First Aid Training





Did you know the Quality Institute is helping to bring mental health resources to communities throughout NJ thanks to funding from The Horizon Foundation for New Jersey? The MWC will continue to offer important trainings, such as Mental Health First Aid, to support your community. We can also help you to set up your own trainings in your community like the Bernardsville MWC did in conjunction with [Community in Crisis](#).

Need tips on setting up your program or want to bring Mental Health First Aid to your community? Contact Julie DeSimone at [jdesimone@njhcqi.org](mailto:jdesimone@njhcqi.org) for more information.

---

## Articles of Interest

### Anti-Racism Sparks Movement for Trauma-Informed Design

**Anti-Racism Sparks Movement for Trauma-Informed Design--Medium** The COVID-19 pandemic has highlighted health disparities that have shown the degree to which racism is a public health issue. MWCs can utilize trauma-informed design moving forward in both program design and policy implementation to create safe and welcoming spaces.

[Read Article](#)

---

## Resources

### NJHC 2021 Community Health Needs Assessment

The [North Jersey Health Collaborative](#) recently released the 2021 Community Health Needs Assessment Report for Warren, Union, Sussex, Passaic, and Morris counties. The community survey covered topics such as access to affordable health care (including health insurance) that covers all aspects of health; access to places where

people can buy healthy foods at affordable prices; and access to affordable, safe and high-quality childcare and social support. MWCs in these counties can utilize these reports to guide their efforts based on their community needs.

[View Reports](#)

---

## Learn more about the Opioid Response Network January 11th from 9:30am-10:15am

Join the North Jersey Health Collaborative for an informational presentation and Q&A about the [Opioid Response Network \(ORN\)](#), a national SAMHSA-funded project focused on providing training and technical assistance to your communities and organizations related to prevention, treatment, and recovery of opioid and stimulant use. Register today!

[Register Here](#)

---

## Check out the Mayors Wellness Campaign Webpage

### MWC: Helping Make Towns Healthier Places to Live, Work, and Play

The mission of the Mayors Wellness Campaign (MWC) is to help mayors and community leaders improve the health and wellness of their communities. Our redesigned tools and resources website make planning health and wellness programs easier for you and your community. We will continue to develop COVID-19 related resources and tools to help you serve your community during this time.

[Check out the MWC Page](#)



For information on how to join, please contact Virginia Tesser at [vtesser@njhcqi.org](mailto:vtesser@njhcqi.org).

To learn more about our current initiatives, please visit our website at [www.njhcqi.org](http://www.njhcqi.org).

*Copyright 2021\* \*|NJHCQI, All rights reserved.*

#### Our mailing address is:

New Jersey Health Care Quality Institute  
P.O. Box 2246, Princeton, New Jersey 08543

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).