

It Takes a Village...

A standing room only crowd was on hand for the public premiere of "Heroin Kills" at the annual drug summit held at the Westminster Senior Center on May 27th. This compelling video reflecting the multiple tragedies of drug addiction was produced by the local grassroots coalition "R.A.D." (Residents Attacking Drugs) in partnership with numerous community public and private individuals and agencies. Excellent information concerning our county's very successful "Reality" program was shared. In addition, Colonel Mitchell of Maryland State Police, Jerry Barnes, States Attorney, and our own Sgt. Mike College of the County Drug Task Force joined our County Commissioners in pledging a continued community-wide focus on illegal drugs in Carroll County.

Concerned citizens should attend "Heroin Alert," on September 1, 1999 from 7 - 9 p.m. at Westminster High School's auditorium.

A graphics slide presentation from New Castle, Delaware depicting effects of heroin abuse will take place (parental discretion is urged).

The Partnership for a Healthier Carroll County and R.A.D. are beginning to plan another similar program to be held in the South Carroll area this fall. Contact 410-871-6784 for information or suggestions.

Compiling a Resource List

The Commissioners office via Executive Assistant, Max Bair, is gathering information regarding programs that exist in Carroll County for drug and alcohol abuse, violence, crime and/or anti-social behavior. Please contact 410-386-2044 to share any information ASAP!

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 e-mail to tricia@ccgh.com or fax to 410-871-6325. All items will be subject to editing.

Patricia A. Supik
Executive Director

John M. Sernulka
Chair, Board of Directors

Larry L. Leitch
Vice Chair,
Board of Directors

Arthur N. Riley
Chair, Executive Council

The Progress Report

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

Report From Citizens Advisory Forum Meeting Held June 10th

Margaret Mead said: "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed it's the only thing that ever has."

The participants at the June 10th Citizen's Advisory Forum meeting held at the New Windsor Conference Center would have pleased Ms. Mead! The quiet early morning reserve (probably dreading another committee assignment) was replaced by day's end with spirited dialogue and meaningful engagement. It is that engagement sustained and enhanced that will allow our community to experience success and tangible results on our quest for Health. With gratitude we acknowledged the work of our original steering committee and implementation team with certificates of appreciation and also welcomed about 20 "new" members to the Citizens Advisory Forum.

We are ready to move beyond a singular definition of health within a healthcare concept, to one that recognizes the impact of human behavior, socio-economic issues and physical and environmental factors. The role of the Citizens Advisory Forum members is that of community catalyst and Partnership ambassador. We can change the disheartening Carroll County statistics regarding cancer, heart disease, substance abuse and motor vehicle mortality. We can challenge each other to change lifestyles and behaviors which contribute to the problems. We can direct actions and resources towards a change in the status-quo. We can change the world, Ms. Mead, one county at a time.

Partnering for a Common Goal

Three years ago, Barbara White had a vision of a quality local prevention conference for anyone working with adolescents or youth. Through networking, she discovered similar visionaries (with similarly empty pockets). Through collaboration, pooling of resources and enormous work, the Risky Business Prevention Conference was born.

The American Cancer Society, Carroll County Health Department Aids Program, Carroll County Health Department Tobacco Control Program, Carroll County Coalition on Teen Pregnancy, Carroll County General Hospital, Carroll County Public Schools, Carroll County Youth Services Bureau, Junction, Raising Hopes and The Partnership for a Healthier Carroll County all contributed to the project. Barb says, "working alone, not any one of us could have presented a conference of this caliber. Through the power of partnering, all of these organizations were able to accomplish a mission...to educate, to inform, to prevent. **In the long run, that's what its all about. Working together for a healthier Carroll County.**" To be a part of the planning for Risky Business 2000, call 410-876-4429.

Save this Date!

The next Citizen's Advisory Forum meeting will be held on **Wednesday, September 15, 1999 from 7 - 9 p.m.** at the Fairhaven Retirement Community's main auditorium in Sykesville. Come prepared to present your ideas for strategic planning.

Partnership for a Healthier Carroll County, Inc.
95 Carroll Street, Suite 104
Westminster, MD 21157



CALL TO ACTION: Tobacco Control

With goals to reduce tobacco use, especially among teenagers, the Tobacco Control Workgroup jumped into action in May. Partners in this effort are Barbara White and Lynda Niles of the Health Department; Jan Flora with Office on Aging; Tracy Gilmore, Deputy States Attorney; Mel Diggs, Chief of the Taneytown Police Dept.; Joanne Hayes with Carroll County Public Schools; Mark Yount who is Prevention Coordinator at Junction, Inc; and Marty Gallagher of the American Cancer Society. Additional members are needed. Early actions include initiatives with county tobacco vendors, publication of an informational pamphlet for parents and coordination of educational programs for doctors and nurses who can influence tobacco free choices through their relationships with individuals. Smoking is a growing problem among our youth: Consider this — 35.5% of high school seniors smoke cigarettes, 36% of 10th graders, 20.6% of 8th graders and 3.6% of 6th graders have smoked within the last 30 days. Although doctors have treatments that definitely help adults get through nicotine withdrawal and quit smoking, no treatment has been proven to do the same for teens. Tobacco Control Workgroup Chair, Roger Diehl, Prudential Insurance, has this to say:

First I would like to thank the volunteers who have agreed to serve on this team and look forward to leading this dedicated group to what I consider a very important element of preventive health. It has long been a pet concern of mine to see so many young people inhaling carcinogens into their bodies and polluting the air around them.

My goal is to partner with parents, the American Cancer Society, the Carroll County Board of Education, the hospital and the Carroll County Health Department to implement a comprehensive education program in our high schools and even middle schools to discourage our young people from even trying "that first" cigarette or tobacco use. I firmly believe that a better informed adolescent is a better decision maker regarding things that will impact their future and well being. I would like to see drastic reduction in tobacco use by our county's young people.

I welcome any and all suggestions in the formative process of this group and the achievement of its objectives.

The workgroup plans to bring in representatives from the Governor's Office of Tobacco Control, Smoke Free Maryland and other agencies to assure alignment and sustainable results. Contact 410-871-6784 to participate.

Feelin' Groovy!!! Feelin' Healthy!!!

The 1999 Family Health Festival will be held on **Saturday, October 23, 1999, 8:30 a.m. to 9:00 p.m.** at Cranberry Mall. The event is coordinated by the Carroll County Health Promotion Council.

Maintaining **your** good health is one of **your** most important concerns. This festival presents a variety of learning opportunities, health screenings and family entertainment all under one roof to assist you with that goal!

Join us as we work together to make Carroll County a healthy community. Please invite your friends, family and neighbors to take full advantage of the many opportunities that will be offered to learn how to prevent illness and injury and improve the quality of your health and well being.

If you would like to find out about exhibitor or health screening opportunities, or would like general participant information, please contact Karen Feroli, Chairman of the Family Health Festival at **410-871-7247**.



Don't Forget to Wear a Helmet!

Carroll County is bicycle friendly, as evidenced by its ten loop tours designed for bicyclists by bicyclists. There is absolutely no better way to discover our beautiful county than on a bicycle. Winding down a country road, passing a farmland scene or pedaling along a rippling stream make spring and summer weekend exercising worthwhile. Bicycle maps and routes have been designed with special considerations for comfort and convenience so your bicycle tour can be simple and fun. Maps also feature tips for biking safety.

Each route is unique and lengths range in distance from 8 to more than 33 miles. Tours offer varying degrees of difficulty to challenge every level of enthusiast. Bike tour packets with information on all

ten Carroll County tours are available at the Office on Tourism and the Carroll County Visitor Center at 210 East Main Street, Westminster. For information call 410-848-1388. (Reprinted with permission of Office on Tourism) NOTE: Walking and equestrian tour maps and trail information is also available.



Spotlight on a Partner

In every community, there are individuals and families from all walks of life who may find themselves facing a crisis and needing help. It could be someone needing transportation, health care services, or emergency financial assistance. **The Shepherd's Staff**, located at 30 Carroll Street in Westminster, responds to those needs.

The vision for a cooperative crisis center began in 1989, with the Westminster Ministerium, and today this faith-based organization is viewed by several agencies as an emergency response system. In 1998, nearly 4,000 households were served, while 9,848 individuals received some kind of support. The success of this organization is credited to the many partnerships that have been developed over the years. Partnerships and community outreach continue to increase as this grass roots organization aims to improve the quality of life of those they serve. The Shepherd's Staff primarily serves individuals and families in Carroll County and may include teenagers who are separated from their family, senior citizens who have high healthcare bills, infants needing a special formula or diapers, or children needing school supplies or medical attention.

The Shepherd's Staff sponsors several community activities and programs including the well-attended annual Thanksgiving Day Dinner. Other programs include: Coats for Kids, Back-to-School, Blessings Closet, Spiritual Easter Basket and the Shepherd's Table. As a non-profit entity, The Shepherd's Staff relies on financial contributions from churches, organizations, businesses, schools, groups and organizations. They do not receive any government funding and depend on their own fundraising efforts, financial donations and memorials. Volunteers are an integral part of the operation and are invited to become part of The Shepherd's Staff team by calling 410-857-5944.

Kudos for our County Schools!

This fall, county schools are implementing a new program celebrating the multiple traits which result in good character. Carroll Countians have traditionally respected family values, ethical behavior, good citizenship, courtesy, helpfulness, perseverance and the like. We applaud our schools for joining parents in working toward this important personal development in our children.

As a community, we can embrace the message of character development and each initiate a similar commitment. You are responsible for the future!

Get Workin', Get Healthy!

A Healthy community has an enthusiastic and well prepared workforce, active and productively employed! The Job Service Employer Committee will hold its 3rd Annual Job Fair on **Saturday, October 23, 1999 from 10 a.m. - 2 p.m.** at the National Guard Armory on Hahn Road. More than 40 employers will be participating who are seeking a variety of job skills, experience and abilities. Call 410-848-9691 for additional information.

H A P P Y A N N I V E R S A R Y !



Congratulations Carroll County General Hospital on the 1st anniversary of your healthier environment program. Inside hospital buildings and outside on hospital grounds a 100 percent smoke-free "healthier environment" has been established. The external smoke-free campaign is a leadership effort to eliminate exposure to second-hand smoke sometimes encountered in entryways into public buildings. The Partnership urges everyone to respect the external smoke-free zone. Could this be the start of a healthy trend in Carroll County?