

We're On Our Way!

The Partnership is hosting a meeting May 31, 2001, and they want you to be the guests of honor!

The focus of the program will be to celebrate all the successes achieved thanks to dedicated volunteers working to help make Carroll County a healthier community.

As explained by Tricia Supik, this invitation is going out to "formal members" of the Citizen's Advisory Forum (CAF), and to "everyone who has ever been involved with Partnership activities" and has been a "collaborative partner in one of our many great initiatives."

Karen Feroli, CAF co-chairperson, said the breakfast buffet event will include "awards and thanks to all our workgroups on all projects," along with a "recognition of how involved the CAF has been in meeting our goals." The CAF chairperson is Dr. Alva Baker.

Feroli said she hoped to see all of the newest workgroup participants, along with those dedicated individuals who worked as members of the original Steering Committee four years ago.

The event planners hope the meeting will be a lively, fun-filled event, unlike your average annual meeting. Referring to future plans for the CAF and The Partnership, Feroli said "everyone will be very excited to see what's going on and what will be coming up."

The May 31st breakfast buffet meeting will be held from 8:00 a.m. to 11:30 a.m., at the Wakefield Valley Golf and Conference Center, 1000 Fenby Farm Road, Westminster, Maryland 21158.

For further information, or to send your R.S.V.P., contact Karen Feroli at 410-871-7247 or by email at KarenF@ccgh.com.

Please come and help us show We're On Our Way!

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. Visit us online at:

www.healthycarroll.org

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The Progress Report

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

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Creation of The Alliance The Partnership Continues to Grow

We are pleased to formally announce The Alliance, a new community-based initiative. The Alliance has the purpose of helping to strengthen families and individuals, while improving the social health of our community.

As the newest member of The Partnership family of health improvement efforts, The Alliance has been receiving warm welcomes. Initial goals for The Alliance include establishing comprehensive, positive youth activity information, enhancing public awareness of upcoming events, providing assistance information for youth and adult problem resolution, and facilitating volunteer referrals.

Coordinator for The Alliance is Anna Bible. Bible will have the management support of The Partnership, as she carries out her leadership responsibilities for The Alliance.

The Alliance's partners, the faith community, CCPL, the Chamber of Commerce, and others, are working together in developing new youth-focused efforts. Adult volunteers are needed to help design and implement the "Celebrate Youth Year" campaign, chaired by local businesswoman Jeanne Link. Adults are also needed to help with the establishment of "youth councils" throughout the County. Increasing the voice and visibility of the County's young people is an important goal of these efforts.

It took the vision, generosity, and understanding of the Carroll County Board of Commissioners to help create this initiative, and now we need you to help it succeed. To offer your support, contact The Alliance at 410-871-6373, or by email at: thealliance@healthycarroll.org.

Guide to Healthy Eating On-the-Go

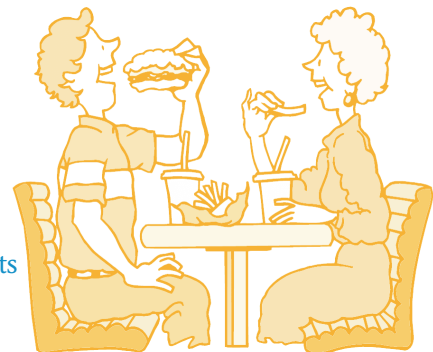
The workgroup, Partners in Nutrition, is getting out the word that the first step toward healthy eating is making intelligent choices *before* eating. "People need to think about the foods, before they can make intelligent choices," stated Darlene Flaherty, RD. "And, most importantly," she added, "these choices should be made before you find yourself standing in the restaurant or, worse yet, after eating."

According to Flaherty, everyone is familiar with the ideas of diets lower in fats, with foods considered 'heart healthy' eating. But problems arise, she noted, when eating at fast food restaurants.

After examining the eating habits of a sample group of County citizens, Flaherty's workgroup found these citizens were eating out at fast food establishments, on average, three times per week. In light of this high rate, the Partners in Nutrition wanted to provide these citizens, and others like them, with information to make intelligent choices, in a format that fits fast moving lifestyles.

The result is a quick-reference food and nutrition Information Guide. The Guide, to be published this summer, will be a booklet, small enough for convenient carrying in a pocket or housing in a vehicle glove compartment. This portability, said Flaherty, will allow diners "to have the Guide ready to consider to make intelligent food choices before they eat."

Prior to writing the Guide, the workgroup conducted a considerable amount of research. In addition to compiling the nutritional facts and guidelines for the booklet, the members contacted the corporate headquarters of the major fast food chains, *(continues on page 2)*



Headstart Summer Day Camp

Headstart children have a new opportunity for fun this summer—day camp!

Thanks in part to a grant from the Maryland Governor's Office for Children, Youth and Families, 60 children currently enrolled in Headstart will be attending this year's inaugural camp season.

The day camp is a joint effort between Carroll County Headstart, Carroll Child Care Centers, Inc., and TLC, Inc.

The 10-week day camp will run from June 18 through August 10. The weekday hours will be 8:30 a.m. until 12:30 p.m., with extended care available for those children with their own childcare providers.

According to Sister Nancy Stiles, of Catholic Charities and Carroll County Headstart, "the camp will offer our Headstart children their usual educational program, but with a more relaxed schedule." The campers' days, noted Sr. Nancy, will include "more field trips and more fun activities," than the usual Headstart curriculum.

Emphasizing the firm 60-camper enrollment cap, Sr. Nancy said the enrollment will be "on a first come, first serve basis." Three facilities, located in Sykesville, Taneytown and Westminster, will each be home to 20 campers.

Prior to formal announcement by the Maryland Governor's Office, Sr. Nancy said parents of current Headstart children who were told of the day camp plans "appeared very excited at the prospect."

For further information on the new day camp, contact **Sr. Nancy Stiles** at 410-871-2450.

Four-year Plan to Reduce County Substance Abuse

With their clear vision of "a significant reduction of substance abuse in Carroll County," the Carroll County Substance Abuse Prevention Committee has published their Strategic Plan.

The Plan, for implementation from January 2001 through December 2004, represents four months of work by "more than 100 community volunteers and professionals."

The planning process was facilitated by the Carroll County Office of Prevention Services at Junction, Inc., in Westminster.

According to the Plan, the Committee saw "an amplified risk for substance abuse in our community." Rather than seeing this risk as a negative inevitability, the Committee saw it as "an enhanced opportunity to plan and implement strategic actions and initiatives that protect our community from the root causes of substance abuse."

The Plan calls for a process of involvement by various County groups and individuals. As the Plan notes, any commitment to reduce substance abuse requires "an organized collaborative effort, embraced by the Carroll County community."

Members of the Steering Committee are chairperson and Assistant Carroll County Prevention Coordinator Diane C. McCoy, Carroll County Prevention Coordinator Mark Yount, George Butler of the Office of State's Attorney for Carroll County, Denise Connelly of Junction, Inc., Lt. Col. Robert Danmyer and Col. Robert Finn, both of the Maryland National Guard, Joanne Hayes from the

Carroll County Public Schools, and Scott Singleton of the Carroll County Dept. of Enterprise and Recreation.

The Committee considers the Strategic Plan to be a map to be followed as "a comprehensive, long-term, community-based ... proactive four-year action plan" for the prevention of substance abuse.

The four primary goals outlined in the Plan address the need to "mobilize, coordinate and establish communication among and within the Carroll County Community," the desire to "affect social policy to prevent substance abuse" and to "educate to impact social norms to prevent substance abuse," and the need to "enhance individual, family and community wellness."

For further information on the Plan, or to join the Committee's efforts, contact **Diane C. McCoy**, at 410-848-6100, or by mail at Junction, Inc., P.O. Box 206, Westminster, MD 21158.

Guide, (continued from Page 1)

asking permission to include information on the chains' dietary offerings.

Also to be included in the Guide is information on healthy eating habits for children, and notes on making wise choices when it comes to eating school lunches.

The Guide will also list helpful resources, including recommended topic-related web sites.

Right now, explained Flaherty, "we are really eager to have others join in on our booklet effort, especially the consumers we hope will use the publication." The workgroup, she said, would "love to have consumers give us their perspectives and opinions on the information we are presenting and the booklet format."

Other workgroup members include Anne Dunn, Marcea Cotter, Eulalia Muschik, Vicky Sirman, RN, and Judy Stuart.

Seniors and Teens Targeted for Seatbelt Awareness Programs

Deaths from motor vehicle accidents account for 45% of all deaths yearly in Carroll County. The Survive the Ride workgroup is trying to help decrease that statistic. The workgroup's primary focus is helping senior-aged and teenaged drivers improve their driving success rates, so they do survive their rides.

According to the Survive the Ride co-chairperson, Barbara Rodgers, the workgroup directed their efforts to senior-aged drivers by making available a brochure, *Driving Safely While Aging Gracefully*. Published by AARP and the National Highway Safety Administration, Rodgers said the brochure "will be promoted in sites where older drivers visit, such as churches, senior centers, [and] grocery stores." The brochure can also be obtained by calling 410-876-4965.

The workgroup took a more direct tack in approaching the teenaged driving population. Four area high schools accepted the Survive the Ride invitation "to identify a school group who would take highway safety

County Doctors Invited to Join Efforts to Fight Colorectal Cancer

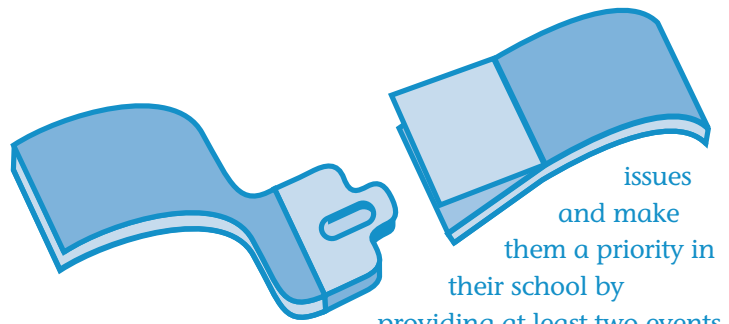
In March, the workgroup, Carroll Cancer Community Health Coalition, undertook a major letter writing initiative. The letter, signed by County Health Officer Larry L. Leitch, was mailed to doctors throughout the County.

Noting that "colorectal cancer is the second highest cause of death in Carroll County," the letter announced a new Colorectal Cancer Screening Program. Screening for the disease would be available to Carroll County residents aged 50 and older, as well as to those residents with medical histories warranting screening.

The program is being funded by the State of Maryland, through the Dept. of Health and Mental Hygiene, and from the Cigarette Restitution Fund.

The letter called for doctors in the County "to join with others to promote screening for early detection."

Joining with these screening efforts, noted Leitch, "can reduce the burden of colorectal cancer incidence and mortality in the citizens of Carroll County."



issues and make them a priority in their school by providing at least two events during the spring," explained Rodgers.

School events, Rodgers said, "include the seatbelt-convincer during lunch and health classes, mousepad highway safety message art contests, a high school student-designed 'seatbelt safety' billboard, and a pedestrian safety program with local middle schools."

To track the success of their efforts, the workgroup took surveys prior to the programs' starts, and will take follow-up surveys at the programs' conclusions. As Rodgers noted, the beginning seatbelt use survey results showed that while "overall usage rates were good, most schools had much lower usage rates among truck drivers, truck passengers, and car passengers."

The surveys' goal is to demonstrate that the awareness programs can be successful participatory tools used to increase seatbelt use among the high school drivers, and their passengers.

The Survive the Ride workgroup is composed of representatives from the Maryland State Police, the Hampstead and the Westminster City Police Depts., the Carroll County Dept. of Public Works, the Pleasant Valley Community Fire Dept., Carroll County MADD, the Carroll County Health Dept., MBAC, Junction, Inc., and the CCGH-Emergency Dept.

Mark Your Calendars

Please plan on joining us May 15th for "Creating a Community Where Young People Thrive."

The event, to be held at Martin's Westminster, will take place from 8:00 a.m. to 4:00 p.m. and will include continental breakfast and lunch. The keynote speaker will be Darvin Ayre of Community Initiatives, Inc.

The afternoon session features talks by both Ayre and Cynthia B. Sosnowski.

Cost for the event is \$25. For further information, call 410-848-2244.

