

# REPORT

## *to the community*

MONTCLAIR, NEW JERSEY FALL 2012



Together,  
we're building a  
*better,*  
healthier  
community.



Partners for Health  
A Community Foundation

Serving the Montclair Area



## Additional community prevention measures include:

- Working to strengthen the safety net for middle school students by focusing on their **mental health**, through programs to address their social, emotional and behavioral health.
- Advocating for **Safe Return to Play** following a concussion. This fall, an educational summit for recreation sports groups, school professionals and parents will provide the latest information on concussion management and treatment.

# PREVENTION

Partners for Health recognizes that we can't be effective working alone; the challenges we face are too big for one organization to make deep and lasting changes. This philosophy drives our approach to strengthening health and wellness through community prevention; providing funds to enhance the efficiency and effectiveness of local nonprofits; and being there when emergencies strike.


With a shared vision to make the healthy choice the easy choice, 40 committed partners are working on a **community prevention** initiative known as **Eat. Play. Live... Better**. Great strides have been made since Eat. Play. Live... Better was launched in May 2011:

- More fresh produce is available to soup kitchens and food pantries through the yield of five community gardens, including **A Lot to Grow** sites in Montclair, Glen Ridge and Nutley; and donations inspired by the United Way's **Plant a Row** program.

- In collaboration with the **Montclair Fund for Educational Excellence**, efforts are underway to create or enhance gardens at each school in the district; and the **Miller Street Community Farm** is teaching local youth to grow vegetables which are then sold to neighboring residents.

-  Restaurants are encouraging patrons to **EAT Better** by promoting healthy menu choices; and efforts are in place to improve vending machine options.



-  Physical activity is also on the rise. Thousands of extra steps are being taken by eleven **Walking Groups**, while others are being encouraged to

**Take the Stairs** instead of the elevator. Residents are also enjoying mile markers installed in Brookdale Park, making it easier to measure distances covered.



- More commuters are riding bicycles, taking advantage of new **bike racks** installed at Montclair train stations.



# CAPACITY

Local service providers are working hard to make a difference. With an eye toward **building their capacity** to help them achieve their missions, the Foundation supports organizational strategic planning; Board development; staff training; and other tools, resources and technology. Recent grants have been awarded to:

- **The Blood Center of New Jersey**, to purchase a bloodmobile to address the critical and ongoing need for blood donations.
- **The KinderSmile Foundation**, which provides oral health care to families at risk, to purchase a portable X-ray machine and technology to improve recordkeeping and data analysis.
- **Bike & Walk Montclair** for a Board Retreat, to set priorities in response to their rapid growth as an advocate for active transportation.



# NEEDS

These are difficult economic times. Communities experience disasters and unforeseen crises. That's why Partners for Health also awards grants to respond to **emergency health needs**.

The "Hunger Next Door" project is one example. More and more local residents are struggling just to put food on the table.

Yet, it's not enough to feed those who are hungry. To combat preventable illnesses that are linked to poor diets, we need to increase access to *healthy* foods. That's why, in addition to supporting community gardens, Partners for Health is funding purchases of fresh produce for emergency food providers, and developing group purchasing opportunities.

We're also bringing local organizations together in efforts to provide nutrition education. Additionally, through a partnership with the May 2013 Montclair Food & Wine Festival, participating chefs will be offering monthly programs on preparing healthy foods on a limited budget.



*The Foundation's Annual Golf Tournament and Afternoon of Wellness luncheon raised funds to fight the Hunger Next Door.*

# EMERGENCY

**DONATE NOW** to support our efforts! • [www.partnersfdn.org/Donate](http://www.partnersfdn.org/Donate)



# What's YOUR Healthy Living IQ?\*

Take the Quiz  
for a chance to **WIN**

one of five \$100 gift cards  
and learn how

**Together,  
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[www.partnersfdn.org/Quiz](http://www.partnersfdn.org/Quiz)

\*Complete Quiz by December 14, 2012 to be eligible to win.

Not-for-profit organizations located in, or providing direct service to the following communities are eligible for grants from the Partners for Health Foundation:

Bloomfield • Caldwell • Cedar Grove • Clifton • Essex Fells • Fairfield • Glen Ridge • Little Falls  
Montclair • North Caldwell • Nutley • Roseland • Verona • West Caldwell • West Orange



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