

[View this email in your browser](#)



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

## TABLE OF CONTENTS

Click the link below to jump directly to that section of the newsletter.

### Quality Institute News & Resources:

- [Register Today for Your County's Town Hall](#)
- [Coming Soon--2023 New Jersey Healthy Town](#)
- [COYL-- Pledge Support for National Healthcare Decisions Day by Signing a Proclamation](#)
- [Register Now for Mental Health First Aid Training](#)
- [Learn to Prioritize Maternal Infant Health Through this MWC Town](#)
- [April is National Volunteer Month: Check out our Resources to Encourage Volunteering in Your Community](#)

### Community Resources:

- [Improve Food Security in Your Community by Becoming a Mobile Grocery Store Shop](#)
- [Empowering New Parents with In-Home Nursing Support through Family Connects NJ](#)
- [Improve Inclusivity & Participation for Those with Disabilities in your Community Using SHANJ's Toolkit](#)
- [The Compact Act helps Veterans in Crisis](#)
- [Advocate for Accessible Transportation: Join the Week Without Driving Coalition](#)

### Funding Opportunities:

- [LIH Launches New Series to Help Cities Access Federal Infrastructure Funding](#)
- [Preserve New Jersey Historic Presentation Fund Grants](#)
- [Sustainable Jersey--PSE&G Energy Efficiency Partnership Program](#)



## QUALITY INSTITUTE NEWS & UPDATES

### Register Today for Your County's Town Hall

Join us for our annual Town Hall in your county, where community members and leaders can engage directly with MWC staff and share their perspective on local needs. We will discuss:

- Successes and challenges in implementing local programming

- Strategies for collaborating with local health systems
- Opportunities to connect with fellow leaders and explore potential collaborations

New Mayors and those unfamiliar with MWC town halls are strongly encouraged to attend, no matter the present state of your MWC programming. Your participation can make a difference.

Find your County and Register Here

---



Healthy Town 2023 designees will be announced later this month! Thank you to the **60+ communities** who applied for the distinction and for everything you do to make your communities healthier places to live, work and play.

---



## [Pledge Support for National Healthcare Decisions Day by Signing a Proclamation](#)

[COYL](#) equips your community with educational materials on advance care planning (ACP). In honor of [National Healthcare Decisions Day \(NHDD\)](#), we are inviting mayors to sign a proclamation for NHDD to inspire, educate, and empower the public and health care providers about the importance of advance care planning. Please email Katie Bisaha at [kbisaha@njhcqi.org](mailto:kbisaha@njhcqi.org) to let her know how your community is participating in NHDD.

Sample NHDD Proclamation

## [Register Now for Mental Health First Aid Training](#)

As part of our Mental Health Initiative, generously supported by [The Bristol Myer Squibb Foundation](#), the Mayors Wellness Campaign has an upcoming **Adult Mental Health First Aid training on April 18**, which will be from **9:30 a.m. to 4pm**. We encourage service members, veterans, military families and those who work with veterans to attend.

Register: Adult MHFA Training

---

## [Learn to Prioritize Maternal Infant Health Through This MWC Town](#)

[Maplewood's MWC](#) is working to improve Maternal-Infant Health and launched a series of events on this critical topic. The first was a **Black Maternal Health Panel on March 9**, shedding light on disparities and solutions in this area. The panel included three subject matter experts who shared their perspectives, experiences and recommendations for addressing these critical issues.

If you are interested in focusing on Maternal-Infant Health through your MWC, check out our [Maternity Action Plan](#) ("MAP") or join one of our upcoming **MAP Work Sessions** to learn more. On April 24, the session will cover collecting and using REaL (Race, Ethnicity, and Language) Data and understanding its use to improve Maternal health equity. On June 6, the session will focus on Maternal Mental Health and will feature information and resources beneficial to your community. Both sessions are open to the public and we welcome MWC volunteers.

**In Celebration of Women's History Month**  
South Orange/Maplewood Community Coalition on Race

presents



### ***A Black Maternal Health Panel Discussion***

Stakeholders involved with Black Maternal Health will share their perspectives, experiences, and recommendations for addressing this critical women's health issue.

Participants will include medical and nursing professionals, other pre-natal and post-natal professionals and a mother. A Question & Answer session will follow.

**REGISTER HERE**



**Saturday, March 9, 2024**  
1:00–3:00 pm

The Woodland Parlor  
60 Woodland Rd.  
Maplewood NJ 07040

All are welcome to this free event





COMMUNITY  
COALITION  
ON RACE



SOUTH  
ORANGE



PARTNERSHIP FOR  
MATERNAL &  
CHILD HEALTH

Register for April 24 MAP Session

Register for June 6 MAP Session

---

## [April Is National Volunteer Month: Check Out Our Resources To Encourage Volunteering In Your Community](#)

National Volunteer Month is a great opportunity to recognize and appreciate the volunteers in your community that give their time and effort to support your municipality. In honor of this month, **we encourage you to continue building your volunteers up and widening your pool of volunteers.** Check out our Social Isolation Toolkit and our webinar, *Leveraging Volunteers in Community Programs* for inspiration.



Social Isolation Toolkit

Watch our Volunteer Webinar



## COMMUNITY RESOURCES

### [Improve Food Security in Your Community by Becoming A Mobile Grocery Store Stop](#)

To improve food security in their communities, **Camden and Burlington County municipalities** are invited to partner with [Virtua Health](#) to become a mobile grocery store (MGS) stop. **By partnering with this initiative, your municipality can provide access to healthy, affordable foods for your residents.** To become a



MGS stop, review these [requirements](#) and contact Melanie Ernest, Director of Community Based Programs at [MErnest@virtua.org](mailto:MErnest@virtua.org).

---

## [Empowering New Parents with In-Home Nursing Support through Family Connects NJ](#)

**Family Connects NJ** is a new, free, and voluntary program that provides a specialized nurse visit at home for all parents of newborns within two weeks of delivery. The program launched last month in the initial five counties – Essex, Middlesex, Mercer, Gloucester, and Cumberland – and is available to all families, including birth, adoptive and resource families, including kinship caregivers. All families are eligible, regardless of income, medical insurance, and immigration status. The program will continue to expand to other counties until fully implemented statewide.



To learn more visit [www.FamilyConnectsNJ.org](http://www.FamilyConnectsNJ.org)

---

## [Improve Inclusivity & Participation For Those With Disabilities In Your Community Using SHANJ's Toolkit](#)

The [Supporting Housing Association of New Jersey \(SHANJ\)](#) has updated their [Integrated Community Project\(ICP\) Toolkit for Municipalities](#). This tool is designated to **assist local communities in increasing community involvement for individuals facing disabilities or barriers**. SHANJ has compiled a comprehensive set of resources, best practices, and strategies tailored for municipalities and community leaders.

---

## [The COMPACT Act helps Veterans in Crisis](#)

Veterans facing mental health crises can now access no-cost treatment regardless of VA enrollment status through the [COMPACT Act](#). The VA covers emergency suicide care and follow-up for up to 30 days inpatient and 90 days outpatient. Encourage veterans in crisis to call this 24/7 hotline, 800-753-5223 for a no-cost assessment to support them in getting the care they need.

---

**WEEK WITHOUT DRIVING**



## [Advocate for Accessible Transportation: Join the Week Without Driving Coalition](#)

**Calling all community leaders!** Join America Walks in planning for the Week Without Driving Challenge, happening **September 30 to October 6, 2024** by joining the coalition. Your participation sets a powerful example and can inspire others to embrace sustainable and equitable transportation practices.

[Join the Coalition](#)

---



### **FUNDING OPPORTUNITIES**

## [LIH Launches New Series to Help Cities Access Federal Infrastructure Funding](#)

**Registration is open for six new grant-writing bootcamps** from the Local Infrastructure Hub to help local leaders develop grant applications for federal funding opportunities that fund transportation, electric vehicle infrastructure, climate resilience, clean water improvements, and roadways. **These sessions are available for municipalities with up to 150,000 residents and will be hosted in Spring 2024.**

[Apply Now](#)

---

## [Preserve New Jersey Historic Preservation Fund Grants](#)

Municipalities should apply for the 2024 New Jersey Historic Trust Preservation Fund grants. These **grants offer support for diverse projects in preservation ranging from \$5,000 to \$750,000** and covering categories such as capital, historic site management, and heritage tourism planning. Eligible applicants must **submit applications by April 18, 2024.**

[Apply Now](#)

---

## [Sustainable Jersey-PSE&G Energy Efficiency Partnership Program](#)



The Sustainable Jersey-PSE&G Energy Efficiency Partnership Program supports municipalities with technical assistance for municipal facilities and energy efficiency outreach campaigns for residents and local small businesses. **Eligible municipalities include those served 100% by PSE&G for electricity and natural gas. Applications will be accepted until April 5, 2024.**

Apply Now

NEW JERSEY HEALTH CARE  
| QUALITY INSTITUTE

## THANK YOU TO OUR 2023 - 2024 MAYORS WELLNESS CAMPAIGN SPONSORS

**CRYSTAL**







**PLATINUM**































**GOLD**























**SILVER**























**BRONZE**



MAYORS WELLNESS CAMPAIGN



More Information:

Mayors Wellness Campaign: Katie Bisaha - [kbisaha@njhcqi.org](mailto:kbisaha@njhcqi.org).

Become a Member: Virginia Tesser - [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 2023\* \*|NJHCQI, All rights reserved.

Our mailing address is:

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