

Upcoming Events and Observances

August

11th Annual Longaberger Basket Fund-Raiser Luncheon

August 31, 11:30 a.m. – 1:30 p.m.

Stephani Maitland Farm

Adams County Breast Cancer Coalition

Call Laura at 717-339-2018.

September

Freedom from Smoking

Tuesdays, starting September 4 – October 23, 6:30 – 8 p.m.

Gettysburg Hospital

Tobacco Prevention Task Force

Call Jen at 717-338-3259.

National Women's Fitness Day

September 26, 6 – 7:30 p.m.

Gettysburg Recreation Park

Physical Fitness Task Force

To register call (800) 840-5905.

October

Women of Color and Breast Cancer

October 2, 5:30 p.m. (dinner)

6:30 p.m. (program)

Gettysburg College

Adams County Breast Cancer Coalition

To register call (800) 840-5905.

Understanding Mental Health Education Program and Screening

October 3, 6 – 9 p.m.

Gettysburg Hospital

Behavioral Health Task Force

To register call (800) 840-5905.

"Let's Talk", Puberty Program for Boys

October 4, 6:30 – 8:30 p.m.

Gettysburg Hospital

Adams Coalition to Prevent Teen Pregnancy

(ACPTP)

To register call (800) 840-5905.

A Day with Michael Pritchard

October 11, 8:30 a.m. – 3 p.m.

Gettysburg Hotel

\$50 per person

Presentation utilizing humorous stories &

useful tools to educate parents & adults who work with youth on improving communication skills.

ACPTP

Call Laura at 717-339-2018.

Pink Ribbon Breast Cancer Dinner

October 23, 6:30 p.m.

Carroll Valley Resort

\$8 per person

Adams County Breast Cancer Coalition

To register call (800) 840-5905.

"Let's Talk", Puberty Program for Girls

October 24, 6:30 – 8:30 p.m.

Gettysburg Hospital

ACPTP

To register call (800) 840-5905.

Fall Fest – "Piecing It All Together"

October 27, 8 a.m. – 3 p.m.

HACC – Gettysburg Campus

Aging Services Task Force

Free educational program & vendor fair for senior citizens.

To register call (800) 840-5905.

HEALTHY COMMUNITIES

THE OFFICIAL NEWSLETTER OF HEALTHY ADAMS COUNTY

July/August 2007

Adams County Health Summit Creates Open Dialogue

When it comes to openly discussing health care related issues, a recent community event proved there's no shortage of interest in Adams County. Nearly 100 people participated in the first Adams County Health Summit on Tuesday, June 19 at Gettysburg College. Health and human service professionals and community residents gathered for the day-long event that covered several issues people of the area are facing today.

Sponsored by Healthy Adams County, Community Health Improvement of WellSpan Health and Gettysburg College, the health summit provided a forum for information and open dialogue on people living at or near poverty, an aging population, childhood

overweight trends, tobacco cessation, and diversity.

"Beyond the benefits of discussing the issues, the summit created an opportunity to attract individuals to take the next step and decide to become actively involved in a task force or

committee to address some of the health needs in our county," said Kathy Gaskin, executive director of Healthy Adams County.

The free event began with a keynote address by Kevin Mosser, M.D., president of Gettysburg

Hospital. Dr. Mosser discussed trends in health care, how they affect Adams County in light of the county's growth and changing demograph-

Summit, continued on page 3



Kathy Gaskin, executive director of Healthy Adams County presented the third annual HAC Apple Leadership Awards to Nate Rivera, Mental Health of America, recipient of the Green Apple New Member Award for his work with the Behavioral Health Task Force; Holly Cookerly, R.N., Wellspan Community Health Improvement, recipient of the Adams Apple Leadership Award for her work with the Children's Health Task Force; and Bill Fitzpatrick, recipient of the Golden Apple Unsung Hero Award for his work with the Faith In Action Coalition.

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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Director's Report

The 2006-2007 fiscal year for Healthy Adams County was certainly full of events, activities and achievements. As we close out our fiscal year and move on to a new one, I'd like to share with you just a few of the noteworthy accomplishments of the organization.

The Healthy Adams County Board concentrated on adopting policies such as a volunteer policy and guidelines relating to internal controls. The board was also able to officially change the organization's name from the Adams County Council of Community Services to Healthy Adams County with the State and with the IRS. The organization, along with WellSpan's Community Health Improvement and the Gettysburg College Center for Public Service planned and implemented the first annual Adams County Health Summit on June 19. Finally, the Access Committee took on the responsibility of overseeing and implementing recommendations from the study on the uninsured and underinsured in Adams County that was conducted in 2006 by the Drexel University School of Public Health. Their primary recommendation, to develop a community health center in Adams County is currently being addressed by the committee.

A new task force was added to the roster of efforts under the umbrella of Healthy Adams County. The Breast Feeding Task Force's mission in part is to educate the public about the importance of breast feeding. Several of our existing task forces went through changes in leadership and spent time on goal planning including the Citizens with Disabilities Task Force, Behavioral Health Task Force and the Community Re-Entry Coalition. The Healthy Adams County Children's Committee was also developed to bring together the different leaders from the children related task forces as well as other children related organizations in the community to network and develop some goals that would involve all of the organizations attending.

Other highlights included Safe Kids Coalition bringing in significant money to support their Cribs for Kids Program and the Housing Task Force's focus on developing an affordable housing study for Adams County.

There are too many accomplishments among the individual task forces in the past year for me to mention in this space. The upcoming WellSpan Community Benefit Report will include descriptions of the wonderful efforts everyone has helped make possible in our community. A big thank you to all of the task forces for their hard work this past year!

Kathy Gaskin, Executive Director

ACPTP Training Targets Improving Lives of Youth

The Adams Coalition to Prevent Teen Pregnancy (ACPTP) hosted their annual Teen Pregnancy Prevention Month training on May 9. The participants enjoyed four wonderful presenters. Jim Holler, Liberty Twp Police Department began the event with a presentation on Internet safety. His research and investigation of online predators was an enlightening and thought-provoking presentation regarding popular websites and tips for Internet usage. According to Chief Holler, "Parents need to take an active role in monitoring their youth's Internet activity and at the same time building their youth's self-esteem. On any day, child molesters look for kid's to be their next target using the Internet as a tool and they will try hard to build a child's self-esteem all along carefully seducing the child."

Robin Sawyer, author, filmmaker and professor at the University of Maryland, discussed what he has learned from his years of research on college students' attitudes regarding relationships and sexuality. A native of England, Robin's expertise lies in the area of human sexuality, contraception, date rape, AIDS and other sexually transmitted diseases. Robin discussed college students' inability to communicate, alcohol usage and the resulting effects on sexual outcomes. In addition, he shared reasons college students are non-compliant with contraception use and what the Nike Generation of students has taught educators and parents.

Lisa Nevada, ACPTP, and Jesse Miller, NOVIS, shared the successful program, "Spin the Bottle" that was presented to Gettysburg College students. The students perception of the opposite sex and sexuality were shared in addition to information on recognizing potential warning signs of abuse and healthy relationships.

According to Jesse, "One of the best and most important ways to engage youth in a discussion of problematic sexual behavior is to engage them in dialog. While there is a great deal of misunderstanding and misinformation among the students, they are willing and able to examine and discuss different points of view."

"ACPTP is very proud of the quality programs and research based presentations that we offer to our local

Teen Pregnancy, continued on page 3

Gettysburg/Hanover Trail Feasibility Study Receives Support

There was a strong show of support and interest at a recent public meeting for the Gettysburg/Hanover Trail Feasibility Study. On May 8, almost 70 local citizens gave their suggestions regarding a possible off road trail from Gettysburg to Hanover. The feasibility study is being performed by Campbell Thomas and Company, one of Pennsylvania's leading trail planning firms. Healthy Adams County, through its Healthy Adams County Bicycle/Pedestrian committee, is leading the local effort in cooperation with the York County Rail Trail Authority.

Thomas Jolin, Chair of the Healthy Adams Bicycle/Pedestrian Committee, stated the feasibility study is the first major step in a process that will eventually lead to a connecting trail between the two boroughs. It could easily take 10 to 20 years to complete. While other areas in the state and country have enjoyed the amenities of a peaceful

trail ride or walk, Adams County still doesn't offer many trails. The good news is that many local government leaders and citizens have experienced and actively support trails and a healthy living life style. Many Adams County citizens enjoy trail amenities, said Jolin, but due to a lack of such facilities in the County, we enjoy them in other locations.

Just imagine.... Local residents, bicyclist, walkers and horse riders enjoying an off-road trail extending from Gettysburg to Hanover, surrounded by an attractive greenspace that is accented with interesting historical sites, beautiful birds and peaceful landscapes. That's the goal of Healthy Adams County Bicycle/Pedestrian committee.

The effort is graciously supported by grants from the PA Department of Community and Economic Development, PA Department of Natural Resources, The York County Community Foundation and the Alma Diehl Family Fund.

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community. It is very important to all ACPTP members that we continue to educate parents, clergy, youth providers, educators and law enforcement on the importance of communication and respect for all Adams County youth," said Laura Reyka, R.N., co-chair of ACPTP.

The next ACPTP educational program is scheduled for Thursday, October 11, 2007 when we welcome Michael Pritchard for a day-long training program. Michael is known throughout the country because of his humorous stories and useful tools to educate his audiences on improving communication. Please contact Laura, 717-339-2018, if you have any questions or are interested in attending the October 11 event.

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ics, and the plans of WellSpan Health to adapt to the changes.

The address was followed by the choice of six workshop sessions on several key health initiatives currently impacting Adams County. Presenters included Steve Niebler, director of the Adams County Office for Aging and Dr. Mosser on ten reasons you should care about aging in Adams County; Jennifer Hobbs, tobacco cessation counselor at Gettysburg Hospital presented on the importance of tobacco prevention; Eve Gardner, program director for Healthy York Network, discussed access for the uninsured; Megan Shreve, executive director for the South Central Community Action Program, discussed understanding economical differences; Kevin Alvarnaz, director of WellSpan Community Health Improvement, discussed growing healthy in an unhealthy world; and Michele Marchese, director of HealthConnect, and Heather Kreitz, PHO coordinator at Gettysburg

Hospital, led a session on respecting cultural differences.

"For its first year, one real success of the event was the level of interest among community members to hear about health-related issues occurring in Adams County," said Kevin Alvarnaz. "I believe that the level of engagement in individual sessions was very good as participants were responsive to questions and genuinely interested in improving health care and related issues."

"The evaluations from the summit participants provided a wealth of information about what people gained from the event and what they would like to see provided at future summits," Gaskin said. "We plan to use the information we gained from the various workshop discussions to enhance our planning for future events and also to add to next year's planned community health status assessment."