

The Progress Report

A Newsletter for Partners and Friends of the Partnership for a Healthier Carroll County, Inc.
www.healthycarroll.org

Vol. 7, No. 1

Spring 2008

Welcome Our Executive Chairperson!

Lynn Wheeler accepts role

The best organizations embrace change. Change is an opportunity that effective leaders seek for its invigorating and often renewing

opportunities. We believe The Partnership has a unique role of leading change in our community. To perform that role

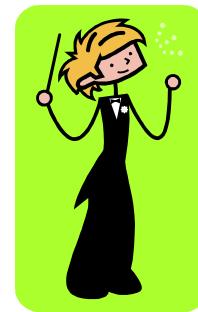
well, we must assure that our own organization continues to be adaptable, soundly led, sensitive, solid and sustainable. Because The Partnership is a community-based organization, we strive to keep you involved and informed.



The best organizations also have the best leaders and a solid process for assuring advanced planning to anticipate leadership transitions. The Partnership was, therefore, well prepared to fill the recently vacated position of Executive Council chairperson with our vice chairperson, Ms. Lynn Wheeler, Director of the Carroll County Public Library. With impressive professional credentials, Lynn also has significant board-level leadership experience, including current positions on the Carroll County

Media Center Board and serving as the current President of the Board of Citizens for Maryland Libraries.

Lynn has the added distinction of being the first woman to serve as Chairperson of our Executive Council, which our Bylaws define as "having general responsibility for overseeing the administration of, and the development of plans for, the operations of the Corporation, and for monitoring the effectiveness of all activities of the Corporation."



Which reminds me of a quote from the famous comedian Groucho Marx who, when asked about leaders, said "Only one man in a thousand

is a leader of men — the other 999 follow women." It is our pleasure to welcome Lynn to this new role, and to a simultaneous position on The Partnership's Board of Directors. Her leadership skills are solid, her energy level high and her ability to laugh at Groucho Marks is intact. Please join us in wishing Lynn much success in this new role.

The Clothesline Project[®]

For those of you who may not be aware, we have partnered with Family & Children's Services and with Granite House, Inc. to raise awareness of interpersonal violence through "The ClotheslineProject[®]", which was developed as a community health improvement project in 2004 by The Partnership. The phenomenal growth in size and scope of the shirt collection has led to this innovative, shared operating model among our three agencies.



The shirts, accompanied by startling local statistics, hang in silent acknowledgement of the reality of violence. Interpersonal violence occurs in seven different forms, each differentiated by the shirt color.

- White – for people who have died of violence
- Yellow – for people who have been battered or assaulted
- Red – for adults who have been sexually assaulted
- Blue – for people who are survivors of incest/child sexual assault
- Purple – for people attacked because of their sexual orientation
- Orange – for people who have been bullied
- Green – for people attacked because of their race or religion

Over the past few months, The Clothesline Project[®] t-shirts, signs and flyers have been displayed at various venues and events in Carroll County:

- In October, at the Health Fair held at TownMall in Westminster.
- Also in October, a PowerPoint presentation educated McDaniel College

graduate students in the *Treating Domestic Violence Batterers* class.

- In November, at the Health Fair at Springfield Hospital Center in Sykesville.
- At numerous venues including FallFest and the Domestic Violence Vigil.
- This fall, Family & Children's Services added 27 shirts to the project.

Please contact Lexi Schafer, CHIA Specialist, at lschafer@carrollhospitalcenter.org or 410-871-7648 for information.

Roundtable Sponsors Films

The South Carroll Diversity Roundtable is hosting educational movies for the general public regarding issues of diversity. Please join us at 3 pm in the Media Center at South Carroll High School on the following dates to view these movies:

April 17: Paperclips

Students studying the Holocaust as a way to learn about diversity and intolerance, created a unique memorial. The paperclip was used by Norwegians as a symbol of solidarity against the Nazis, so students collected 11 million to symbolize the number of people killed by the Nazis.



Please contact Laura Rhodes, at 410-876-3007, or lrhodes@granitehouse.org for further information.

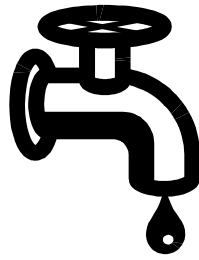
Don't Forget!

Make your reservation for We're On Our Way, 8 to 11:30 am, May 7 at St. John Portico, Westminster. Call 410-871-6373 to save a seat!

Environmental Workgroup

Water Supply

The Water Supply workgroup, also known as the Resource Conservation Coalition, is supporting the Health Department's Environmental Health Bureau's efforts in its annual poster contest for 4th graders in March and April. This year's theme is "Got Water? Every Drop Counts!". The Partnership is providing water conservation booklets for students involved in the promotion. Educating students with the message to conserve is a good way to reach parents.



Heart Health

Increased Exercise Is The Goal

Although heart disease is still the number one cause of death for men and women in the United States, there is good news from the American Heart Association. New mortality data from the Centers for Disease Control shows coronary heart disease age-adjusted death rates have been reduced by 25.8% since 1999 and stroke age-adjusted death rates have been reduced by 24.4%.



There is concern that these rates will increase again due to rising obesity and diabetes rates. Much of this is related to lack of physical activity and poor nutrition choices. The Heart Health Improvement Team continues to address the risk of insufficient physical activity by supporting programs such as *Project ACES* and *Go the Extra Mile* in local schools.

The results from this year's Project ACES challenge showed a record 8,968 elementary students in 25 schools completing the two-week fitness challenge, with 81% of those reaching the 60-minute goal. More than 600 staff members took the challenge as well. Teachers and parents are important role models for our youth in setting healthy habits. For complete Project ACES results, check the link on the Partnership Web site.

Rapid Growth

Did you know the average Carroll County household generates about 1½ tons of waste each year? Paper packaging makes up half the volume of household waste, and more than half of residential waste could be recycled. These facts are found in the newly revised Guide to Waste Management and Recycling in Carroll County. The guide has useful suggestions for ways to reduce the amount of waste we produce, reuse and recycle and can be found online at <http://ccgovernent.carr.org/ccg/recycle/booklet/default.asp>. For a copy, contact the Bureau of Solid Waste at 410-386-2633. With each of us making small changes, we can make a big difference.

The Heart Health team also encourages everyone to know the warning signs for heart attack and stroke, not just for themselves, but for family members and co-workers. For more information, check the American Heart Association Web site at www.americanheart.org.

Teen Scene 2008

The past two years, great efforts and multiple partners have collaborated to produce "Party in the Park," an event by kids/for kids. For 2008, the steering committee has decided to change things a bit and join efforts with existing events around the county.



The first of these will take place with the Westminster Flower & Jazz Festival on Saturday, May 10, from 10 am to 4pm.

Look for "Teen Scene" behind the Westminster Branch of the Carroll County Public Library and in the Diffendal parking lot, next to the library. Plans include a variety of activities of interest to kids 11-18 years old including a rock-climbing wall, live bands, exhibits, a photography contest, and much more. Please encourage your youth to attend. For more information or to help, please call 410-871-7648.

Elder Health

Clearly, older adults in our community wish to maintain their quality of life and independence as they age. It has been said that it will be less costly for society if we understand what makes them strong and work to provide services and community supports that nurture, bolster, and sustain those strengths.

To that end, The Partnership's Elder Health workgroup has been developing an Elder Health Needs Assessment. The multifaceted household survey tool has been crafted with lead partners from EMA, The Center for the Study of Aging at McDaniel College, the Bureau of Aging, and Carroll Hospital Center. Surveys will be mailed to randomly selected Carroll County addresses where a person over age 60 lives. A strong response rate insures best information, so please encourage family, friends and neighbors to participate.

The Center for the Study of Aging at McDaniel College has invited The Partnership and Carroll Hospital Center to serve on its Advisory Committee. Meeting biannually and comprised of leaders from the health, academic or aging fields throughout Maryland and Western Pennsylvania, the committee is an important element in McDaniel's establishment of this prestigious new center of academic excellence.

Save the Date!

Addiction and the Brain and the Relationship between Mental Health and Substance Abuse



June 17, 2008
8 am — 2:30 pm

New Location: St. John's Portico
Keynote Speaker: Dr. Davis McDuff

Prevention and Wellness

Healthy Recipes

Check the Westminster and Eldersburg Eagle for the Prevention and Wellness Workgroup's Healthy Recipe column. The column features simple, healthy lunch box options or snacks for on the go. All recipes are reviewed by a registered dietician.

Fresh Orange Compote with Granola

Preparation Time: 15 minutes

Number of Servings: 6

2 navel oranges, peeled, separated into segments

1 apple or pear, diced

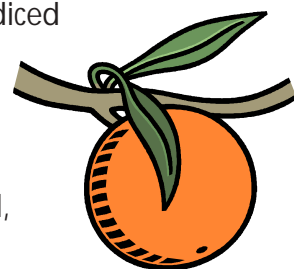
One-half cup halved, seedless

red or green grapes

1 banana, peeled, thinly sliced

2 tablespoons freshly squeezed orange juice

One-half cup low-fat granola cereal



In a medium bowl, toss together orange segments, apple, grapes, banana and orange juice. Sprinkle granola over mixture; toss lightly. Serve immediately as dessert, for breakfast topped with low-fat yogurt, or drained over lettuce as salad.

Nutrition Information: 100 calories, 1 gram fat, 3 grams fiber

60% Daily Value Vitamin C

Source: Sunkist Growers, Inc.

www.fruitsandveggiesmorematters.org

Visit www.healthycarroll.org for an updated copy of the Health Partners Registry and the Nutrition Partners. These are useful tools to help families begin healthy lifestyle changes.

Snacking with Kids

Small children learn healthy eating habits by watching how their parents and others eat. Set a good example. You can't expect your child to eat fruit if you are eating cookies! Winter may not offer the variety of fruits that spring and summer do, but we can usually depend on bananas. Here are a few ideas for healthy snacks using bananas:

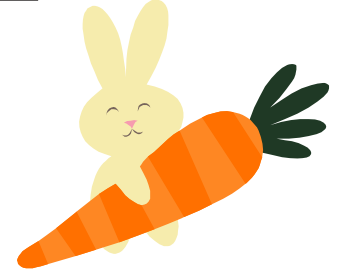


- Stir banana slices into pudding cups and top with reduced-fat whipped topping.
- Layer reduced-fat, flavored yogurt, banana slices and granola or other dry cereals in a clear glass for a banana parfait.
- Try banana slush. Blend together bananas, orange juice, and reduced-fat vanilla yogurt. Freeze and eat.
- Snack on frozen banana pops. Peel bananas, cut in half, roll in reduced-fat yogurt then in crushed cereal. Wrap in plastic wrap and freeze.
- Blend together 1 sliced banana, 1 cup strawberry milk, and ice for a banana split smoothie.

Make the recipe below and have it available for snacks or dessert in lunch boxes.

Carrot-Banana Bread

One-half cup margarine
1 cup packed brown sugar
2 eggs
2 cups flour
1 teaspoon baking soda
One-half teaspoon baking powder
One-half teaspoon cinnamon
1 cup mashed banana
1 cup shredded carrots



Beat together margarine and brown sugar until fluffy. Beat in eggs. Add mashed banana and mix well. Add flour, soda, powder, cinnamon and carrots to margarine mixture. Stir together until well blended. Pour into 2 greased loaf pans. Bake at 350 for 40 to 50 minutes. Each loaf makes 10 servings.

Nutrition Information: 146 calories, 5 grams fat, 1 gram saturated fat, 1 gram fiber, 39% Daily Value Vitamin A

Recipe Source: © Nutrition Matters

Recruiting Favorite Restaurants

Do you frequent a restaurant you think should be showcased in the Healthy Dining Guide of Carroll County? We are excited that all Carroll County restaurants are now smoke-free, so starting in the spring, a Prevention and Wellness subcommittee will once again recruit restaurants with healthy dining options to be part of the program.

Contact Darlene Flaherty at 410-876-4981 for a restaurant packet and help us bring your favorite restaurant on board.



L.E.A.N. Carroll

A family approach to healthy weight

Join us on April 12 at 10 am at the Westminster Branch of the YMCA on Washington Road as we introduce the L.E.A.N. Carroll Challenge to our community.

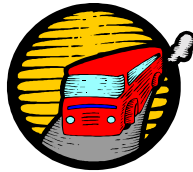
Access to Health Care

Legislation

The Partnership's Access to Health Care Workgroup completed its **Legislative Agenda for 2008** and presented it to the county delegation at Carroll Hospital Center's Legislative breakfast on December 12. For a copy or to review the full document, go to the Partnership Web site, www.healthycarroll.org.

Transportation

The workgroup helped promote the **Transportation Summit** sponsored by Carroll Area Transit Systems at the Carroll Nonprofit Center on January 18. The Summit — designed to get input about county transportation issues — comprised three sessions that focused on transportation for health care and social services, transportation for seniors and those with disabilities, and transportation for the workforce and students. The goal was to improve communication among customers, agencies, and the community as a whole to identify needs and work to continually improve service.



Prenatal Care

Some members of the workgroup are also members of the subcommittee looking at a collaborative approach to assure the availability of prenatal care for uninsured and medical assistance ineligible pregnant women. The new program, to be known as "**Best Beginnings**", is designed to assure the earliest possible access to such care for women ineligible for federal or state medical assistance. Carroll Hospital Center, Carroll County Health Department, community obstetricians, and interested citizens formed the team in an



effort to assure the availability of outstanding maternity care for uninsured women of Carroll County.

The mission of the program is to have healthy moms deliver healthy babies. The program focuses on a single point of entry and case management of the patient, as well as early application of emergency medical assistance if necessary. Best Beginnings is designed to serve women whose income falls below 300% of the poverty guidelines. Women are screened to be declared eligible for the program. The program provides normal prenatal care including lab work, office visits, diagnostic ultrasound and non-stress tests if indicated. It does not cover genetic testing of high-risk obstetric care.

Revised Substance Abuse Directory

A subcommittee has been working feverishly to prepare a 3rd edition of this very valuable publication. Information includes prevention tips, risk factors, lab testing, principles of effective treatment, and a list of National Organizational Resources, a list of Law Enforcement Resources, and websites to visit for more information.



The bulk of the directory focuses on local programs and services available to assist members of our own community and their families who are dealing with the agony of addiction. Earlier editions have been shared with all area faith organizations, guidance counselors in our area schools, all law enforcement agencies, and more.

The 3rd edition is expected to be published in early May 2008 and be available to attendees of the annual community forum.

Cancer

Compliance With Recommended Screenings

As part of the strategic goals for Cancer, Partnership staff met with key partners in November and again at the Vital Signs II workshop in January. Plans are to work on strategies to improve cancer screenings and prevention strategies for breast cancer, colorectal cancer, prostate cancer and skin cancer. The Cancer Plan I was completed, which is a summary of multi-partner efforts going on in the county in prevention and improving cancer outcomes.



Future efforts include adding skin cancer indicators to the Vital Signs report, increasing skin cancer education, exploring lung cancer screening options, finding baseline data for minority populations in the county, and finding ways to get screening messages to men through wives and partners. Special thanks to the American Cancer Society Leadership Council, Carroll Hospital Center, Carroll County Health Department, Carroll County Cancer Center, the Joanna M. Nicolay Foundation, and Catastrophic Health Planners.

Smoke-Free Carroll County

February 1, 2008 was a landmark day for health in our state. The Clean Indoor Air Act of 2007 has gone into effect banning smoking in all indoor locations, including bars & restaurants, and Maryland has now joined more than 20 other states and numerous countries worldwide.

Since 78% of Carroll County adults are non-smokers, a significant percentage of our adult population now no longer encounters second-hand smoke exposure in those facilities and employees there enjoy the same health protections as their counterparts in other businesses.

While we certainly champion the law, we also understand the trepidation this transition creates for



some business owners. So we sent information packets and complimentary "No-Smoking" signs to the 120 businesses licensed to sell alcohol in our county.

Signs are required in the new law which is administered in our area by the Carroll County Health Department. Contact Mr. Charles Zeleski at 410-876-1884 to ask questions or to register complaints.

More information and a celebration of this special health improvement occasion will be included in the agenda for the second annual *Smoke Free Carroll County* coalition meeting on March 7, 2008 at the Best Western Conference Center. Please contact Lexi Schafer at 410-871-7648 or visit www.healthycarroll.org to attend this complimentary breakfast event.

Long-Term Substance Abuse Treatment Center

The new long-term treatment center opened its doors recently. Thanks to the diligent leadership of Susan Doyle, Director of Addictions Services of Carroll County Health Department, the center can provide extended treatment for as long as nine months for those who need it and can house up to 36 men and 12 women at a time, expecting to treat 70 people a year.



Spectrum Health Systems, Inc. out of Worcester, Massachusetts, has been selected to implement the residential substance abuse treatment program, which is located in Sykesville, about a mile from the Shoemaker Center.

We commend the County Commissioners and other officials for realizing the need for this type of facility in our community and getting this complex, expensive, and multi-year job done!

Work On Vital Signs Continues

Healthy Carroll Vital Signs — Measures of Community Health was established in 2005/2006 and has directed our community health improvement work. It has helped our staff and partners work on improvements in the indicators they have selected as key to monitoring for progress.



time frame for completion, and a clearly identified status.

All core health improvement area workgroup members were invited to attend one of three workshops. At these meetings, we saw the passion, dedication, strength, and commitment of our partners working together to reach one goal — a Healthier Community. It has been a

rewarding, successful and empowering experience for staff and workgroups alike.

Look for more information on Phase II and an update of indicator status at the annual community forum May 7th.

Under the guidance of Shattuck and Associates, The Partnership has recently begun results accountability and action planning. In this strategy, our partners are able to visualize the big picture, breaking it into manageable action steps with responsibilities, needed resources, a

The Progress Report is a quarterly publication of the Partnership for a Healthier Carroll County, Inc., a coalition of individuals and organizations committed to improving the health of individuals and the community of Carroll County. We encourage partners to use this publication to get a healthy message out. Please forward stories, news items, or announcements via email to tricia@carrollhospitalcenter.org or fax to 410-871-6325. All items will be subject to editing.

Patricia A. Supik
Executive Director & CEO

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Chairman, Board of Directors

Larry L. Leitch
*Vice Chairman,
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