



Morristown United for Healthy Living

March 26, 5:30pm - 7:30pm, St. Margaret's Church

Agenda

Minutes in Green

5:30 **Welcome & Introductions**

5:40 **Updates Since Last Meeting**

- Morris Blue respite slots (applications open now at www.morrisblue.org; use "MUHL" in comments section for applicants from our neighborhood)
- Training/Education Group
- Built Environment Group
 - We received a \$20,000 grant from Habitat International for park improvements and support for a community event!
 - Little Library project is moving along; boxes are being built and one location is about to be secured (on MKL); need another location and ideas for decorating and maintaining the boxes
 - NJHCN Grant – looking for the best time and location to set up Pop-Up Farm Stand
- Local volunteers available via the UCEDA Institute

5:50 **Upcoming Events/Activities**

- Spring Clean-Up Day – Volunteers needed!
- Morristown United Mini Grants are open for Spring 2018!
- Community Voice Survey Reminder – to sign up, email data@njhealthmatters.org
- Morristown United Calendar for 2018 - send any events to morristownunited@njhealthmatters.org
- Other events?
 - Tax Prep support available via United Way and their partners; to reserve a spot, call 973-993-1160 x5 or visit www.unitedwaynj.org/freetaxprep
 - Affordable housing opportunity at Davenport Village in Morris Plains; see attachments sent with this agenda or contact Tanya Van Orden (tvanorder@madisonha.com) for more information.

6:10 **Joint Learning and Action Opportunity: Lead Poisoning Prevention and Healthy Homes**

- Lorena Hincapie, MSW, Program Coordinator, Childhood Lead Poisoning Prevention and Healthy Homes Program, *Partnership for Maternal and Child Health of Northern New Jersey*
 - This program has funding from the NJ Department of Health to provide health education and services to children and pregnant women in all 8 northern NJ counties
 - One key education initiative is providing information on lead poisoning and healthy homes; education opportunities are available in both Spanish and English –



to receive the materials that were distributed at the meeting, email lhincapie@partnershipmch.org

- Lead is in paint, water, ceramics, spices, candies, and toys
- The home is the main source of lead
- Children with high levels of lead can have problems with learning, hearing, speech, anemia, ADHD and other social impairments, but there are no other physical symptoms
- The only accurate way to test for blood lead levels is through a blood test conducted via a doctor (prick test is not accurate); it is recommended that children be tested for lead yearly up to age 6 (even though most doctors only do it up to age 2); pregnant women should also be tested
 - A blood level of less than 5 is deemed “ok”, but no level is safe, other than 0
- Foods high in calcium, vitamin C and iron can help protect against lead poisoning
- To keep the home healthy make sure it is safe, pest-free, contaminant free, temperature-controlled, dry, well-maintained, well-ventilated, and clean; leave shoes at the door and if adults work in construction, manufacturing, or other industries where they might be exposed to lead, wash clothes separately
- There is currently a Lead-Safe Home Remediation Program, but it is not available in Morris County; they will send out an inspector to qualified homes and fix issues that are found
- The Northern Regional Childhood Lead Poisoning Prevention and Healthy Homes Coalition meets regularly; the next Morris/Sussex/Warren meeting is on September 18th at Morris County Head Start
- Questions from the group:
 - Q: Are the home kits for lead testing accurate? A: They are helpful, but not as accurate as a home inspection
 - Q: Can adults be affected by lead/living in old homes? A: kids are more exposed because they put everything in their mouths and their brains are still developing. Lead is mostly a concern for children and pregnant women. Paint that is not in-tact or dust from construction can expose adults, but the results aren't as severe
 - Q: Are more people testing positive in our area compared to other areas? A: Yes, Morristown and Dover have older homes and a greater number of people test positive for lead exposure (but education and outreach is helping)
 - Q: What can we do to get Morris County involved in the remediation program? A: Can contact the NJ State Department of Human Affairs



6:30 **Break-Outs by Group**

- Those interested in working on “trainings” will meet together
- Built Environment/Sense of Community group will meet together
- Open to new sub-groups! Considering adding a policy/advocacy group

7:20 **Report-Backs by Group**

- Training/education/outreach
 - Continuing outreach to Morristown Housing Authority
 - Group was inspired by presentation on lead poisoning; some members will be developing a plan to make lead poisoning information more readily available and will look into the possibility of offering blood testing at Zufall (perhaps also providing an incentive for people to get tested)
 - The group would like to put a corkboard/info board on the Little Libraries to share important information
- Built Environment/Sense of Community
 - NJHCN Grant – Pop-Up Farm Stand: working to come up with locations and times; the group discussed the target audience and suggested Wednesday evenings. There are multiple markets in town and this one should fill a gap. There is an opportunity to advertise all of the markets together (“eat local every day”). The group also discussed the possibility of having pre-assembled boxes with corresponding recipes.
 - “Wellness Boulevard” Block Party: Considering combining this event with Community Family Day if the organizers are open to changing up the location of the event. We also discussed what we could add to bring it to the next level – ideas include water slides/slip n’ slides, fireworks/sparklers, a big-screen movie at the end of the event, additional vendors/food trucks

7:30 **Close**

Next meeting: April 23rd, 2018

Meeting Goals:

- Catch up on the ongoing activities of the coalition
- Learn more about lead poisoning prevention efforts and how we can help
- Make progress toward our action plan