



Phone (410) 871-7645

Fax (410) 871-6325

[www.HealthyCarroll.org](http://www.HealthyCarroll.org)

535 Old Westminster Pike

Suite 102

Westminster, Maryland 21157

## **NEWS RELEASE**

May 25, 2010

### **FOR IMMEDIATE RELEASE**

Contact: Dorothy Fox, 410-871-6373

[DLFox@CarrollHospitalCenter.org](mailto:DLFox@CarrollHospitalCenter.org)

Contact: Becky Herman, 410-871-6372

[RHerman@CarrollHospitalCenter.org](mailto:RHerman@CarrollHospitalCenter.org)

### **The Partnership hosts annual *We're On Our Way* Forum** *An update on the health of our community*

**Westminster, MD** – (May 25, 2010) - Worksite wellness headlined The Partnership for a Healthier Carroll County's annual *We're On Our Way* community forum on May 12. More than 150 people registered to attend the event held at St. John's Portico in Westminster.

Among the topics discussed were the many efforts the Partnership has led in the past year to reach targeted goals in key health improvement areas. A review of statistics from the Healthy Carroll Vital Signs Dashboard indicated progress in many areas. A few of the statistics indicated concerns; for instance, the percentage of women in our community having yearly mammograms has dropped considerably.

McDaniel college students presented posters with their findings on three aspects of older adult health: social isolation, nutrition, and the affordability of medicines. The presentations were the culmination of semester-long research projects done as part of the Quantitative Data Analysis course taught by Jim Kunz, Ph.D. The students analyzed data from The Partnership's Elder Health Needs Assessment results, "The Face of Our Senior Community."

Tammy Black, R.N., B.S.N., Executive Director of Access Carroll, was presented with the Dr. Janet W. Neslen Award for her efforts to help the uninsured; and Carrie Vincent, a heart attack survivor, received the Community Champion Award for her efforts to increase awareness about women's heart health.

But it was worksite wellness that took center stage as the Partnership revealed its first Worksite Wellness Resource Guide. The Guide is designed to educate employers and help them develop an effective worksite wellness program. It can be downloaded free from

[www.HealthyCarroll.org](http://www.HealthyCarroll.org).

The keynote speakers were Meagan Enrique, Manager of Benefits Compensation and Human Resources Systems at Carroll Hospital Center, and lawyer Christine V. Walters, who provided valuable information on the benefits of implementing a wellness program to employees and their families, employers, and the community as a whole.

New Windsor State Bank was presented with The Partnership's first Worksite Wellness Award recognizing their innovative "Fitness Challenge," which increases employees' awareness of nutritional and activity choices.

The *We're On Our Way* community forum is held every year in May, and is open to the public. Check The Partnership's web site [www. Healthy Carroll.org](http://www.HealthyCarroll.org) in April 2011 for information about next year's forum.



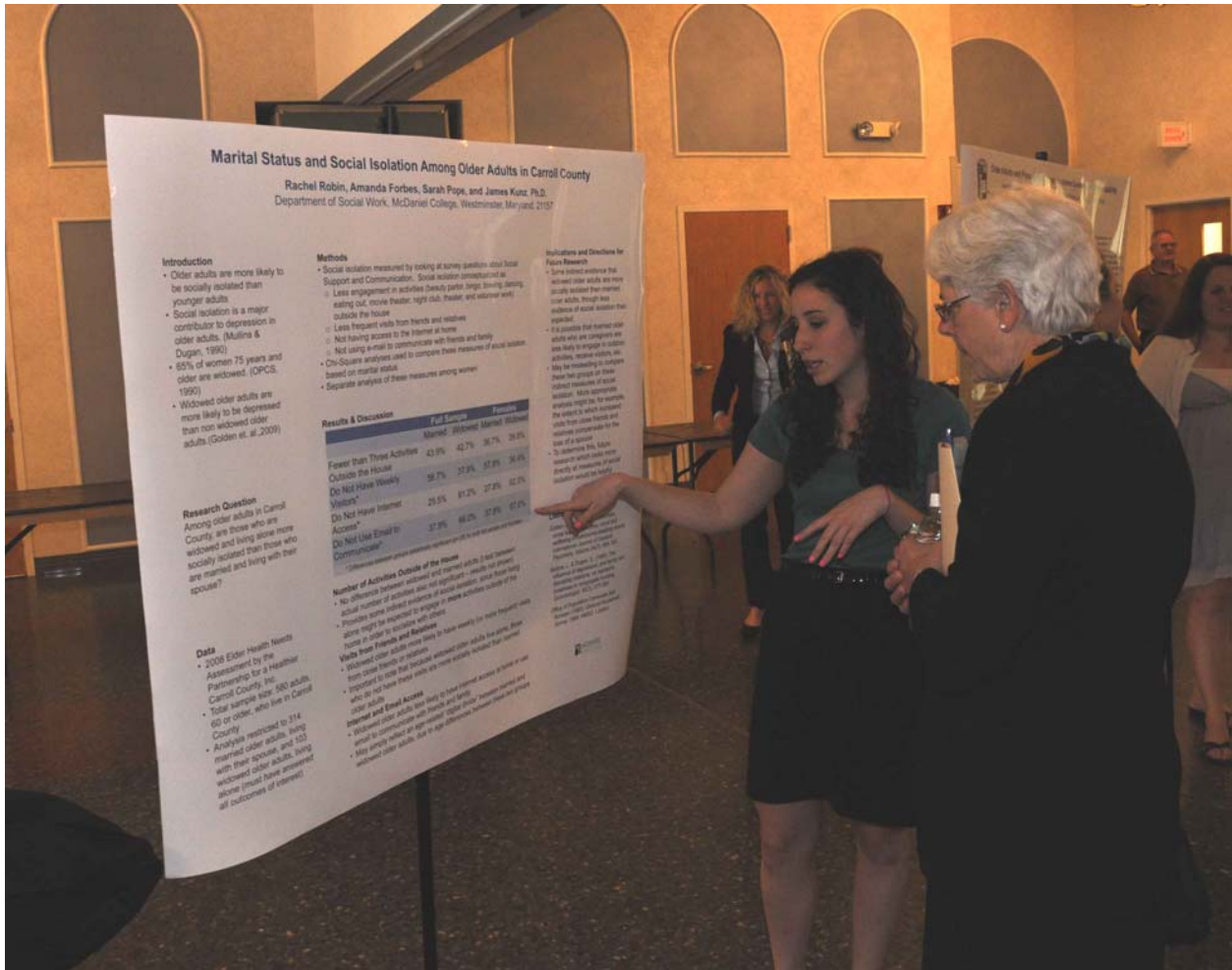
**PHOTO #1 CAPTION** - From left to right are: John Sernulka, President and C.E.O., Carroll Hospital Center and member of The Partnership Board of Directors, Tammy Black, R.N., B.S.N., Executive Director of Access Carroll and winner of the 2010 Dr. Janet W. Neslen Award; Larry Leitch, Health Officer, Carroll County Health Department and member of The Partnership Board of Directors; and Heather Campbell, U.S. Senator Ben Cardin field representative.



**PHOTO #2 CAPTION** - Carrie Vincent, winner of the 2010 Community Champion Award.



**PHOTO #3 CAPTION** – From left to right are: Tom Rasmussen, President and CEO, New Windsor State Bank; Diane Steckel, Assistant Vice President of Human Resources, New Windsor State Bank; George Hardinger, Warden, Carroll County Detention Center and member of The Partnership Board of Directors; Dorothy Fox, Director of Community Health Improvement, The Partnership; and Heather Campbell, U.S. Senator Ben Cardin field representative.



**PHOTO #4 CAPTION** - McDaniel College student Rachel Robin discusses Carroll County older adult data with Lynn Wheeler, Chairman of the Board, The Partnership.

*The Partnership for a Healthier Carroll County, Inc., an affiliate of Carroll Hospital Center and the Carroll County Health Department, is a private nonprofit community-led organization that seeks to build capacity for both health and quality of life improvement.*

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