

HEALTHY COMMUNITIES

THE OFFICIAL NEWSLETTER OF HEALTHY ADAMS COUNTY

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.healthyladamscounty.org

HEALTHY


ADAMS
COUNTY

April 2008

Second Annual Adams County Health Summit on June 17

To continue to collectively explore and create open dialogue on important health and wellness issues facing the people of Adams County, Healthy Adams County, Community Health Improvement of WellSpan Health and Gettysburg College are co-sponsoring the second annual Adams County Health Summit on Tuesday, June 17, 2008.

The free, day-long event will begin with a keynote address from Gary Zimberg, M.D., a psychiatrist with WellSpan Behavioral Health. Dr. Zimberg will discuss future trends in the mental health field for the next five to ten years.

The summit will again feature breakout sessions on several key initiatives currently

impacting Adams County. Representatives from area agencies will help lead the discussions on topics that include mental health, end of life issues, diversity, the proposed community health center, holistic health with a focus on stress management and reports on two studies completed by affiliates of Healthy Adams County. The first report will feature the Adams County Affordable Housing Study and the second, the rails to trails feasibility study which is the first step towards the goal of having a bike trail in Gettysburg and another from Hanover to Gettysburg.

A free buffet lunch will be provided to attendees. During the lunch the fourth annual

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Serving the Latino Community panel covers wide array of topics

More than 70 people recently attended a day-long Serving the Latino Community panel discussion of key issues impacting Latino residents of Adams County.

During the first panel Liz Chacko, an attorney with Friends of Farmworkers, Inc., provided examples of documentation that employers are required to provide workers and what workers should be aware of in various employment situations. Jorge-Perez Rico, student support coordinator/parent educator with LIU 12 Migrant Education Program, discussed resources available for students in the educational system and barriers that migrant students often face when

applying for college and obtaining tuition monies. The second panel focused on strategies that encourage collaboration among agencies and information about available health services. Elvia Alvarez and Yeimi Gagliardi, both of WellSpan Community Health Improvement, talked about services available to Latinos to overcome challenges of receiving healthcare. One such service is Healthy York Network, a program that provides medical care for low or no cost to patients regardless of immigration status.

Nate Rivera, education and guardianship director for Mental Health America for York

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Director's Report

Spring has sprung and Healthy Adams County is gearing up for an important community health assessment. Health assessments have been conducted previously in Adams County in 1996, 2002 and 2005. The 2008 assessment will be conducted by Holleran Consulting, a full-service research firm located in Lancaster County that has 15 years of experience assessing community health.

Adams County worked in conjunction with the Healthy York County Coalition to select a research consultant and coordinate the process as both counties have agreed to work on this key project together this year. Each coalition will then be responsible for using the data and reports provided to prioritize the needs of their specific community and look at ways to address them.

The assessment will be comprised of a survey, focus groups and a secondary data profile. The survey is part of the Behavioral Risk Factor Surveillance System sponsored by the Center for Disease Control. Holleran Consulting will conduct 600 random interviews in Adams County to complete the survey work. Holleran's own call center will be making phone calls to Adams County residents between March 31 and May 2. The phone interviews will take approximately 20 to 30 minutes to complete.

Holleran will also complete a secondary data profile based on past health assessments, state data and other assessments that reflect needs in our community. Based on the results of the survey and profile, Holleran will work with us to develop questions for three focus groups that will be held this summer. A final report on the survey will be available to Healthy Adams County by June 4. We will provide reports on the results this fall.

In other Healthy Adams County news, I would like to congratulate one of our task force leaders, Laura Reyka, coordinator of Gettysburg Hospital Women's Services, for being the recipient of a 2008 Callie Award. The Callie Awards are given to six exceptional women in Adams County each year by the United Way of Adams County. Laura received this year's award for Health and Human Services. Laura is a chair for the Breast Cancer Coalition and the Adams County Coalition to Prevent Teen Pregnancy and she participates in many Healthy Adams County projects and committees. Congratulations Laura!

Kathy Gaskin

Community Resource Mapping to create comprehensive resource directory

The Access Committee of Healthy Adams County has been working with the Pennsylvania Department of Health's Special Kids Network System of Care on a project called Community Resource Mapping. System of Care has taken on the task of developing a comprehensive resource directory for every county in Pennsylvania so that parents of special needs children will have a sure way to uncover and access services available to them in their county. System of Care realizes that the directory will also be a benefit to others in the community including human service organizations, health care organizations and community members who are searching for services in general.

According to System of Care, Resource Mapping can be used to improve service coordination, education, workforce development, and economic development in a community by aligning available services and resources, streamlining those services and resources, and identifying areas of need. They also feel that the idea of resource mapping builds on the community's strengths by increasing the frequency, duration, intensity, and quality of services and supports in the community. It is a way to organize information and it is a methodology by which the capabilities and the capacities of a community are identified and used to build a system. Resource Mapping also reveals the resources and assets in a community and highlights the interconnections among those resources and assets.

Healthy Adams County is excited to work with System of Care to identify all of the resources in our community that can be listed in the directory and provide them with contacts for those organizations. Once they have the complete list they will contact each organization via email to have a survey filled out. The survey will provide the information needed on each organization so that viewers will be able to understand what each organization offers. The directory and a county profile will be housed on a website which will be maintained by the Center for Schools and Communities.

Healthy Adams County is excited about the partnership. We have been working on the idea of developing a web based directory for many years but the cost of housing the data base and maintaining it were always stumbling blocks to finishing the project. This partnership will allow the project to come to fruition without the costs involved. It will also be a fluid process that allows agencies to make their own changes to their information eliminating the need for heavy maintenance by one organization to keep researching and changing the information all of the time. Further information will follow as Adams County data is ready to be released.

Fourth Annual Healthy Adams County Apple Awards Nominations

The Healthy Adams County Apple Awards were established in 2005 to recognize and honor outstanding volunteer leadership among the 600 volunteers who serve 30-some task forces to improve the health in our community.

Each year, three awards are given in the following categories:

Adams Apple (Leadership) - recognizes an individual who has taken on a leadership role and whose efforts have resulted in significant contributions to the effectiveness of the task-force/committee in achieving its goals.

Golden Apple (Unsung Hero) - recognizes an individual who has made a significant contribution to the work of the task force/committee but whose efforts have not been formally recognized.

Green Apple (New Member) - recognizes a new member of the task force who has taken on a significant role in the work of the task force.

The Apple Awards are a unique way for any task force member to honor a deserving volunteer on their task force or any other task force or committee.

Nominations forms will be distributed in the near future. Nominations should be completed and returned to Jennifer Gastley, administrative assistant, Healthy Adams County, by May 9, 2008. For more information, contact Healthy Adams County at 717-337-4137 or e-mail jgastley2@wellspan.org.

Award recipients will be honored at this year's Adams County Health Summit at Gettysburg College on Tuesday, June 17, 2008.

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and Adams Counties spoke about the need for quality mental health services for Spanish speakers. Rivera explained that one of the barriers is the lack of Spanish speaking crisis lines, counselors and support groups. Rivera also provided the audience with information about support groups that are available for Latinos here in Adams County. Teresa Gard, drug-free communities support coordinator for Collaborating for Youth, detailed how working together to obtain funding, continue existing programming, share resources, and network to build relationships between agencies will result in additional services in Adams County.

The final panel on cultural competency and mentoring provided insight into understanding Latino cultures. Marizol Jimenez-Fotopolous, Harrisburg Area Community College, and Kimberly Hernandez, Child Care Information Services, discussed basic things as how to greet people and the use of last names. They also explored how values, such as an emphasis on family, result in different approaches to child care and education. Jane Oyler,

R.N., director of career development at Gettysburg Hospital, introduced two students, Erica Gallegos and Maria Angeles Zauala, who have started a mentoring program for Latina middle-school girls. The girls are serving as positive role models as both students and career women.

The education sub-committee of the Latino Services Task Force has been formally meeting since March 2007. Our mission is to provide educational experiences that will enhance communication and multi-cultural understanding among community members. If you are interested in participating in the Latino Services Task Force please join us during our monthly meetings on the second Wednesday of the month at noon at Manos Unidas, located at 19 West High Street in Gettysburg.

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Healthy Adams County Apple Awards, recognizing outstanding volunteer effort and leadership, will be presented.

The event is aimed at health and human service professionals, community leaders as well as anyone interested in learning more and discussing these important issues. More information on the event will be released soon. For more information on the event, call Healthy Adams County at (717) 337-4137.



Healthy Adams County task force members (left to right) Nate Rivera, Lyn Becker and Cheri Kearney enjoying the festivities at this year's task force social event held at Gettysburg College.

Upcoming Events and Observances

April

Spring Walking Parties

*Wednesday Evenings, April 9 – June 25
6 – 7 p.m.*

Various Locations

Physical Fitness Task Force

*Call Community Health Improvement at
717-337-4264, ext. 1 for dates and starting
locations.*

May

Health & Safety Day for Kids

May 4, 1 – 4 p.m.

Allstar Events Complex

Participation by several Task Forces.

Call Cindy at 717-337-4272.

Recognizing and Understanding Anxiety Disorders – Program & Screening

May 6, 6:30 – 8:30 p.m.

WellSpan Adams Health Center

Behavioral Health Task Force

To register call 800-840-5905.

*For questions call Holly at 717-337-4264,
ext. 3.*

Freedom From Smoking

Tuesdays, May 6 – June 17

6:30 – 8 p.m.

Gettysburg Hospital

Tobacco Prevention Task Force

*Eight-session clinic designed to help people
quit smoking.*

To register call 800-840-5905.

For questions call Jen at 717-338-3259.

A Picture Lasts a Thousand Years: Internet Reality

May 22, 6:30 – 8 p.m.

Gettysburg Hospital

Adams Coalition to Prevent Teen Pregnancy

*An interactive program for all parents and
educators to learn about the latest internet
concerns for you and your youth.*

To register call 800-840-5905.

For questions call Laura at 717-339-2018.

June

Adams County Health Summit

June 17, 8:30 a.m. – 3:30 p.m.

Gettysburg College

*Sponsored in part by Healthy Adams
County, WellSpan Community Health
Improvement and Gettysburg College.*

Call Jen at 717-337-4137.

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