

Middlesex County Health and Wellness Council

Meeting Minutes: January 8, 2019

Attendees:

Chairman: Dr. Ken Freedman, Freedman Chiropractic

Catherine Biondi, Edison Health Department

Laura Lella- Smith, AHM, JFK/ RBMC Middlesex

Doriann Kerber, Milltown

Michelle Golba Norek, Hackensack Meridian/ RBMC

John Dowd, Middlesex County Health Department

Daiana Rios, Hackensack Meridian

Jackie Loyer, Robert Wood Johnson F & W

Lori Karabinchak, Middlesex County Office of Health Services

Shailja Mathur, Rutgers Sr. Program Coordinator

Robin Krippa, Hackensack Meridian

Joyce Madee, YMCA

Brandon Baldini, North Brunswick

Yonatan Gershon, Middlesex County

Lynn Sherman

Meeting Outcomes:

Welcome and Introductions:

Meeting was called to order by Ken Freedman at 10:21AM. Welcome to all attendees followed. Introductions were completed. The Bylaws are approved by the Freeholders.

Review and vote to adopt our Bylaws approved by Freeholders:

There was a motion to adopt by Jackie Loyer and Lynn and Dorian second it. No discussion, all in favor and none opposed. Bylaws are now adopted.

Formulation of committees:

Two committees are needed right now. A Nominating Committee (Article V) is needed to elect board and officers. A Membership Committee is needed for attracting and processing new members.

Nominating Committee:

- Dorian Kerber (Milltown), representing Municipal
- Shaija Mathur (Rutgers), representing Organizational
- Laura Lella Smith (Hackensack Meridian), representing Organizational
- Dr. Ken Freedman (East Brunswick), representing Municipal
- Catherine Biondi (Edison), representing Municipal

Board of Directors:

- Jackie Loyer
- Lynn Sherman
- Dorian Kerber
- Laura Lella- Smith
- Need one additional member

Membership Committee: serving on membership committee to contact municipalities:

- John Dowd
- Lynn Sherman
- Jackie Loyer
- Joyce Madee
- Michelle Golba Norek

Nominating Committee and Membership Committee will meet at the conclusion of this session to set up meeting.

Are there any additional Committees to be formed?

Events/Communications Committee:

- Daiana Rios
- Laurie Karabinchak
- Yonatan Gerhson
- Catherine Biondi

New Business:

Lynn spoke regarding SALLY as a speaker for future meetings. No new business

Announcements, upcoming events and additional comments:

John Dowd: 1/22/19 from 11:00AM to 3:00PM: Community Event in Middlesex; Winter Wellness Fair 2019

Dr. Freedman: 1/24/19 at 7:00PM: Woodbridge Public Library

Lynn Sherman: Girls on the Run organization is looking for coaches

Various flyers were distributed at the meeting.

Meeting Adjourned at 10:54AM

Laura and second by Joyce.

Middlesex County Health and Wellness Council

Meeting Minutes: February 5, 2019

Attendees:

Chairman: Dr. Ken Freedman, Township of East Brunswick

Catherine Biondi, Edison Health Department

Laura Lella- Smith, AHM, JFK/ RBMC Middlesex

Doriann Kerber, Milltown

John Dowd, Middlesex County Office of Health Services

Robert J. Laforgia, Healthier Middlesex

Ronna Patel, Middlesex Office of Planning

Mirah Becker, Middlesex Office of Planning

Taqualla Lowman, Boro of Carteret

Joyce Madee, YMCA Diabetes Prevention Program

Jackie Loyer, RWJ Fitness & Wellness

Lori Karabinchak, Middlesex County Office of Health Services

Yonatan Gershon, Middlesex County Office of Health Services

Lynn Sherman, Girls on the Run

Marge Drozd, St. Peter's University Hospital/ Spotswood

1. Welcome and Introductions:

Meeting was called to order by Ken Freedman at 10:27AM. Welcome to all attendees followed. Introductions were completed before upcoming presentation.

2. Review and acceptance of January 8, 2019 meeting minutes:

Spelling correction made to Doriann's and Lori's name. Motion to accept was made by Lynn Sherman and seconded by Doriann.

3. Reports from Committee Chairs: Nominating; Membership; Communications/ Events:

Seven people applied at the beginning of the meeting.

- Jackie Loyer
- William Gardner
- Robert LaForgia
- Laura Lella-Smith
- Dr. Ken Freedman
- Doriann Kerber
- Catherine Biondi

Near the conclusion of the meeting, two additional members applied for the Board.

- John Dowd
- Joyce Madee

Motions to accept the slate of Board applicants. Motion to accept was made by Marge and seconded by Doriann. A vote was taken and passed unanimously.

Update on membership presented by John Dowd. The county was divided into 5 regions. Currently there are 4 municipalities represented on the Council and 10 with no representation. The next step is to develop membership application. Letters will then be sent to mayors, business administrator and clerks. A draft letter will be reviewed and then sent out for recruitment along with follow up.

Communications/ Events:

Update on communications/ events presented by Yonatan Gershon. The chair for this is Daiana Rios (Hackensack Meridian) was unable to attend. Municipalities were contacted. The committee will be following up with the Middlesex County Health department about creating a Council web page where county wide events can be posted with links to all municipalities and libraries.

4. Presentation by John Dowd, Middlesex County Health Department:

Walk with a Doc program was presented by John. There are currently 15 walks scheduled for 2019.

2/13 at 9-10:30AM: Brunswick Square Mall

3/19 at 9:30-10:30AM/ 10:30AM-11AM/ 12PM-1PM: Buccheuch Park (gazebo behind senior center), followed by St. Peter's Hospital for food/ vendors, then talk.

This program is in 47 states and 21 countries. The chapter is located in East Brunswick. Roosevelt Park is base and walks may be within 20 miles of base. Only one organized walk per day.

The following are the scheduled walks: 4 in April, 3 in May, 4 in June, 1 in October, and 1 in November.

5. Announcements, upcoming events and additional comments:

Mirah Becker from Middlesex Office of Planning presented that the master plan is currently 48 years old. A current new plan is being written. "Destination 2040"

Mirah will be following up with local hospitals that will be conducting new community health need assessment. Marge indicated that St. Peter's will be conducting their health need assessment in the future and invited Mirah to call them for the data collected.

Dr. Freedman will be presenting "Stress Management for Successful Living":

- 3/7 at 7-8PM at the South Plainfield Public Library
- 4/23 at 7-8PM at the Edison Free Public Library

5/4 at 12-4PM Health and Wellness Expo in East Brunswick: Brunswick Square Mall, more details to be followed.

Various flyers were handed out:

- Hackensack Meridian Health JFK Medical Center on Diabetes and Heart Disease on Tuesday February 12, 2019 11AM-12PM at Edison Public Library: Clara Barton Branch
- Hackensack Meridian Health JFK Medical Center on Diabetes and Heart Disease on Thursday February 21, 2019 1-2PM at Edison Public Library: Main Library
- Hackensack Meridian Health JFK Medical Center on Vascular Screenings- various dates on flyer

Meeting Adjourned at 11:45AM

Submitted by Catherine Biondi

Middlesex County Health and Wellness Council

Meeting Minutes: March 12, 2019

Attendees:

Chairman: Dr. Ken Freedman, Township of East Brunswick

Catherine Biondi, Edison Health Department

Doriann Kerber, Milltown

John Dowd, Middlesex County Office of Health Services

Robert J. Laforgia, Healthier Middlesex

Ronna Patel, Middlesex Office of Planning

Joyce Madee, YMCA Diabetes Prevention Program

Jackie Loyer, RWJ Fitness & Wellness

Lori Karabinchak, Middlesex County Office of Health Services

Yonatan Gershon, Middlesex County Office of Health Services

Lynn Sherman, Girls on the Run

Dana Neigel, Middlesex County Health Services

Mariam Merced, Robert Wood Johnson University Hospital

Jessica Alvarez, Middlesex County Office of Planning

Tab Chukunta, Saint Peter's Health Care Systems

Shailja Mathur, Rutgers Cooperative Extension

Daiana Rios, Hackensack Meridian

Orville Morales, NJ Sugar Free

1. Welcome and Introductions:

Meeting was called to order by Ken Freedman at 10:18AM. Welcome to all attendees followed and introductions were completed.

2. Review and acceptance of February 5, 2019 meeting minutes:

Daiana Rios made motion to accept and second it by Shailja Mathur.

3. Reports from Committee Chairs: Nominating; Membership; Communications/ Events:

Nominating:

Doriann reported: First Board meeting was held on March 7, 2019 from 1:00PM- 2:00PM.

Members: Lynn Sherman, John Dowd, Laura Lella- Smith, Joyce Madee, William Gardener, Shailja Mathur.

Chair: Dr. Freedman

Co- Chair: Robert LaForgia

Secretary: Catherine Biondi

It is up to the members to vote slate of officers. Yonatan Gershon made motion to accept and second it by Daiana Rios.

Membership:

John Dowd reported: Letters will be sent out to Mayors and Council Presidents. Jamesburg, Metuchen, Sayreville, South Brunswick and South River are towns with no leads. Piscataway, South Plainfield, South Brunswick and Spots Wood are towns to be followed up on.

Communications/ Events:

Daiana Rios and Lori Karabinchak asked what events to be posted on the website. Group voiced that all events should be posted. All event flyers should be sent PDF files to Daiana Rios and Lori Karabinchak. There should be a deadline set for two weeks prior to the following month to allow adequate time to post events on the website. The website is not currently live at this time.

4. Presentation by John Dowd and Doriann Kerber:

Sustainable Jersey was presented by John Dowd and Doriann Kerber. The history of Sustainable Jersey was explained and how the point system is achieved. John Dowd stated that Health and Wellness is our focus.

5. Announcements, upcoming events and additional comments:

Doriann Kerber: September 21st: Diabetes Walk

Dr. Freedman: May 4th from 12pm- 4PM: Health and Wellness Expo. at the East Brunswick Mall

Tab Chukunta: March 23rd from 11AM- 3PM: Kids Fest at Rutgers on College Avenue

Robert LaForgia: March 22nd from 1PM- 4PM: Community Health Services will provide Blood Sugar screenings at St. Peter's University Hospital

Mariam Merced: Robert Wood Johnson and St. Peter's conducting health assessment survey seeking South Asians and Asians. The goal is to complete 1500 surveys and the current number is 1200.

April 4th from 11am- 4PM: Ciclovía in New Brunswick

Orville Morales: Reported that to reducing sugar drinks starts with NJ Employers.

Jessican Alvarez: Mentioned "Prescription Parks"

Lynn Sherman: Girls on the Run program is starting in April ending with 5K race in June

March 19th from 11AM- 1PM: Walk with a Doc

Healthiest County in the state is Hunterdon with Middlesex is ranked number six.

Various flyers were handed out:

- Health and Wellness Council sample of website
- Sustainable Jersey
- Park Rx America
- Community Health Services (Saint Peter's University Hospital): Free Blood Sugar Screenings- March 22 and March 26
- Hackensack Meridian Health: Managing Your Medications: April 4
- Hackensack Meridian Health: Aromatherapy: The Basics: April 16
- Hackensack Meridian Health: Acupressure and Breath work: April 3
- Hackensack Meridian Health: Are you Really Healthy: April 17
- Saint Peter's Healthcare System newsletter/ Community Calendar for March
- Walk with a Doc: Buccleuch Park: March 19th

Next Meeting: Tuesday April 9, 2019

Meeting Adjourned at 11:14AM: Doriann Kerber made motion to adjourn and second it by: Tab Chukunta

Submitted by Catherine Biondi

Middlesex County Health and Wellness Council

Meeting Minutes: April 9, 2019

Attendees:

Chairman: Dr. Ken Freedman, Township of East Brunswick

Catherine Biondi, Edison Health Department

Doriann Kerber, Milltown

John Dowd, Middlesex County Office of Health Services

Joyce Madee, Best Self Wellness Coaching

Jackie Loyer, RWJ Fitness & Wellness

Lynn Sherman, Girls on the Run

Lori Karabinchak, Middlesex County Office of Health Services

Laura Lella- Smith, AHM, JFK/ RBMC Middlesex

Michelle Golba- Norek, HMMH

Kapila Marepalli, RWJ Peds

Robert J. LaForgia, Healthier Middlesex

1. Welcome and Introductions:

Meeting was called to order by Dr. Ken Freedman at 10:22AM. Welcome to all attendees followed and introductions were completed.

2. Review and acceptance of March 12, 2019 meeting minutes:

Laura Lella- Smith made motion to accept and second it by Joyce Madee. All in favor.

3. Reports from Committee Chairs: Nominating; Membership; Communications/ Events:

Nominating:

No report on the nominating committee

Membership:

John Dowd reported: 28 towns engaged with 5 towns remaining. All hospitals are engaged.

Communications/ Events:

Lori Karabinchak reported: web page is now live. All events are up for April. Any updates to be sent to Lori.

All press releases will go through John Dowd. Lynn Sherman will assist.

4. Presentation by Karen Parry from the East Brunswick Library:

- Libraries are getting more involved in promoting health
- National Institute of Health: May 4th from 11-4PM at the Senior Center
- NJ Health Initiatives to improve community health, most needed was access to health information, health illiteracy also an language barrier
- Digital audio books are available

Presentation by Ron Lichtenberger, General Manager of the East Brunswick Square Mall:

- Health and Wellness Expo is on Saturday October 12, 2109 NOT May 4
- Partner with Aldersgate, 30% of sponsorship will go to Aldersgate
- Event to attract families and characters are a draw (Gaga Pit)
- 60 Vendor tables are limited

5. Announcements, upcoming events and additional comments:

Robert LaForgia: Healthier Middlesex May 7th from 12PM to 2PM

John Dowd: May 10th from 9AM to 3:30PM at Middlesex County College. Letters to Mayors were sent out

Dr. Freedman: April 23rd 7PM at the Edison Public Library: Stress Management for Successful Living

Various flyers were handed out:

- Hackensack Meridian Health: Parkinson's Disease: What you Need to know: April 3
- Hackensack Meridian Health: Breast Health: Early Detection: April 10
- Hackensack Meridian Health: Are You Really Healthy?: April 17
- Hackensack Meridian Health: Are you Getting a Good Night's Sleep: April 25
- Hackensack Meridian Health: Walk with the Docs: April 27
- Hackensack Meridian Health: NuSteps to Stroke Recovery Fundraiser: May 4
- Hackensack Meridian Health: Stroke Awareness: May 6
- Hackensack Meridian Health: Health U magazine
- Edison Public Library Presents: Stress Management for Successful Living: April 23

Next Meeting: Tuesday May 14, 2019

Meeting Adjourned at 11:15AM: Joyce Madee made motion to adjourn and second it by Robert LaForgia

Submitted by Catherine Biondi

Middlesex County Health and Wellness Council

Meeting Minutes: May 14, 2019

Attendees:

Chairman: Dr. Ken Freedman, Township of East Brunswick

Catherine Biondi, Edison Health Department

Robert J. LaForgia, Healthier Middlesex

Lynn Sherman, Girls on the Run

Doriann Kerber, Milltown

Joyce Madee, Best Self Wellness Coaching

Daiana Rios, Hackensack Meridian Hospital

Marge Drozd, Spotswood & St. Peter's University Hospital

Laura Lella- Smith, Hackensack Meridian Hospital

Kathryn Nguyen, East Brunswick Sust. Task Force

Yonatan Gerson, Middlesex County Health Department

S. Pasricha, East Brunswick Environmental Commission

Anastasai Tsiamita, RWJ Barnabas Health

Lisa Troulis, City of New Brunswick

Any Denholtz Lewandowski, East Brunswick

1. Welcome and Introductions:

Meeting was called to order by Dr. Ken Freedman at 10:22AM. Welcome to all attendees followed and introductions were completed.

2. Review and acceptance of April 9, 2019 meeting minutes:

A correction was made to Laura Lella- Smith's name. Doriann Kerber made motion to accept and second it by Robert LaForgia. All in favor and non-opposed.

3. Reports from Committee Chairs: Nominating; Membership; Communications/ Events:

Nominating:

No report on the nominating committee

Membership:

Dr. Ken Freedman reported that 21 out of 25 towns are represented with 4 towns remaining. As per Dr. Freedman, Shanti Narra will offer assistance to get the other remaining towns involved.

Communications/ Events:

Daiana Rois asked any postings and send to Lori Karabinchak

4. Presentation by Renee Haider from Sustainable Jersey to discuss Building Healthy Communities and other related actions

- Discussed what communities can do to become sustainable
- 450 towns are registered
- 200 towns are certified Bronze or Silver
- Schools can become Sustainable
- Grants are offered for schools and municipalities
- Event on June 14, 2019 at Bell Works in Holmdel

Presentation by Ron Lichtenberger, General Manager of the East Brunswick Square Mall:

- Health and Wellness Expo is on Saturday October 12, 2109 NOT May 4
- Partner with Aldersgate, 30% of sponsorship will go to Aldersgate
- Event to attract families and characters are a draw (Gaga Pit)
- 60 Vendor tables are limited

5. Announcements, upcoming events and additional comments:

Robert LaForgia: Healthier Middlesex May 7th from 12PM to 2PM

John Dowd: May 10th from 9AM to 3:30PM at Middlesex County College. Letters to Mayors were sent out

Dr. Freedman: April 23rd 7PM at the Edison Public Library: Stress Management for Successful Living

Various flyers were handed out:

- Hackensack Meridian Health: Parkinson's Disease: What you Need to know: April 3
- Hackensack Meridian Health: Breast Health: Early Detection: April 10
- Hackensack Meridian Health: Are You Really Healthy?: April 17
- Hackensack Meridian Health: Are you Getting a Good Night's Sleep: April 25
- Hackensack Meridian Health: Walk with the Docs: April 27
- Hackensack Meridian Health: NuSteps to Stroke Recovery Fundraiser: May 4
- Hackensack Meridian Health: Stroke Awareness: May 6
- Hackensack Meridian Health: Health U magazine
- Edison Public Library Presents: Stress Management for Successful Living: April 23

Next Meeting: Tuesday May 14, 2019

Meeting Adjourned at 11:15AM: Joyce Madee made motion to adjourn and second it by Robert LaForgia

Submitted by Catherine Biondi

Middlesex County Health and Wellness Council

Meeting Minutes: June 11, 2019

Attendees:

Chairman: Dr. Ken Freedman, Township of East Brunswick

Catherine Biondi, Edison Health Department

Mirach Becker, MCOP

S. Pasricha, East Brunswick Environmental Commission

Joyce Madee, Best Self Wellness Coaching

Jackie Loyer, Robert Wood Johnson Fitness and Wellness

Lynn Sherman, Girls on the Run & Our Wellness Group

Lori Karabinchak, Middlesex County Office of Health Services

Twyla Paige, Middlesex County Office of Health Services

1. Welcome and Introductions:

Meeting was called to order by Dr. Ken Freedman at 10:21 AM. Welcome to all attendees followed and introductions were completed.

2. Review and acceptance of May 14, 2019 meeting minutes:

Lynn Sherman made motion to accept and second it by Joyce Madee. All in favor and non-opposed.

3. Reports from Committee Chairs: Nominating; Membership; Communications/ Events:

Nominating:

No report on the nominating committee

Membership:

Lori Karabinchak: no new report

Communications/ Events:

Lori Karabinchak: June calendar updated on website and July is also on website

4. Presentation by Lori Karabinchak on Health and Wellness Council Website

- Walk with a Doc form
- Survey to the group was sent out and only 4 responses returned

5. Announcements, upcoming events and additional comments:

Jackie Loyer announced events for June

Lori Karabinchak announced Walk with a Doc for Tuesday June 25th

Dr. Freedman announced:

East Brunswick Day for September 22nd from 12:00PM to 5:00PM

Milltown Day for October 5th

Health and Wellness for October 12th from 12:00PM to 4:00PM at East Brunswick Mall

Dr. Freedman informed that the meeting dates will change starting in September. The place and time of the meeting will stay the same.

New Business:

Lynn Sherman: Girls on the Run was held on Sunday June 9, 2019. The fall season starts the first week of September.

S. Pasricha: Inquired about Tick Borne Disease and where does the County stand? Lori Karabinchak addressed the question that the Mosquito Commission treats the parks and the County Parks also have their own protocol.

6. Please note the change in our meeting calendar:

- September 13- Meeting Room 2
- October 11- Meeting Room 3
- November 15- Meeting Room 3

- December 13- Meeting Room 1

Various flyers were handed out:

- Walk with a Doc: Fitness Event on Tuesday June 25th from 10:00AM- 11:00AM
- Walk with a Doc Program Event Request Form
- Health and Wellness Council print out of website
-

Next Meeting: September 13th Meeting Room 2

Meeting Adjourned: Jackie Loyer made motion to adjourn and second it by Twyla Paige.

Submitted by Catherine Biondi

Middlesex County Health and Wellness Council

Meeting Minutes: September 13, 2019

Attendees:

Chairman: Dr. Ken Freedman, Township of East Brunswick

Catherine Biondi, Edison Health Department

Orville Morales, NJ Sugar Freed

Shailja Mathur, Rutgers Cooperative Extension

Kevin McEvoy, Township of East Brunswick

Joyce Madee, Best Self Wellness Coaching

Jackie Loyer, Robert Wood Johnson Fitness and Wellness

Lynn Sherman, Girls on the Run & Our Wellness Group

Robert Laforgia, Healthier Middlesex

Mirach Becker, Middlesex County Office of Planning

Colleen McGurk, Township of East Brunswick

Nick Tofaro, Middlesex County Office of Planning

Yonatan Gershon, Middlesex County Office of Health Services

Laura Lella- Smith, Hackensack Meridian Health

John Dowd, Middlesex County Office of Health Services

1. Welcome and Introductions:

Meeting was called to order by Dr. Ken Freedman at 10:23 AM. Welcome to all attendees followed and introductions were completed.

2. Presentation by Nick Tufaro and John Dowd regarding Park RX America

- Asking this group to endorse the program and encourage participation
- No cost to participating townships
- Register the parks and the features
- Membership to vote: Motion to approve. 1st by Robert LaForgia and 2nd by Lynn Sherman

3. Review and acceptance of June 11th , 2019 meeting minutes:

Robert LaForgia made motion to accept and second it by Jackie Loyer. All in favor and non-opposed; minutes accepted.

4. Reports from Committee Chairs: Nominating; Membership; Communications/ Events:

John Dowd- Schedule to meet with Catherine Biondi to review contact list. Five townships not represented- Jamesburg, Metuchen, Sayreville, South Brunswick, and South River. Spotswood is the only town not part of Sustainable Jersey. Sent any various events to Lori Karabinchak.

- Walk with a Doc program- 13ththis year with 465 participants. Three events cancelled due to rain
- Laura Lella- Smith asked about indoor walk areas

Yonatan Gershon- Non to report

5. Discussion: Representation of this council at various events

- October 12th is East Brunswick Day
- Possible tablecloth
- John Dowd will re-submit logo with county
- Brochure through Communications committee- marketing design it
- Lori Karabinchak and John Dowd will submit to marketing

6. Announcements, upcoming events and additional comments:

Friday September 20, 2019: Lynn Sherman: Girls on the Run will be at Somerset Patriots Game on

Saturday October 12, 2019 at 12PM to 4PM: East Brunswick Health and Wellness Expo

Orville Morales- Best Health Communication/ Mental Health

Various flyers were handed out:

- Middlesex County Park Rx Initiative
- PRAB 2019 Charity Bowling Tournament
- Milltown Diabetes Walk and Health Fair
- Girls on the Run Family Fun Night
- Middlesex County: 6 Week Diabetes Self- Management Workshop
- Middlesex County: National Preparedness Month
-

7. Meeting Adjourn: Robert LaForgia made motion to adjourn and second it by Lynn Sherman

Submitted by Catherine Biondi

Middlesex County Health and Wellness Council

Meeting Minutes: October 11, 2019

Attendees:

Chairman: Dr. Ken Freedman, Township of East Brunswick

Catherine Biondi, Edison Health Department

Shailja Mathur, Rutgers Cooperative Extension

Lynn Sherman, Girls on the Run & Our Wellness Group

Robert Laforgia, Healthier Middlesex

Laura Lella- Smith, Hackensack Meridian Health

John Dowd, Middlesex County Office of Health Services

John Ferguson, Middlesex County Office of Emergency Management

S. Pasricha, East Brunswick Environmental Commission

CALL IN: Tab Chukunta, Saint Peter's Health Care Systems

1. Welcome and Introductions:

Meeting was called to order by Dr. Ken Freedman at 10:23 AM. Welcome to all attendees followed and introductions were completed. No quorum for this meeting

2. Review and acceptance of September 13, 2019 meeting minutes:

Unable to vote to accept minutes. Website for Park RX America is being created.

3. Reports from Committee Chairs: Nominating; Membership; Communications/ Events:

John Dowd- All 25 towns engaged with 2 towns to confirm if it is the correct contact. Once list is completed, send to Dr. Freedman. Email all flyers or updates to Lori for communications.

4. Presentation: John Ferguson, Middlesex County Office of Emergency Management

- Discussed roles and responsibilities of OEM

5. Announcements, upcoming events and additional comments:

Saturday October 12, 2019 at 12PM to 4PM: East Brunswick Health and Wellness Expo

Saturday October 19, 2019 at 10AM to 1PM: Woodbridge Public Health Day/ Walk with a Doc

Saturday October 26, 2019: Walk with a Doc (Oak Park in East Brunswick)

Tuesday October 29, 2019: World Stroke Day

Tuesday November 12, 2019: Walk with a Doc (Buccleuch Park)- Flyer

Thursday November 21, 2019 at 12PM to 5PM: Women's Wellness Day at JFK (80 James St. Social Hall)

Sunday November 24, 2019: Lynn Sherman: Girls on the Run 5K Run

Sunday May 31, 2020 at 11AM to 3PM: Edison Family Day featuring: Health and Wellness Expo and Green Fair at Raritan Expo Center

Flyer: Office of Health Services: 2019-2020 Flu and Pneumococcal Immunization Schedule

Orville Morales- Best Health Communication/ Mental Health

Various flyers were handed out:

- Middlesex County Park Rx Initiative
- PRAB 2019 Charity Bowling Tournament
- Milltown Diabetes Walk and Health Fair
- Girls on the Run Family Fun Night
- Middlesex County: 6 Week Diabetes Self- Management Workshop
- Middlesex County: National Preparedness Month
-

6. Meeting Adjourn at 11:20AM

Submitted by Catherine Biondi

Middlesex County Health and Wellness Council

Meeting Minutes: November 15, 2019

Attendees:

Chairman: Dr. Ken Freedman, Township of East Brunswick

Catherine Biondi, Edison Health Department

Robert Laforgia, Healthier Middlesex

Joyce Madee, Best Self Wellness

Laura Lella- Smith, Hackensack Meridian Health

John Dowd, Middlesex County Office of Health Services

Mirah Becker, Middlesex County Office of Health Services

S. Pasricha, East Brunswick Environmental Commission

Tab Chukunta, Saint Peter's Health Care Systems

1. Welcome and Introductions:

Meeting was called to order by Dr. Ken Freedman at 10:22 AM. Welcome to all attendees followed and introductions were completed. No quorum for this meeting

2. Review and acceptance of October 11, 2019 meeting minutes:

Unable to vote to accept minutes.

3. Reports from Committee Chairs: Nominating; Membership; Communications/ Events:

John Dowd- All 25 towns contacted. Robert Laforgia will assist John Dowd. Woodbridge Township Sustainable Jersey Carolyn Ehrilick. John will inquire for Carolyn to be the speaker for meeting on December 13th. All Walks with a Doc is now completed. Walk with a Doc will reach out to faith based organizations.

4. Presentation:

- NONE

5. Announcements, upcoming events and additional comments:

- Mirah: Destination 2040

- Destination 2040: Community Health, Parks and Recreation, Transportation, Quality of Life, Economic Development

- Stake Holder Workshop: First meeting on December 2nd 1-4PM
- Laura: Women's Event on November 21, 2019: Open to the public
- Robert: St. Peter's Vaping Education Program on November 21, 2019 from 12-1PM
- November 19, 2019: Healthier Middlesex: Goals and Strategies, CHIP for the next 3 years
- Develop schedule for 2020
- Best time for meetings
- Surveying the group for regular meetings and board meetings

6. Meeting Adjourn at 11:15PM.

Submitted by Catherine Biondi

Middlesex County Health and Wellness Council

Meeting Minutes: December 13, 2019

Attendees:

Jaclyn Loyer, Robert Wood Johnson Fitness and Wellness Center

Catherine Biondi, Edison Health Department

Robert Laforgia, Healthier Middlesex

Lori Karabinchak, Middlesex County Office of Health Services

Joyce Madee, Best Self Wellness

S. Pasricha, East Brunswick Environmental Commission

Tab Chukunta, Saint Peter's Health Care Systems

1. Welcome and Introductions:

Meeting was called to order by Robert Laforgia at 10:21 AM. Welcome to all attendees followed and introductions were completed. No quorum for this meeting

2. Review and acceptance of November 15, 2019 meeting minutes:

Unable to vote to accept minutes.

3. Reports from Committee Chairs: Nominating; Membership; Communications/ Events:

- S. Pasricha: provided information on Sierra Club
- Lori: Send all information to Lori; archive meeting minutes on website; Launch Walk with a Doc webpage- adding request form

4. Presentation:

- NONE

5. Announcements, upcoming events and additional comments:

- Robert: January 14, 2020: last CHIP planning meeting, looking at objectives, should be ready for publishing for February 2020. This is valid for three year

6. Meeting Adjourn at 10:30AM

Submitted by Catherine Biondi