

Healthy Communities Action Team: Focused Conversations
Recreation & Opportunities to Socialize; Arts & Culture

November 13, 2020 • 11:30am – 1:00pm

Attendees

First Name	Last Name	Organization	Email
Claudia	Aghahowa	EZ Ride	[Redacted]
Andrea	Alrefaai	Township of Morris Parks & Recreation	[Redacted]
Kathleen	Avitt	NJRPA	[Redacted]
Beth	Conlon	Saint Elizabeth University	[Redacted]
Diane	Hagerman	New Jersey Health Initiatives	[Redacted]
Jeanne	Herb	Rutgers Bloustein School	[Redacted]
Janet	Heroux	New Jersey healthy Communities Network	[Redacted]
Loretta	Kelly	NJ Dept of Health	[Redacted]
Kerry	Klug	Passaic County Parks & Recreation	[Redacted]
Denise	Lanza	Morris Park Alliance	[Redacted]
Lisa	Lee	EZ Ride	[Redacted]
Memphis	Madden	City of Trenton Department of Health	[Redacted]
Paul	Mickiewicz	The Gateway Family YMCA	[Redacted]
Dana	Moorhead		[Redacted]
Dianna	Morrison	Norwescap	[Redacted]
Krishna	Murthy	Meadowlands Transportation Brokerage Corporation d/b/a EZ Ride	[Redacted]
Regina	Riccioni	Saint Elizabeth University	[Redacted]
Tanya	Rohrbach	NJ Future	[Redacted]
John	Russo	NJAHPERD	[Redacted]
Rakisha	Scott	NJ DMHAS	[Redacted]
Lisa	Serieyssol	Greater Mercer TMA	[Redacted]
Precious	Smith	EZ Ride	[Redacted]

Alysia Souder	The Institute of Music for Children	
Leigh Ann Von Hagen	Voorhees Transportation Center, Rutgers University	

Defining Element	Issues	Resources/Ideas
Recreation & Opportunities to Socialize	Creating a Walk/Bike Culture	<ul style="list-style-type: none"> Partly cultural and partly built-environment of place. Mix of uses esp. in downtowns. Include measures to reduce sprawl. Identify barriers that make it hard to walk. Mix of destinations for daily tasks and recreation types. Improve mass transit systems. All NJ Counties pass Complete Streets policy and encourage their municipalities to do so See NJDOT's "Complete Streets Design Guidelines", and Complete and Green Streets Policy just issued by a multidisciplinary group of experts. Example: Morris County has worked with local towns to assess, review and recommend connections within the town to businesses, transportation, and recreation. Every community that has health needs should have a local health coalition of partners to work on these areas
	Barriers to Walk/Bike Culture	<p><u>Main Street / County Road Conflict</u></p> <ul style="list-style-type: none"> local townships with county roads going through their downtown <p><u>Policies & Processes</u></p>

Recreation & Opportunities to Socialize		
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<p>Recreation & Opportunities to Socialize</p>		<ul style="list-style-type: none"> ● Unsafe roadways affect people’s mobility and opportunities to socialize. Not enough people out walking, biking, or socializing. “Car-centric NJ” is a barrier. ● When schools have a policy that children must take bus to school, instead of walk or bike, they’re usually looking at risks due to infrastructure. Suggests school distribute work with town to identify areas for improvement to facilitate children walking. Work with district nursing staff or PE workers to make a presentation about safety. Normally, holding bike rodeos, giving out helmets, giving instruction, giving presentations. Would love to see school districts that adopt these measures as a curriculum. ● Siloed nature of programs and plans
	<p>Grants Are Not Sustainable</p>	<ul style="list-style-type: none"> ● Capacity is required for applying and finding funding. Definitely a reality esp in small rural towns. No experience in managing grants. Often require matching dollars from the town, which just aren’t available. ● Grant writing is a skill and art. ● Grant are often a one-shot deal, which is not enough to meet the needs of economic disadvantaged communities and rural areas.
	<p>Lack of Funding</p>	<ul style="list-style-type: none"> ● No state funding in NJ parks and trails. PA, NY, DE have state funding for trails. County funding is limited. Access to funding depends are where you live. How are we funding those parks and trails?

<p>Recreation & Opportunities to Socialize</p>		<ul style="list-style-type: none"> ● NJ has a weak county structure. If counties could step up to the plate more, they could string towns together. Definitely an equity issue in terms of who has access to what in the state. ● Current policy effort for every community to have a park within a 10-minute walk from home, but often the communities don't have the facilities or the funding. Some municipal parks are without a program or walking paths. Need equitable park access plan from the State. ● Can see playgrounds in complete disrepair or trails that aren't maintained.
	<p>Barriers to Park Access</p>	<ul style="list-style-type: none"> ● Urban areas have physical barriers to parks, esp highways/roadways. Communities are being cut-off from safe resources ● Gangs use parks as their territory. Will there be drugs, violence, safety, enough lighting? Some communities have formed a coalition of families, recreation advocates, and police to take back unsafe parks ● Lack of time. People are very busy. ● Parks needs partners to promote their activities and amenities., esp. for residents not using social media/smart phones/computers. ● Lack of central collection/distribution point for park activity and information
	<p>Parks and Recreation Community Engagement</p>	<ul style="list-style-type: none"> ● Friends of Princeton Open Space Plan https://www.fopos.org/

		<ul style="list-style-type: none"> ● https://www.saferoutespartnership.org/healthy-communities/saferoutestoparks ● Introduce residents to parks that are close by. Parks are available to all, but many residents have never been invited to visit the park. ● Four centuries and a weekend = one weekend all towns come together to showcase historical sites. Borrow this model for parks. ● Princeton incorporates health and wellness for families. Make a series of 6 events. Focus on families, e.g. May highlights women, June = men and fathers, July = nature and art. Structure it as an open house. Maybe special guests. ● Arts and Culture will draw people in. ● North Jersey has a livable communities taskforce, and has looked at access to parks and rec. DVRPC has done this also. ● Everyday Democracy—Communications Toolkit. It gives the community a voice from low to upper income residents. ● https://www.saferoutespartnership.org/healthy-communities/saferoutestoparks
	Environmental Justice	<ul style="list-style-type: none"> ● Global survey of the needs, tracking and scoping of problems related to barriers that inhibit good health. Understand where those communities are—fill that gap. See NJDOT’s "Complete Streets Design Guidelines", and Complete and Green Streets Policy just issued

		by a multidisciplinary group of experts. NJ2030 can help promote these.
	Seniors	<ul style="list-style-type: none"> Needs of older residents, such as extended time, islands, rest place, shading, street furniture. Plan for 8 to 80. If it works for kids and seniors, it works for all
	Urban Green Space/Open Space	<ul style="list-style-type: none"> Some cities (Baltimore--a hospital funded it) have turned dozens of vacant lots into small community gardens, green spaces, basketball courts, etc. Communities contribute to design and maintenance. It's a small-scale, immediate opportunity with research to back up health benefits Some counties don't have a good model to fill a gap in access to public open spaces and acquisition of property like other counties have. Trail walks: https://www.railstotrails.org
	Walkability Audits	<ul style="list-style-type: none"> Communities can conduct a walkability audit, and present results to local parking authority, school district, city and state, esp communities that have city, county, and state roads that are all connected. Brings in community stakeholders and partners. There are 8 TMAs in state. They have ability to assist in walkability studies. Not only about school aged children.
	Biking	<ul style="list-style-type: none"> Establish 4' Passing Law in NJ https://www.ncsl.org/research/transportation/safely-passing-bicyclists.aspx#:~:text=Pass%20to%20the%20left%20of%20the%20pedalcycle%20within%20not%20less,careful%20and%20prudent%20reduced%20speed.&text=A%20speed%20less%20than%2015,the%20driver's%20lane%20of%20traffic.
Arts & Culture	No-Cost Arts & Culture	<ul style="list-style-type: none"> NJ has a lot of pay to play programs, i.e., have to be a member of a group to participate. NYC

		has free street fairs with art. Dance classes that are free. Need more free activities for people.
	Play Streets	<ul style="list-style-type: none"> • https://centerforactivedesign.org/playstreets/ • Play Streets/Open Streets/Ciclovias are fantastic. Make jump ropes and chalk available for kids. Cross-sector partners need to work together to bring them to communities in need. They enhance community connectivity but take a lot of organizing. Are there best practices to make them effective and equitable? • Every County work with Parks Dept and Health Depts to fund and implement a Play Street event in their underserved municipalities

CHAT BOX

From Diane Hagerman to Everyone: 11:31 AM

Please share your name, organization name and location in the chat.

From Kerry Klug (Passaic County) to Everyone: 11:32 AM

Kerry Klug, Recreation Program Coordinator, Passaic County Park s& Recreation

From Janet Heroux to Everyone: 11:32 AM

Janet Heroux, NJ Healthy Communities Network

From Krishna Murthy to Everyone: 11:32 AM

Krishna Murthy, EZ Ride, Wood-Ridge

From Me to Everyone: 11:32 AM

Hi - in addition to the chat, please feel free to use this form to share information with us

<https://docs.google.com/forms/d/e/1FAIpQLSemoBVa6IDzd1TD4Z4yXrPTXkC4uFIG18AV-x9gZgXnODDj4w/viewform?gxids=7757>

From Tanya Rohrbach to Everyone: 11:33 AM

Tanya Rohrbach, New Jersey Future

From John Russo - NJ to Everyone: 11:33 AM

John Russo, Executive Director, NJAHPERD

From Dana Moorhead to Everyone: 11:34 AM

Dana Moorhead, Volunteer, Princeton, NJ

From Lisa Lee to Everyone: 11:34 AM

Lisa Lee, Deputy Director, EZ Ride, Bike & Ped Programs, Servicing Bergen, Monmouth, Union, Essex and urban area of Passaic County, located in Wood-Ridge

From Paul Mickiewicz to Everyone: 11:36 AM

Paul Mickiewicz, Senior Director of Healthy Living, The Gateway Family YMCA & Bike&Walk Montclair Board Member and Bike Educator.

From Kathleen Avitt to Everyone: 11:36 AM

Kathleen Avitt, New Jersey Recreation and Park Association

From Paul Mickiewicz to Everyone: 11:37 AM



From Dianna Morrison to Everyone: 11:37 AM

Dianna Morrison, Norwescap, Sussex County, NJ

From Precious Smith to Everyone: 11:37 AM

Precious Smith, EZ Ride Intern, Newark, NJ

From Leigh Ann Von Hagen to Everyone: 11:38 AM

Leigh Ann Von Hagen, Bloustein School, Rutgers University

From Alysia Souder to Everyone: 11:41 AM

Greetings everyone: Alysia Souder, The Institute of Music for Children - Elizabeth, NJ

From Alysia Souder to Everyone: 11:42 AM

Greetings everyone: Alysia Souder, The Institute of Music for Children - Elizabeth, NJ



From Janet Heroux to Everyone: 11:47 AM

NJDOT issued " Complete Streets Design Guidelines" which can inform municipalities how to do this. There is a Complete and Green Streets Policy just issued by a multidisciplinary group of experts. NJ2030 should really help promote those.

From Loretta Kelly to Everyone: 11:53 AM

Thanks Janet! Will do.

From Janet Heroux to Everyone: 11:58 AM

Some cities (Baltimore--a hospital funded it) have turned dozens of vacant lots into small community gardens green spaces, basketball courts, etc. Communities contribute to design and maintenance. It's a small-scale, immediate opportunity with research to back up health benefits (Charles Branas).

From Janet Heroux to Everyone: 12:08 PM

Play streets, open streets, ciclovias--enhance community connectivity but take a lot of organizing. Are there best practices to make them effective and equitable?

From Diane Hagerman to Everyone: 12:13 PM

<https://www.everyday-democracy.org/dialogue-to-change/dialogue>

From Lisa Serieyssol to Everyone: 12:14 PM

Hi it's Lisa Serieyssol, Safe Routes to School coordinator at Greater Mercer TMA. Apologies, was on a previous call

From Denise Lanza to Everyone: 12:18 PM

Plan for 8 to 80. If it works for kids and seniors, it works for all

From Denise Lanza to Everyone: 12:28 PM

Morris County has worked with local towns to assess, review and recommend connections within the town to businesses, transportation, and recreation.

From Denise Lanza to Everyone: 12:34 PM

Coordination and collaboration

From Krishna Murthy to Everyone: 12:34 PM

Driving speed on local streets is limited to 20 mph.

From Denise Lanza to Everyone: 12:35 PM

NJ Conservation is working with Rowan University. Trust for Public Land has same.

From Lisa Lee to Everyone: 12:42 PM

All NJ Counties pass Complete Streets policy and encourage their municipalities to do so

Every County work with Parks Dept and Health Depts to fund and implement a Play Street event in their underserved municipalities

Goal for every community that has health needs have a local health coalition of partners to work on these areas

Connect the trails - Coast to Capital Trail and Henry Hudson

From Loretta Kelly to Everyone: 12:45 PM

Community Conversations: New Jersey's COVID-19 Storytelling Project:

<https://www.njymca.org/communityconversations>

ONLINE FORM COMMENTS