

## VISION STATEMENT:

Healthy Adams County seeks to create a higher quality of life throughout our community by improving physical, mental, and social well-being.

## MISSION STATEMENT:

Healthy Adams County is a collaborative partnership of community members dedicated to continuing assessment, development and promotion of efforts toward improving physical, mental and social well-being.

424 S. Washington Street  
Gettysburg, PA 17325

Office: 717-337-4137

Fax: 717-337-3817

[www.healthyadamscounty.org](http://www.healthyadamscounty.org)

## Drawing attention to the plight of the homeless

*Homelessness is more than just the absence of a permanent residence; it is the absence of food, personal hygiene, medical care, and security.*

National Homelessness Awareness Week was first promoted as a national event by the National Student Campaign Against Hunger and Homelessness in 1988. Each year, one week before Thanksgiving, the National Coalition for the Homeless and the National Student Campaign Against Hunger and Homelessness co-sponsor National Hunger and Homelessness Awareness Week. During this week – November 13-19, 2005 – many schools, communities, and cities take part in a nationwide effort to bring greater awareness to the problems of hunger and homelessness.

On a national level, approximately 39% of the homeless are children, and 51% of the homeless are between the ages of 31 and 50. Studies have found percentages of homeless persons aged 55 to 60 ranging from 2.5% to 19%. The lack of shelter is a tragedy, but homelessness is more than just the absence of a permanent residence; it is the absence of food, per-

sonal hygiene, medical care, and security.

Who are the homeless? They're probably people you know – or used to know. They may have been middle class or low income. They may be well educated, maybe not. They may have immediate family members, or may be alone. Others are victims of domestic violence, or suffer from mental disorders. But they share one trait: they did not choose to be homeless.

Two trends are largely responsible for the rise in homelessness over the past 20-25 years: a growing shortage of affordable rental housing and a simultaneous increase in poverty.

If you've been reading the newspapers, you know that more and more people, especially children, have fallen below the poverty line in recent years. Real incomes are down, and an increasing number of people are without health insurance. As a result, many working families are just one job loss or one serious illness away from losing their homes.

Helping to move people experiencing homelessness toward self-sufficiency requires a multi-faceted approach; the requirement of physical

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### College president sets example for community volunteerism

Healthy Adams County (HAC) was selected for a special visit to promote community volunteerism by Gettysburg College President Katherine Haley Will (pictured left with student liaison Stephen Ginter) and Dean Julie Ramsey, Vice President for College Life and Dean of Students on Thursday, August 25. The visit was part of the college's annual GIV (Gettysburg Is Volunteering) Day program which places incoming freshman students in many local organizations for a day of volunteerism. HAC served as host for six students, who learned about community volunteering opportunities for young people, and reciprocated by painting porches, refurbishing the office landscaping, and planting mums around the "world headquarters" building.

## Message from the executive director

As a follow-up to the **2005 Adams County Health Needs Assessment** (summarized in our last newsletter), and a recently conducted **S.W.O.T.** (strengths, weaknesses, opportunities, and threats) survey of task force/committee leaders and Board members, we are initiating a strategic planning process update. Representatives from these three groups will act as a steering committee, and will look at the findings of both reports. They will identify current health status implications for the County and for potential changes in the structure of our partnership in addressing them. We will report resulting goals in our next newsletter.

We would like to announce that the **Community Re-entry Coalition (CRC)** now has filled its second co-chair position. **Lou-Ann Agosta**, a student attending the Lutheran Theological Seminary has graciously offered her expertise and time to fulfill this role, and has joined Bob Brandt in the challenge of providing leadership to this new volunteer effort in Adams County. Please join us in welcoming Lou-Ann to this position.

Speaking of students, we are very pleased that **Linda Medura**, pre-nursing student at HACC, has re-joined us as a Work-Study student for Healthy Adams County this fall semester. As part of her tenure here, she will be contacting nurses who are participating in the work of task forces to assess their perspectives and roles in serving a community health partnership, and their professional specialties.

If you have not already marked your calendar, please note that the **Gettysburg-Adams Chamber of Commerce** will be hosting their **15<sup>th</sup> annual Business Fair on Thursday, November 10**, from noon until 7:00 PM, at the Gettysburg High School cafeteria and gallery. Healthy Adams County will again sponsor an exhibit table, and we invite everyone to please stop by (please bring us food).

The Pennsylvania Department of Health has approved our application for this year's project grant to improve local influenza and pneumococcal immunization rates among high-risk populations in Adams County. This initiative, prepared by Wes Frisbie, targets high-risk seniors and disparate populations including homeless, Latinos, low-income, and geographically isolated mobile populations. It is in the amount of \$3,000.

Finally, we would like everyone to know that the adult and children's Grief and Loss groups (formerly part of the now discontinued Rallying Points Task Force) have been adopted by the Behavioral Health Task Force. The children's group is also known as Project Mend-A-Heart.

**Bill Taft**

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shelter is typically only one among many issues that must be addressed. It requires an individualized approach targeting specific causes that lead to homelessness, and a realistic plan of intervention strategies and services to ensure that once individuals or families complete the journey home, they can remain there.

Homelessness Awareness Week is designed to draw attention to the relationship between effective outreach and supportive services to the reduction of homelessness. By raising awareness of the factors underlying homelessness, as well as the possibilities for action, we can build community support to help alleviate homelessness in our community.

*An established objective of the Housing Task Force, an affiliate of Healthy Adams County, is educating the community at large on the issues surrounding homelessness. Mark Berg and Vanessa Rice are the co-chairs for the task force. A schedule of activities and events in observance of Homelessness Awareness week will be announced by the Housing Task Force shortly.*

## 6th Annual Domestic Violence Awareness Night

If you think that domestic violence is not prevalent in Adams County, think again. Last year, 911 dispatchers took over 1,000 calls on domestic abuse and Survivors, Inc., the local domestic violence agency, served more than 600 victims. In an effort to educate the community, the Domestic Violence Task Force will hold its 6<sup>th</sup> Annual Domestic Violence Awareness Night on Tuesday, October 18, at 7 p.m. in the ballroom at the Gettysburg College Union Building.

The program not only includes educational pieces on domestic abuse, but also inspirational stories, a surprise community recognition award and entertainment.

This year's entertainment will feature local students including vocalist Megan Alder; pianists Mimi Lewis and Rebecca Buxton; Keyless Entry, the Gettysburg Area High School A Cappella Ensemble; and Gettysburg Dance Center. The evening will also include a performance by Kathy Gaskin, co-chair for the task force and Holly Fox, proprietor of Gettysburg Dance Center.

Other highlights of the evening include speakers Shawn Wagner, Adams County district attorney who will address the court system's response to domestic violence and Mary, a domestic violence survivor and advocate for education and awareness.

Also part of the event are refreshments and exhibits, including Survivor's Empty Place at the Table which features place settings representing local homicide victims of domestic abuse. Free child care is also available.

## Shape Up PA wraps up successful session

Shape Up PA is becoming a commonly used phrase in Adams County, as teams around the county continue to participate and benefit from the five month health and wellness program sponsored by the Keystone State Games, Inc.

The program was established to encourage Pennsylvanians to establish healthy eating habits and increase physical activity through teamwork and friendly competition.

The recently completed Shape Up PA program included 81 teams from Adams County.

"Teams of up to 10 people represented many of the area's educational institutions and local businesses" said Holly Cookerly,

co-chair of the Adams County Physical Fitness Task Force and coordinator of community health improvement at Gettysburg Hospital.

"Each group uses their team dynamics to encourage each other to get active and lose extra pounds that can eventually lead to health problems."

First place teams that were recently recognized included weight loss category – Sore Losers, Gettysburg College, who lost a total of 130 pounds; accumulated activity-conversion category – The Endtrotters, Gettysburg Hospital, logging over 1,560 hours of activity per member; accumulated activity-no conversion category – Little House Lu-Lus, Gettysburg

Hospital, logging nearly 120 hours per team member of purposeful physical activity; and the senior group, Young at Heart, led by Marie Naugle of Gettysburg, who logged over 209 hours per team member.

Overall, Adams County teams lost 2,011 total pounds and averaged nearly 350 hours of converted activity per person over the five month period.

The next session of Shape Up PA will take place February – June 2006. For more information or to register a team, contact the Keystone State Games office at (560) 823-3164, or visit [www.shapeuppa.org](http://www.shapeuppa.org).



*The top three teams in each of the three Shape Up PA categories were recognized during the September meeting of the Adams County Physical Fitness Task Force, an affiliate of Healthy Adams County. Winners and sponsors included, from left: Cindy Helfrich, Sore Losers, Gettysburg College; Susan Shaffer, The Wanderettes, York White Rose Wanderers; Carol Mars, Brethren Home Community representative; Nancy Cushing-Daniels, Sore Losers, Gettysburg College; and Karla Swinn, High Steppers, Gettysburg School District. Missing from photo is the first place team for the senior group category, Young at Heart.*

## 1-800-VOLUNTEER.org

The Adams County Volunteer Center @ United Way, in conjunction with the Points of Light Foundation and Volunteer Center National Network, is pleased to announce the launch of **1-800-VOLUNTEER.org** in Adams County:

- Easy to use, online, community-based volunteer management resource designed to enhance volunteer recruitment, referral, reporting and communications for organizations.
- Affordable way to provide a comprehensive, on-line database of on-going, one time individual and group volunteer opportunities available in our community.
- Custom web page, including logo, description of the services, and available volunteer opportunities, events and activities.

- Recruit more volunteers by utilizing the power of the internet to promote volunteer opportunities and manage volunteers online.
- Calendar of volunteer opportunities and events.
- Volunteers can create their own personalized calendar of opportunities.
- Available in both English and Spanish.

Whether you are an organization in need of volunteers; or, an individual or group exploring volunteer opportunities in our community, log in today to [www.1-800-VOLUNTEER.org](http://www.1-800-VOLUNTEER.org).

For more information, contact Vickie Corbett at 334-5809 or [uwacvolunteers@planetcable.net](mailto:uwacvolunteers@planetcable.net).

# Upcoming Events and Observances

## October

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### **Domestic Violence Awareness Night**

*October 18, 2005, 7 p.m.*

*See article on page 2.*

### **Respect, Honor and Believe in Youth/ Common Sense Sexual Responsibility for Our Kids**

*October 20, 2005, 8 a.m. - 4:30p.m.*

*Gettysburg Hotel Ballroom*

*Adams Coalition to Prevent Teen Pregnancy*

*Tom Klaus presentation focusing on teen pregnancy prevention, parenting & sexual health. Call Laura at 339-2018.*

### **Lights on Afterschool**

*October 20, 2005, 6 - 8 p.m.*

*Keefauver Elementary School*

*Adams Coalition to Prevent Teen Pregnancy and Collaborating for Youth*

*A free evening of family fun in support of afterschool programs, featuring special speaker Tom Klaus. Call Laura at 339-2018 or Vickie at 334-5809.*

### **Project Mend-a-Heart**

*Mon., starting October 24, 6:30 - 8 p.m.*

*Gettysburg Presbyterian Church*

*Behavioral Health Task Force*

*Seven week support group for kids, ages 6-16, & their parents/guardians, who are grieving the loss of a loved one. To register, call Debi at 337-4175.*

## November

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### **Smoking Cessation Support Group**

*First Thursday of the month, starting Nov. 3, 6:30 - 7:30 p.m.*

*Gettysburg Hospital*

*Tobacco Prevention Task Force*

*Call Jennifer at 338-3259.*

### **Smoke-free Skate Night**

*November 16, 2005, 5:30 - 9 p.m.*

*Magic Elm Skatepark*

*Tobacco Prevention Task Force*

*A free night of roller-skating for families celebrating a smoke-free home environment.*

*Call Jennifer at 338-3259.*

### **Workplace Violence Training**

*November 16, 2005, 7 - 8:30 p.m.*

*Gettysburg Hospital*

*Domestic Violence Task Force*

*Training topics include offender profiles & legal issues. Call Kathy at 334-0589.*

## January 2006

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### **Freedom from Smoking**

*Tue., starting Jan. 3, 2006, 6:30 - 8 p.m.*

*Gettysburg Hospital*

*Tobacco Prevention Task Force*

*Developed by the American Lung Assoc., this eight-session clinic is designed to help people quit smoking, fight the addiction, & develop a smoke-free lifestyle. Call Jennifer at 338-3259.*