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

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### QUALITY INSTITUTE NEWS & UPDATES

## [Announcing the 2025-2026 MWC Activities-Learn how you can Get Involved](#)

Discover how to get involved in this year's MWC activities. From interactive workshops and community health initiatives to funding opportunities and public recognition, there are many ways to make a difference in your community. Don't miss out—explore the full list of activities and find out how you can participate.



Check out this Year's Activities

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## [Get Your Community Trained in MHFA](#)

With support from [The Horizon Foundation for New Jersey](#), we continue to provide free [Mental Health First Aid trainings](#) (MHFA) to people who work with youth and adults in the community. This training may be especially valuable to law enforcement, school employees, municipal employees, and those serving the public. Register below for our next Adult MHFA training on **Thursday, December 11, 2025**. For more information, reach out to Katie Bisaha at [KBisaha@njhcqi.org](mailto:KBisaha@njhcqi.org).

Register: Adult MHFA Training

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## [Connect and Collaborate at the Next COYL Partner Meeting](#)

Our next **COYL partner meeting** will be held on **Thursday, November 6, 2025, from 12:00 p.m. to 1:00 p.m.** This virtual meeting is a great opportunity to connect with other communities, learn about advance care planning, get updates from the Quality Institute, and bring new programs back to your town.

Register Here

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## [Visit us at the NJLM Conference and Attend our Panel](#)

Join us at the **NJLM Annual Conference** on **Tuesday, November 18, 2025, from 2:00 p.m. to 3:15 p.m.** for a panel featuring Healthy Town recipients: Point Pleasant Beach, Rockaway Township, and the Township of Montclair. You will hear practical steps to start and sustain resident-led programs in your town. Whether you are new to the MWC or a veteran, visit us at booth 107 to sign the pledge and be entered into our Annual Incentive Drawing.



### Conference Details

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## [Promote Flu Vaccination in Your Community- Use the MWC Influenza Media Toolkit](#)

Encourage flu prevention this season with the [MWC Influenza Media Toolkit](#). This **free** resource includes ready-to-use social media posts and graphics to help you share information about the importance of vaccination and advertise flu shot clinics already happening in your community.



### View Toolkit

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## COMMUNITY RESOURCES

## [Bring Awareness to Residents about the Safe Haven Infant Protection Act](#)

In August 2000, [the New Jersey Safe Haven Infant Protection Act](#) was enacted into law. It allows a parent who is unable to care for an infant – or their designee – to surrender a baby less than 30 days old, safely, legally, and anonymously at any one of the state’s legally designated Safe Haven sites. These include: all hospitals and police stations, and all staffed fire stations, ambulance, or rescue squads in New Jersey. Since the start of this vital program, 99 infants have been safely surrendered (as of July 2025) and subsequently placed with loving families.



➡ *Use it to build public awareness of this vital resource at community events, on town websites, or in newsletters.*

[Learn More Here](#)

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## [Bring PMCH Health Resources and Programs to Families and Workplaces](#)

The [Partnership for Maternal & Child Health of Northern New Jersey](#) offers free programs for families and workplaces across multiple counties. Residents can access community and postpartum doulas, Family Connects NJ nurse visits, early childhood initiatives, fatherhood programs, and PMCH@Work health education sessions. Topics include emotional well-being, healthy pregnancy and parenting, immunizations, and flu prevention.



➡ *Use it to strengthen family support networks, expand workplace wellness in municipal offices, and connect residents to maternal and child health resources.*

Ways to Connect with PMCH

Schedule Workplace Education Programs

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## [Connect Residents to VNAHG Children & Family Health Institute Services](#)

Link residents to more than 20 programs offered by [VNA Health Group](#) — from early intervention and Cancer Education to school-based health services and special child health services.



Children & Family  
Health Institute

[→](#) Use it to connect residents to comprehensive health services across all ages, including vulnerable groups in your town.

Explore VNAHG Services

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## [Attend the NJ Association of Senior Centers Lunch & Learn](#)

Join the first in-person meeting to revive the NJ Association of Senior Centers on **October 9, 2025, from 10 a.m. to 12 p.m. at the Middletown Senior Center** (lunch follows). Learn about Division of Aging Services programs, network with other senior center staff, and help shape the future of NJASC.



**NEW JERSEY ASSOCIATION  
OF SENIOR CENTERS**  
EMBRACING AGING WITH COMMUNITY & CARE

**njaaw**  
NEW JERSEY ADVOCATES  
FOR AGING WELL

**Friends  
Foundation  
for the Aging**

## LUNCH & LEARN

**JOIN US FOR NJASC'S  
FIRST IN-PERSON EVENT!**

October 9, 2025 | 10am to 12pm  
Middletown Public Library  
55 New Monmouth Road  
Middletown, NJ 07748  
*Networking lunch to follow*

### Agenda:

- ✓ Learn more about NJASC
- ✓ Hear what NJ DoAS has to offer
- ✓ Share your ideas & knowledge
- ✓ Get to know your fellow aging professionals!
- ✓ And more!!!

**Registration  
Required!**



Scan the QR code to register!  
Registration will close on  
Friday, September 26, 2025.

For more information about NJASC, visit  
<https://lp.constantcontactpages.com/cu/3glUQ0/NJASC>  
Questions? Email [NJASC25@gmail.com](mailto:NJASC25@gmail.com)

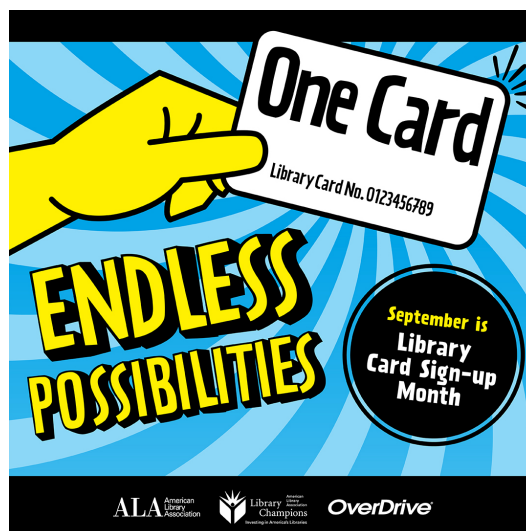


[Register Here](#)

## Host a Library Card Sign-Up Drive in Your Community

**September is Library Card Sign-Up Month.** Partner with your local library to host sign-up events at schools, senior centers, and community fairs. Promote the benefits of a library card — free books, digital tools, job search support, and learning opportunities for all ages.

➡ Use it to boost community engagement — bring library staff into your town events, set up a sign-up table at municipal buildings, and highlight the library as a hub for lifelong learning.



[Resources to Help Residents Sign Up](#)



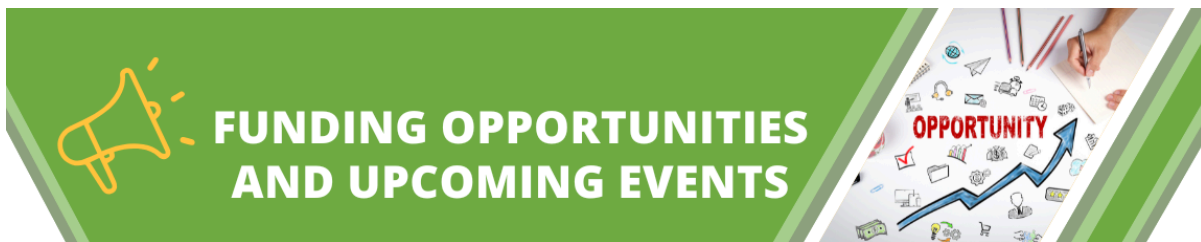
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## [Lead a Voter Registration Drive in Your Town](#)

Support civic engagement by promoting [Rock the Vote's tools](#). Residents can easily register to vote or update their registration online — a simple way to increase voter participation in your community. You can also partner with local schools, libraries, or civic groups to host a voter registration drive in your town.

➡ *Use it to build a culture of civic participation — host registration drives at municipal events, share the link in your newsletters, and add it to your town website before election season.*

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## [Apply for Clean Air at School Mini-Grants](#)

Encourage your local schools to apply for the American Lung Association's Clean Air School Challenge. This program offers training, mentorship, and mini-grants to improve indoor air quality in K–12 schools. [Learn More About the Clean Air School Challenge](#).

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## [Strengthen Your Initiatives with a Grant from the Community Foundation for NJ](#)

The Community Foundation for New Jersey is offering several grant opportunities to support a wide range of community-focused initiatives. Enhance your MWC programs with potential funding through these versatile grants.

[Explore Opportunities](#)

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## [Pursue Environmental Health Grants for Your Community](#)

Check out the NJ DEP Environmental Conservation and School Development Program for funding opportunities to enhance your community's environmental health initiatives. [Apply for NJ DEP Grants](#).

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## THANK YOU TO OUR 2025 - 2026 MAYORS WELLNESS CAMPAIGN SPONSORS



More Information:

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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).

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