

# The Progress Report

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

Fall 2003

## Spotlight on a Partner

### The Safe Kids' Coalition

Need a free booster seat? Maryland's new child safety seat law went into effect October 1. The law requires that all children younger than 6 years, regardless of weight, or who weigh 40 pounds or less, regardless of age, must be secured in a federally approved child safety seat\* according to the safety seat and vehicle manufacturers' instructions.

For example, a 7-year-old who weighs only 37 pounds, or a 3½-year-old who weighs 42 pounds, would be required to use safety seats or booster seats. The restraint must be right for the child's size, age and weight.

If the vehicle is registered outside of Maryland, drivers must follow the state's previous law of younger than four years, regardless of weight, or 40 pounds, regardless of age. The law requires that children ride in booster seats up to age six, however, most children should ride in booster seats until about age 8, when they are big enough for lap and shoulder belts to fit properly. Children who outgrow a car seat at around 40 pounds need a booster seat because the vehicle seat belts will not fit them well.

If your child isn't using a booster seat, try the simple 5-step test below or

attend a car seat inspection near you. There, a certified child passenger safety technician can help you secure your child.

1. Does the child sit all the way back against the auto seat?
2. Do the child's knees bend comfortably at the edge of the auto seat?
3. Does the belt cross the shoulder between the neck and arm?
4. Is the lap belt as low as possible, touching the thighs?
5. Can the child stay seated like this for the whole trip?



If you answered "no" to any of these questions, your child needs a booster seat to ride safely. Kids also like boosters because they are comfortable!

The Carroll County Safe Kids' Coalition has a limited number of Evenflo Right-Fit booster seats available for free. Call 410-876-4819 to arrange a pick-up date. For more information, contact the C.R.A.S.H. Coalition at 410-876-4448.

To get a list of upcoming seat checks in your area, call Maryland Kids In Safety Seats (KISS) at 1-800-370-SEAT.

*\*Child safety seats include: infant seats, convertible seats, forward-facing seats, booster seats, or other safety devices federally approved for use by children in motor vehicles.*

# About Progress

## *Community Agencies Plan Health Strengths And Needs Assessment*

The Partnership for a Healthier Carroll County, Inc., has joined with local government officials and public agencies to prepare a Community Strengths and Needs Assessment of the health status of children and families in Carroll County.

The Local Management Board (LMB), Youth Services Bureau, Carroll County Public Library, Carroll County Health Department, the Department of Social Services, Carroll County Government and others are



families, providers and consumers, and insight into the county's strengths and resources, as well as disparities in the health and well-being of children and families.

The project steering team, which includes representatives from each collaborating organization, is requesting proposals

from companies interested in providing the assessment. Members will also select the bid award winner and work with the chosen consultant.



collaborating with The Partnership on this effort.

Information obtained from the assessment will be used

by citizens and local leaders to address personal health and well-being issues; develop grant applications and strategic planning processes for various private, public and government organizations; target key indicators of the health and quality of life in the community, and identify priorities for action.



A Request for Proposal was available on The Partnership's Web site,

[www.healthycarroll.org](http://www.healthycarroll.org), or by calling the offices. Bids were accepted until 2 p.m., Oct. 31.



The assessment is expected to begin on or about January 1, 2004 and conclude approximately 120 days later.

For more information about this exciting health improvement

effort, please contact Tricia Supik at 410-871-6784.

Assessment results will include statistically valid and current local data, anecdotal information from

# Community Matters

## *Seniors Keep In Touch: S.K.I.T. Chosen For Award!*

Maryland's population is aging. Over the next twenty years, the number of individuals over 60 is expected to comprise 23 percent of the population. Currently, there are 62,328 Marylanders over the age of 85 -- those with the greatest need for services -- and this number continues to grow. If service providers are to respond effectively to this growth and continue to improve the quality of care our seniors require, we will need to identify new and creative ways to provide services, improve access to care, and facilitate independent living.

In 2001, the Maryland Department of Aging initiated the Innovations in Aging Services Program "to provide competitive funding grants to design and test innovative ideas in programs and services for older individuals, publicly disseminate the results



of the tests, and help to meet the need for trained personnel providing services for Maryland's senior population".

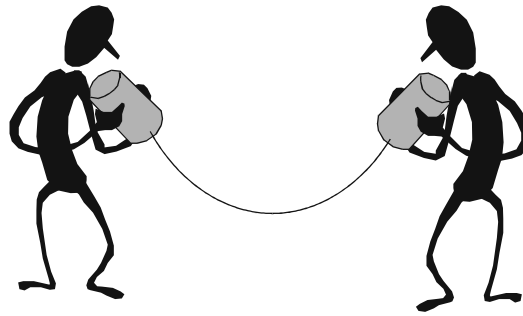
By establishing this program, the state demonstrated a commitment to Maryland's older people. These grants are an opportunity to significantly improve their quality of life through exploring new concepts for providing services.

The Partnership -- one of 39 organizations statewide to submit proposals for the second and final year of this program -- was selected to

receive a \$20,000 grant award for SKIT, which was recognized as a "creative approach to address a significant issue in aging services."

Operated by The Partnership, in collaboration with the Carroll County Bureau of Aging and the Carroll County Health Department, SKIT is a senior safety and assurance project that helps older adults "age in place". The free service includes safety check and socialization phone calls six days a week to vulnerable and isolated county seniors. For more than 7 years, it has served more than 175 Carroll seniors between 60 and 105 years of age, and received funding from a variety of grant sources, including the United Way of Central Maryland, United Way of Carroll County, and the generous support of the Carroll County Bureau of Aging and Westminster Senior Center.

The Innovations in Aging grant award allows us to evaluate the program by working with faculty and students in McDaniel College's sociology department. This study will assess what intellectual and emotional factors of the SKIT program help older adults remain safely in their own homes. The grant also allows staff to train service providers from other Maryland counties who want to start a program like SKIT in their own communities.



Special thanks are extended to the Innovations in Aging proposal drafting team:

- Jan Flora, Carroll County Bureau of Aging
- Barbara Rodgers, Carroll County Health Department
- Patty Owen, SKIT Project Coordinator
- Becky Herman, Partnership for a Healthier Carroll County

Great job everyone!



# Community Emailing Service Links Carroll County Non-profits

Volunteer Carroll, an affiliate of the Partnership's Alliance project, introduces Carrollvols, a new listserv for community non-profit organizations. This listserv allows agencies to network with other non-profits, learn about resources and training opportunities, and publicize volunteer opportunities and needs. Currently, more than 80 county organizations are registered.

To register, visit the Web site at [www.volunteercarroll.org](http://www.volunteercarroll.org), and click on "Register".



Volunteer Carroll is committed to providing support and training to county non-profits. This service is just one of many resources it provides to strengthen volunteerism within our community while compiling and promoting volunteer opportunities, and matching volunteers to those needs.

Volunteer Carroll expects the listserv will help facilitate education and sharing of resources in the non-profit community. All agencies listed on Volunteer Carroll's online database are eligible for this free service. Interested agencies are also encouraged to register.

For more information, visit the Web site or call Judi Johnson, Volunteer Activities Specialist, at 410-871-6486.

## Volunteer Carroll Starts Service Clubs

Volunteer Carroll has partnered with the Carroll County Local Management Board and Carroll County Public Schools (CCPS) through a "Learn and Serve Grant" to establish and facilitate two middle school service learning clubs.

that need and made a difference. These people are identified as Giraffes because they "stick their neck out" for the common good, and are courageous, compassionate, active citizens.



The clubs, located at East and New Windsor middle schools, seek to encourage positive development and civic involvement by engaging students in meaningful community service.

"Hear the Story, Tell the Story, Become the Story" is the three-step process of the Giraffe Club project. The youth hear stories of people who have taken risks to stick their necks out for others. They then identify local heroes in their own community and tell their story to others. The final step comes when the participants can identify those same heroic qualities within themselves. Thus,

Service clubs -- based on a curriculum called "The Giraffe Project" ([www.giraffe.org](http://www.giraffe.org)) -- encourage youth to identify "Giraffe Heroes" through stories of everyday people who saw a need in the community, took action to address

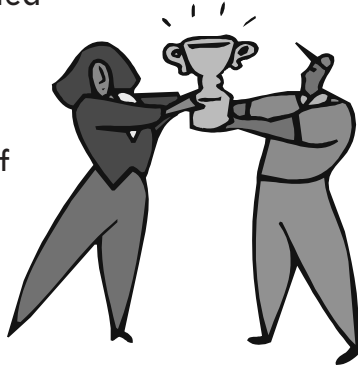
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# Alliance Project News!

## *Alliance Project Wins NACo Award*

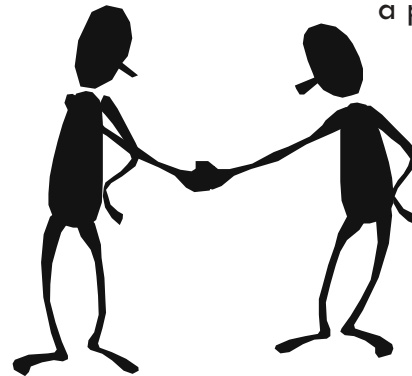
Carroll County Government is excited to announce that The Alliance Project has been selected as a winner of the 2003 Achievement Award from the National Association of Counties (NACo). The award recognizes innovative county programs which embody grassroots and local energy to modernize and streamline county government and increase services to citizens. Three counties in Maryland received 45 awards, with just one being awarded in Carroll County. Commissioner Julia Gouge accepted the award at the NACo conference in Milwaukee, Wisconsin in July 2003. The Commissioners shared the award with Alliance staff and team leaders at a brief ceremony on October 7, 2003.



The Achievement Awards Program gives national recognition to county accomplishments, and has enabled NACo to build a storehouse of county success stories that can be passed on to other counties. "We have such a strong group of partners, and it's still growing," noted Alliance staff member, Lorelei LaFleur. "It's an honor to win the award, but what's really empowering is the momentum we've built up, and the projects we have underway."

## *Long Joins Partnership's Executive Council*

The Alliance Project is proud to announce the appointment of Ms. Sally Long, Senior Director of Lifelong Learning and Program Support Systems at Carroll Community College, as the new Alliance representative to the Partnership's Executive Council. Ms. Long joins the Council after serving on the Alliance Administrative Council for the past two years. As The Alliance representative, she will inform the Executive Council of Alliance project activity and outcomes. She will also provide feedback on decisions affecting the Alliance initiative.



"I am very pleased to be a part of the leadership team of the Partnership and am looking forward to my new role within The Alliance project," said Long.

### *Ways to show kids you care:*

- ◆ Catch them doing something right
- ◆ Meet their friends
- ◆ Be consistent
- ◆ Show up at their concerts, games and events



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

# Are You Living Smart?

*In the hustle and bustle of our busy lives, it's clear that most of us are living fast. The American Cancer Society has developed the following quiz to help you see if you are also living smart.*

- | Yes                      | No  | Yes                      | No  |
|--------------------------|---|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> I eat at least 5 servings of fruits and vegetables every day.                                    | <input type="checkbox"/> | <input type="checkbox"/> I rarely add butter, margarine, oil, sour cream or mayonnaise to foods when I'm cooking or at the table.     |
| <input type="checkbox"/> | <input type="checkbox"/> I eat at least 6 servings of bread, rice, pasta and cereal every day.                            | <input type="checkbox"/> | <input type="checkbox"/> I try to maintain a healthy weight.  |
| <input type="checkbox"/> | <input type="checkbox"/> I drink reduced-fat or fat-free milk and yogurt, and seldom eat high-fat cheeses.                | <input type="checkbox"/> | <input type="checkbox"/> I am physically active for at least 30 minutes on most days of the week.                                     |
| <input type="checkbox"/> | <input type="checkbox"/> I rarely eat high-fat meat like bacon, hot dogs, sausage, steak or ground beef.                  | <input type="checkbox"/> | <input type="checkbox"/> I usually take the stairs instead of waiting for an elevator.  |
| <input type="checkbox"/> | <input type="checkbox"/> I take it easy on high-fat, baked goods such as pies, cakes, cookies, sweet rolls and doughnuts. | <input type="checkbox"/> | <input type="checkbox"/> I try to spend most of my free time being active, instead of watching television or sitting at the computer. |
|                          |   | <input type="checkbox"/> | <input type="checkbox"/> I never, or only occasionally, drink alcohol.  |

**You checked "Yes" on 9-12 of 12 questions.**

Good for you! You're living smart! Keep up the good habits and keep looking for ways to improve.

**You checked "Yes" on 5-8 of 12 questions.**

Not bad! You're halfway there! You still have a way go to. Look at your NO answers to help you decide which areas of your diet need to be improved or whether your physical activity level should be increased.

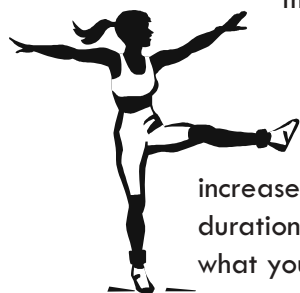
**You checked "Yes" on 0-4 of 12 questions.**

Diet alert! Your diet is probably too high in fat and too low in plant foods like fruits, vegetables and grains. You may want to take a look at your eating habits and find ways to make some changes.



## Make Exercise Work For You

- If you are active and want to maintain your current level of fitness, try adding new activities to use different muscles and keep your interest.
  - If you are active but want to do more, increase the intensity, duration, or frequency of what you do. Moderate to



vigorous activity for 45 minutes or more five or more days a week will increase your health benefits.

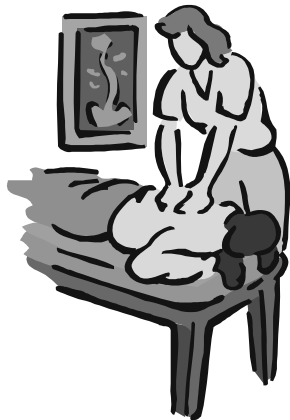
- If you haven't been active, you should start with moderate activities and gradually increase the duration, frequency and intensity as you become more fit. Work your way up to 30 minutes or more five or more days a week.

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# Every Woman Counts

*Especially for Women with Breast Cancer -- Free Complimentary Health Services!*

Massage, Reiki, Acupuncture and Reflexology, in addition to free breast prosthesis and wig upgrades, may be available to eligible women at The Women's Place at Carroll Hospital Center.



A grant provided by the Maryland Affiliate of the Susan G. Komen Breast Cancer Foundation and written by The Partnership is funding access to these special services. The funding is time-limited, so please share this information so more women can take advantage of this program.

Contact Eileen Overfelt, RN, BSN at 410-871-6163 for more information or to determine eligibility.

It is up to all of us to be sure that, indeed, every woman counts.

## *Community Training Workshops*

The Cigarette Restitution Fund Program is sponsoring a series of free workshops to help community and/or faith-based organizations increase their success at planning and grant writing.

All workshops will be from 9 am to 1 pm at the Carroll County Health Department. Lunch will be provided.

The programs are:

- November 1 -- Program Planning and Implementation
- November 15 -- Basic Grant Writing
- December 6 -- Cultural Competency
- December 20 -- Advocacy and Community Outreach

To pre-register, call Phyllis Hammond at 410-848-8701 or Barbara White at 410-876-4443.

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## *Service Clubs*

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they become Giraffe Heroes and recognize their potential to be courageous, compassionate and active citizens.

By providing leadership roles for youth in the club, positive changes take place in their self-esteem and behavior. All service and activity in the clubs are driven by student ideas. They identify the need in the community that they want to address, envision the outcome and take the necessary "risks." Finally, they satisfy a need that helps uplift or change the lives of many – and become the story.



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## *Exercise*

*Continued from page 6*

### **Fitting in Fitness**

Whether you have a few minutes, half an hour or more, take the time for fitness. Mark time on your calendar for your exercise, just like you make an appointment for a meeting. It's a meeting for yourself and your health.

### **30 Minutes or More**

- Check out a yoga, pilates or aerobic exercise tape/DVD from your local library.
- Get up a half-hour early to get in some stretching exercises.
- Walk or bike to the store for your groceries.
- Join a sports or recreation team.

*From the American Cancer Society's "Because We Care" newsletter, September 2003*

# A new [www.healthycarroll.org](http://www.healthycarroll.org)

*Site discusses local initiative; other healthy community efforts*

The Partnership for a Healthier Carroll County, Inc., strives to help our community achieve the highest level of health possible by being the leader in implemented healthy community strategies. We facilitate where needed, collaborate with diverse partners, educate anyone who'll listen regarding individual and community health, and organize information to ensure measurable progress and results. A complex and complicated operation to be sure!

To help you understand our work, partners, projects, and data driving this effort, we have recently



updated our Web site -- [www.healthycarroll.org](http://www.healthycarroll.org). This exciting site serves as a portal, linking you to other important local, regional and national healthy community efforts. Please visit the site to learn more about our staff and the projects they manage. You can also download our Substance Abuse Resource Directory, access the results of our recent assessment update, or submit your own health improvement success story for consideration.

We welcome your comments and suggestions at 410-871-7645.

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](mailto:tricia@carrollhospitalcenter.org) or fax to 410-871-6325. All items will be subject to editing.

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