

# Healthy Communities

July/August 2004

## Superstar in Our Midst



Kathryn Dietzel (center) is shown with Healthy Adams County staffers Jen Williams and Bill Taft at Spring Fling in May .

## In this issue....

[A Superstar in Our Midst](#)  
[Executive Director's Message](#)  
[Partners in Service Learning](#)  
[Latino Task Force](#)  
[Traffic Safety Addressed](#)

Not many people can claim to have won 216 medals in the Senior Games, participated in the United Service Organization (USO) during World War II, love to "jitter-bug", and are 88 years old?

No, not many, except for local resident, Kathryn Haney Dietzel. Kathryn, a resident of York Springs, is one astounding woman! The staff of Healthy Adams County had the pleasure of discovering this "superstar" while exhibiting at the Adams County Office for Aging Spring Fling in May 2004.

Kathryn's history proved to be as interesting as her personality. A native of Mechanicsburg, Pennsylvania, Kathryn graduated from Mechanicsburg High School in 1933. She pursued further schooling at Shippensburg University, majoring in Early Childhood Education, graduating in 1942. After receiving her degree, Kathryn went on to teach for ten years and substituted for 25 years.

In the midst of Kathryn's teaching career, she became involved with the United Service Organization (USO) during World War II. Her name was made famous in the book *Heroes Among Us*, written by LTC John W. Ent. The book depicts Kathryn's experience with the USO, including living in a USO cottage in Hattiesburg, Mississippi.

After World War II, Kathryn continued to stay active in her local community. During the 1960's Kathryn was President of the Adams County PTA.

In 1975 she became involved with the Citizens Advisory Council of the Adams County Office for Aging, Inc., and is still an active member. The Citizens Advisory Council is also affiliated with Healthy Adams County through the Aging Services Task Force.

She was President of the Senior Citizens Club in 1983, and currently serves as pianist. Her piano playing capabilities of the "oldies but goodies" are also extended to her participation in the National Association of Retired Federal Employees (NARFE) in Hanover.

Other organizations Kathryn is involved with include the Auxiliary to Lutheran Social Services and Whispering Pines Assisted Living Center. She also established her own walking club in York Springs in the late 1970's. It is clear that she maintains her momentum by staying active and helping others.

But what does Kathryn really live for? The Senior Games, of course! She began competing in 1981 and has acquired a total of 216 medals to date!! Events she's earned these medals in include: tennis, table-tennis, 1500 meter walk, basketball hot shot and foul shooting, playing pool, and the 100 and 200-meter dash. She even took a sixth-place ribbon in the 100-meter dash at the 1997 National Senior Games in Tucson, AZ.

The Nationals are held every two years. Kathryn will be competing at this year's Senior Games, which will be held at Shippensburg University from June 28th-July 3rd.

Kathryn's family life consists of two sons with her late husband, Charles, James Lee and Richard Charles Dietzel; two granddaughters, Barbara (36) and Amber (23); and a sister, Mary Siefert Beitzel, who lives in Massachusetts.

Although many of us may consider Kathryn to be quite the "Hero" she considers God as her own "Hero". Her advice to fellow community members, 50+, who want to stay active and feel young, is to participate in the Senior Games. It's easy to see why, the young at heart, 88-year old, Kathryn Dietzel, is truly a "superstar" within our community.

## Message from the executive director

Several short announcements for all of our affiliate members and friends:

First, here are a few selected initiatives (**action plan**) items which have just received approval from the **Board of Directors of Healthy Adams County**, taken from the **Annual Implementation Plan for 2004-2005**. Each of them addresses specific objectives for the year, which, in turn focus on the goals of our Strategic Plan:



We will update the **Strategic Plan for Healthy Adams County**.

We will develop and initiate strategies to address the **Behavioral Risk Factor Surveillance System (BRFSS) Oversampling Report for Adams County**.

We will continue to explore coordinated service-learning partnerships with area colleges and universities.

We will develop and enhance efforts of the **Membership Committee** (ably chaired by Vickie Corbett).

We will update the **Community Health Needs Assessment for Adams County**.

We will explore opportunities for appropriate grants and other revenue producing programs.

Second, in regard to the BRFSS report, mentioned above, we expect to incorporate these findings about self-reported health risk behaviors of Adams Countians into our new Needs Assessment. This information will give us an added dimension to this process, and enable us to demonstrate four different methods of gathering important data about current health status and quality of life issues and trends locally.



Third, we would like to introduce **Emily J. Carlson** to you. Emily is currently serving a **summer student internship** for Healthy Adams County. She is about to enter her junior year at **Ohio University**, and is **majoring in Family Studies**. Emily's experience with us will emphasize administrative aspects of our community health partnership and a number of our affiliated task forces and committees. We are delighted to be able to provide an advanced look into the field of social services for her, and urge everyone to help with her orientation.

Finally, we wish everyone a safe and happy summer!!!

*Bill Taft*

## Partners in Service Learning

On March 31 Healthy Adams County (HAC) and Gettysburg College Center for Public Service (CPS) hosted a workshop centered on connecting community partners and Gettysburg College through Service Learning.

The luncheon was held in the College Union Building and attracted over 40 faculty members, administrators, and community partners.



Through a grant received by HAC from Gettysburg College, HAC was able to collaboratively create the Student-Liaison position for the Spring of 2004.

This year's Student Liaison was Jeremy Meehan, a first year student at the college. Jeremy (shown above) was the speaker at the workshop, providing a presentation on the importance, opportunities available, and feasibility of Service Learning.

Service Learning is an educational tool incorporating applicable, valuable, and meaningful service into the course curriculum, allowing students to experience first hand issues and ideas they are learning in the classroom.

The workshop consisted of a presentation on "Connecting Community Partners and Gettysburg College through Service and Service-Learning", an introduction of the new Community Partner/Faculty interactive Service Learning website by CPS's Alicia Fornal, and structured time for sharing of ideas.

HAC has worked hand-in-hand with CPS over the last few semesters and are looking to continue and develop that relationship. Plans have already been made to continue running and creating opportunities for the faculty and community to interact and begin partnerships.

**A Service Learning opportunity is currently available through a Gettysburg College**

**Policy & Strategy course taught by Professor Samaras. His goal is to involve his students in the process of creating strategic plans for local non-profit organizations. For more information, please contact CPS at 337-6490.**



## ***Working Together for the Health of our Community***

### **Latino Services Task Force**

**Number of Task Force Members:** 50

**Recent Accomplishments:** The Latino Task Force has had many accomplishments over the last several months, including:

- Creation and distribution of bilingual emergency cards
- Latino seminar
- Partnerships with the Mexican Consulate and Governor's Advisory Commission on Latino Affairs



*Task force chairpersons shown above: Amelia Contreras (left) and Carmen M. Medina, HBH-Generacion Diez 21<sup>st</sup> Century Community Learning Centers.*

#### **Upcoming Events & Programs:**

The following activities are planned for Fall 2004 :

#### **September: Latino Heritage Month**

- September 8: Latino Services Task Force meeting; Noon; Gettysburg Rec Building
- September 16: Hispanic Heritage Celebration; location and time will be announced

### **Traffic Safety Addressed**

#### **Traffic Safety Addressed**

In the most recent Community Health Needs Assessment, serious concerns were expressed about the frequently higher than state average rates of local motor vehicle accidents, including injuries and deaths due to lack of seatbelt use. At the same time, the high number of these incidents involving teens was also observed. As a result, this issue ranked high on the list of critical health and human service issues.

The consensus of a group of concerned citizens addressing this topic (Highway Safety Council) was that greater awareness and support for these efforts may be afforded through a broader approach available by affiliation with Healthy Adams County.

Consequently, the Traffic Safety Task Force has been established as the newest task force affiliated with Healthy Adams County.

The task force is currently developing a meeting schedule, goals, objectives, and an action plan.