



## 2022 Champion of Health Summary

### Old Tappan Borough

Mayor Kramer nominated Eesha Bhatia, high school student and MWC Co-Chair. Eesha is a 16-year-old junior in high school, a true volunteer, and an integral part of the town's recently rejuvenated MWC initiative.

#### **Eesha's accomplishments include:**

- Providing a comprehensive presentation to the Board of Health advocating for the development of a local MWC – which was adopted without hesitation.
- Continuous community outreach including the creation of a MWC website to inform community members about the many health and wellness activities being offered.
- Development, implementation, and analysis of a needs assessment survey distributed to residents.
- Organization of programs such as nutrition and exercise classes.



**Eesha Bhatia,**

*High school student and Mayors Wellness Campaign Co-Chair*

In addition to her passion for the project, Eesha's energy, communication skills, leadership, and impressively young age, make her an essential player in Old Tappan's MWC efforts.

## Honorable Mentions

### **Township of Woodbridge**

Mayor McCormac nominated **Ashley Ristaino**, Public Health Educator. Ashley is a lifelong resident and member of the MWC Committee and Woodbridge Health Task Force. Ashley revamped programs that came to a halt during the pandemic, focuses on advancing quality health care for vulnerable populations, and incorporates a wide range of social determinants of health into programming to support residents.

### **Township of Denville**

Mayor Andes nominated **Mark Venis**, Recreation Committee member. Over the past 15 years, Mark has volunteered countless hours building playgrounds, managing a men's softball league, maintaining community gardens, and organizing "Senior Socials", where older adults in the community come to have a meal and connect with other residents.



## Honorable Mentions

### Bernardsville

Mayor Canose nominated **Leah Horowitz**, Assistant Recreation Director. Capitalizing on her ability to build relationships and collaborate with partners, she spearheaded the first health and wellness fair for the MWC. Her contagious enthusiasm and volunteerism makes her an asset to the community, not only as an employee, but as a committed resident.



*Bernardsville, Healthy Town 2021*

### Borough of Oradell

Mayor Didio nominated **Dr. J.C. Mendler**, MWC Committee member. Dr. Mendler's role as Medical Director of Sports Medicine at Holy Name Medical Center has enabled him to coordinate important blood screening events in the community, as well as participate in "Walk with the Doc" events to educate residents on important health topics. His willingness to share his expertise with the MWC Committee has strengthened the Borough of Oradell's local programming.

### Cranbury

Mayor Rogers nominated **Dr. Laura Zurfluh**, Board of Health Chair and MWC Chair. Dr. Zurfluh initiated the Cranbury MWC during the pandemic and organized monthly virtual programming even before she had a formal team to support her. She continues to push the program forward focusing on a wide range of health topics including mental health, nutrition, and access to health care, enabling the township to become a 2021 Healthy Town winner.



*Cranbury, Healthy Town 2021*



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## Contact

For more information regarding the MWC and how to get your community involved, contact: [Julie DeSimone](mailto:jdesimone@njhcqi.org), MWC Program Officer, [jdesimone@njhcqi.org](mailto:jdesimone@njhcqi.org) | 609-452-5980.

