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Together In Health

Newsletter of The Healthcare
Foundation of New Jersey

Issue 1, June 2022

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2021 Annual Report



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Welcome from our Executive Director/CEO



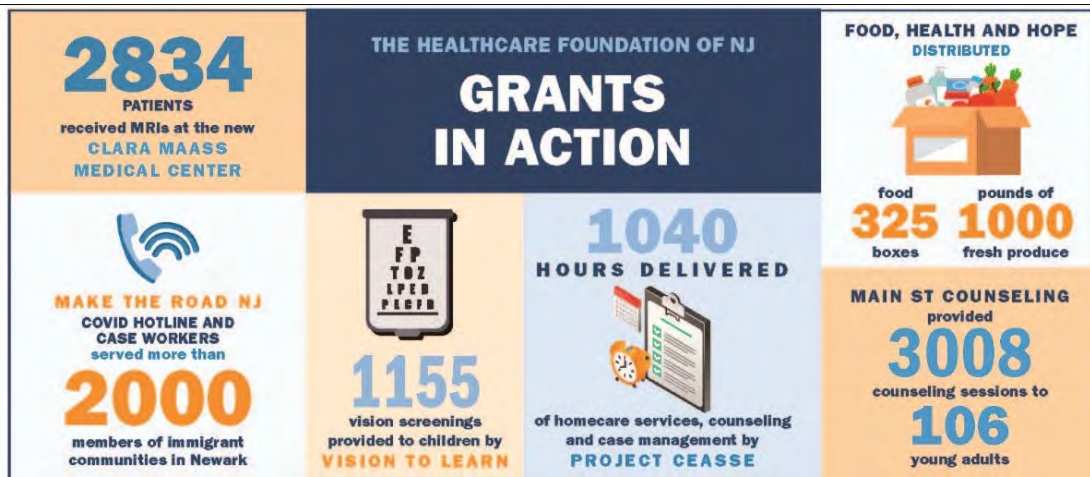
We are pleased to share with you the inaugural quarterly e-newsletter of The Healthcare Foundation of New Jersey. Our aim in launching this newsletter is to deepen our ties to the greater Newark and Greater MetroWest Jewish communities we serve. We look forward to sharing with you highlights of our work and welcome hearing from you, our valued partners, on ways in which we can work together in the future.

Please feel free to reach out to me at mschmidt@hfnj.org and share any thoughts you may have on our work or an innovative project that you are considering developing. We welcome opportunities to provide seed funding for creative, new programs that further enhance the health and well-being of those in the neighborhoods we serve.

In good health!

-Michael Schmidt, HFNJ Executive Director and CEO

Thank you to our community partners who are making such a positive impact. As a result of their work over the past year:



HFNJ Awards \$1,116,928 in Grants in the Second Quarter of 2022

In our second quarterly giving cycle of 2022, The Healthcare Foundation of New Jersey awarded \$1,116,928 to eight New Jersey non-profit organizations.

The majority of grants this cycle address the Newark area's behavioral health crisis – highlighting the urgent need for mental health and substance abuse treatment laid bare by the “second pandemic” of mental health concerns exacerbated by the COVID-19 pandemic.

[Learn about our recent grantees](#)

Healthcare is Life's Foundation



I am delighted to see the launch of *Together in Health*, which represents the latest expansion of our communications in a year of great transition, change, and renewal at The Healthcare Foundation of New Jersey. Over the past nearly 12 months, we have welcomed our new CEO/Executive Director, refreshed many of our internal policies and procedures, and engaged in a substantial listening tour with our grantees to learn how they are moving forward after being impacted by the pandemic.

This is a particularly pivotal time for the Board of Trustees, and I feel privileged to serve as Chair at this moment in the Foundation's history. In the coming months, we are convening task forces to examine and strengthen the Foundation's grant processes, including exploring how we can best support grantees on a multi-year basis. We will also be exploring how the Foundation can make a transformational impact in the areas of mental health and racial equity in healthcare. I hope that in future issues of this e-newsletter, you will read more about our journey as we and our grantees continue to adapt to these changing and challenging times. On

Warmly,

-Amy Schechner, HFNJ Board Chair

Grantee Spotlight

In each issue of Together in Health, we will feature an interview with one of HFNJ's current grantees. Below is an interview with Milly Velez, Founder and Executive Director of the Fibromyalgia Care Society of America.



MILLY VELEZ

Q: Why did you found the Fibromyalgia Care Society of America?

The FCSA was birthed through what is now our annual awareness event - Caterpillar Walk. In 2015, I hosted a Caterpillar Walk event in NYC, and the goal was and still is to bring the fibromyalgia community together. Back then and still today many people living with fibromyalgia report feeling alone and misunderstood. For that reason, I created the Caterpillar Walk to unite the community, and prove that we are not alone... That year, I filed the 501c3 application and it was approved on May 11 - the day before National Fibromyalgia Awareness Day! Since then our goal continues to be to empower the individual living with fibromyalgia.

Q: What will the grant from HFNJ allow you to do in the year ahead?

The HFNJ grant has literally been a life saver for us as it allowed the FCSA to stay afloat while we collect the data to prove our revolutionary model of care works.

Through the HFNJ grant we are able to provide participants with a coordinated care team that helps the individual develop daily routines, provides them with resources in the community to support their individual needs, empowers them with medical advocacy, and gives them tools/modalities they can use to self-regulate and reduce symptoms of fibromyalgia. It also provides them with non-judgmental spaces where they can discuss and share their roses and thorns of the week.

[Read the full interview on our website](#)

What We're Reading

Newark in 2021.

- **[Delivering Better Care: Midwifery Practice in New Jersey](#)**
From the Burke Foundation and New Jersey Health Care Quality Institute, an in-depth look at the practice of midwifery in New Jersey, demonstrating how expanding the use of midwives can reduce disparities in maternal health.
- **[ACNJ's 2022 Newark Kids Count](#)**
This yearly report gathers health and educational statistics on Newark's children over the second year of the pandemic.
- **[Participatory Grantmaking in the Jewish Community and Beyond](#)**
This guide from the Jewish Funders Network introduces the principles of participatory grantmaking.

About Our Grantmaking Process

We welcome applications by **August 31, 2022** for consideration in our Q4 (December 2022) grant cycle. To be considered for support, here are a few basics guidelines for funding:

- Proposals must be health-related.
- Project should address the needs of vulnerable populations in greater Newark or the Greater MetroWest Jewish communities.
- Organizations submitting proposals must be a nonprofits with tax-exempt status under Section 501(c)3 of the Internal Revenue Code.

All applications are screened, researched, and evaluated by HFNJ staff to determine eligibility. HFNJ's Board of Trustees makes the final decisions on funding requests, and proposals are approved quarterly.

[Visit our website for full application instructions](#)



**make the
road nj**

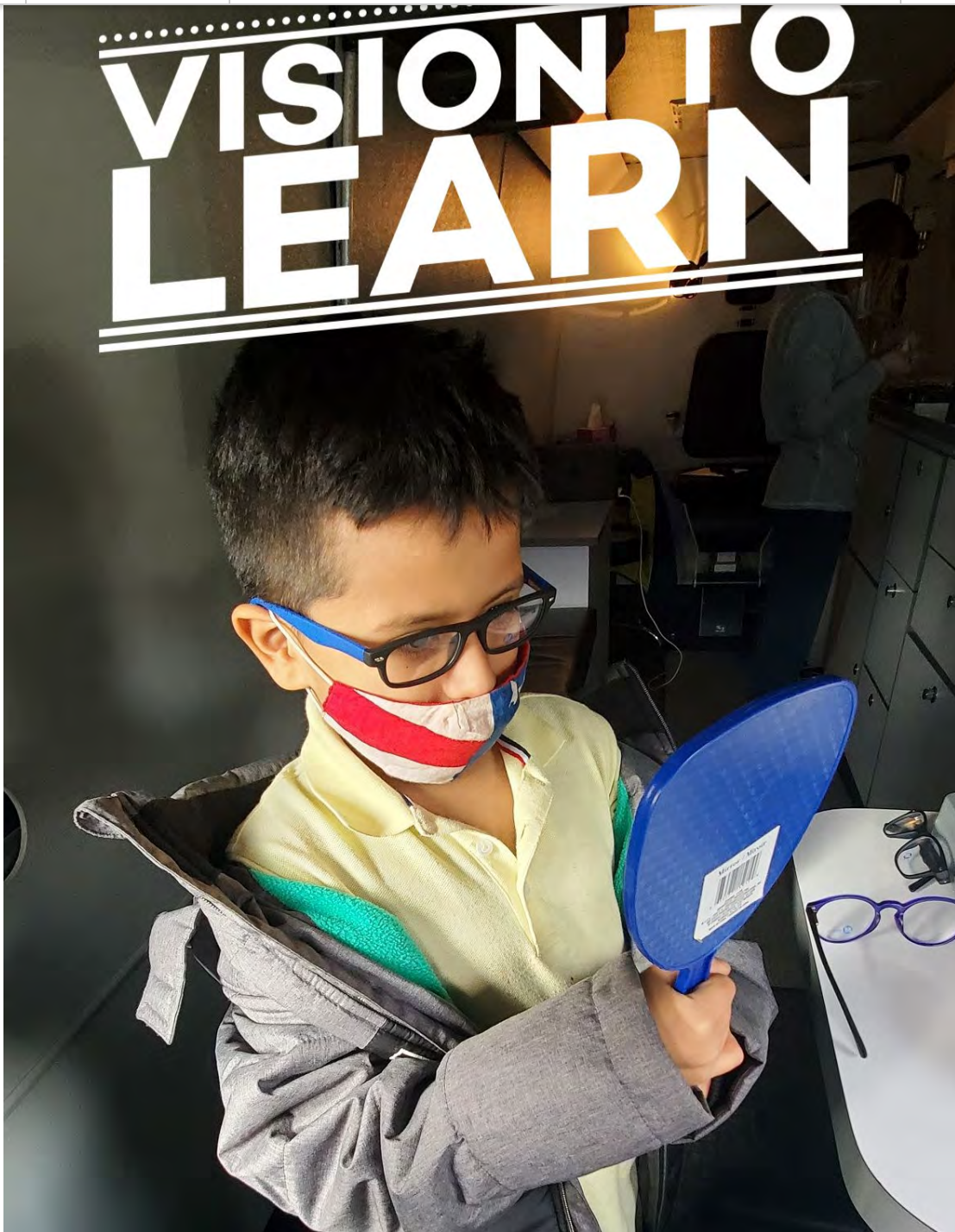
Jewish Family Service of Central New Jersey



C.E.A.S.S.E.

Combating Elder Abuse through
Supportive Services and Education

VISION TO LEARN



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