

Healthy Communities

September/October 2004

Adams Community Shapes Up



Fall walking Parties continued through October 13.

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September 17, 2004 may have marked the official end of the Shape Up PA session, folks in Adams county continue to incorporate fitness into their daily activity.

One such group has been meeting every Wednesday evening since September 1 at various locations throughout the county to take anywhere from a 1 – 3 mile walk as part of the Fall Walking Parties. The walking parties are sponsored by the Physical Fitness Task Force, an affiliate of Healthy Adams County.

Healthy Adams County and WellSpan Health have been active in setting up teams throughout the county to participate in Shape Up PA. There were nearly 1,000 participants on 113 teams in Adams county alone.

While statewide reporting of mileage and weight totals will be finalized at the end of September, it appears that overall participants logged 1,000,000 miles and lost as much as 12% of their beginning team weight.

The success of the Shape Up PA program shows the dedication and drive of its participants in establishing healthier lifestyles for themselves, their families, friends, and co-workers.

The next session of Shape Up PA will begin in February 2005.

Local teams to be recognized at closing event

Members of the Shape Up PA teams in Adams county are encouraged to attend the Shape Up PA Closing Event and Awards Program on Wednesday, October 13, at 6 p.m., in the Gettysburg Rec Park Community Room.

Gold, silver, and bronze medals will be given to the top three teams who recorded the most weight loss and top mileage/activity accumulation.

Attendees will enjoy ice cream and warm apple crisp, hear details of the February kick off, and receive a special prize pack.

Call Holly Cookerly, 337-4272, x4, to RSVP attendance. The event is sponsored by the Physical Fitness Task Force and Shape Up PA, Keystone State Games.

Message from the executive director

Fall has finally arrived, and the pace is quickening for all of us. For **Healthy Adams County**, this means a return to the regular schedule of meetings for our task forces and committees, and a re-focus on addressing identified health status and quality of life issues facing Adams Countians. It may be useful to pause to review our Vision and Mission Statements (on the front page) and reflect on our personal obligations as citizens in relation to these words, as well as those of our workgroups. A few notes for our readers:



As mentioned in the last newsletter, two of our major initiatives this year will involve updating our **Strategic Plan** and the **Community Health Needs Assessment**. Stay tuned for more information about these objectives, as we need to involve everyone in both of these vital efforts.

Regretfully, our Board of Directors has accepted the resignation of **Bob Funari**, who has served ably as our Vice President, and was extremely active as a leader in the **Families First Task Force**. More importantly, Bob's service to the Adams County community goes beyond his contributions to Healthy Adams County, and we have been fortunate to have been beneficiaries of his time and talents. We hope that he will be able to return to us soon, as he is a valued community builder and role model for citizenship.

We would like to introduce you to **Elvia Alvarez**, who has joined the **WellSpan Community Health Improvement Department** as a full-time **Community Health Worker**. Elvia joins three other Community Health Workers in identifying and enrolling families without health care insurance coverage. She will devote some of her time locally through a part-time office right here at Healthy Adams County, and you may reach her through the Gettysburg Hospital health care coverage referral line: **338-3272**. We are very pleased that Elvia, who is bi-lingual (and who can be both serious and funny), is here to help us address a major access issue in Adams County.

Our Board of Directors recently endorsed the efforts of the new **Bicycle/Pedestrian Committee** (a committee of the **Physical Fitness Task Force**) promoting bicycling and walking alternatives in Adams County through creation of an off road trail that would extend from Gettysburg to Hanover. Creation of this path would give access to a much larger (250 mile) trail, known as the **Grand History Trail**.

Lastly, we are proud to report that the **Latino Services Task Force**, as part of its initiation of events for Adams County's observance of National Latino Heritage Month (September 15 - October 15), has received proclamations from our Mayor, William Troxell, the Adams County Commissioners, State Senator Terry Punt, The Pennsylvania House of Representatives (sponsored by Representative Stephen R. Maitland), Congressman Todd R. Platts of the 19th District, Pennsylvania Governor Edward G. Rendell, and Pedro A. Cortez, Secretary of the Commonwealth.

Bill Taft

Breast Cancer Awareness

The 8th annual Adams County Breast Cancer Fundraiser and Inspirational Longaberger Luncheon was held in August and included a lunch, inspirational talk, and a fashion show with local breast cancer survivors (shown above).

The event helps to fund the Adams County Breast Cancer Coalition's work. The luncheon raised over \$900 and has the generous support of Candra Bretzman, Independent Longaberger Branch Advisor to make it a success.

Its mission - a commitment to advance public awareness of breast cancer through education, early detection and action - is the driving force behind the coalition's belief that education is the best partner in the fight against breast cancer.



The coalition provides local educational programs and financially supports breast cancer research and the PA Breast Cancer Coalition.

In honor of Breast Cancer Awareness Month the coalition is holding three educational programs in October: **The Latest in Treatments, Screening and Prevention** on the 11th; **Breast Health & Women of Color** on the 20th; and Breast Health – **What Women Need to Know** on the 27th. To register, call 800-840-5905.

A quilt raffle is also being held as part of the recognition month and details are available by calling 717-337-4272.

According to Laura Reyka, RN, Chair, the coalition will continue providing information in honor of all the breast cancer survivors.

"We are all touched by this disease," says Reyka, "as one in eight to nine women will develop breast cancer in her lifetime."

"We must stress to our female friends and family to continue with monthly self breast exams and yearly mammograms beginning at age 40."



Working Together for the Health of our Community

Housing Task Force

Number of Task Force Members: 18

Recent Accomplishments:

The Housing Task Force has had many accomplishments in 2004, including:

- 3rd Annual Landlord Information Workshop, May 19 – topics included subsidized housing, fair housing, legal issues, including eviction, credit and criminal checks, and weatherization
- Educating Youth on Homelessness, May 25 – in partnership with District Justice Bowman, the task force coordinated with the Gettysburg Area High School to participate in a mandatory life skills class with three classes of graduating seniors to discuss and educate them on tenant rights and responsibilities and how to avoid homelessness



Task force chairpersons shown above from left: Natalie Weaver and Helena Racioppa, Adams County Housing Authority/Adams County Interfaith Housing Corporation/ Turning Point Interfaith Mission.

Upcoming Events & Programs:

The Housing Task Force has several events planned for Homeless Awareness Week, November 14-20), including:

- Coloring Contest/ Poetry Contest for children and teens ages 5-17 with a deadline for entries of November 1.
- Proclamation signing by the Adams County Commissioners on November 17 proclaiming Homeless Awareness Week in Adams County
- Community toiletry drive with drop boxes at various locations in Adams County. All donations collected will directly benefit the homeless through emergency and transitional housing programs.

GIV Day

Healthy Adams County was one of 40 local agencies to participate in the 13th annual GIV (Gettysburg is Volunteering) Day, held on August 27. Sponsored by Gettysburg College's Center for Public Service, GIV Day encourages students to become involved in the community by volunteering their time and services to local agencies.

Six first year students, one student



leader, and one staff leader (shown here) spent many hours beautifying the exterior of HAC's building.

This marks the fourth year the Partnership has benefited from this important community event.

Free program to address child sexual abuse

To bring greater awareness to Adams County parents, a free program entitled, "**7 Steps to Protecting our Children**", will be held on Monday October 18 in the Gettysburg Hospital Community Rooms from 6:30 to 9:00 p.m.

The program will help parents prevent, recognize and react responsibly to child sexual abuse, as well as learn the facts about sexual abuse and understand the risks.

The program is sponsored by Liberty Township Police, Adams County Children & Youth, Gettysburg Hospital Foundation, Healthy Adams County, United Way of Adams County, Gettysburg-Adams County YWCA, and the Exchange Club of Gettysburg.

For additional information on the workshop or child sexual abuse, call Chief Jim Holler at 642-6103.
