



VOLUME 1 / ISSUE 3

Enhancing the health and well-being of our Salem County community

Salem Health & Wellness *Foundation*

Our Mission

To invest in sustainable initiatives that promote the health and wellness of Salem County, New Jersey residents by investing in programs and services that improve the health, well-being & access to quality health care for all.

The Foundation's vision is to be a financial resource for organizations specializing in servicing the health needs that are deemed to be unmet or underserved.

The Foundation opened its offices in August 2003. The first grant was awarded in January 2004 and since that time the Foundation has awarded 59 grants to 43 organizations for a total of more than eleven million dollars.

Salem Health
& Wellness
Foundation

91-A South Virginia Avenue
Carneys Point, NJ 08069

P: 856-299-4460

F: 856-299-4474

www.salemwellnessfoundation.org

SHWF partnering with the Community Foundation of New Jersey to expand our healthcare mission in Salem County

The Salem Health & Wellness Foundation (SHWF) was created in 2002 as a public charity to steward the proceeds of the Memorial Hospital sale, valued today at approximately \$51 million, to address the critical healthcare needs of the citizens of Salem County. Designated under federal tax law as a 501(c)(3) organization, SHWF has donated more than \$11 million over the last decade to more than 40 different organizations to improve health and wellness for County residents.

But in recent years, it became clear that SHWF's status as a



COMMUNITY FOUNDATION OF NEW JERSEY
SIMPLIFY YOUR GIVING. AMPLIFY YOUR IMPACT.

public charity faced a challenge. Under federal tax law, a public charity must demonstrate that it has broad public support, and a key test of that support measures the breadth of the organization's fundraising sources. For an organization like SHWF, whose funds originated from only a few sources (principally from the sale of Memorial Hospital), the "public support" requirement almost certainly would have required SHWF to raise significant funds from local County sources if the Foundation wanted to maintain its public charity status. But if it chose this course of action, SHWF would have placed itself in direct fundraising competition with the same local charities it now serves.



Rather than compete with local charities, SHWF sought an alternative option that would allow it to maintain public charity status for the vast majority of its funds and still serve the citizens of Salem County. Following a series of internal discussions over several years, SHWF concluded that the best way to maintain its public charity status was to partner with another public foundation, and in November 2014 SHWF announced an exciting new alliance with the renowned Community Foundation of New Jersey (CFNJ).

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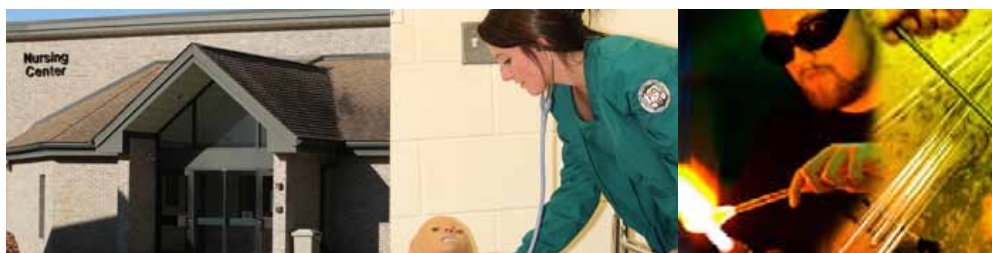
Salem Health & Wellness Fund at the Community Foundation of New Jersey– GRANTS AWARDED



**SHWF/CFNJ
partnership
continued**

It is important to stress that under the terms of the agreement reached with CFNJ, the new Fund can maintain public charity status without disrupting the mission. And by alleviating the need to compete with local charities for donation dollars, the partnership with CFNJ will increase the overall amount of charitable dollars available to Salem County rather than diluting them. Finally, both CFNJ and SHWF agree that they will continue to honor the wishes of SHWF in awarding grants, and the agreement expressly states that none of the SHWF funds can be spent outside of Salem County.

Our partnership with CFNJ will improve SHWF's grant-making capability for the benefit of Salem County residents. First, it allows us to leverage CFNJ's expertise and its vast network of relationships in ways that will help us grow both the number of grants and their effectiveness in addressing the health care needs of our residents. CFNJ has a distinguished track record of performance as a steward of more than \$320 million in charitable assets. With 35 years of experience managing over 1,000 funds, CFNJ provides a wealth of knowledge and skill to help us expand our mission, and we are excited about the prospect of working together for the benefit of our fellow citizens in Salem County.



1. Center for Supportive Schools – Teen PEP in Salem City program	\$ 30,000
2. The Food Trust – Early Childhood Nutrition Education	\$ 100,000
3. Food Bank of South Jersey – Cooking Matters for Teens in Salem City	\$ 7,500
4. Inspira Medical Centers, Inc. – Salem County Smoking Cessation program	\$ 15,000
5. NJ Commission for the Blind – Vision screenings in Salem County to the underserved community	\$ 8,000
6. Rutgers University Cooperative Extension – Five year partnership to provide Salem County with a Sr. Program Coordinator	\$ 275,000
7. Rutgers University Co-Op – Renewal of Grow Healthy Program in Salem County's schools	\$ 57,066
8. Salem County Health Department – Healthy Salem Healthy Body screenings for cardiovascular, diabetes and obesity in Salem County	\$ 20,000
9. Salem County Prosecutor's Office – Salem County Narcan Project	\$ 2,205
10. Salem Community College Foundation – Nursing and Allied Health scholarships for Salem County students	\$ 30,000
11. Salem County TRIAD	\$ 8,000

Total grants awarded in partnership with CFNJ: \$ 552,771



Increasing sugar sweetened drinks intake is linked to rising obesity and other adverse effects



Sugar-sweetened drinks have been the target of public policy and health campaigns since researchers established their connection with weight gain, obesity, and other adverse effects. But it's difficult to fully appreciate the seriousness of the issue without data-driven evidence. Our study bridged gaps in what is known about sugary drinks and obesity by examining geographic variations in consumption. We also controlled for numerous other factors that influence obesity and are not likely to offset one another.

Our results provide evidence that sugar-sweetened beverages significantly influence obesity rates. Moreover, the research suggests strategies that could curb consumption, restrain obesity rates, and ease the burden on health-care

resources. Making one change toward a healthier lifestyle could get the ball rolling on more. But our analysis also emphasizes that sugary drinks should not be the sole focus of obesity-prevention efforts.

Other factors, such as consumption of whole fruits and vegetables, the ratio of service to manufacturing jobs, and access to food stores, are also significant. These all contribute to the epidemic, and public health professionals, governments, and businesses can join forces to address them. Our results provide hard data that link the likely future scale of sugary drink consumption to effects on the health-care system. A modestly accelerated reduction in consumption could save the system billions of dollars over 20 years.

Our estimate did not address quality of life or broader economic effects resulting

from labor market outcomes. Nevertheless, we believe that such effects would be positive and large. Quantifying the potential monetary savings from efforts to control obesity provides an incentive for decision makers to take action. As our analysis suggests, a multilevel, collaborative approach is likely to prove the most effective in achieving positive health outcomes.

- More grocery stores should be opened in food deserts.
- Businesses can offer wellness programs or restructure their work processes to change the sedentary nature of office jobs.
- Educational campaigns must insure that people understand how to prevent obesity and the risks associated with its onset.
- Lastly, healthy beverages should cost less than sugary drinks—and should be just as aggressively marketed to consumers.

Motivating healthy behavior, including implementing policy and evaluating its effectiveness, has proved an arduous process. Still, the results of our analysis show that it is a worthwhile task. Reducing the consumption of sugar-sweetened beverages is an excellent place to start.



For the complete 24 page report go to:

<http://assets1b.milkeninstitute.org/assets/Publication/ResearchReport/PDF/>

Active Education: Growing Evidence on Physical Activity and Academic Performance

One in three kids in the United States is overweight or obese. Obese youth have elevated risk for health problems like heart disease, type 2 diabetes, high blood pressure, unhealthy blood cholesterol patterns, and other health risks related to cardiovascular disease.¹ Obesity can also have serious ramifications for kids' cognitive development and affect school attendance.

Because children spend so much time at school, schools have a unique opportunity to help children become more healthy and active. The Institute of Medicine has called on school leaders to offer more opportunities for children to be physically active before, during and after the school day. Further, both childhood obesity and poor academic performance tend to be clustered in schools with a high percentage of lower-income, minority students, creating a student health issue that is especially problematic in those communities.

There is a growing body of evidence indicating that physical activity and fitness can benefit both health and academic performance for children. This research brief reviews published scientific articles that examine how physical activity and fitness may help school-aged children maximize their academic performance. It also provides an overview of the effects of physical activity on the developing brain. Together, the research indicates that providing physical activity for students is in line with schools' academic mission, and that schools have many opportunities for helping young people to be more active.

KEY FINDINGS

Physical activity can have both immediate and long-term benefits on academic performance. Almost immediately after engaging in physical activity, children are better able to concentrate on classroom tasks, which can enhance learning. Over time, as children engage in developmentally appropriate physical activity, their improved physical fitness can have additional positive effects on academic performance in mathematics, reading, and writing. Recent evidence shows how physical activity's effects on the brain may create these positive outcomes.

Produced with funding from the Robert Wood Johnson Foundation. activelivingresearch.org

Get Up and Move in Salem High School

The "Get Up and Move" program provides students in the School Based Youth Services afterschool program with the opportunity to participate in various physical activities that are interesting and fun.



Students can choose from:

- ✓ Zumba
- ✓ Line Dancing
- ✓ Yoga
- ✓ Aerobic Kickboxing
- ✓ Treadmill
- ✓ Weight Machines
- ✓ Self Defense Classes & Wii fitness

Participants also learn about the foods they eat and how what they consume impacts on their overall physical health. To increase participation, lessons include games as well as hands on experience making healthy foods and snacks. A number of these same students have participated in The Food Bank of South Jersey's Healthy Baking for Teens program, also funded by the Salem Health & Wellness Foundation.

This program initially targeted adolescent girls, but has expanded to include male students as well.

Rebound to Resiliency – A Skill Building Program For Nonprofits.

In 2015, as part of its ongoing health initiative, “Healthy Kids, Bright Futures,” the Salem Health and Wellness Foundation launched Rebound to Resiliency, a comprehensive capacity building program focused on enhancing the capabilities and leadership of our nonprofit providers and their volunteers.

Rebound to Resiliency is meant for all staff from middle management to top leadership and key board members. The program is both tailored to the position of the organization in its lifecycle stage and wide-ranging in its offerings.

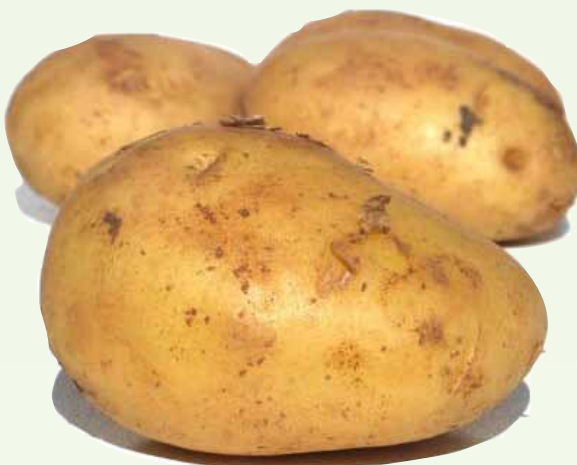
“Every day, nonprofits in the Salem County community are on the front lines providing critical services to its residents who are in need of housing, jobs, food, education and healthcare. They work tirelessly with limited resources. The Foundation desires to build up these nonprofits so they can not only meet their mission but assist the Foundation meets its mission as well,” stated Brenda Goins, executive director.

General skill building sessions will be held over the coming year in key areas such as financial literacy, strategic and business planning, fundraising, board management and evaluation.

Contact Judy Foley at:
judith.foley@comcast.net



IOM Panel Recommends White Potatoes Return to WIC Food Package



White potatoes should be included as a vegetable in the food package available to Special Supplemental Nutrition Program for Women, Infants and Children (WIC) beneficiaries, according to an Institute of Medicine panel. The report found that the inclusion

of white potatoes would benefit participants who do not eat enough starchy vegetables. A provision in the omnibus spending bill enacted by Congress in December ordered the U.S. Department of Agriculture (USDA) to add white potatoes back into the WIC packages after they had previously been excluded; USDA's directive to that effect is scheduled to be implemented this year.

Try this inexpensive, easy, recipe for Oven “Fries”

Coated with olive oil and baked in a hot oven, these fries are soft and buttery inside and crisp on the outside—the perfect combination.

Makes: 4 servings
Active Time: 5 minutes
Total Time: 25 minutes

Ingredients

2 large Yukon Gold potatoes, cut into wedges
4 teaspoons extra-virgin olive oil
1/2 teaspoon salt
1/2 teaspoon dried thyme, (optional)

Preparation

Preheat oven to 450°F.
Toss potato wedges with oil, salt and



thyme (if using). Spread the wedges out on a rimmed baking sheet. Bake until browned and tender, turning once, about 20 minutes total.

Nutrition

Per serving: 102 calories; 5 g fat (1g sat, 4 g mono); 0 mg cholesterol; 13 g carbohydrates; 0 g added sugars; 2 g protein; 1g fiber; 291mg sodium; 405 mg potassium.

Carbohydrate Servings: 1
Exchanges: 1 starch, 1 fat

Free to Salem County Residents

**Are You
Talkin' to
Me?**



Calling All Salem County Tweens...Teens...and Parents!

Are you Talkin' to Me? Workshops are to address the facts about teen pregnancy, STD's, birth control, and to improve parent/child communication to empower youth to make better life choices for health and well being.

Free Meal
\$10 Grocery Gift Card per family
Grand Door Prize Apple I Pad mini
(one entry per workshop for each participating family)

TIME 5:30 — 8:00 pm

Thursday, February 19 Salem High School

Tuesday, March 3 Woodstown Middle School

Thursday, March 19 Pittsgrove Middle School

Tuesday, March 31 Penns Grove High School

Thursday, April 9 Quinton Township School

RSVP at eventbrite.com or (856) 935-7510 ext. 8302

Are you Talkin' to Me? is a program presented by the Salem County Department of Health and Human Services and the SCAPE committee funded by the Salem Health and Wellness Foundation.



Free blood pressure, cholesterol, and glucose screenings

**First Monday of every
month – Pennsville
Post Office**

March 2

April 6

May 4

June 1

July 6

Aug 3

**Second Wednesday of
every month – Elmer
Post Office**

March 11

April 8

May 13

June 10

July 8

Aug 12

Salem County Fair

Aug 4-7

Walk "N" Talk Schedule

March – Indoor Schedule
April – Outdoor Schedule
Walks will be on Tuesday
and Thursday. Please go to
our website for the
schedules: <http://health.salemcountynj.gov/>

Salem County Department of Health and Human Services Division of Public Health Nursing

856-935-7510 or 856-358-3857 ext. 8477

NEW Wellness Clinic



WHEN:
Every Thursday
2:00–5:30 PM

LOCATION:
*Memorial Hospital of
Salem County*
3rd Floor
310 Route 45 Salem

***For more information,
please call***
Salem County Department of Health
935-7510 ext.8477

Get Checked

- ☒ **Health Screening FREE**
(Cholesterol, Diabetes, Blood Pressure)
- ☒ **Health Education FREE**
- ☒ **Pregnancy Testing FREE**
- ☒ **STD Testing FREE**
- ☒ **Adult Immunizations***
- ☒ **Child Immunizations***
- ☒ **Cancer Screenings***

***Uninsured or under insured clients ONLY**

Funded By:



Salem County Family Support Services

Family Support Services

Family Success Center

Salem Family Success Center

14 New Market Street
Salem, NJ 08079
(856) 935-0944

Riverview Family Success Center
157 West Main Street
Penns Grove, NJ 08069
856-517-0029

Kinship Navigator Program

Family Service Association
English Creek Avenue, Suite 3
Egg Harbor Township, NJ 08234
(877) 569-0350

Early Childhood Services

Parents Anonymous of NJ Inc.

South Jersey Father Time
St. Matthews Masonic Lodge #20
Penns Grove, NJ 08079
(856) 293-7301

Fatherhood program to assist dads with deepening their concerns with their children. Serving fathers in Salem County.

Health Dept

<http://www.salemcountynj.gov/health/move-yourself-salem-county-walk-n-talk-schedule/>

DFCP Directory

<http://www.state.nj.us/dcf/families/dfcp/DFCPdirectorySalem.pdf>

Early Childhood Services Cont.

Home Visitation

Robin's Nest, Inc.
Healthy Families - TIP
Nurse Family Partnership
42 South Delsea Drive
Glassboro, NJ 08028
(856) 881-8689

Strengthening Families

Quality Care Resource & Referral Services, Inc.
5 Route 45, Suite 200
Salem, NJ 08079
(856) 469-6100 ext. 2411
(856) 463-6100 ext. 2407

Domestic Violence Services

Salem County Women's Services

PO Box 125
Salem, NJ 08079
(856) 935-6655 (24 hour hotline)
(856) 935-8012 (office)

Social Services

Salem County Board of Social Services

147 South Virginia Avenue
PO Box 111
Penns Grove, NJ 08069
(856) 299-7200

School-Linked Services

School Based Youth Services Programs

Salem City High School
219 Walnut Street
Salem, NJ 08079
(856) 935-3900 ext. 270

Salem County School Based Youth Services

Box 350
890 Route 45
Woodstown, NJ 08098
(856) 935-7365

Family Friendly Center

John Fenwick School
183 Smith Street
Salem, NJ 08079
(856) 935-4100 ext. 229

Child Assault Prevention

NJ Child Assault Prevention Network
Education Information & Resource Center
900 Hollydell Court
Sewell, NJ 08080
(856) 241-4395

Salem County Parks

<http://www.visitsalemcountynj.com/things-to-do/parks/>

Mashed Potato Casserole

Ingredients

1 1/2 pounds Yukon gold potatoes, peeled and cut into 1/2-inch-thick slices
1 1/2 pounds baking potatoes, peeled and cut into 1/2-inch-thick slices
5 garlic cloves, thinly sliced
1 1/4 teaspoons kosher salt, divided
6 ounces 1/3-less-fat cream cheese, softened (about 3/4 cup)
Cooking spray
2 ounces Parmigiano-Reggiano cheese, grated (about 1/2 cup)
1/2 cup panko (Japanese breadcrumbs)
2 tablespoons thinly sliced chives



Preparation

1. Preheat oven to 350°.
2. Place potatoes, garlic, and 1/2 teaspoon salt in a large saucepan, and cover with water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender. Drain in a colander over a bowl, reserving 1/2 cup cooking liquid.
3. Press potato mixture in batches through a ricer into a large bowl. Stir

in reserved 1/2 cup cooking liquid, remaining 3/4 teaspoon salt, and cream cheese.

4. Spoon potato mixture into a broiler-safe 11 x 7-inch glass or ceramic baking dish coated with cooking spray. Bake at 350° for 20 minutes or until thoroughly heated.

5. Preheat broiler.

6. Combine Parmigiano-Reggiano and panko; sprinkle evenly over top of potatoes. Broil 4 minutes or until golden brown. Sprinkle with chives.

Note:

Make-ahead tip: Assemble this dish a day ahead, and bake shortly before serving.