

# Culture of Health Initiative

Vol 1. Newsletter 2017

## New Jersey Action Coalition

NJAC continues to build capacity through realigning coalition work with that of other organizations while taking the lead in building a culture of health. NJAC's new mission is focused on joining forces for healthful communities. NJAC has been actively partnering with professional organizations, not-for-profits, businesses, and corporations for improving the health, well-being, and ultimately, the equity of New Jersey residents. Through the new Coach and Volunteer Programs, NJAC actively engages nurses across the state in promoting the "Culture of Health."

## New Jersey Action Coalition builds a "Culture of Health" through strong collaboration

The New Jersey Action Coalition and their nurse coaches and volunteers throughout the state of New Jersey are committed to engaging NJ counties by empowering nurse volunteers to educate their communities in regards to more effective health choices. The concept of changing the way we think about and approach health and wellness calls for strong collective partnerships and collaborations.

During 2017, NJAC has engaged organizations by developing an advisory board that is comprised of organizations that share in their vision. These collaborations have been a stepping stone for engaging organizations with nurse volunteers in their communities.

## Introducing NJAC's 2017 Advisory Board

Organization	Representative
<b>NJ Health Care Quality Institute</b>	Linda Schwimmer, President and CEO
<b>Coalition for a Healthy New Jersey -NJPN</b>	Diane Litterer, CEO
<b>NJ Department of Health</b>	Colette Lamothe-Galette, Director
<b>APN Nurse</b>	Anna Federico, FNP-ANCC
<b>NJ Business &amp; Industry Association</b>	Mary Beaumont, Vice President
<b>County Health Rankings</b>	Toni Lewis, Community Coach
<b>Hospital Association</b>	Shannon Davila, Director
<b>AARP NJ</b>	Stephanie Marsh Hunsinger, State Director
<b>Rutgers University Health</b>	Mary O'Dowd, MPH, Executive Director
<b>Library Association</b>	Patricia Tumulty, Executive Director
<b>YMCA</b>	Bill Lovett, Executive Director

## Collaborative Meetings with NJAC Stakeholders

Various meetings are held to identify existing community projects throughout New Jersey. With this information, NJAC Community Coaches can help connect volunteers to projects!

Recent meetings included:

June 2017 – DOH Population Summit  
Professional Organizations

NJHCQI  
 July 2017 – Commissioner of Health  
 Conversation of Your Life Campaign  
 AARP  
 YMCA  
 NJ Prevention Network  
 NJ Health Initiatives  
 Taub Foundation  
 Grotta Fund

## NJAC Nurse Coach Training

NJAC has hosted multiple Community Coach training sessions where coaches:

- Discussed opportunities and challenges.
- Shared ideas for resources available within their communities.
- Discussed strategies to overcome barriers and elicit nurse volunteers.
- Gained insight on how to utilize community data resources to assess communities, prioritize efforts, and take action.

Coaches were also introduced to various community data resources including County Health Rankings, Livability Index, NJDOH Healthy NJ 2020, and Community Needs Assessments.



Coach Training Program April 29<sup>th</sup>, 2017

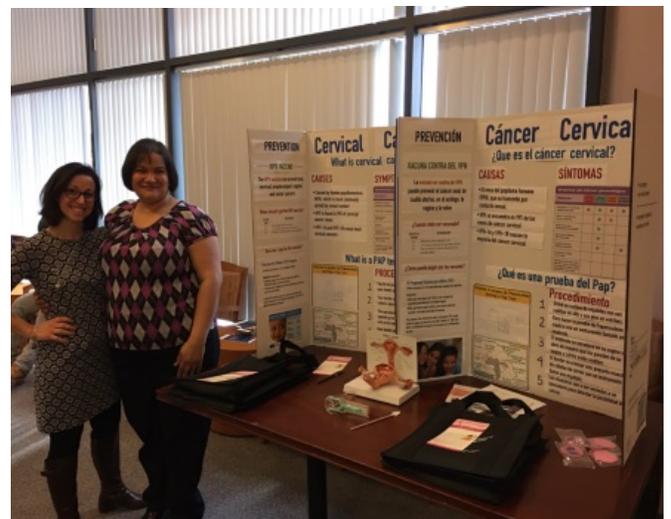
## NJAC Coalition Members in Action

Members of NJAC joined the Center to Champion Nursing in America on April 19-20 in Albuquerque, NM for “Building on the *Campaign for Action* Pillars to Create a Healthier America” conference.



L to R: Dr. Charlotte Thomas-Hawkins, Carla Schaefer, Jennifer Polakowski, Dr. Edna Cadmus, Dr. Maria LoGrippe

NJAC work was presented as the “New Jersey model” to coalitions from other states throughout the country who plan to mirror NJAC’s framework to move nurses beyond the walls of the hospital to engage more directly with those in the community.



Yolanda Asturias and Joyce Herrera

In March, several nurses participated in a free cervical cancer screening in New Brunswick, NJ. These nurses collaborated with the DOH, Rutgers RWJ medical school, and RWJ Health Promotions Department to provide education on screening guidelines and human papilloma virus (HPV) vaccines for Spanish speaking women. Over 20 women were able to be screened and educated.



**Community Action “Poverty Simulation”  
June 24th, 2017**

NJAC, in collaboration with TCNJ, hosted a Poverty Simulation for coaches, nurses, volunteers, and other partners. In this unique opportunity, participants assumed the role of low-income family members living on a limited budget. As they tried to survive ‘a month in poverty,’ family members were forced to make hard decisions in order to provide for their families. Followed by a debriefing session, participants were able to gain a better understanding of the situations families living in poverty face from day to day.

This simulation helped to create a pathway for individuals to join together, view poverty from different angles, and discuss innovative solutions in order to create a culture of health for all residents of New Jersey.

## Calling All Volunteers!

Now it is **your** turn! Through your expertise and passion, you can help change the culture of health within your communities.

**Community Coach Volunteers** oversee implementation of the Culture of Health Initiative through:

- Networking and building relationships with community organizations and nurse volunteers.
- Recruiting and retaining volunteer nurse teams within each county.

**Nurse Volunteers** assist in the improvement of health within their communities by:

- Engaging in existing community projects.
- Collaborating with nurse coaches to remove existing barriers impeding healthy living.

**NJAC**  
New Jersey Action Coalition  
Joining Forces for Healthful Communities

**VIP PASS**

ALL ACCESS PASS TO AN EXCITING NURSING OPPORTUNITY

*Boost* your career profile  
Fulfill your *passion*  
Make a *difference*  
*Expand* your professional network

Be a part of the *Future of Nursing*,  
moving nurses beyond the walls of the  
hospital into their communities.

**WE NEED YOU!**

The health care paradigm has shifted. Nurses are needed more than ever in their communities. This breakthrough initiative will **PUT YOU AHEAD** in joining forces for healthful communities and building a Culture of Health.

**How Does it Work?**

- You will be matched with a community project
- You will be supported by a network of Coaches throughout your volunteer experience
- All you have to do is contribute some of your time, expertise & passion

**How to Become a VOLUNTEER**

- 1 - Sign up @ [www.njactioncoalition.org](http://www.njactioncoalition.org)
- 2 - Apply for projects
- 3 - A Coach will be in contact with you

For questions contact: [info@njactioncoalition.org](mailto:info@njactioncoalition.org)

## How can you get involved?

NJAC has redesigned their website, creating an interactive framework that allows organizations to post projects and nurse coaches to match nurse volunteers to projects where they can make valuable contributions. Highlighted on the homepage are short clips on nurses volunteering in their communities as well as NJAC updates. You can also move through the NJAC timeline to see just how far we’ve come. An added resource is the Community Bulletin. Here, you can find valuable community tools and resources to enhance your volunteer experience!

Simply visit [www.njactioncoalition.org](http://www.njactioncoalition.org) and create a profile today!

Support this Culture of Health Initiative as we join forces for healthful communities in New Jersey.

