

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.

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Chief Holler honored for work in domestic violence

The Domestic Violence Task Force's education committee hosted its fifth annual Domestic Violence Awareness Night along with the Center for Public Service at the Gettysburg College on October 12.

The evening included musical selections by Megan Alder and Keyless Entry, dance by the Gettysburg Dance Center, an educational piece on elder abuse, poetry, and a moving presentation by Ginny Bentzel, mother of Kristal Bentzel who was shot to death by her husband.

The task force followed its yearly tradition of honoring a member of the community who has done an exceptional job in providing service to victims of domestic violence and in helping to educate our community about violence in the home. This year the committee chose to show their appreciation to Chief James Holler Jr. by presenting him with this award.

Chief Holler has been an active member of the Domestic Violence Task Force since 2001 and he sits on the board of Survivors, Inc. and NOVIS, two organizations that are working to end domestic violence in Adams County.

Chief Holler has gone above and beyond in offering assistance to victims of domestic violence and as a board member of these organizations. In addition to his work on the Domestic Violence Task Force he also sits on several other Healthy Adams County task forces including Families First, Traffic Safety, Adams County Coalition to Prevent Teen Pregnancy and Safe Kids Coalition.

He is a member of the county and state



Chief Jim Holler receives the annual community service award from Kathy Gaskin, chairperson of the Domestic Violence Task Force.

Child Death Review teams and serves as president of the South Central Multi-State Child Abuse Task Force. Chief Holler is also a member of the Adams County Family Group Decision Making Implementation Team and the Adams County Suspected Child Abuse and Neglect (SCAN) Team.

Chief Holler is concerned for the welfare of victims of both domestic violence and child abuse and he is truly a public servant who does something when he sees there is a need.

Oh, did we mention that he is also a police officer?

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Message from the executive director



Nora Cummings, our work study student

A few notes as we enter this busy holiday season. We would like to introduce you to Nora Cummings, our new Work-Study student. Nora is currently pursuing an Associates Degree in Communications at Harrisburg Area Community College (H.A.C.C.)-Gettysburg Campus, but will only be with us a short while, as she will be transferring (believe it or not) to the University of Nevada Las Vegas in January.

She has been working closely with the Traffic Safety Task Force, researching and developing a database for their work. She also is conducting an Internet search to identify useful websites for task forces, and has completed the final draft of a Resource Directory for the Citizens with Disabilities Task Force. If you hurry (and it will be worth it!) you should come to our "world headquarters" by mid-December to meet her.

We would like to share news of two special funding awards. First, due to the collaborative efforts of the Oral Health Task Force, the Robert C. Hoffman Charitable Endowment Trust has awarded approximately \$45,000.00 to

fund dental facility costs incurred in support of the Head Start program involving Dental Hygienist students at the Gettysburg Campus of H.A.C.C. Secondly, the Second Mile Ministries Committee, sponsored by Christ Evangelical Lutheran Church in Gettysburg, has awarded a \$500.00 grant to Healthy Adams County to support Project Mend-a Heart. This program, administered by Rallying Points, a task force affiliate, is designed as a bereavement support group for children, helping them to recover and cope with the loss of loved ones.

We also would like to report that Healthy Adams County (H.A.C.) participated in the Annual Business Fair, hosted by the Gettysburg-Adams County Area Chamber of Commerce. The mission and accomplishments of H.A.C. and a number of task forces were on display for the community, as well as the business sector, in an exhibit designed by Jen Williams. Also, we have received an award for five straight years of participation.

We would like to wish all of our readers and volunteers "Happy and Healthy Holidays".

Bill Taft

Winterfest plans announced

The Aging Services Task Force of Healthy Adams County invites anyone who is growing older and would like to learn how to "age better" to join us for Winterfest: A Celebration of Living Well As We Live Longer on Thursday, January 6, 2005, from 9:00 AM to 3:00 PM at the Gettysburg Campus of Harrisburg Area Community College.

Winterfest will be an exciting day of interactive learning featuring four educational tracks, two speakers and exhibits. Featured topics include Legal Issues, Insurance Options, Housing Information and Wellness.

Participants will learn about the need for and preparation of living wills, powers of attorney, and living trusts; hear the most up-to-date information on Medicare Part D, the new prescription drug benefit, as well as other types of insurance options; hear a presentation from the Housing Task Force of Healthy Adams County; and enjoy a variety of topics having to do with promoting and enhancing personal wellness.

Representative Todd Platts will offer opening remarks and Dr. Arlene Bobonich will speak during lunch on "Living Better, Living Longer". Exhibitors will offer information and answer questions in a special display area.

There is no charge to attend the information sessions. Lunch tickets may be purchased in advance for \$5.00. For registration and ticket information, please call the Adams County Office for Aging, Inc. at 334-9296 or 1-800-548-3240.



Welcome to new tobacco control project assistant

Jennifer Hobbs recently came on board as the new Tobacco Control Project Assistant on November 1. She works directly with Wes Frisbie,



Community Health Services, Gettysburg Hospital, under the auspices of Healthy Adams County to provide and implement tobacco prevention programs.

Hobbs assists in the disbursement of the tobacco control program grant to various schools and community programs in the area. As an assistant to leading the Tobacco Prevention Task

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Working Together for the Health of our Community

Physical Fitness Task Force

Number of Task Force Members: 22

Recent Accomplishments: The Physical Fitness Task Force has had several accomplishments over the past several months, including:

- Completed the 2004 Shape Up PA initiative with 113 teams and 947 participants and conducted kick-off and closing award programs for this successful event
- Hosted a Community Fitness "Poker" Walk through downtown Gettysburg for 218 persons.
- Led a six-week Fall Walking Party program with an average of 20 people per walk.
- Produced an Adams County Fitness Directory and collaborated in the development of a booklet on the "Walking and Running Routes of Gettysburg."
- Participated in two media campaigns and one radio interview to encourage physical activity.
- Participated in the Adams County Green Ribbon Commission to offer recommendations regarding open space, greenways and conservation initiatives.
- Formed Bicycling Advocacy Committee to advocate for safe, alternative access, including biking, walking and jogging on the road and trail.

Upcoming Events/Programs: Upcoming activities for 2005 include:

- 2005 Shape Up PA campaign will kick off on February 9 and be conducted through June 28.
- Spring walking parties will be held from March through May.
- Community Fitness "Poker" Walk is planned for June 3
- Plans are underway to include children in physical fitness promotion through the "See You at the Games" educational/fitness challenge and the endurance challenge during Health and Safety Day for Kids on May 1.
- Continue advocacy efforts to promote access and environmental support of physical fitness efforts.

Other Task Forces You Serve On: Holly serves on the Children's Health, Behavioral Health, and Aging Services task forces. Toby also chairs the Physical Fitness Task Force's Bicycling Advocacy Committee.



Task force chairpersons Holly Cookerly, RN, M.Ed, Gettysburg Hospital and Toby Bortner, PT, Gettysburg Hospital Rehab

Tobacco Control -

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Force, she works to promote smoke-free restaurants, implements the Freedom from Smoking cessation program, conducts tobacco prevention programs for youth, encourages school and community programs, and reports to the Department of Health on the progress made to help build a healthier tobacco-free community. She is focused on providing information to the community on tobacco use and its risks as well as evolving new tobacco prevention ideas to better the public's health for the present, as well as into the future.

A graduate of Gettysburg High School, Hobbs attended Shippensburg University where she obtained a Bachelor of Arts degree in Communication/Journalism, with an emphasis in electronic media and theater.

"There has always been a soft spot in my heart for this community," says Hobbs. "We can all play a part in building on a healthy community and be proud to pass this on to our future children and grandchildren."

Hobb's enthusiasm is both infectious and precedes her presence with Healthy Adams County.

"My third grade teacher, Mrs. Wagner, once told me that I had a beautiful, contagious smile and that I should never stop smiling because it is a very small but powerful thing," recalls Hobbs.

"She said I could change how someone's day was going just by my smile. That is one thing I will always remember and carry with me for the rest of my life. To slightly improve the health and happiness of just one member of the community can have a long lasting effect. I'm happy to be a part of that process."

Upcoming Events and Observances

DECEMBER

Gettysburg High School Holiday Market

December 11, 9 a.m. – 2 p.m.

Gettysburg High School

Featuring a number of vendors including Adams Coalition to Prevent Teen Pregnancy
The Coalition will have items for sale as part of their annual fundraiser along with many other gift ideas for the holidays.

JANUARY

Winter Fest – A Prime Time Health Event

January 6, 9 a.m. – 3 p.m.

Sponsored by the Aging Services Task Force

See article on page 2 for further details.

Adams County School Nurse In Service

January 17, 8:30 a.m. – 4 p.m.

Gettysburg Hospital

Sponsored by the Children's Health Task Force

A workshop for school nurses including various sessions on mental and physical health relating to children and adolescents. Call 717-337-4272, ext. 5185 for further information.

Project Mend-a Heart

Mondays, January 17 – February 28

6:30 p.m. – 8 p.m.

Gettysburg Presbyterian Church

Sponsored by Rallying Points, End-of Life Task Force

Seven week support group for kids, ages 6-16, and their parents/guardians, who are grieving the loss of a loved one. To register, call Debi Jordan at 717-337-4175.

FEBRUARY

Shape Up PA

February 9 – Registration begins

Sponsored by the Physical Fitness Task Force

Go to www.keystonegames.com and click on Shape Up PA to register. Call 717-337-4272, ext. 5185 for further information.

Announcement:

2005 will be the Adams County Breast Cancer Coalition's 10-year anniversary.

Watch for special events including the fundraiser Color the Night Pink Sock Hop on October 8 at the Pike, with the female performers, the Leatherettes.



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HEALTHY