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MAYORS WELLNESS CAMPAIGN[®]



PARTICIPATE IN A MWC TOWN HALL

We want to hear from you! Each summer, the MWC hosts Town Hall meetings in every county. These meetings are a valuable opportunity for us to hear from you about your needs, for the MWC to develop strategic goals based on your feedback, and for community leaders to connect with neighbors and identify opportunities for collaboration. Interested in participating?

Click below to see when your county's Town Hall meeting is and reach out to Julie DeSimone, jdesimone@njhcqi.org for the Zoom link. MWCs that participate will be added into our 2023 incentive drawing.

County Town Hall Dates

MWC Mental Health Initiative



We are excited to announce we have received funding from The Horizon Foundation for New Jersey to continue our work on mental health. This funding will allow us to continue to offer free Youth and Adult Mental Health First Aid training to residents throughout NJ.

To date, we have trained over 120 community members including elected officials, law enforcement, public health officers, and other municipal staff. Additionally, we worked with two communities to expand mental health awareness:

- Cresskill Borough offered two mental health awareness seminars for eighth grade students. They learned and received resources on how to identify a

- mental health challenge and what options for resources are available.
- Stafford Township hosted a mental health awareness event for older adults; community partners joined together to provide resources for older adults struggling with mental health challenges as well as a chair yoga and meditation session.

Not sure where to start or looking to refresh mental health initiatives through your MWC? Access and utilize our Mental Health Toolkit below.

Mental Health Toolkit



Check out our interview with **Mayor Lane from Hawthorne Borough**, one of our **2022-2023 Campaign Incentive Drawing recipients** to learn how they utilized this funding to improve pedestrian safety. Read the interview below.

Interview sneak peek: *What inspired you and your committee to utilize the incentive funds for safety vests?*

As part of our MWC, promoting walking has been a priority for us. However, we have unfortunately experienced three pedestrian fatalities in the past couple of years. Additionally, given that many of our residents walk to Goffle Brook Park, we decided to...

Read the Interview



Thank you to our wonderful COYL partners and MWCs highlighting conversations about advance care planning in communities throughout NJ in honor of National Healthcare Decisions Day. We reached over 150 residents throughout NJ to empower them to *consider* what is most important to them, *communicate* their wishes to those who matter most, and *create* a written plan and share it.

Are you interested in making COYL a cornerstone of your MWC? Contact Katie Bisaha at kbisaha@njhcqi.org or fill out our COYL partner form below.

COYL Partner Form



Rutgers Cancer Institute of NJ offers a number of workshops, educational materials and more for your community. Use this [quick form](#) to request a public or professional educational session, a speaker for an event, collaborative support for a future event, or event-related resources (inflatable colons, handouts, materials translations, etc.).

Novo Nordisk is working to redefine how we talk about obesity and health through the [Its Bigger Than Me](#) movement. Learn more on how your Mayors Wellness Campaign can shift how to talk about obesity, diet, exercise and lifestyle choices by visiting their website and utilizing their resources.

[Old Tappan's MWC](#) teamed up with [St. Clare's Health](#) in honor of National Mental Health Awareness Month to share myths and facts with their community via social media and short videos. We encourage you to download their "Let's Talk Mental Health Social Media Kit" [here](#) and spread the messaging with your community.



Calling all Ocean County Mayors and community leaders! Join Stafford Township in learning about sustainability in your community on Tuesday, July 11 from 10a.m. - 1:30 p.m. Connect with local community partners and townships to bring sustainability and collaboration to your community.

Connect older adults and adults living with disabilities to the [Institute on Aging's Friendship Line](#). This toll-free number (800-971-0016) can be called for crisis intervention, or just a kind voice for routine phone calls that provide emotional support and well-being check-ins.

Spread the word by:

- Sharing this number to community organizations such as places of worship, senior centers, and more
- Create and send postcards to your residents to inform them of this hotline
- Create and share social media posts highlighting this resource

Congressional District Health Dashboard(CDHD) Looking for data to inform your MWC programming? Check out the CDHD to access data for your congressional district. [Learn more.](#)



Calling all Mayors and Community Partners! The [National Center for Environmental Health Childhood Lead Poisoning Prevention Program](#) has announced funding to support communities to reduce lead poisoning. Applications are due by **July 31, 2023**. This grant aims to help families avoid the dangers of lead in their homes through community engagement, prevention education and family support.

Interested in applying? Click [here](#) to view the application and apply.

MAYORS WELLNESS CAMPAIGN

Helping Make Towns Healthier Places to Live, Work, and Play

The mission of the Mayors Wellness Campaign (MWC) is to help mayors and their teams improve the health and wellness of their communities. Check out our redesigned tools and resources to help make planning health and wellness programs easier for you and your community.



MAYORS WELLNESS CAMPAIGN TOOLKIT

GET THE TOOLS TO BUILD HEALTHIER COMMUNITIES

The Mayors Wellness Campaign toolkit includes free and low-cost tools and strategies to make your community a healthier place to live, work, and play.

MAYORS WELLNESS CAMPAIGN
Celebrating 15 Years

PHYSICAL HEALTH AND NUTRITION
Encourage active lifestyles and healthy eating in your community.

ENVIRONMENT AND HEALTH
Help your community take advantage of the outdoors.

EDUCATION AND HEALTH
Keep your community sharp, engaged, and curious.

ARTS AND HEALTH
Stir creativity and strengthen community ties through the arts.

NEW JERSEY HEALTH CARE QUALITY INSTITUTE

Learn More



More Information:

Mayors Wellness Campaign: Katie Bisaha - kbisaha@njhcqi.org.

Become a Member: Virginia Tesser - vtesser@njhcqi.org.

To learn more about our current initiatives, please visit our website at www.njhcqi.org.

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