

October 2007

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.healthyadamscounty.org

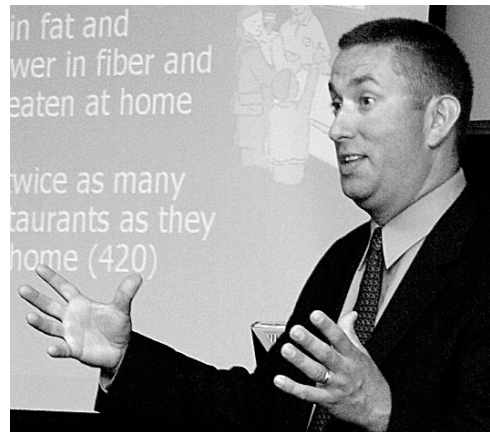


ADAMS
COUNTY

Growing Healthy strategy promotes healthy eating and physical activity

Eating healthy and being physically active in today's society is often difficult for children. By not eating healthy and engaging in sedentary activities, children today increase their likelihood of becoming overweight and developing long-term health complications.

In 2006, the Community Health Improvement department of WellSpan Health implemented the coordinated, multi-faceted *Growing Healthy* prevention strategy to promote healthy eating and physical activity in Adams and York counties. *Growing Healthy* consists of four priority areas – early childhood



Kevin Alvarnaz, director. Community Health Improvement discusses the *Growing Healthy* strategy.

sites, healthcare settings, schools, and communities – and is aligned with national recommendations to reduce the prevalence of childhood overweight. Listed below is a brief overview of the program accomplishments achieved in each priority area during the last year.

Growing Healthy Tots (early childhood focus) – Focus groups were held with early childhood providers in both Adams

and York counties to discuss current and future efforts to integrate healthy eating and physical activity resources into existing curricula. Early childhood providers at four sites, including one in

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Biser Trail redone and rededicated

On Saturday, September 29 the Healthy Adams County Physical Fitness Task Force (PFTF), in coordination with the Gettysburg Recreation Park, hosted the rededication and ribbon cutting of the newly refurbished Biser Trail. The long awaited restoration of the Biser Trail highlighted this event. The trail experience includes a one-mile walk on a paved surface with ten permanent fitness stations along the way. The trail is handicap accessible with benches throughout.

During the Family Fun Festival, which followed the trail's re-dedication ceremony, participants participated in activities at the ten fit-

ness stations which are permanently placed along the trail. Information regarding opportunities to take part in physical fitness activities throughout Adams County was available at these stations. The event was an excellent opportunity to experience the new fitness trail and learn the proper usage of the ten fitness stations positioned throughout.

The mission of the PFTF is to improve health status, fitness and quality of life of Adams Countians through increased physical activity. The PFTF sponsors the popular weekly spring and fall walking parties to increase walking fitness. Advocacy for improvement of

Biser Trail, continued on page 3

Director's Report

Exciting things are brewing at Healthy Adams County as we move into the new fiscal year. Organizationally we have many projects that will continue from last year including the housing task force's affordable housing study, the access committee's work on developing plans for a new health center for Adams County, and our plans to begin to put together our second annual health summit for the county. Task forces are geared up for another year of producing educational events, advocacy and planning.

Healthy Adams County will also be working closely with the Healthy York County Coalition and Community Health Improvement at WellSpan Health to develop a community health status assessment that will be conducted during the fiscal year for York and Adams County. The community health assessment will produce valuable information about the status of our county's health and provide us with a tool to move forward with new plans to address the community health needs in our community. Our mission is to continue to assess those needs so that we can develop and promote efforts towards improving the physical, mental and social well-being of the members in our community.

HAC's staff will also be going through some exciting times in September. I will be out for at least six weeks on maternity leave. Jen Williams recently got married. Thank you for your patience during early September and thanks to our board officers who assisted anyone during this exciting time!

I am looking forward to the new fiscal year and all of the rewards that it will bring, professionally and personally.

Kathy Gaskin

Healthy Adams County's Citizens with Disabilities Task Force

Earlier in the year, the Citizens with Disabilities Task Force was under the direction of acting chairman, Fred Krause. Over the summer, Fred made a decision to spend more time being "retired" and welcomed new co-chairs Kyle McGill, director of Gettysburg Hospital Rehab, and Melissa Reilly, membership development director for the YWCA Gettysburg & Adams County. On behalf of the entire committee, we wish to thank Fred for the dedication he demonstrated through his work with this committee and beyond.

Melissa and Kyle have met with regular attendees of the HAC Citizens with Disabilities Task Force who have decided to restructure the task force to become a working committee, meeting specific goals designed to support the needs of the local disabled population. The task force goals and objectives in the upcoming fiscal year are listed below and we would like your help!

The committee is:

Conducting a comprehensive needs assessment that will identify the areas of service that need to be improved, expanded or created. This may include, but is not limited to, needs around new programming, service delivery, financial assistance and transportation;

Creating sub-committees who would be responsible for recruitment and membership into our task force, work on community awareness and access for the disabled and providing valuable updates and opportunities for legislation and funding; and

Planning a disability awareness fair for Friday, April 18, 2008 to be held in conjunction with the YWCA Membership/Community Appreciation Day at the YWCA.

Additionally, the Citizens with Disabilities Task Force, the YWCA Gettysburg & Adams County, and the Special Kids Network have united and begun working on a comprehensive needs assessment for individuals with disabilities. The project goal is to make physical and recreational therapy services more accessible to the Adams and Franklin counties communities for individuals with physical disabilities.

To help accomplish this task, we are seeking families affected by someone with a disability, health care providers, concerned citizens and organizations to help disseminate and collect surveys or provide feedback on how we can better reach the needs of the disabled community.

The Citizens with Disabilities Task Force is also looking for volunteers and organizations to help make Adams County more accessible and friendly to citizens with special needs, through legislation, education and awareness, and community development. If you are interested in renewing or beginning your participation with the Citizens with Disabilities Task Force, please contact Melissa Reilly at (717) 334-9171, extension 120. Our meetings are held on the third Tuesday of the month, at 10 a.m. in the Gettysburg Hospital community rooms.

Biser Trail, continued from page 1

access and opportunities for increased physical activity are being addressed through the Bicycle/Pedestrian Task Force with the goal to bring trails to support all levels of fitness activities through Adams County. Also, the PFTF has presented numerous education programs which encourage a lifestyle of fitness. Anyone interested in joining the task force to assist in promoting fitness, or would like more information, please call Holly Cookerly at (717) 337-4264, ext 3.

Until then....stay fit!

Adams County Affordable Housing Study Update

South Central Assembly for Effective Governance recently met with members of the Healthy Adams County Housing Task Force to deliver their final report. The group has been working on an affordable housing study for Adams County since the early spring. The Housing Task Force will introduce the results and recommendations to the public in a forum to be held in the near future.

The study was paid for through Act 137 funds by permission of the Adams County Commissioners, grant funds from the Robert C. Hoffman Charitable Endowment Trust and a community partnership grant from WellSpan Health.

United Way Offers Leadership Program

SAVE THE DATES for United Way of Adams County Volunteer Center's "Excellence In Volunteer Leadership" - a five-part volunteer leadership learning series. The series is for individuals responsible for the administration of volunteer programs. All sessions will be held consecutive Thursdays beginning October 11 from 8:30 a.m. - Noon at the Adams County Penn State Cooperative Extension.

- Oct. 11 - Session 1 - Poof! You are a Volunteer Coordinator
- Oct. 18 - Session 2 - Successfully Recruiting Today's Volunteer
- Oct. 25 - Session 3 - Interviewing and Placement of Volunteers
- Nov. 1 - Session 4 - Getting the New Volunteer Off to a Great Start
- Nov. 8 - Session 5 - Retaining Your Prize Volunteers.

A certificate of attendance will be given for attendees who participate in all five sessions.

Fee: \$55/Session or \$225/Series

Space is limited.

Growing Healthy, continued from page 1

Adams County, were trained and implemented core lessons of the curriculum in spring 2007. In addition, healthy eating lunchboxes and physical activity backpacks, filled with family cooking and activity resources, were distributed to preschoolers and their families. Additional providers will be trained during this preschool year.

Growing Healthy Lives (healthcare setting) – In response to a state mandate that requires schools to assess a child's Body Mass Index (BMI), Community Health Improvement developed and trained healthcare providers, including one practice in Adams County, in the use of educational materials that promote healthy eating and physical activity behaviors. An evaluation of these resources was conducted and revisions were completed in spring 2007. WellSpan Medical Group staff will be trained in the use of the revised materials during this year.

Growing Healthy Kids (schools) – Seventy schools in Adams and York counties partnered with Community Health Improvement, during the 2006-2007 school year, to promote healthy eating and physical activity. Healthy eating resource materials were distributed, physical activity incentive programs implemented, fitness equipment for middle and high schools purchased, and professional development trainings for school faculty offered.

Growing Healthy Communities (communities focus) – In partnership with the Physical Fitness Task Force, Adams County children and their families were encouraged to participate in the *Keystone Active Zone* (KAZ) campaign, a statewide effort to promote local parks and trails as great places for physical activity, during the summer of 2006. Nearly 250 *KAZ Passports* were collected from participating students and prizes were distributed to students achieving program goals. Although the *KAZ* campaign was not implemented this past summer, Community Health Improvement has been discussing opportunities to promote safe, walkable communities and greater accessibility to healthy foods.

For a complete list of WellSpan Health activities that promote healthy eating and physical activity, log onto www.wellspan.org.

Upcoming Events and Observances

October

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.

Save a Life Tour (alcohol awareness program)

October 15, 9 a.m. – 3 p.m.

Bermudian Springs High School

Tobacco Prevention Task Force

Call Kevin at 717-528-4113, x. 2711

5th Annual Lights on Afterschool!!

October 18, 9 a.m. – 3 p.m.

Keefauver Center

Youth Providers Resource Network

Free evening of family fun in support of afterschool programs.

Call Vickie at 717-334-5809.

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.

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.

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