

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



ADAMS
COUNTY

Children to be focus of annual domestic violence awareness program

The devastating effect of family violence on children is the focus of the 7th Annual Domestic Violence Awareness Night, sponsored by the Domestic Violence Task Force, an affiliate of Healthy Adams County, and the Gettysburg College Women's Center. Held annually during National Domestic Violence Awareness Month, the program is scheduled for October 18, 7 p.m., at Gettysburg College.

Domestic Violence Awareness Night serves as a reminder that domestic violence taints one in four relationships. Children are traumatized by the emotional conflicts that take place in abusive relationships and are at greater risk of physical assault when battering takes place in the home. Children who witness abuse are also more likely to find themselves in abusive relationships as teens and adults.

The evening's educational speaker, Jim Holler, chief of police, Liberty Township, will talk about living with a batterer, and Dayna

Johnson-Moser, a survivor of domestic abuse, will also share her experience of being in a violent household.

The program's entertainment features several child and young adult performers, including Gettysburg College Children's Choir; local acoustic soloist, Megan Alder; Gettysburg Dance Center; Keyless Entry, Gettysburg High School's a cappella ensemble; and UpScale, an all-female a cappella choir from Gettysburg College.

The annual surprise recognition award will also be presented to a community member or organization that has shown extraordinary dedication and support in the fight against domestic violence.

Artwork created by children living at Survivors' shelter will be displayed that evening, as will the Empty Place at the Table display. The Empty Place at the Table is a collection of place

Violence, continued on page 2

Medical assistance program proves to be popular topic

The Latino Services Task Force, an affiliate of Healthy Adams County, recently hosted John Whitelaw, an attorney from Community Legal Services in Philadelphia, who spoke about the availability of Medical Assistance (MA) benefits from the state Department of Public Welfare (DPW) for citizens, immigrants, and other residents—including people without documents.

Mr. Whitelaw provided important information about eligibility, dealing with the local DPW office, and facilitating the application process for persons who are often overlooked for coverage. More than 50 case workers, nurses, hospital administrative staff, and advocates attended the informational session. A taped copy (VHS) and notes are available at Manos Unidas, 19 West High St., Gettysburg.

Citizens and legal residents with MA and other welfare problems can get help at MidPenn Legal Services, 128 Breckenridge St., in Gettysburg or by calling (717) 334-7623. Those who are undocumented can contact Community Justice Project, (800) 322-7572 or Friends of Farmworkers, (800) 729-1607 for additional assistance.

A message from the executive director

The Community Health Assessment prepared by the Drexel University School of Public Health has been completed and presented to the Access committee of Healthy Adams County. I would like to take the time to share a few of the highlights of the assessment.

The study focused on the health status and health service needs of uninsured and underinsured county residents and workers, the county's Latino population and other disadvantaged populations that were identified through their research.

Drexel obtained their research for the assessment by reviewing documents that include the 2005 Adams County Community Health Assessment and PA Department of Health Data, interviewing 41 individual key informants and 11 task forces and collecting data from 115 surveys that were completed by community stakeholders.

Drexel completed an assets inventory of existing entities serving the community's health needs and then moved forward with a needs assessment which identified issues and needs in the community.

Issues identified include an increasing number of uninsured/underinsured and undocumented residents; an increase in perinatal, infant and neonatal death rates and an increase in low birth weight babies; an increase in deaths resulting from coronary heart disease and motor vehicle crash rates that are higher than state averages.

The needs identified include the uninsured and underinsured, cultural competency, dental health access, behavioral health services, transportation, populations that lack access, insufficient provider capacity and incorrect and insufficient information.

Next, a gap analysis conducted showed that though high quality health care services are available to the majority of Adams County, there are still approximately 15% of its residents, including thousands of women and children who lack access to services. The report also notes that there is very little access to primary care and specialty care that is culturally competent for the Hispanic/Latino residents and workers in Adams County.

The assessment concludes with a Health Service Delivery Plan that includes recommendations for building infrastructure, enhancing coordination and communication, engaging communities in need and finding the means to finance the solutions.

Recommendations for building infrastructure include increasing direct ambulatory, urgent care and follow-up services for low-income people at all ages, regardless of race, ethnicity or immigration status; creating a community health center or expanding the services of a current community health center into Adams County and finding creative solutions for transportation issues.

Recommendations for enhancing coordination and communication include developing resource connectors, creating more inter-face among HAC task forces and updating and enhancing a service provider directory.

Engaging communities in need refers to developing a strategic plan to carry out the recommendations; soliciting community input by inviting Latinos, African Americans, senior citizens and the farming community to the table and populating committees with people most affected by inadequacies in the system.

The Access committee of Healthy Adams County has committed itself to studying and selecting recommendations and developing an operational plan to address and meet the selected recommendations. The outcome of those plans will be to better address the needs of the uninsured, underinsured and special populations in our communities. I will be sharing progress notes with you in the months to come.

Kathy Gaskin

Violence, continued from page 1

settings from women in Adams County who were murdered by their abusive partners. The victims' families donate the place settings, along with other personal memorabilia, in an effort to express to others the devastating loss domestic violence can create in a family.

Domestic Violence Awareness Night is free of charge and held in the ballroom of the Gettysburg College Union Building. Refreshments and child care will be provided. Campus and community members are invited and encouraged to attend. For more information on the program or the Domestic Violence Task Force, please contact co-chairs Lisa Nevada at 334-0589 or Jesse Miller at 339-0222.



GIV Day - Healthy Adams County was one of 43 local agencies to participate in the 15th annual GIV (Gettysburg is Volunteering) Day, held on August 24th. Sponsored by Gettysburg College's Center for Public Service, GIV Day encourages students to become involved in the community by volunteering their time and services to local agencies. Several first year students, as well as a student leader, and staff leader spent many hours beautifying the exterior of the Healthy Adams County building. This marks the sixth year the Partnership has benefited from this important community event.

Breast health awareness initiative

Special emphasis on reaching Latina population

Gloria Perdomo was 55 years old when the doctors found a lump in her breast. Her daughter, Sofia, had heard about breast health screenings on American television and called Colombia to tell her mother about mammograms. Gloria had never heard of a mammogram.

At first, Gloria was scared to get a mammogram. She was distrustful of doctors and afraid of what they might find. But she made the right choice; she saw a doctor who found the lump just in time. In the next two months, Gloria underwent a life-changing procedure and lived to tell her story.

According to the American Cancer Society, breast cancer is the most commonly diagnosed cancer among Latinas. If diagnosed at a later stage of the disease, fewer treatment options are available and often the outcome may be poor. Gloria is one of the lucky ones. She says that despite her reservations, the nurses provided her with emotional support, and she gained the strength to believe in doctors and in science.

WellSpan Health wants to help Latinas and all women realize the importance of early screenings and detection. With the support of the Latino Services Task Force and the Adams County Breast Cancer Coalition, affiliates of Healthy Adams County, WellSpan is offering free educational sessions and clinical services for women.

The education sessions, termed "Healthy Breast Parties," teach women the skills to detect breast changes. Education

also covers normal changes in a woman's breast and the risk factors for developing breast cancer. Eligible women will receive free clinical breast exams, pap smears, and mammograms through the HealthConnect van, HealthyWoman program, or other resources in the community. Events are held in homes, churches, businesses and community organizations. Bilingual education, food, and childcare are provided.

According to the Pennsylvania Department of Health, 73 new cases of breast cancer were found in Adams County women in 2003. Fifty-one of these cases were found in an early stage. Through this outreach program, WellSpan Health hopes to identify additional cases of breast cancer at an early stage. Until a cure is discovered, the best protection is early detection.

October is National Breast Cancer Awareness month, and there will be many opportunities available in Adams County to increase your awareness of breast health, hear survivor stories like Gloria's, attend a Healthy Breast Party, and schedule your breast exam, mammogram, and pap smear. Call Laura Reyka for breast cancer coalition activities at (717) 339-2018 or Annalyn Saldares to learn about Healthy Breast educational sessions (717) 337-4264 ext. 6.

This project is funded, in part, by the Philadelphia affiliate of the Susan G. Komen Breast Cancer Foundation.

Breast cancer awareness month activities

In honor of Breast Cancer Awareness Month, the following series of programs are co-sponsored by the Adams County Breast Cancer Coalition, an affiliate of Healthy Adams County and Gettysburg Hospital.

Women of Color...Breast Health

Dr. Marijka Grey, Gettysburg Adult Medicine, will provide the latest information on detection, diagnosis, treatment and survival from breast cancer in women of color at a free program on Thursday, October 12, Gettysburg Hospital community rooms. Registration is required by calling (800) 840-5905.

The Value of Humor and Exercise when Confronted with Breast Cancer

Lillie Shockney, M.B.A., author and administrative director of the Johns Hopkins Avon Foundation Breast Cancer and Stephani Maitland of Gettysburg Health and Fitness will be the featured speakers at this event on Tuesday, October 17, 5:30 p.m. at the Carroll Valley Resort.

Shockney will speak of her experiences with breast cancer which includes seeing the disease through the eyes of a 12 year-old, as a nurse who cares for breast cancer patients, and as a survivor.

To register for the event, which includes a healthy dinner and exercise program, call (800) 840-5905. There is a \$5 cost per person.

Upcoming Events and Observances

OCTOBER

Breast Cancer Awareness Month

Activities sponsored by Adams County

Breast Cancer Coalition

See page 3 for details.

Domestic Violence Awareness Night

October 18, 7 p.m.

Gettysburg College

Sponsored by Domestic Violence Task Force

See page 1 for details.

Puberty Talk for Girls, part of "Let's Talk Month"

October 26, 6:30 – 8:30p.m.

Gettysburg Hospital

Adams Coalition to Prevent Teen Pregnancy

Call Laura at 717-339-2018.

"Drive Through Flu Clinic"

October 29, 1-4p.m.

Harrisburg Area Community College-

Gettysburg Campus

For further information, or for a complete

listing of dates for community flu shots,

please call Gettysburg Hospital's health

information line at 717-334-4646.

NOVEMBER

Smoking Cessation Support Group

First Thursday of the month, starting

November 2, 6:30 – 7:30p.m.

Gettysburg Hospital

Tobacco Prevention Task Force

Call Jen at 717-338-3259.

Snowflake Dinner

November 9, Time: TBD

Gettysburg Hotel

Proceeds from this event will go towards the

Children's Advocacy Center (CAC)

For further information please contact the

CAC at 717-337-9888.

DECEMBER

Gettysburg Area High School Holiday Market

December 9, Time: TBD

Gettysburg Area High School

Featuring a number of vendors including the

Adams Coalition to Prevent Teen

Pregnancy.

For more information call Laura at 717-

339-2018.