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MAYORS WELLNESS CAMPAIGN[®]

This month's MWC updates include the 2025 Healthy Towns announcement, upcoming Mental Health First Aid training, and new resources you can share with partners and residents. Explore the tools and opportunities below to support your community.

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QUALITY INSTITUTE NEWS & UPDATES

[Announcing the 2025 New Jersey Healthy Towns](#)

The MWC proudly announces the 2025 New Jersey Healthy Towns. These communities lead the way in improving health and wellness for their residents. Local leaders, partners, and volunteers created programs and partnerships that support healthy living. Explore the work of this year's Healthy Towns and see what ideas could work in your community.

[Read the Press Release](#)

[Attend the Age-Friendly NJ Alliance Gathering to learn more about the MWC](#)



The MWC will be featured at an upcoming Age-Friendly NJ Alliance gathering in Fair Lawn, bringing together community leaders, age-friendly advocates, and local changemakers. Katie Bisaha, Program Officer, will present on how communities can integrate age-friendly initiatives into their MWC efforts.

Location: Fair Lawn Community Center, 10-10 20th St, Fair Lawn, NJ 07410

Date and time: Tuesday, April 14, 2026, 10:00 AM to 12:00 PM

Attend to learn practical strategies, hear examples from across New Jersey, and explore ways to strengthen and expand age-friendly work within your community. Connect with peers and walk away with ideas you can put into action locally.

[Register to attend](#)

[Find New Program Ideas in the MWC Library](#)

The Resource Library on the MWC Community Hub offers tools, program ideas, and partner resources organized by health topics. Use the library to:

- Find ideas for new wellness programming
- Connect with Community Partners
- Strengthen existing initiatives



[Sign Up for the Community Hub](#)

[Access the Resource Library](#)

[Share Our Upcoming Mental Health First Aid Training with Your Residents](#)



With support from [The Horizon Foundation for New Jersey](#), the MWC continues to offer free [Mental Health First Aid training \(MHFA\)](#) for people who support youth and adults in their communities. Participants learn how to recognize signs of mental health challenges and connect people to help. Consider sharing this training opportunity with:

- Law enforcement
- School staff
- Municipal employees
- Community leaders
- Anyone who wants to make a difference in their community

Register below for our upcoming Youth MHFA Training on [Wednesday, May 6](#).

For more information, reach out to Katie Bisaha at kbisaha@njhcqi.org

[Register for the Training](#)

[Meet the 2025-2026 MWC Incentive Drawing Winners](#)

Congratulations to the towns selected in the MWC Incentive Drawing. Each community **received \$1,000** to support local wellness programs:

- Evesham Township
- Long Branch
- Paterson
- South Plainfield
- Summit
- Wildwood Crest

[Explore Programs from Last Year's Incentive Drawing Winners](#)

Last year's Incentive Drawing winners launched innovative programs that improved health and wellness in their communities. The Flipbook below highlights their work and shares examples of local initiatives from across New Jersey.

Explore the Flipbook to see how communities bring wellness programming to life.

[View the Flipbook](#)



COMMUNITY RESOURCES

[Address Food Insecurity with the Dermer Dreams Neighborhood Captain Program](#)

The [Dermer Dreams Neighborhood Captain Program](#) helps neighbors support neighbors experiencing food insecurity. Neighborhood captains volunteer to identify neighbors who may need assistance and connect them to available programs. The program helps build stronger communities while addressing food insecurity.

This idea was shared by the [West Orange MWC](#).

[Learn more about the program](#)

[Registration Now Open for the 2026 New Jersey Sustainability Summit](#)

The [New Jersey Sustainability Summit](#) is a dynamic one-day event on **Friday, May 15, from 8 a.m. to 4 p.m.**, that brings together leaders from the political, private, and public sectors.

Attendees will have the opportunity to network, learn best practices from industry experts and colleagues around the state, explore opportunities for future collaboration, and take away solutions to advance their own sustainability projects.

[Register for the Summit](#)



[Oscar Health: Your Partner for a Healthier New Jersey](#)

[Oscar Health](#) – a leading insurer in the [GetCoveredNJ](#) health insurance marketplace – is joining forces with the Quality Institute to champion the MWC.

Leveraging high-tech tools with deep member insights, Oscar Health delivers an affordable and personalized healthcare experience that is easy to navigate, transparent, and built around our members.

We are ready to work side-by-side with community leaders throughout New Jersey to help improve our residents' overall health and wellness. Partner with us for:

- **Health & Wellness Fairs:** Providing educational materials and on-site health screenings.
- **Open Enrollment Town Halls:** Helping residents navigate their coverage options and maximize their benefits.
- **Local Festivals & Markets:** Engaging families, individuals, and businesses.

Let's build a healthier New Jersey together! Email our Oscar New Jersey team at press@hioscar.com to discuss potential sponsorships or event collaborations.

[Explore the Healing & Resilient NJ Resource Hub](#)

The [New Jersey Department of Children and Families \(DCF\)](#) launched [Healing & Resilient NJ](#), a website and Virtual Technical Assistance Center that increases

awareness of Adverse Childhood Experiences (ACEs) and pathways to healing.

The site includes tools and resources for individuals, families, and community leaders. The Resilience Room provides virtual resources that help reduce stress and support personal healing.

[Explore the Healing & Resilient NJ Website](#)

[Support Healthier Homes with the Lead-Free NJ Community Toolkit](#)

The [Lead-Free NJ](#) Community Toolkit helps communities educate residents about lead exposure and prevention. The toolkit includes outreach materials, educational resources, and strategies communities can use to raise awareness and protect families from lead hazards.

[Explore the Toolkit](#)

[Help Residents find Transportation with the Monmouth County Transportation Resource Guide](#)

[EZ-Ride](#) and [Monmouth County](#) co-created the Monmouth County Transportation Resource Guide to help residents find transportation options. The guide includes information on:

- Senior ride programs
- Paratransit services
- NJ Transit
- Municipal transportation programs
- Non-profit providers
- Private transportation services

Share this guide with residents who need help getting to work, appointments, or community services.

[View the Guide](#)



FUNDING OPPORTUNITIES

T-Mobile Hometown Grants

Deadline: March 31, 2026

Funding Amount: Up to \$50,000 per project. Supports projects that enable physical improvements to public spaces and community gathering areas. These projects should be community-driven and shovel-ready, with completion within 12 months.



Eligible applicants: Municipal governments, downtown or main street organizations, community non-profits, chambers of commerce, or local partnerships.

[Learn more and Apply for Funding](#)

Van Houten Memorial Fund Grant (Wells Fargo)

Deadline: August 1 (annually)

Funding Amount: Typically ~\$5,000–\$15,000. Supports non-profit organizations providing services in health, human services, and education. Priority is given to programs that support vulnerable populations, including older adults, individuals with health needs, and children.



This opportunity may be a good fit for **non-profit partners working with MWC communities**, particularly for programs related to healthy aging, social connection, and community wellness.

Eligible applicants: Non-profit organizations with 501(c)(3) status (priority for organizations serving Bergen and Passaic Counties, NJ).

[Learn more and Apply for Funding](#)

[NJDEP Natural Climate Solutions Grant- Blue Carbon Projects](#)

Deadline: March 31, 2026



Funding Amount: Varies by project type (larger awards available for implementation projects). Supports projects that restore and enhance natural systems to reduce climate impacts. Blue carbon projects focus on coastal and tidal wetlands that capture and store carbon while improving flood resilience, water quality, and ecosystem health. This opportunity may be a good fit for MWC communities, particularly coastal and bayshore municipalities.

Eligible applicants: Local governments, non-profit organizations, academic institutions, and other eligible organizations in New Jersey.

[Learn more and Apply for Funding](#)

[EPA Wildfire Smoke Preparedness in Community Buildings Grant](#)

Deadline: April 15, 2026



Supports improvements to **indoor air quality in public buildings**, including community centers, libraries, schools, and municipal buildings, to help communities prepare for wildfire smoke events.

Eligible applicants: Local governments, non-profit organizations, public health organizations, and schools.

[Learn more and Apply for Funding](#)

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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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