

# Healthy Communities

March/April 2004

## Shape Up PA



Are you tired of being out of shape and overweight? Need a push to get started on a healthier lifestyle? Don't think you can do it all alone? Shape Up PA may be just you've been looking for!

Healthy Adams County has partnered with WellSpan Health, the Healthy York County Coalition, and Hanover Hospital to offer

Shape Up PA. The program is a statewide fitness challenge that encourages people to become more physically active and improve their eating habits. Shape Up PA is a team wellness program that is competitive and enjoyable. To participate, teams are formed of friends, family members, and co-workers (up to 10 people per team) that will work together and motivate each other. Progress is charted through a point system gauged by amounts of physical activity and amount of weight lost.

The Physical Fitness Task Force, an affiliate of Healthy Adams County, is spearheading the effort in Adams County. An Employer Kick Off is scheduled for Thursday, April 1, at the Pike Restaurant in Gettysburg. Breakfast is served at 7 a.m. and the program begins at 7:30 a.m.

The Community Kick Off will be held during the Eat 'Em Up 5k Run on Saturday, April 3, at the Gettysburg Rec Building. Vendor displays will be set up from 9 – 11 a.m. and the program will take place from 9:30 – 10 a.m.

For more details on the initiative, call Holly Cookerly, Gettysburg Hospital, at (717) 334-4646 or visit Shape Up PA's web site at [www.shapeuppa.org](http://www.shapeuppa.org).

## In this issue....

[Shape Up PA](#)

[Faith in Action](#)

[Executive Director's Message](#)

[The Yellow Dress Returns](#)

[Teen Pregnancy Coalition](#)

[Inservice Gets High Rating](#)

[Calendar of Events](#)

---

## Faith in Action

### What is Faith in Action?

Faith in Action (FIA) is a community coalition that provides a network and support system for individuals, congregations, and community agencies to provide volunteer care to their neighbors in need. FIA is an interfaith project of Healthy Adams County. It is funded in part by the Robert Wood Johnson Foundation.

The goal of *FIA - Adams County* is to be the embodiment of God's love for those in need -- the frail, elderly, homebound, or those with long-term health conditions. Trained volunteers provide a variety of services to maintain an individual's dignity and quality of life.

Informal services are offered, such as friendly visits, telephone reassurance, yard work, reading, light housework, respite (rest) for caregivers, shopping, and minor repairs. The services are not designed for medical or emergency care.

Volunteers, from faith congregations and the community, are screened and trained to

provide informal care and supportive services. No special skills are needed to volunteer. Each volunteer caregiver's abilities are carefully matched with the service receiver's needs.

FIA provides a number of other benefits to the faith community, i.e.: Increased ability to meet the needs of your members; Providing a format for sharing of community needs;

Experiencing your faith at a deeper level;  
 Providing new ways for congregations to participate in community outreach;  
 Providing access to additional resources for meeting the needs of your congregation.

**HOW CAN YOU HELP?** Here's how you can help serve your neighbors in Adams County: Tell others about Faith in Action; Volunteer; Encourage others to volunteer or call for help; Involve your congregation or group; Provide financial support. For information, contact Mary Bennett, MA, RN, Services Coordinator at (717) 398-9051.

### Message from the executive director



It is my pleasure to announce that we now have two new co-chairs who have been elected by the [Citizens with Disabilities Task Force](#) – **Julia Yost, from the Special Kids Network, and Jennifer Starner, from the Tourettes Syndrome Association.** They are already moving into action planning, and bring real leadership and expertise to this group. The [Latino Services Task Force](#) also now has two fine new leaders who will help this group reach new levels with efforts around advocacy: **Carmen Medina of Generacion Diez (and Director of the Governor's Commission on Latino Affairs), and Amelia Contreras, also from Generacion Diez.** This task force has a very ambitious schedule for this calendar year, and we are proud to be associated with their efforts.

We are pleased to announce that a new task force, The **Behavioral Health Task Force of Adams County**, has had its first official meeting. This group is seeking to attract more citizens from the community to help with its focus and direction. Please feel free to have caregivers, parents, and interested community members contact us at 337-4137 for details.

A reminder to all task force and committee leaders that we have initiated a new "e-newsletter", entitled **Inside Healthy Adams County**, in an effort to provide leaders with more detailed information and announcements intended to assist them in their efforts. We will use this medium to share information to supplement other forms of communication.

We also plan to hold **quarterly forums for all group leaders** to discuss common issues, beginning with the program on **Wednesday, March 31, 11:30 a.m. – 1 p.m. hosted by Gettysburg College's Center for Public Service.** This meeting will be chaired by Jeremy Meehan and will feature service-learning opportunities under development (as noted below, in cooperation with faculty and students).



Our **College-Community Student Liaison project**, made possible through a grant to the **Gettysburg College's Center for Public Service**, is being developed by freshman **Jeremy Meehan**. Our goal is to begin to provide **structure and coordination** in developing arrangements with College faculty and students that will match the many resources of Gettysburg College with identified health and human resource needs that are addressed by our community health partnership and its affiliated task forces and committees. If you haven't yet met Jeremy, please try to do so, as his enthusiasm,

intelligence, and humor is infectious. (And this is only his first year in college!)

Finally, we would like to lend a brief "endorsement" to **Camp Eder, located in Fairfield**. If your workgroup is planning a retreat this year, you may wish to consider this site. We have received only good news about their services, accommodations, and beautiful location.

## The Yellow Dress Returns

The Domestic Violence Task Force of Healthy Adams County, in cooperation with Gettysburg High School, Delone Catholic and Gettysburg College are taking action to prevent dating and domestic violence with the powerful educational theater program: The Yellow Dress.



The dramatic one-woman play will be performed for students at Gettysburg High School on April 14 and 15 and at Delone Catholic on April 14. The public is invited to view the free program at Gettysburg College on April 14 at 7 p.m (room to be announced). A panel discussion with domestic violence experts including individuals from Survivors, Inc., N.O.V.I.S. (Non Violent Intervention Services) and law enforcement will follow the play.

This program helps students, community members, and parents to identify the warning signs of abusive behaviors, learn how to help friends and family members, and develop school and community awareness of the issues. Our hope is to develop a school and community culture that does not endorse, promote or accept violence in relationships.

For more information on the community program please call Kathy Kolumbian or Lisa Nevade, Survivors Inc., at (717) 334-0589.



## Working Together for the Health of our Community

### Adams County Coalition to Prevent Teen Pregnancy

**Number of Task Force Members:** 34

#### Recent Accomplishments:

The [Adams County Teen Pregnancy Prevention Coalition](#) has had several programs and fundraisers in recent months. October was particularly busy with the "Activities that Teach" programs, facilitated by Tom Jackson, M.Ed. Geared toward professionals and parents, the program focused on positive life skills and effective family activities to share beliefs and values with youth.



Task force chairpersons shown above:  
Laura Reyka, RN, Gettysburg Hospital (left)  
and Pam Lady, Penn Laurel Girl Scouts

The Let's Talk Month programs for boys and girls were also held in October, which focuses on the physical and emotional changes that occur during adolescence. The coalition's fundraiser at the Holiday Market at Gettysburg High School in December was a success for their sixth year of participation.

Additionally, the coalition was honored to receive an award of recognition from the PA Coalition to Prevent Teen Pregnancy for its exemplary community service.

Lastly, the coalition donated parenting books that deal with teen issues to the Families First shelf at the Adams County Library.

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

In honor of Teen Pregnancy Prevention Month in May, a training program for parents and youth educators will be held on May 14, entitled "Reaching Adolescents: Building on the Strengths of Youth." The full day program brings back popular speaker Ken Ginsburg, M.D., M.S. Ed., Children's Hospital of Philadelphia.

Upcoming fundraisers include carnation sales in May and the Longaberger Basket Luncheon in August.

The coalition will also be exhibiting at the Gettysburg Hospital's Women's Conference and Health & Safety Day.

#### **Other Task Forces that You Serve On:**

Laura also chairs the Adams County Breast Cancer Coalition and is a member of Families First and Youth Resource Network.

## **Inservice Gets High Rating**

Most days for school nurses are full of sick students, paperwork, and counseling. Opportunities to network and learn the latest in health, wellness, and human service programs can be valuable but not always available.

That is why the Adams County School Nurse Inservice became a priority for the Children's Health Task Force, an affiliate of Healthy Adams County. Instituted in 2003, the program has received high ratings from the nurses who have attended.

This year's inservice was held on January 19 at Gettysburg Hospital and included presentations from 10 Healthy Adams County task forces; an update on HealthConnect, WellSpan's mobile health van; a roundtable discussion with Dr. Scott Jaeger; new BMI guidelines; a presentation on childhood obesity; and an overview of the physical fitness initiative.

Nineteen school nurses attended the program, providing representation from all of the county schools.

Participants listed several beneficial items from the program, including access to the variety of community resources; the chance to have an informal discussion with a physician; childhood obesity programs; new BMI guidelines; a contact person for Latino services, and information on the Mend-a-Heart child bereavement program.

## **Upcoming Events and Observances**

### **April**

**Shape Up PA Employer Kick Off:**  
April 1, 7:00 a.m.  
Pike Restaurant, Gettysburg

Community Kick Off:  
April 3, 9 a.m.  
(at the Eat 'Em Up 5k)  
Gettysburg Rec Building  
Sponsored by the Physical Fitness Task Force.

**For information** on the statewide fitness challenge, call (717) 334-4646.

**The Yellow Dress**

April 14, 7 p.m.

Gettysburg College

Sponsored by the Domestic Violence Task Force Dramatic, one-woman, play on relationship violence. A panel discussion with domestic violence experts will follow the presentation.

**For information**, call (717) 334-0589.

**Teleconference Living With Grief: Alzheimer's Disease**

April 28, 1 – 4 p.m.

Gettysburg Hospital Community Room A

Sponsored by Rallying Points – End of Life Task Force Moderated by Cokie Roberts of ABC News, the program features a panel of experts on Alzheimer's Disease and other dementias.

**For information**, call (717) 337-4300.

**May**

**Reaching Adolescents: Building on the Strengths of Youth**

May 14, 8:15 – 4 p.m.

Gettysburg Hospital

Sponsored by the Adams Coalition to Prevent Teen Pregnancy Full day training to help parents/youth educators explore the concept of promoting resiliency in our youth, develop positive coping strategies, and develop an action plan building on the strengths of teens.

**For fees and registrations** call (717) 334-4646.

---