

guire as Treasurer. We're excited to have their energy and expertise on the board!

Region 5 we want to hear from you! Consider joining us and sharing your voice. Our meetings are open to all Region 5 nurses and are held on Third Tuesday of each month at 6:30 PM via

Zoom. It is a great opportunity to come and hear about current events and activities happening in our area. Not receiving our updates via email? Email is NJSNARegion5@gmail.com to be added to our distribution list. Follow us on social media too! Facebook: New Jersey State

Nurses Association Region 5 and Instagram: @NJSNARegion5.

Wishing everyone a beautiful holiday season and looking forward to a bright 2026 ■

Region 6 News (Atlantic, Cape May, Monmouth, Ocean)

Kathleen Mullen, DNP, MA, RNC-MNN, CNE, Region 6 VP Communications

Hello RNs in Cape May, Atlantic, Ocean, and Monmouth counties!

If you are a member of Region 6 and have not received email blasts about our Region meetings, please update your profile on the NJSNA website and check the group correspondence box in the Email Preferences section of your account. If you are not a member, join us! Region 6 has a robust membership – please let us know how you'd like to share in Region 6 events and activities and benefit from your membership. There are many sub-committees and every member's partici-

pation is welcome.

Plans for next year include a meeting in Atlantic County in early spring, and our General Membership meeting in June. Find Region 6 meetings on the NJSNA website. After login, click on events and scroll until you find us. To tell us about the content you'd like to see on the Region 6 forum: email Kathy Mullen, VP Communications, at kmmullen@comcast.net.

The Region has experienced many leadership changes recently and the President-Elect Denise Nash assumed the

Presidency in September. The elections last month filled vacancies and Region 6 will move forward with a new Board following Officer Induction in January. It's never too early to think about participating in Region 6 activities or taking on a leadership role in the Region. Join us as a guest at a Board meeting to explore opportunities. Joining the nominating committee or working with county directors is also a great way to learn more about leadership on those committees. ■

Family Connects NJ

Rick Hager, LSW Community Outreach Coordinator, New Jersey Department of Children and Families (DCF)

Family Connects NJ is a program that connects parents with a specially trained nurse for a personalized follow up visit at home within the first two weeks after their child's birth. All New Jersey families who have welcomed a newborn into their lives, whether through birth, adoption, or as a resource parent or kinship caregiver, can receive the support they may need as they navigate the challenges, joys, and adjustments of parenthood. Visits are offered to all families in areas [where the program is rolled out](#).

During the **Family Connects NJ** visit, nurses assess the health of both the parents and the newborn and offer valuable information during this important transition. Covered areas can include feeding and sleeping tips, connecting parents to helpful resources in their community, or assisting families recovering from the tragedy of stillbirth.

Below is a testimonial from a new mom who arranged for a Family Connects NJ visit in June:

"...I first learned about the Family Connects NJ program when a very kind representative visited me in the recovery room after my c-section back in June and asked me if I'd like to have a nurse follow up with me once I was discharged from the hospital. I agreed, as it sounded like a wonderful opportunity. It was then when my postpartum journey began with the support of my FCNJ nurse specialist. I had no idea how much I would value my decision until I met my nurse.

She did my first visit in the hospital while my baby was in the Neonatal Intensive Care Unit (NICU) following what was a very traumatic birth that occurred nearly 5 weeks before my baby's due date... I spent every single day in the NICU following my discharge. My FCNJ nurse allowed me to voice my feelings and discuss how I

was coping with everything going on while also checking to make sure that I was healing properly. She stayed in contact with me throughout the entire time that my baby was in the NICU and has continued to do so.

She and I communicate via text regarding various postpartum issues, including breastfeeding/pumping, concerns I've had about my baby and my healing and mental health through it all. She has provided incredible advice to me as a first-time mom that has made this experience so much smoother and calmed many of my fears and anxieties. I honestly have to say that I wouldn't have gotten through postpartum without her...

Since my delivery, she has demonstrated an outstanding level of professionalism, care and concern for me and my baby. She has encouraged me to continue to take care of my mental health while prioritizing my physical healing, checked in on my baby, and cheered us on when he was finally released from the NICU. She has made herself available to answer any questions that I have and has truly become one of my biggest supports during this time...

She is an amazing person and I feel so blessed to have the privilege of living in a state that offers such a wonderful program for all new moms, and the opportunity to have been partnered with such an incredible professional. This is one of the best gifts, aside from welcoming home a new baby, any mom can be afforded."

While this testimonial was specific to the Family Connects NJ nurse and team, we know that ALL nurses are making a difference for their patients, just as this one did. Thank you all for your service! ■



A new baby changes everything. (Except their own diapers).

Ease the transition with a free nurse visit at home.



Learn more and sign up at
www.familyconnectsNJ.org,
or by scanning the QR code.

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