



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's Areas of Interest

As we embark on our two initiatives, we remain committed to funding any program that aligns with our areas of interest. Since 2003 the Foundation has invested:

- Over \$1.2 million dollars in organizations that address Senior Health, such as The Alzheimer's Association, Friends Village and Meals on Wheels.
- Almost \$700,000 in programs focusing on Salem County youth, such as Appel Farm Arts and Music Center and Ranch Hope.
- Approximately \$73,000 in Mental Health and Equine Therapy.
- Over \$630,000 to support

Substance Abuse treatment and its prevention in Salem County.

- \$2 million dollars has been awarded to programs and services that support Salem County's families, such as Robins' Nest, Salem County Center for Autism, Salvation Army and Gateway Community Action Partnership.
- Over \$700,000 to support Health Care careers in Salem County.

- Approximately \$100,000 for Dental Services and HIV/AIDS case management.
- \$100,000 for Salem County's homeless.
- Almost \$4 million dollars to General Healthcare and Prevention, such as American Cancer Society, Cooper University Hospital's screening program, Cornerstone Women's Resource Center, The YMCA of Salem County and NJ Commission for the Blind and Visually Impaired.

We are proud of the impact these programs have had on the residents of Salem County and wish to continue our support to the non-profit organizations who supply these valuable services.



Salem Health
& Wellness
Foundation

Grants promoting Teen Pregnancy Prevention & Health Education programs for Salem County young people.

1 Center for Supportive Schools – Teen PEP in Salem City - \$50,000.00

Teen Prevention Education Program (Teen PEP) is an evidence-based high school-based program that uses peer education to increase responsible decision-making among students around issues of sexual health. This pilot project includes six workshops for Salem Middle School, thereby providing a continuum of sexual health education for students in the 6th, 7th, 8th and 9th grades.

Currently 46 NJ high schools, in 17 counties are in the Teen PEP network. Salem High School is part of the 2013-2014 cohort and plans implementation of Teen PEP in September 2014. This grant will enable an expansion of Teen PEP in the Salem School District and extend the program's reach such that peer educators from the high school will be able to offer a continuum of support to Salem Middle School students by offering an opportunity to build the knowledge, skills attitudes, and behaviors associated with reducing unintended pregnancy HIV/AIDS, and other sexually transmitted infections at a time when they are developing their pivotal decision making and social skills.

2 Robins' Nest – Project AIM \$50,000.00

Project Adult-Identity-Mentoring (Project AIM) is an evidence-based program designed to reduce sexual risk behaviors among low-income, minority youth between the ages of 11-14, by providing the motivation to make safe choices and address deeper barriers to sexual risk prevention. This program was implemented in Penns Grove/Carneys Point Middle School to a cohort of 7th grade students.

This project was carefully designed to address the issue of early teen sexual activity, risky sexual behaviors, including sexually transmitted infections, as well as to build community readiness and support to meet the needs of Penns Grove and Carneys Point. The program creates open dialogue regarding the sexual health of youth in the community. This is accomplished by engaging middle school youth in activities to increase the knowledge of personal decision making and communication skills about sexual risk behaviors, increase parental self-efficacy, developing parent-child bonds, and empowering parents to teach their children. Children were also exposed to creating "positive future selves", where they were able to see their potential for the future.

3 Salem County Health Department – Are You Talkin' to Me? \$50,000.00

The Salem County Department of Health in conjunction with the Salem County Adolescent Pregnancy Prevention & Health Education Partnership (SCAPE) is working in the community to raise awareness about parent child communication around human sexuality and pregnancy prevention specifically. This project entailed a community wide contest for teens, specifically older teens that had experience to pass to younger teens. The teens submitted videos about their experiences of parent/child communication, how they would have liked to have been spoken to or what they would recommend for parents about communication around this topic.

After the videos were completed, one was selected for use in creating a dynamic and interactive workshop for parents in the community. However, all videos will be shown. The workshops are being developed using the expertise of SCAPE members, best practices in parent communication and lessons learned from high school students' experiences. They will then be conducted in the fall of 2014 and spring of 2015 using convenient locations throughout the county.

Current Non-Initiative Grantees

Gateway Community Action Partnership – In an effort to decrease the number of emergency room visits for common childhood illnesses and minor health conditions, Gateway created a health literacy program to educate parents in the Penns Grove Head Start and Salem Family Success Centers. These classes are also open to any parent wishing to attend at either location. \$15,420.00 – www.gatewaycap.org/?PN=Contact

Meals on Wheels – This grant is to enable Meals on Wheels to eliminate their waiting lists. \$15,000.00 – www.scmealsonwheels.org/



NJ Commission for the Blind – This program provides eye health screenings for uninsured and underserved Salem County residents. \$6,000.00 – www.nj.gov/humanservices/cbvi/home/

PRAC of Southern NJ – In an effort to encourage diversity in health field careers, PRAC of Southern NJ has created a Diversity Academy for Youth in Salem County. This program will instruct, educate, mentor, and support a group of students in Salem and Penns Grove/Carneys Point School Districts over a three year period. \$15,000.00 – www.pracnj.com/

Salem County Health Department – The program is providing Health Screenings for blood pressure, glucose and cholesterol to residents of Salem County in a variety of convenient locations. \$15,000.00 – www.salemcountynj.gov/



Salem County TRIAD – This grant will enable S.C. TRIAD to provide and include health education at their quarterly TRIAD meetings. \$6,000.00

Stand Up For Salem Mini Grant – This grant will support the Cowtown to Salem 10 mile run in an effort to increase awareness around the health benefits of physical activity. \$2,500.00

YMCA Get Fit program – The YMCA Get Fit Program is designed to meet the needs of the disabled and their caregivers in Salem County. This means making health and wellness a priority to a population that has long been ignored. It also means increasing both the capacity of the fitness field to serve people with Developmental Disabilities and the awareness of the Disabled Community regarding the importance of a healthy lifestyle. \$20,000.00

www.mymca.net/groupfitness.shtml



Office on Aging – The grant will support the Office on Aging programs such as, Matter of Balance, Project Healthy Bones, Chronic Disease Self Management and Health Ease Classes offered to Salem County seniors, caregivers and people with disabilities. \$3,015.00 – www.salemcountynj.gov/departments/office-on-aging/

Salem Health & Wellness Foundation provides grant to facilitate new construction at Daytop in Pittsgrove

Salem Health and Wellness Foundation Partners with Daytop New Jersey

Salem Health & Wellness Foundation partnered with Daytop New Jersey by awarding a grant in 2010 for \$360,000. This grant represented 10% toward a \$3.6 million dollar match committed by the state of New Jersey Department of Human Services Division of Addictions, to complete construction of Daytop's Adolescent Treatment Center in Pittsgrove.

On Wednesday, June 18, 2014 the realization of this project began with groundbreaking ceremonies attended by Salem Health & Wellness Foundation staff and board members in addition to Governor Christie and a number of other honored guests.

We are very excited to see the fruition of this project as Daytop hopes to see this facility fill the gap in Salem County by creating a school that will provide a positive and comprehensive educational and treatment experience for adolescents and their families.



Governor Christie speaks at ground-breaking

“We need to be dealing with this, in my view, in a much different way. We need to be giving people the tools and the education to deal with this disease.” Christie said. Wednesday, June 18, 2014.



Governor Chris Christie talks with Daytop client Conrad Peclet, 17 of Manchester during ground-breaking ceremony in Pittsgrove, N.J.



Kass Foster, Parent to Parent, Senate President Steve Sweeney, Governor Chris Christie, Senator Anthony Bucco, & Daytop CEO Jim Curtin attend the Daytop Adolescent Treatment Facility Ground-breaking.

Salem Health & Wellness Foundation encourages local non-profits to apply for grants

Areas of particular interest to the Foundation include but are not limited to:

Improving Access to Health Care

Proposals that permit broad segments of the population, especially underserved groups such as the poor and migrant workers, better access to primary and specialty medical services, including dental care and behavioral healthcare, are encouraged. Improved transportation systems for patients, support services for caregivers and advocacy initiatives to increase public and private funding to meet local healthcare needs are examples of projects designed to improve access.

Preventive Care

Increasing the availability and utilization of proven techniques for the prevention of accidents, injury and illness are a Foundation interest. Examples of such programs include immunizations, screenings and wellness and fitness programs.

Career Opportunities

Efforts to promote the recruitment, education and retention of skilled healthcare professionals in Salem County are favored. While the Foundation does not provide direct grants or scholarships to individuals, scholarship and loan programs towards this end, especially through Salem County post-secondary institutions are an area of interest. Programs that offer career training in healthcare professions where a critical shortage of trained personnel can be documented are encouraged.

Penns Grove school gets \$5,000 grant for Breakfast After the Bell



Pictured, from left, Dot Haefner, Alan Newkirk and Shawn Torres, Salem Health & Wellness (SH&W) board; Brian Ferguson, business administrator, PG/CP School; Fred Tomarchio, school board president; Jeanette Harbeson, school board vice president; Diana Camacho, student; John Sakewicz, SHWF board and Jacob Betts, student. Pictured sitting, from left, Ernest Henderson, SHWF board chair; Colleen Green, food service director PW Carleton School; E.J. Shockley PG/CP school and Zenaida Cobian, superintendent, PG/CP school district.

Artificial sweeteners could cause spikes in blood sugar, glucose intolerance



In a series of experiments, researchers found that several of the most widely used types of non-calorie sweeteners in food and drinks – saccharin, sucralose, and aspartame – caused mice to experience increased risk of glucose intolerance, a condition that can lead to diabetes.

“We are talking about very dramatic increases,” said one of the study’s coauthors, Eran Segal, a computational biologist at the Weizmann Institute of Science in Israel.

The same scientists also monitored what happened to seven human volunteers who did not typically use artificial sweeteners but were given regular doses of saccharin over the course of a week. Four developed significant glucose intolerance, and the others saw no blood sugar benefits from using artificial sweeteners. Separately, the researchers analyzed nearly 400 people and found that the gut bacteria of those who used artificial sweeteners was noticeably different from people who did not.

Flu Clinic Schedule

Free to Salem County Residents

Daytime Clinics

Evening Clinics

<p>September 29, 2014 (Monday) <u>Vehicle Drive-Thru Clinic</u></p> <p>Time: 10:00 AM – 2 PM Place: Salem County Fair Grounds Rt. 40 Woodstown</p>	<p>September 30, 2014 (Tuesday)</p> <p>Time: 4PM—7PM Place: Schalick High School 718 Centerton Rd, Pittsgrove</p>
<p>October 14, 2014 (Tuesday)</p> <p>Time: 10AM – 2PM Place: Salem County Community College 460 Hollywood Ave. Carney's Point</p>	<p>October 6, 2014 (Monday)</p> <p>Time: 4PM—7 PM Place: Elmer Grange at Pole Tavern Circle 535 Daretown Road Daretown</p>
<p>October 21, 2014 (Tuesday)</p> <p>Time: 10AM- 2PM Place: Fraternal Order of Police 693 South Broadway Pennsville</p>	<p>October 28, 2014 (Tuesday)</p> <p>Time: 4PM—7PM Place: Salem Co Dept of Health & Human Services 110 5th Street Suite 400 Salem</p>
<p>Free to Salem County Residents! No appointments necessary! Residents 3 years and older will be accepted at all clinics! For children under 3 years of age please call for information 935-7510, ext 8477</p>	<p>Do Not Get a Flu Shot If: You have had a reaction to flu shots before, You have an allergy to thimerosal, or You have previously developed Guillain-Barré Syndrome six (6) weeks after receiving the flu vaccination.</p>

Funded by the Salem County Board of Chosen Freeholders



Move Yourself! Salem County Fall Walk N' Talk Schedule



Move Yourself! Salem County

Salem County Department of Health & Human Services
110 Fifth Street St. Suite 400 Salem, NJ : 856-935-7510



October Walk N' Talks

<i>Location</i>	<i>Date & Time</i>	<i>Topic</i>
Carney's Point Recreation Park Penns-Grove Auburn Rd. Carney's Point	**Thurs. Oct. 2 10:00 am	Liver Cancer
Fort Mott State Park Fort Mott Rd. Pennsville Twp	Tues. Oct. 7 10:00 am	Nature Walk
Marlton Recreation Park 123 Marlton Rd. Woodstown	**Thurs. Oct. 9 10:00 am	Depression
Riverview Beach Park Route 49 Pennsville	Thurs. Oct. 16 10:00 am	Bone and Joint Health
Salem County Recreation Park Corner of Route 130 and Perkintown Rd Oldmans Township	**Thurs. Oct. 23 10:00 am	Breast Cancer
Marlton Recreation Park 123 Marlton Rd. Woodstown	**Tues. Oct. 28 10:00 am	Down Syndrome
Carney's Point Recreation Park Penns-Grove Auburn Rd. Carney's Point	**Thurs. Oct. 30 10:00 am	Mental Illness

**** On these dates we will be partnering with the Office of Disability Services to encourage residents with special needs to participate. ****

If a special needs resident requires transportation please contact the Salem County Office of Aging at (856) 339-8622 in advance.

Come Out and Join Us! For Updates,

"Like" us on Facebook at [Facebook.com/SalemCountyHealth](https://www.facebook.com/SalemCountyHealth)

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/>

Pumpkin-Cranberry Scones

Ingredients:

2 cups all-purpose flour, plus more for dusting
1/3 cup lightly packed light brown sugar
1 teaspoon baking powder
3/4 teaspoon ground cinnamon
1/2 teaspoon baking soda
1/2 teaspoon ground ginger
1/4 teaspoon fine salt
1/2 cup cold unsalted butter, cut into pieces
1/2 cup very cold buttermilk
1/2 cup canned pure pumpkin
1 teaspoon pure vanilla extract
1/2 cup dried cranberries, soaked in hot water for 30 minutes and drained well
Scant 1/4 cup candied ginger, finely diced
1/4 cup heavy cream

Preparation:

Preheat the oven to 375 degrees F and line a baking



sheet with parchment paper. Whisk together the flour, sugar, baking powder, cinnamon, baking soda, ginger and salt in a large bowl. Cut the butter into the mixture until it resembles coarse meal.

Whisk together the buttermilk, pumpkin and vanilla in a medium bowl until smooth. Add the wet mixture to the dry along with the cranberries and candied ginger. Mix until all combined (do not over-mix or the scones will be tough).

Transfer to a lightly-floured surface and knead the dough gently 4 or 5 times. Pat the dough into a circle that is about 8 inches round and about 1 1/2 inches thick. Cut the circle in half, and then cut each half into 4 pie-shaped wedges (triangles). Place the scones on the baking sheet and brush the tops with the heavy cream.

Bake until golden brown and a toothpick inserted in the middle comes out with a few moist crumbs attached, 20 to 25 minutes. Let cool on a baking rack for 15 minutes.