

The Progress Report

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

August 2003

Spotlight on a Partner:

Flying Colors of Success, Inc.

88 East Main Street, Westminster, Maryland 21157

Flying Colors of Success, Inc. (FCS) is a non-profit corporation providing traditional residential and individualized, supported living services which help people with developmental disabilities in their own communities. Operating year round, 24 hours per day, FCS supports persons with mental retardation, autism, cerebral palsy and other disabilities, from school age through adulthood. Their corporate mission guiding all operations is to help those with developmental disabilities achieve an enhanced quality of life and increased independence.

Currently, 33 persons receive traditional, residential services in 11 homes owned and operated by Flying Colors. These community-based homes, or Alternative Living Units, house 3 or fewer residents. Each has a full-time, live-in manager and additional support staff as needed to meet a resident's needs. Staff encourages and supports their nutritional, medical, household management, and personal care needs with the greatest degree of independence and choice while protecting their rights and promoting self-advocacy. Positive relationships with housemates, family members, neighbors, and friends are important in meeting emotional needs. Staff also help plan social, recreational, and leisure activities,

and provide transportation to activities and appointments. Services are always provided in a place most desirable and beneficial to each person, whether in an apartment, the family home, or the individual's home with an ultimate goal of helping them become happy, active, independent and participating community members.

Flying Colors has designed and developed 2 handicapped-accessible homes for developmentally disabled citizens in Carroll, and is now planning a third. Retrofitting existing space to be handicapped-accessible is adequate, but designing and building a home with these features incorporated in all aspects of construction is exciting and progressive. The organization strives to increase the number of supported living arrangements available in Carroll, to broaden their service area, add more handicapped-accessible homes, and expand respite care options. FCS is primarily funded by the State of Maryland Department of Health & Mental Hygiene; however, contributions from individuals and local business are greatly appreciated.

For more information, contact C. Michael Hardesty at 410-876-0838, or visit their Web site, www.flyingcolorsofsuccess.org.

About Progress

We are a data-driven world. Information, especially valid and verifiable information, is essential to all decision-making processes. In the pursuit of improved health and life quality, data will provide some of the answers and help to



measure progress. Increasingly, current and accurate data is expected by funding agencies, including our local, state and federal governments. These agencies require demographics, facts, and trend analysis to ensure that available funds are awarded appropriately and responsibly.

The Partnership endorses this approach as a performance improvement/outcomes measurement model. For this reason, we are very excited to be launching a community strengths and needs assessment in partnership with the Carroll County Local Management Board and other local agencies. The Request for Proposal will be available in mid-September and interested consultants may submit project bids thereafter.

We expect the comprehensive assessment project to provide the data necessary for a number of different critical uses, including outcomes measurement, grant application development, and indicator selection.

Efforts to assure broad community participation are an important part of the process. Results of the assessment will be made available via our Web site at www.healthycarroll.org.

The Partnership's Healthy Indicators Team will use this new information in selecting indicators to measure our own organizational progress. Mr. Charles Devaud, Executive Vice President of Westminster Union Bank, has recently joined The Partnership's Executive Council and represents the Healthy Indicators project. Speaking on behalf of the team, Devaud said, "The strengths and needs assessment is a great idea that should provide the benchmark information necessary to implement change. The team is anxious to have good data to use in objective monitoring for results. It is standard good business practice applied to community health and quality of life measurement."

More information on the strengths and needs assessment will be available in late Fall. If you are interested in participating in the process, please contact Mary Scholz, Executive Director of the Carroll County Local Management Board at 410-386-3600, or Tricia Supik, Executive Director of The Partnership for a Healthier Carroll County, at 410-871-6784.

Special thanks and best wishes are extended to the following special people who have concluded terms on Partnership leadership councils:

- Rev. Christopher Guyer of St. Paul's Methodist Church in Sykesville
- Anna Rio, former coordinator for the Community Learning Centers programs for Carroll County Public Schools
- Bonnie Grady, CEO, Carroll County Chamber of Commerce

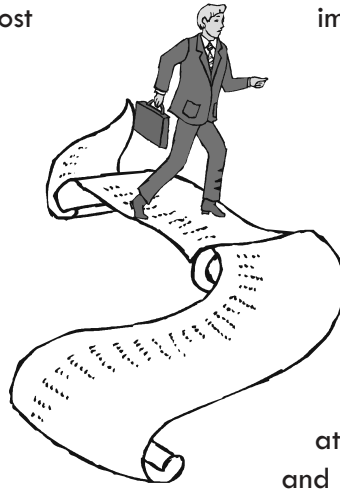
Your contributions were awesome and you will each be missed!

Community Matters

The Agency for Healthcare Research and Quality, a part of the U.S. Department of Health & Human Services, has developed screening test checklists for women and men which include the most recent recommendations from the U.S. Preventative Services Task Force. They describe which health tests you need, when you need to take them, and why.

“Women: Stay Healthy at Any Age, A Checklist for Your Next Checkup” lists screening tests such as mammograms, Pap smears, signs of colorectal cancer and depression, and pointers on eating a healthy diet.

“Men: Stay Healthy at Any Age, A Checklist



for Your Next Checkup” contains a similar checklist, including prostate cancer screening, STDs, cholesterol checks, blood pressure, and an immunization schedule.

There is also a “Child Health Guide” available that briefly explains preventive care for children. These checklists are practical tools and can help when talking with your doctor.

Call the AHRQ Publications Clearinghouse at 1-800-358-9295 to order your free copy of these checklists, or visit the Web site at www.ahrq.gov. Choose “Consumer Education and Information” and then select “Put Prevention Into Practice”.

Mercury Thermometer Collection Program

Exposure to elemental mercury or mercury vapors contained in thermometers is dangerous, especially to infants and children. It can also damage animals and fish if it gets into the environment. To



encourage individuals to prevent mercury exposure, the Carroll County Health Department is accepting old mercury thermometers for recycling. Visit the

drop-off site at the Carroll County Health Department, Environmental Health, 290 S. Center Street, Westminster, Maryland, or call 410-857-5009, 410-876-1884, or 410-875-3395. You'll receive a new mercury-free thermometer when you trade in your old one!

New Windsor Celebrates Youth

Teen Concert & Art Show Event (plus Quilt Silent Auction)

Sunday, August 31, 2003, 3:00 – 7:00 pm

New Windsor Carnival Grounds

Free!

Come enjoy local youth bands, like *Spooky*, *Soma*, and *Fallout*, and the singer-songwriter stylings of *Dominic Terlizzi*! Dominic also is the Guest Artist – stroll through the Art Show and see his expressive portraits! Prizes (courtesy

of Myers' 140 Photo) will be awarded via a drawing to youth exhibitors, ages 8 – 24. Adults over 24 are invited to display their art, too. Art supplies will be available so you can create your own masterpiece to take home. Bid on the quilt made by New Windsor Middle School students! Buy a hotdog and enjoy free popcorn, but don't forget your lawn chairs/blankets! Call Lorelei LaFleur weekdays at 410-871-6373 for more information on the art show or this event. (Rain location is the New Windsor Fire Hall.)





Johnson Joins Volunteer Carroll As Activities Specialist

The Partnership for a Healthier Carroll County, Inc. is proud to announce the addition of Judi Johnson as the new Volunteer Activities Specialist.

Judi Johnson is a recipient of the Governor's Citation for her work as a member of Volunteer Maryland through AmeriCorps, a national service organization. Prior to coming to Volunteer Carroll she served a year at the Thorpe Foundation, an environmental learning center in the Catoclin Mountains of western Frederick County. She has served in many volunteer capacities in Carroll County some of which have been Carroll County Public Schools, Women's Club of Westminster, Carroll County Master Gardeners, West End Adult Day Center, and Theater on the Hill.

Johnson will be responsible for developing and supporting projects and initiatives focused on promoting volunteerism and healthier communities. She will increase the visibility and value of the volunteer center to our community in partnership with volunteers and community partners. Johnson will also facilitate two Service Learning Clubs in middle schools through the Community Learning Center (Carroll County Public Schools' after school program).

Volunteer Carroll has been busy this summer updating the annual Volunteer Guide. Johnson has been helping to recruit new agencies to be listed and becoming more familiar with the needs

of the community through the existing listings.

She is looking forward to the joint effort Volunteer Carroll will play with United Way on September 11, 2003 in the Day of Caring, a community-wide day of providing service to several non-profit organizations in Carroll County.

This fall, Volunteer Carroll will sponsor another community-wide day of service, "Make

A Difference Day" on Saturday, October 25, 2003. Watch for more information on this exciting event so you can plan to join in.

Volunteer Carroll is an affiliate of The Partnership for a Healthier Carroll County, Inc. Volunteer Carroll connects volunteers with opportunities to serve, assists local agencies with achieving their mission and helps solve community problems through volunteerism. Through the Web site, www.volunteercarroll.org, service and volunteer opportunities can be found, along with an ongoing calendar of community needs, events and important information on how to reap the rewards of giving time to enhance the health and quality of life in our county.





Alliance Project News!

Celebrating Youth Rain or Shine

Despite the torrential downpour that cancelled the Celebrate Youth EXPO, our community has made great strides in raising awareness of the accomplishments and positive influence of county youth. The EXPO and Celebrate Youth Year were a success not only because they brought these issues to the front, but also because they united community commitment to young people and their healthy development. The Alliance Project and its Celebrate Youth Year committee would like to thank the following organizations for their dedication to Carroll County's young people.

- Carroll County Board of Commissioners
- Carroll County Cloggers
- Carroll County Department of Social Services
- Carroll County Farm Museum
- Carroll County General Hospital
- Carroll County Health Department
- Carroll County Public Library
- Carroll County Public Schools
- City of Westminster
- Coffey Music
- Common Ground on the Hill
- Congoleum
- Community Foundation of Carroll County
- Community Learning Center After School programs at East, New Windsor, & Sykesville middle schools
- Girl Scouts of Central Maryland
- Jeanne's Gourmet
- Junior Women's Club of Westminster
- Kiwanis Club of Westminster
- Mills Communications
- Mt. Airy Bicycle Shop
- Myers' 140 Photo
- Regal Bank & Trust
- "Smoking Stops Here" Campaign of Maryland
- Susquehanna Bank
- Velle Studios
- Westminster Union Bank

Special thanks to the outstanding youth on our planning committee: Christine Beaver, Nick Jacobson, Rob Link, Anita Owens, and Matt Sandusky.

Remember that celebrating youth doesn't stop with Celebrate Youth Year; it's what we do everyday as adults in the community that makes a difference in the lives of young people - rain or shine!

Alliance Faith Community Plans Conference

Members of the Alliance Faith Community (AFC) recently met to plan the first of several conferences for Faith Community leaders in Carroll County. The purpose of these conferences is to promote

information sharing and collaboration among faith leaders. Conferences will include a keynote speaker and a series of round table discussions where attendees can work together to address specific issues relating to youth, families, and community health. The first conference is expected in early 2004.



The Alliance project is looking for additional members to join the Faith Alliance Team. If you are interested in helping plan this event, or would like to join this dynamic team, please contact Lorelei LaFleur at 410-871-6373.

Ways to show kids you care:

- ◆ Tell them about yourself
- ◆ Encourage them to think big
- ◆ Expect their best; don't expect perfection
- ◆ Ask for their opinion



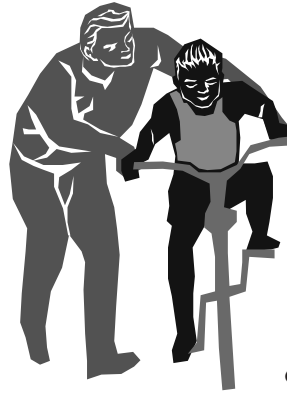
Courtesy of Search Institute's
"150 Ways to Show Kids You Care"

Mentoring Programs in Carroll

We need your help!

The Alliance Project's Mentorship Team is gathering information about existing mentoring programs in Carroll County, and programs that work with youth in a guiding, caring adult role. If you work with youth, or if your organization has a program, please let us know about it!

The Mentorship Team wants to talk to anyone with an existing mentoring program, (or one in the developmental stages). Of special interest are: group mentoring, one-on-one mentoring, faith-based programs, community-based, and school-based programs.



The Mentorship Team is looking at ways they can help existing programs meet their individual goals. Specifically, the team is looking at the kinds of support these programs need and finding out how to best provide it.

We have compiled a quick mentoring survey. Please e-mail TheAlliance@ccgh.com or call Lorelei LaFleur at 410-871-6373 and provide your address so we can mail you one with postage pre-paid to return it. Survey feedback is requested by Tuesday, September 30, 2003.

Carroll Cancer Assessment Team

Throughout the United States today, the American Cancer Society (ACS) is working to develop community action plans to fight cancer. The Society's Carroll County Unit is participating in this nationwide activity by assembling cancer data, risk behavior data, and cancer control resource and activity information to evaluate Carroll's strengths, resources, and gaps in cancer control. Finally, this information will be used to set priorities for a community action plan.



An important part of the community cancer assessment is the physician's survey. A brief form will be mailed to area physicians in the coming weeks to collect data on cancer control activities that are being conducted by physicians, either individually or in a group practice.

If you are a physician practicing in Carroll County and have not received a survey form at your office by September 30, please contact Linda to be included in this important assessment.

The Carroll Community Cancer Assessment Team – created to help forge a new, united local front against cancer – includes members from ACS, The Partnership for a Healthier Carroll County, Inc., and Carroll County General Hospital (CCGH). CCGH's own Linda Corrigan is the team's leader.

Don't let your treatment, screening, or patient education activities go uncounted.

Please contact Linda Corrigan at 410-871-6545 for more information about this community-based cancer initiative.

Weed Out Arthritis:

Is Playing in the Dirt Good for Your Joints?

The fresh, full aroma of dark, rich soil. Green, vibrant plants. Beautiful flowers with heady fragrances. Fresh, crunchy vegetables. Buzzing bees in warm sunshine.

Cool clear water.

It's the mental picture of a perfect garden. But can joint health blossom amidst the begonias?



Gardening as a form of exercise has been proven

to be a great way to stay active, improve range of motion and flexibility. Researchers at the University of Arkansas found that gardening even ranks as high as weight training for strengthening bones. Gardening also can be a great stress buster, and since stress plays a role in pain and pain management, cutting stress can be a great emotional and physical lift.

So how can you garden safely? Taking five simple steps can make all the difference:

- Pick your layout – Create a garden that suits your needs. Make it “energy smart” so that tasks are easier and don’t wear you out. For example, put the garden close to your water source so you don’t have to haul watering cans or hoses long distances. Keep a storage box or tool shed in the garden so you don’t waste energy carrying tools back and forth.
- Pick the right tools – Think about your work style, the tools you use and what your garden requires. Can you use a carpenter’s apron or tool belt with several large pockets to carry frequently used tools? Do you need to enlarge tool handles with electrical tape, foam padding or pipe insulation? Are the tools clean, sharp and well maintained? Can you afford to install an automated sprinkler system or a drip-hose irrigation system for routine watering rather than hauling hoses?

- Pick your moves – As you garden, be careful not to put undue stress on your joints. Use tools with long handles, such as hoes, rakes, to minimize bending or stooping. Build up the handles so that they are easier to grip. Working on the ground? Put one knee down and keep your back straight, or use a stool. Keep your cane or walker in the garden with you to prevent trips or falls on uneven ground.
- Pick the right plants – Choose low maintenance plants, such as shrubs or perennials that bloom every year so you don’t have to replant as often. Ask your favorite nursery about plants that require less water or don’t need regular pruning.
- Pick the right time – Plan to garden during the times of day when you feel best, such as waiting until afternoon if you have morning stiffness. Take a walk or do some stretching to warm up your joints before getting to work.

As with any physical activity, be sure to consult your doctor or physical therapist for any precautions you should take. You also may want to meet with an occupational therapist for advice about special aids, adaptive tools, or better ways in which to work.



The Arthritis Foundation is the only nationwide, nonprofit health organization helping people take greater control of arthritis by leading efforts to prevent, control and cure arthritis

and related diseases – the nation’s number one cause of disability. For a FREE copy of the brochure *Gardening & Arthritis*, contact the Arthritis Foundation at 800/365-3811, x239 or on the web site at www.arthritis.org.

From the Arthritis Foundation’s News from the Maryland Chapter – July 21, 2003.

Lead Testing Required for School Entry

A new Maryland regulation requires the parent or guardian of every child who will attend public pre-kindergarten, kindergarten or first grade (beginning this school year) to fill out a lead testing certificate and return it to the school within 20 days of the start of school.

The form lists zip codes which have been determined by the State to be “at-risk” for lead poisoning. Any child who has ever lived in one of the listed “at-risk” zip codes must have the form signed by their health care provider listing the dates the child was tested. If the child has not been tested, he or she must get tested. If the child has never lived in one of the “at-risk” areas, the parent



can sign the form and return it.

The only zip code in Carroll listed by the State is 21787 (Taneytown). Many zip codes from neighboring counties are listed as “at-risk”. The Carroll County Lead Program tracks local lead exposure cases, and found most in Westminster, Hampstead, and Sykesville/Eldersburg. The major risk factor is for children under 6 who have lived in a home built before 1978 with paint repairs

or renovations taking place. Pre-1950 homes have an even greater chance of lead-based paint.

For more information, call the Lead Program at 410-876-4984.