

HealthyCommunities

November - December 2003



Message from the Executive Director

We are pleased to bring you the **November/December 2003** edition of the **Healthy Adams County Newsletter!**

Beginning with this issue, we hope to produce a bi-monthly publication to bring more timely news of events and activities being conducted by the growing number

of people involved with task forces and committees.

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There is so much going on in the community by so many of our affiliated groups. It is important that we share this work with our Partnership and with the residents of Adams County. I am continually overwhelmed by the level of concern and dedication displayed by all of these people on a daily basis - toward making the Adams County community a healthier place to "live, work, and play".

These efforts are not taken for granted, and need to be showcased in as many ways as possible so that we may share the good news - and celebrate (more often)! We must also make a greater effort to raise awareness locally that so many citizens really do care about things like improving health status and quality of life in Adams County.

I want to give a special note of thanks to Mac Heebner, who serves on the Physical Fitness Task Force, for recently providing individual testimony to the Pennsylvania State Transportation Commission. Mac's testimony advocated for promotion of alternative modes of transportation to accommodate healthier lifestyles in Adams County through increased physical activity.

This endeavor represents the highest level of citizen participation on behalf of Healthy Adams County, and is greatly appreciated.

There are many other individuals and group efforts and achievements that also need to be shared. We hope that through our newsletter we will do our best to recognize all the great work that is being done right here in Adams County.

We wish everyone happy, safe, and **healthy** holidays!

Awareness Night A Huge Success!



The Adams County Domestic Violence Task Force held its fourth annual Evening of Entertainment and Awareness on October 22 at Gettysburg College. The event, hosted by the task force and the Center for Public Service, was a great success with powerful personal testimony and inspirational performances by Megan Alder, Kareema Griest, Holly Fox and Kathy Kolumban and the Gettysburg Dance Center. Lisa Nevada, Medical Advocacy Coordinator for Survivors, addressed the audience about Teen Dating Violence and Jesse Miller from NOVIS (Non Violent Intervention Services) spoke about their program's commitment to reeducate batterers in the County. The evening ended with the surprise presentation of the task force recognition award to NOVIS (shown above) for their service and dedication towards ending domestic violence in our community.

Winterfest in the Works

It may be cold outside, but Healthy Adams County has a hot event for you! The Aging Services Task Force will host "Living Well as We Live Longer – Winterfest 2004" on January 14, 2004, at the Gettysburg Campus of Harrisburg Area Community College. The event runs from 9:30 a.m. to 2:30 p.m. and features speakers Dr. Arlene Bobonich and Representative Todd Platts (invited). Lunch is included in the inexpensive cost for registration.

"Living Well" is an interactive educational experience, offering seminars of great interest to seniors and their families, including Long Term Care, Housing, Legal Issues, and Health and Wellness. For details contact the Adams County Office for Aging at 717-334-9296.

Homeslessness Activities Bring Awareness to Community

While many of us snuggle under a warm fleece blanket in front of a toasty fire, our bellies full from a hot cooked dinner, it is hard to imagine that there are men, women, and children with none of these securities. Yes, there are people in our community who must find a place to lay their heads at the local homeless shelter and seek out their meals at a community soup kitchen. Homelessness is not an urban issue, only seen in masses in the big cities. Homelessness should be every person's concern when it is a part of your community.

In recognition of National Hunger and Homelessness Awareness Week, November 16 – 22, the Housing Task Force planned a wide array of activities to bring awareness to the Adams County community. Included were an exhibit at Bank of Hanover; radio interviews with Steve Niebler and Fred Snyder; a homelessness program at the Gettysburg College; a proclamation from the county commissioners; a community drive for personal necessities to donate to local shelters; and a benefit concert at Gettysburg College. Kudos for a job well done!

Welcoming Jen



If you've attended a Healthy Adams County task force meeting in the past couple of months, chances are you've met **Jen Williams**. If you've not had that pleasure, you're missing out.

Jen is the new Administrative Secretary for Healthy Adams County. She's bright, engaging, and eager to employ her talents to help Healthy Adams County fulfill its mission.

"It was a little overwhelming at first," Jen admits, referring to Healthy Adams County's 500-plus volunteers and 29 task forces and committees. "Attending task force meetings and interacting with many of the dedicated volunteers has enabled me to become acquainted with the wide range of issues the task forces are addressing and how they are addressing them."

Jen's primary responsibility is to assist Bill Taft, Director of Healthy Adams County, with the day-to-day operation of the organization. She also provides assistance to task forces and committees as needed.

Jen graduated from Harrisburg Area Community College in May, 2003 with an Associates Degree in Business Management. Prior to her current position, she was an Administrative Assistant at RE/MAX of Gettysburg.

"I've been most impressed by the way goals are being achieved through collaboration," Jen notes, pointing to many of the task forces' successes. "But I guess that's what a community partnership is all about."

Tobacco Prevention Task Force

Number of Task Force Members: 12

Recent Accomplishments:

The Tobacco Prevention Task Force serves as the advisory group for the Comprehensive Tobacco Control Program for Adams County.

Members of the task force have recently stepped forward to be trained as Tobacco Cessation Specialists through the National Association of Alcohol and Drug Addiction Counselors (NAADAC); Not on Tobacco, Teens Against Tobacco Use; and Freedom from Smoking facilitators for the American Lung Association.

They have also been trained as Clean Air for Healthy Children



Task force chairpersons shown above: **Kerry McCleaf**, Cornerstone Counseling and **Wes**

facilitators for the American Academy of Pediatrics program.

Frisbie, Gettysburg Hospital

Task force members have also performed several no-cost community tobacco cessation programs, school classroom inservices, and tobacco retailer compliance checks. These programs fulfill requirements associated with the Pennsylvania Department of Health tobacco control grant that was awarded to Healthy Adams County.

A Smoke-Free Dining Guide for Adams County has also been created and will be available this winter.

Upcoming Events & Programs:

During the months of October and November, two youth events were planned.

A rally involving area high school youth involved in the state BUSTED! Movement was held at Clarion University in Loch Haven, Pennsylvania.

An American Cancer Society's Tobacco Youth Leadership Institute Training was held at the Harrisburg/ Hershey Marriott.

Other Task Forces that You Serve On:

Kerry is also a member of the Youth Resource Network, Families First, and Adams County Teen Pregnancy Prevention Coalition.

Wes also serves on the Diabetes, Managed Care, Children's Health, Families First, Oral Health, Housing, and Domestic Violence task forces.

Board Presentation

On September 18, the Gettysburg Hospital Board of Directors was presented with an update of Health Adams County (HAC) task force activities and accomplishments.

Steve Niebler, Bill Taft, Susan Naugle, Carmen Medina, and Lisa Nevada provided important information on HAC and the work of their respective task forces.

Bill began with an overview of recent developments and plans affecting HAC, including a description of the wide range of task forces and committees at work, and the nearly 500 volunteers who serve on one or more groups.

Steve provided his perspective of HAC as President of the partnership board, and also reported on the Aging Services Task Force and the Access Committee, which he chairs.

Susan, co-chair of the Children's Health Task Force, reviewed the mission, goals, and objectives of this group, and reported on successes including enrollment increases for insurance coverage of children.

Carmen discussed the Latino Services Task Force, as a member and as an appointee to the Governor's Commission on Latino Affairs (GACLA).

She also described the programs and recent state funded projects undertaken by the Safe Kids Coalition, which she chairs.

Lisa Nevada, co-chair of the Domestic Violence Task Force, reported on highlights of this group's accomplishments, its close relationship to both Survivors, Inc. and Gettysburg Hospital, and plans for the annual observance of Domestic Violence Awareness Month.

Upcoming Events and Observances

December

December 1: World AIDs Day

January

Freedom from Smoking

January 6 – February 24

6:30 – 8:00 p.m.

Gettysburg Hospital

American Lung Association program available free of charge to any Adams County resident with funding provided through a grant from the PA Department of Health to Healthy Adams County. Call 717.334.4646 to register.

Living Well...as we Live Longer

Winterfest 2004

January 14 (inclement weather date January 16)

9:30 a.m. – 2:30 p.m.

Gettysburg Campus, Harrisburg Area Community College

A full day of information and interactive learning designed especially for seniors. Includes keynote speakers and workshops on long-term care, legal issues, housing, and health and wellness. Lunch is included in registration fee. Sponsored by the Aging Services Task Force. Call 717.334.9296 for information (see front page for details).

School Nurses' Inservice

January 19

Gettysburg Hospital

Full day inservice with task force updates, roundtable lunch discussion with Scott Jaeger, M.D., program on childhood obesity, and physical fitness and pedometer program. Sponsored by the Children's Health Task Force. Call 717.337.4272 for information.