



MID-BERGEN REGIONAL HEALTH COMMISSION

NEWSLETTER



HEALTH OFFICER

JAMES FEDORKO

James Fedorko worked for the Englewood Health Department as the Director of Health Services/Health Officers for eight years before coming to the Mid Bergen Regional Health Commission. He worked for the Passaic County Department of Health from 2004 to 2013 and retired from the U.S. Army Reserves in 2017 with the rank of Lieutenant Colonel in the Medical Service Corps. Jim is married with five children and has been a beekeeper since 1996.

WELCOME

We are thrilled to introduce our newsletter from the Mid-Bergen Regional Health Commission. This platform will serve as a vital channel for sharing insightful health information, updates on our initiatives, and inspiring stories of impact within our community. Through this newsletter, we aim to foster engagement and collaboration while delivering valuable resources and opportunities for active participation. We invite your feedback and participation as we work together to promote a healthier and more resilient community. Thank you for joining us on this journey, and we look forward to the positive impact we can make together

OUR MISSION

Mid Bergen Regional Health Commission aims to promote and protect the health and well-being of our municipalities by providing accessible, evidence-based, and comprehensive public health services. We strive to prevent disease, promote healthy behaviors, and address health disparities through education, outreach, and collaboration with our partners. Our dedicated professionals are committed to fostering a culture of wellness, equity, and resilience. Together, we are determined to empower individuals and communities to make informed decisions, leading to a healthier future for everyone we serve.

OUR SERVICES

The Commission provides services related to environmental health, education, and health promotion to enhance the health and wellness of our residents.

For community health programming, resources, and events please contact:

Sarah Bombino, MPH, Health Planner
 sbombino@njlincs.net
 201-362-1458



MID-BERGEN REGIONAL HEALTH COMMISSION
Reflecting on Health Milestones
January 2024

GRANTS

STRENGTHENING LOCAL PUBLIC HEALTH CAPACITY GRANT

The Strengthening Local Public Health Grant has empowered us to enhance our approach to communicable diseases. This includes reimbursing COVID-19 and other infectious disease (ID) expenses. Additionally, it has facilitated the hiring of a Local Health Outreach Coordinator (LHOC) and an Infectious Disease Preparedness Generalist (IDPG). Their roles are crucial in evaluating, mitigating, and responding to communities disproportionately impacted by the social and health effects of COVID-19 and other infectious diseases. Furthermore, the grant allows us to establish connections for testing and vaccination access, as well as support services, addressing lab report issues, and providing assistance in various COVID-19 and infectious disease-related activities.

THE ENHANCING LOCAL PUBLIC HEALTH INFRASTRUCTURE GRANT

The objective of the Enhancing Local Public Health Grant is to facilitate the growth or enhancement of lasting health infrastructure improvements, while placing significant focus on health equity, diversity, inclusion, and accessibility. The grant has funded the positions of a Grant Director, Public Health Planner, Health Educator, Finance Administrator. MBRHC has also acquired memberships for its employees to the National Environmental Health Association (NEHA), Northern New Jersey Public Health Association (NNJPHA), New Jersey Association of County and City Health Officials (NJACCHO), and New Jersey Environmental Health Association (NJEHA). These memberships are crucial for improving the organization and local health departments competencies, intra-organizational relationships, and providing guidelines to developing crucial policies that foster accountability, transparency and prioritize equity.

Bergen County

OUR JURISDICTIONS
We are currently serving:

- Bergenfield
- Bogota
- Carlstadt
- Cliffside Park
- Closter
- Englewood Cliffs
- Garfield
- Hasbrouck Heights
- Leonia
- New Milford
- Ramsey
- Ridgefield Park
- River Edge
- Tenafly
- Wallington



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HEALTH EDUCATION

MBRHC strives to provide education to the communities under its jurisdiction and its organizations employees. MBRHC recently hired a Public Health Planner and Health Educator. The Public Health Planner has outreached to critical stakeholders such as board of health members, police personnel, commissioners, and schools with the intention of creating a stronger community network. The Health Educators have provided their expertise to conduct health education activities in public schools, libraries, and clinics. MBRHC has also acquired memberships for its employees to the National Environmental Health Association (NEHA), Northern New Jersey Public Health Association (NNJPHA), New Jersey Association of County and City Health Officials (NJACCHO), and New Jersey Environmental Health Association (NJEHA). These memberships are crucial for improving the organization and local health departments competencies, intra-organizational relationships, and providing guidelines to developing crucial policies that foster accountability, transparency and prioritize equity.

HEALTH EDUCATOR SPOTLIGHT

Since assuming the role in April 2023, Jamie Sclafane, MS, MCHES®, the new Health Educator of Leonia, has been fully engaged. Collaborating closely with the Mid-Bergen Regional Health Commission and the Leonia Board of Health, she has spearheaded numerous health initiatives across the borough. If you attended any Leonia community events, such as Leonia Day or Leonia's Halloween on Broad Ave. since April, chances are you encountered one of her health information tables focusing on timely health issues. Jamie has also partnered with the Leonia Senior Center to introduce various programs, including film viewings, discussions with the health educator, and Bingosize®, launching in January. Moreover, she has collaborated with the Leonia School District to orchestrate student wellness initiatives, a monthly health workshop series for parents, and parent resource wellness fairs at each school building's back-to-school night. Additionally, Jamie has made free Narcan training and distribution available in Leonia. Stay updated on Leonia's Health Initiatives by following us on Facebook, Instagram, TikTok @leoniahealth #healthupleonia.



**JAMIE SCLAFANE, MS,
MCHES®**



MID-BERGEN REGIONAL HEALTH COMMISSION
Tips on staying healthy in the New Year
January 2024



Wash your hands!

It's really important to wash your hands after using the bathroom, before eating, and after you've touched something dirty. Washing your hands helps to keep you healthy.



Wet hands



Apply soap



Palm to Palm



Base of Thumbs



Fingernails



Rinse Hand



Dry Hands





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