

April 2006

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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Volunteers inspire by example

Celebrate volunteerism in our community

National Volunteer Week, April 23 - 29, 2006 is a special time to honor and thank people of all ages for their commitment to service in communities throughout our nation. Sponsored annually by the Points of Light Foundation and the Volunteer Center National Network, National Volunteer Week began in 1974 when President Richard Nixon signed an executive order establishing an annual celebration of volunteering. Every president since has signed a proclamation promoting the week.

The National Volunteer Week theme, "Volunteers Inspire by Example!" truly reflects

the power volunteers have to inspire the people they help and to inspire others to serve!

During National Volunteer Week take the time to recognize and say thank you to people in your life who volunteer co-workers, friends, neighbors and family. To find out how you can make volunteer service a regular part of your life, call The Volunteer Center at United Way of Adams County 717-334-5809 or on-line at 1-800-VOLUNTEER.org. For volunteer opportunities at Healthy Adams County, call 717-337-4137 or visit www.healthyadamscounty.org.

2nd Annual Healthy Adams County Apple Awards

The Healthy Adams County "Apple Awards" were established in 2005 to recognize and honor outstanding volunteer leadership among the 650 volunteers who serve 30-some task forces to improve the health in our community.

Three awards are bestowed annually in the following categories:

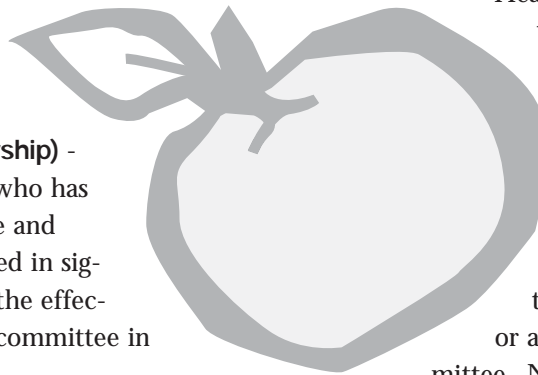
Adams Apple (Leadership) - recognizes an individual who has taken on a leadership role and whose efforts have resulted in significant contributions to the effectiveness of the taskforce/committee in achieving its goals.

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.

Award recipients will be honored at the Healthy Adams County quarterly task force leaders meeting on June 28.

The Apple Awards are a great way for any task force/committee leader or member to honor a deserving volunteer on their own task force or any other task force or committee. Nominations forms are due by April 28, 2006. To receive a nomination form, contact Jennifer Williams, Administrative Assistant, Healthy Adams County, 717-337-4137, or by e-mail, jwilliams5@wellspan.org.



A message from the President, Healthy Adams County Board of Directors

With the recent retirement of Executive Director Bill Taft, Healthy Adams County (HAC) faces an interesting transition. Not only did Bill do a wonderful job of leading HAC, but he actually helped to found the organization and put its programs and services into place. He will truly be missed.

This does present HAC with a unique opportunity and with some interesting challenges. Will the organization continue to thrive and grow? Can it become even a bigger and better influence on our community? I think the answer to these questions is certainly "yes it can, and yes, it will."

The 28 task forces and the 650+ volunteers are active and working and ready to face the challenges of the future. There are still many community-based issues that need the care and attention of HAC and its vibrant organization. It has been fascinating to watch the task forces develop leaders, some of whom were new to the leadership game.

It is fun to watch the task forces, their leaders and their members put their individual and collective shoulders to the wheel and change this community in ways that many thought were impossible. This change in leadership at the top should serve as an important and pivotal point for the future, and I'm certain that it will.

HAC is very fortunate to have as its new boss, an old friend. Kathy Gaskin, the former Executive Director of Survivors, Inc., has assumed the Executive Directorship of HAC and she is already doing a great job. I am confident that Kathy will provide the leadership and drive necessary to take HAC in a very positive direction far into the future.

If you'd like to join us in our efforts to change this little corner of the world, call Kathy at the HAC office at 717-337-4137. We welcome your participation.

Steve Niebler

Day in the Park celebration features bike derby

Safe Kids Adams County, will sponsor a bike derby during the Collaborating for Youth - Gettysburg Alternative Sports Park first year anniversary celebration "A Day In The Park" on Saturday, April 29, 2006, 1:00 - 5:00 p.m. at the Gettysburg Area Recreation Park.

The bike derby features the American Trauma Society's bicycle derby course which includes activities around correct hand signals, riding safely and bike control. Also, included in the event will be helmet fittings and replacement of unsafe helmets; bike safety inspections coordinated through Gettysburg Bicycle & Fitness and Gettysburg Police Dept.; hands on demonstrations; and, distribution of bike safety information, including helmet usage, proper road safety, bicycle laws and general bicycle safety. The event is funded by a mini-grant for bicycle safety received from the Pennsylvania Safe Kids Coalition.

Citizens with Disabilities and Transit Authority partner for success

The Adams County Transit Authority (ACTA) was recently awarded the Rural Transportation Program for Persons with Disabilities (PwD). The Citizens with Disabilities Task Force, an affiliate of Healthy Adams County, worked closely with ACTA to make application to PennDOT.

ACTA will be joining 34 other counties in the Commonwealth who provide discounted fares to persons with disabilities on its shared-ride transportation services. The Pennsylvania Department of Transportation will allow approved passengers to access the service for just 15 percent of the general public shared-ride transit fare, ranging from \$1.10 to \$2.30. The service can be used for any purpose. State statistics show that over 50 percent of PwD trips are for employment purposes, while medical and shopping trips are the next two most frequently used trip purposes.

ACTA is pleased to be the recipient of the PwD grant to provide shared-ride services to eligible county residents. ACTA has been busy gearing up for the spring launch of the program. ACTA will be working closely with the Citizens with Disabilities Task Force to develop and implement the program.

Adams County residents or agencies seeking additional information should contact ACTA at 717-337-1345.

Manos Unidas center opens

A new Spanish center in Gettysburg, Manos Unidas, opened in March to the excitement of the Latino Services Task Force, an affiliate of Healthy Adams County, and others who have been involved in its development.

The center is intended to provide support for Latinos/as in the community. Included is a wide array of information on different services available in Adams County and the ability to help connect people with needs to those services. Volunteers at the center have participated in orientation training and are ready to serve. The coordinators of Manos Unidas hope to continue to learn more about needs in the community and implement improvements to the center over time.



Latino Services Task Force co-chair Amelia Contreras and Father Bernardo Pistone, St. Francis Xavier Parish, cut the ribbon at the grand opening of the new Manos Unidas center.

Currently Manos Unidas is open on Monday, 10 a.m. – noon; Thursday, 10 a.m. – noon and 4 – 8 p.m.; Friday, 10 a.m. – noon and 4 – 8 p.m.; and Saturday, 10 a.m. – 4 p.m.

Manos Unidas is located on West Middle Street, next to St. Francis Xavier Church which has partnered with the Latino Services Task Force to provide the facility space. Many of the volunteers are also members of the parish. In addition, various organizations, including the United Way, have donated furniture and supplies.

For more information on Manos Unidas, contact Amelia Contreras at 717-339-0570, extension 106.

Shoe Campaign: stomping out tobacco

Tobacco prevention efforts are on the rise as the Tobacco Prevention Task Force of Healthy Adams County is working with youth and various organizations throughout the community to get the word out about big tobacco.

One group raising awareness in Pennsylvania is BUSTED!. BUSTED! is a statewide organization of youth ages 14-17 with a mission to end the manipulation of big tobacco companies and spread the word about the harmful effects of tobacco use.

This year, BUSTED! is collaborating with all 67 counties in Pennsylvania to hold a Youth Quest Rally 2006 Shoe Campaign in Harrisburg. Currently all counties are collecting shoes and raising awareness of how many lives are lost every year to tobacco related diseases. On April 26, BUSTED! members will place 20,000 pairs of shoes on the steps of the Harrisburg Capitol building to represent the lives lost in Pennsylvania alone every year due to tobacco use.

Jennifer Hobbs, the BUSTED! youth coordinator and member of the Tobacco Prevention Task Force, has collaborated with 24 organizations and schools in Adams County to set up donation stations for the shoes in hopes of collecting 1,000 pairs. Adams County is still in need of youth interested in joining the BUSTED! chapter and assisting with this campaign.

After the shoes are collected, the group of BUSTED! youth involved from our county will attend a conference in Harrisburg to prepare them for the rally. They will gain leadership skills and have the opportunity to meet with our local legislators to educate and ask for their support of tobacco control programs and services offered in our community.

Youth will also have the opportunity to educate citizens on the mission of this youth anti-tobacco program in hopes of increasing statewide awareness of their efforts to eliminate the manipulation of big tobacco. This event is important for the youth to have a voice in the health of our state. They will also be recognized for being pioneers in helping teens themselves choose to be tobacco free.

Several organizations, schools, and community members have already joined "The Shoe Campaign" effort, a great way to get involved at a local level. Shoes can be donated to the campaign by dropping them off at Healthy Adams County, 424 S. Washington Street, Gettysburg, until April 21. After the campaign in Harrisburg, all shoes will be donated to charity. Together, the community can all play a part to spread awareness and help to build a healthier smoke-free community. For more information, please contact Jen Hobbs at 717-338-3259.

Upcoming Events and Observances

April

"Shape Up PA" Walking Parties

Wednesdays, April 12-June 28

6-7p.m., Various Locations

Physical Fitness Task Force

Group walking for the novice & experienced walkers

Call Holly at 337-4264, #3.

May

Smoking Cessation Support Group

First Thursday of the month, starting

May 4, 6:30p.m.

Gettysburg Hospital

Tobacco Prevention Task Force

Call Jen at 338-3259.

Health & Safety Day for Kids

May 7, 1-4p.m.

Allstar Events Complex

Annual event for kids, which includes various exhibits & entertainers.

A Day with Deborah M. Roffman, M.S.

May 9, 8a.m.-4p.m., Gettysburg Hotel

Cost: \$45; Adams Coalition to Prevent Teen Pregnancy

Day-long program for adults who work with youth & parents, facilitated by Deborah M. Roffman, nationally certified Sexuality and Family Life Educator. Email acptp@juno.com.

Freedom from Smoking

Tuesdays starting May 9, 6:30p.m.-8p.m.

Gettysburg Hospital

Tobacco Prevention Task Force

Free eight-session clinic designed to help people quit smoking.

Call Jen at 338-3259.

Annual yellow carnation fundraiser to honor Teen Pregnancy Prev. Month

Cost: \$6.50 – Call Laura at 339-2018 to order by May 9th; delivery May 23rd .

June

Community Poker Walk - Tentative

June 2, 11:30a.m.-2:30p.m.

Physical Fitness Task Force

Free one-mile walk to promote physical fitness. Educational materials, refreshments, & prizes.

Call Holly at 337-4264, #3.

SAVE THE DATE

2nd Annual Color Your Night Pink!

1960's Sockhop

September 30, 2006 6-12p.m.

Dinner & dancing at the new American Legion in Gettysburg.

Music by DJ Breeze-Mon

All proceeds benefit the Adams County Breast Cancer Coalition.

Call Laura at 339-2018.