

## 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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## Community Resource Mapping program designed to help identify human services

The Access Committee of Healthy Adams County has been working with Mary Montgomery, the System of Care Coordinator from the 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.

Healthy Adams County, along with representatives from the United Way, Adams County Children and Youth Services, Collaborating For

Youth, Center for Public Service at Gettysburg College and the United Way of Adams County has been working with System of Care to identify all of the resources in our community to be listed in the directory and have provided them with contacts for those organizations. A list was compiled from the United Way directory and several other directories for Adams County.

In the fall System of Care attempted to email all of the contacts that they had email addresses for and asked them to go to their website and fill out a survey on their organization. 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 eventually by the Department of Health.

*Resource Mapping, continued on page 3*

## Understanding Health Literacy

October marked the celebration of national Health Literacy Month. The month is designated as a time for health literacy advocates to promote the importance of health information that is presented in clear terms and plain language.

Here are tips to share with your organization on how individuals can better help their health include:

**Prepare:** Get ready for your visit with your doctor or care provider. Think about what you're going to say. Write down your symptoms to show your doctor. Take a list of questions you have for your doctor with you to your appointment.

**Ask questions:** Speak up if you have questions about your health. If you still don't understand, ask again. The three questions you should always ask your doctor at every appointment are: What is my main problem? What do I need to do? Why is it important for me to do this?

**Pay attention:** Be informed about the care you get. Make sure you get the right care by the right professionals. Don't assume anything.

**Educate yourself:** Find out more about your care. Talk to your doctor. Visit user-friendly websites like [healthfinder.gov](http://healthfinder.gov) or [medline-plus.gov](http://medline-plus.gov) to find out more about your condition.

*Health Literacy, continued on page 3*

## Director's Report - Fall 2008

Healthy Adams County is enjoying a busy fall with rolling out the community health assessment results and strategic planning, getting ready to assist with promoting the new community health center, building our new health literacy task force and looking towards some new oral health initiatives.

The community health assessment is now complete as our three focus groups were conducted at the beginning of August and those reports have been submitted in addition to a final report. All three focus groups yielded some very important information that helped clarify the top few community health needs for the county. Our board members and task force leaders gathered recently to help further identify those needs at our leadership retreat on October 29 and a report will be given to WellSpan's Planning Committee this fall. Healthy Adams County will also be providing health assessment information to agencies and organizations that it applies to and could benefit from the findings.

We will be working with Family First Health to promote the opening of the Community Health Center in March 2009. A new intern, Lucinda (Cindy) Graves, will also be assisting us as we work on plans to introduce the center to the community and help agencies understand what services will be available and who can be referred there. Cindy has been an employee of WellSpan since 1987 and currently holds the position of Point of Care Coordinator with Gettysburg Hospital Lab Services. She is finishing up her bachelors degree in health care administration and is required to complete at least one internship for her degree. We are happy to have her working with us this fall. In addition to helping with promoting the health center, she is also assisting HAC with the resource mapping project (see article).

HAC has also just added a new task force that will be focusing on the important subject of health literacy. The NAAL report on health literacy defines it as the degree to which individuals have the capacity to obtain, process and understand basic health literacy information and services needed to make appropriate health decisions.

The new health literacy task force will be working closely with a similar task force in York County and assisting with a larger project that is funded through a Robert Wood Johnson grant called Aligning Forces for Quality.

Finally we will be working on developing a new model for access to dental care for the uninsured and Medicaid recipients in Adams County. Dental access is still the number two community health need in Adams County and we plan to work on a second site for dental in addition to the existing Head Start Dental Clinic that serves the children that attend there. The Oral Health Task Force will also be focusing on prevention initiatives that we could entertain for our County.

More to follow on all of these important initiatives!

Kathy Gaskin  
HAC Executive Director

## WellSpan Introduces WORKFIRST and ReadyCare Services in Adams County

In a continual effort to improve health services accessible to the people of Adams County, WellSpan will introduce occupational health and urgent care services to the WellSpan Adams Health Center in Gettysburg.

Beginning December 1, the Adams Health Center will offer WORKFIRST and ReadyCare services. These new services for Adams County will share both staff and office space within the Adams Health Center's specialty services suite. Both services will be available to patients Monday-Friday, 8 a.m. to 4:30 p.m.

WORKFIRST helps employers keep their employees healthy and productive. With the start-up of services in the Adams Health Center, Adams County based businesses and their employees can have all of their occupational health needs met in one convenient location.

Services offered by WORKFIRST include:

- Pre-placement, CDL drivers, and respirator and medical surveillance physicals;
- Drug and alcohol testing;
- Audiometric and pulmonary function testing;
- Work-related injury treatment;
- Immunizations - hepatitis A and B, flu shots;
- Laboratory and tuberculosis testing (PPD); and
- Travel clinic.

In addition to evaluation and treatment of work-related injuries, WORKFIRST coordinates rehabilitative therapies, assists with development of a post-ed panel of health care providers, and provides on-site services for employee

*Health Literacy, continued from page 1*

and treatment options.

**Have a support person:** Ask a trusted family member, friend, or peer to go with you to your doctor's appointments. They'll help to ask the questions you might not remember to ask.

**Make a list:** Write down all your prescriptions, allergies, and medical conditions. Carry this with you at all times and update it regularly. Know what medications you take and why you take them. You never know when there will be an emergency. Medication errors are the most common health care mistakes.

**Do a background check:** Use a hospital, clinic, a surgery center, or another health care organization that has been carefully checked out.

**Be active:** Participate in all decisions about your care. You are the center of the health care team.

**Show support:** Visit [www.aligning4healthpa.org](http://www.aligning4healthpa.org) and share your story about your chronic condition with other people from South Central Pennsylvania. You may find that others are experiencing the same things you are and that your story helps others deal

with their own health.

The members of Healthy Adams County's new Health Literacy Task Force encourage all Adams County residents to get involved in becoming more health literate! The recently formed task force celebrated Health Literacy Month by distributing flyers that outlined tips on how patients can be more active in their health care. For more information on the Health Literacy Task Force please contact Kathy Gaskin at (717) 337-4137, or email [kgaskin@wellspan.org](mailto:kgaskin@wellspan.org).

*WORKFIRST and ReadyCare services continued from page 2*

convenience. Ongoing case management of injuries is also available.

ReadyCare is designed to provide a convenient way for people to get prompt medical attention for minor

problems. ReadyCare at the Adams Health Center will provide diagnosis and treatment of minor illnesses and injuries. Limited physicals and immunizations will also be available.



The Adams County Breast Cancer Coalition recently held their annual Longaberger Educational Fundraiser Luncheon. More than 75 women attended the presentations of Dr. Leisha Emens, PhD, noted breast cancer researcher at Johns Hopkins University, and local breast cancer survivor, Annie Paulson (center of photo), who successfully climbed Mt. Kilimajaro to raise money for Dr. Emens' research.

*Resource Mapping, continued from page 1*

We are asking for your help to submit the data to System of Care so that Adams County will have a comprehensive resource directory that agencies and their clients can access to get up to date information on area resources. Cindy Graves, an intern for Healthy Adams County, will be contacting agencies in the near future to go over this information. If we do not have an email address for you she will be asking that you assign a contact person that is authorized to fill out the survey and give her an email address for that person, if we do have an email address for you she can supply you with a user ID and Password for your organization so that you can fill out the survey. You will need to keep the ID and Password so that you can make changes to your information at any time. If you lose your information they will be kept on file at Healthy Adams County.

If you would like to follow the progress of the site please visit [www.gotoskn.org](http://www.gotoskn.org). Click on Community Resources, then search "My Neighborhood" and then you can search by zip code or by county, by neighborhood or by service.

# Upcoming Events

## December

### **Gettysburg Area High School Holiday Market**

*December 13*

*Gettysburg Area High School*

*Featuring a number of vendors including the Adams Coalition to Prevent Teen Pregnancy  
Call Laura at 717-339-2018.*

## January

### **Freedom From Smoking**

*Tuesdays, January 6 – February 17*

*6:30 – 8 p.m.*

*Gettysburg Hospital*

*Tobacco Prevention Task Force*

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

*To register call 1-800-840-5905.*

### **Adams County School Nurse In- Service**

*January 19*

*Time & Location: TBA*

*Children's Health Task Force*

*Call Holly at 717-337-4264, #3.*

*12th Annual DAY ON*

### **Community Service Project held in honor of Dr. Martin Luther King, Jr.**

*January 19, 9 a.m. - 12 p.m.*

*YWCA of Gettysburg and Adams County*

*Help sort thousands of items donated to*

*non-profit agencies and the families they*

*serve. Call the United Way of Adams*

*County Volunteer Center at 717-334-5809.*

### **HAC Task Force Social**

*January 28, 5 – 7 p.m.*

*The Attic at Gettysburg College*

*Annual social for task force leaders and*

*their members.*

*Call Jen at 717-337-4137.*

### **Adams County Center Breakfast**

*January 30, 8 – 10 a.m.*

*The Pike Restaurant*

*Informational presentation for select agencies regarding the new health center.*

*Call Jen at 717-337-4137.*

### **Adams County Health Summit**

*June 15, 8:30 a.m. – 3:30 p.m.*

*HACC – Gettysburg Campus*

*Sponsored in part by Healthy Adams*

*County, and WellSpan Community Health Improvement.*

*Call Jen at 717-337-4137.*