

# The Progress Report

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

Fall 2004

## Launching Volunteer Carroll

Thanks to the vision and determination of representatives from Carroll County Public Schools, McDaniel College and Carroll Community College, a compilation of volunteer opportunities in our community was first assembled about 5 years ago. That



small booklet, expanded and updated yearly since then, planted the seed for a vision of establishing a volunteer center in our community.

Additional organizational partners joined the effort, applying for and winning state and national grant funds towards the goal of establishing a center. Partners include the Carroll County Public Library, Carroll County Department of Citizen Services and The Partnership, which has managed the project known as Volunteer Carroll for the past several years.

All partners are rightfully proud of the outstanding contributions Volunteer Carroll has made to our community. So valuable, in fact, that the project is poised to grow again. Volunteer Carroll will put down new roots at another local location, pursue the establishment of a Board and status as a private, non-profit corporation, and

begin operating independently of The Partnership around the end of this year. Volunteerism is a long-standing tradition in this healthier community which we are delighted to see encouraged and preserved.

The evolution from the volunteer opportunities guide book, to free-standing organizational status is completely in

sync with The Partnership's mission of "building capacity for health and quality of life improvements in our community through

collaboration and cooperation." We congratulate the staff and all leadership team members who worked so hard to make this happen and wish the new organization every blessing and long lasting success.



### *Congratulations!*

Kudos to Volunteer Carroll for being selected as an Organization of Character by the Carroll County Public Schools!

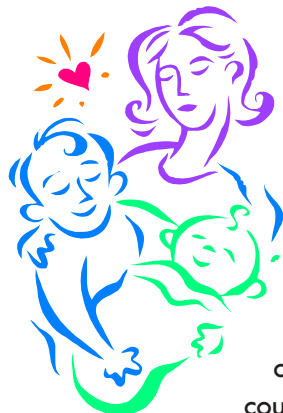
## Spotlight on a Partner

# Safe House To Open in Carroll

Human Services Programs of Carroll County, Inc. (HSP), the Community Action Agency for Carroll County, is partnering with Family and Children's Services of Central Maryland (FCS) to establish the first domestic violence safe house in Carroll County.

A domestic violence safe house will provide an immediate, safe retreat for women and children needing to escape a violent situation. HSP will install security systems, privacy fencing and renovate the residence for occupancy by eight women and children. Trained HSP staff will be on-site 24 hours a day to oversee facility operations and to assist residents in activities of daily living. At the same time, the women and children will receive professional counseling and intensive case management from FCS staff, as well as supportive services and accompaniment to legal and medical services.

Previously, victims of domestic violence in the county were housed with friends, or at local motels, which



lacked security, secrecy, kitchen facilities and play areas. In 2003, there were 578 Domestic Violence and Peace Order cases filed in our courts, and 972 new clients were served by

the Carroll County Domestic Violence Program. In addition, 13 women and 10 children were sheltered last year for a total of 333 nights.

The Carroll County Board of Commissioners has received preliminary approval from the Maryland Department of Human Resources, Office of Victim Services, for funding to cover part of the start up costs and ongoing operating expenses. The Local Management Board has also allotted some funding to help with start up costs. HSP was a recipient of Fall Fest



2004 proceeds and is designating those monies to support the "safe home." Local community groups and individuals, as well as faith-

based organizations, have donated goods, time and money for this new project.

However, a gap still exists between the identified costs of setting up the new facility, its on-going operation/staffing costs and the actual funding received. HSP is seeking money and donations to furnish and equip the safe house.

To avoid duplication of donated items or for guidance on fundraising efforts, please contact Joan S. McKee, Deputy Director, Human Services Programs, 410-857-2999 ext. 3016, or email at [jmckee@hspinc.org](mailto:jmckee@hspinc.org).

**Contributions can be mailed to:**  
**Human Services Programs of Carroll County, Inc.**  
**Attn: Domestic Violence Safe House**  
**PO Box 489**  
**Westminster, MD 21158**

# Community Response to Family Violence

The Carroll County Local Management Board, Domestic Violence Coordinating Council, Carroll Community College and Sidran Institute sponsored the **“Carroll’s Community Response to Family Violence Conference”** on October 29, at Carroll Community College.

The conference identified the spectrum of family violence (domestic violence, child abuse, sexual abuse, juvenile violence), its impact on survivors from a trauma framework, and services that are available in Carroll County.

Plenary Speaker, Elizabeth Vermilyea, M.A., from the Sidran Institute captivated the audience with her thoughts about the impact of violence on children across the whole spectrum of exposure to violence, the behavioral symptoms that might result and perhaps be misdiagnosed, and how caregivers can

respond. A gripping performance illustrating different types of violence was performed by the FoolProof Troupe which generated discussion among conference attendees.



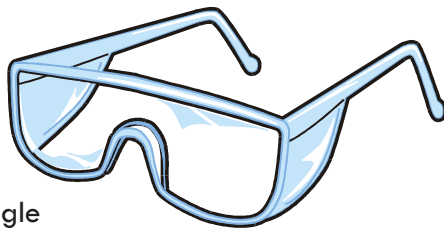
Educational workshops on the issues of sexual abuse, child abuse, youth violence, domestic violence and disruptive behavior in youth were well attended. The long term affects of abuse was given a personal bent by a survivor who shared experiences with the conference attendees at the end of the day, and by a display of The

Clothesline Project (see article in this issue).

The conference was funded by the Local Management Board and the Byrne Memorial Grant from the Governor’s Office of Crime Control and Prevention.

## Encare Cares

In our continuing effort to support substance abuse prevention, The Partnership recently purchased a *DW Eyes Goggles and Game Kit* for use by the ENCARE (Emergency Nurses Care) program at Carroll Hospital Center. The DW Eyes goggles graphically demonstrate to students how much drinking affects their perceptions. Goggle wearers experience the visual distortion, loss of balance and lack of control that make driving dangerous when impaired by an elevated blood alcohol level.



ENCARE is an alcohol and drug awareness program run by a team of hospital emergency nurses. These nurses all too often see patients with serious trauma and injury due to substance abuse, so they use their expertise to teach students throughout the county

about the dangers of drinking and driving, drug use and not wearing seatbelts. During the 2003-2004 school year, ENCARE worked with more than 2500 students in our community.

The Partnership applauds the ENCARE program and is happy to help them keep up the good work.

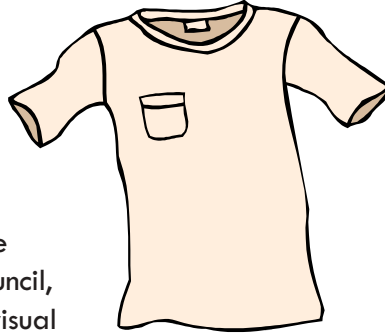
### *Save the Date!*

March 14-15, 2005 is TAP/TEG (Intervening with Teen Tobacco Users and Helping Teens Stop Using Tobacco) training through the Carroll County Health Department.

For more information or to register, contact Barbara White at 410-876-4443.

# Clothesline Project “Hanging Around”

The Partnership for a Healthier Carroll County, in conjunction with the Local Management Board (who provided start-up funds through the Byrne Memorial Grant) and the Domestic Violence Coordinating Council, have created a visual display representing the violence that occurs in Carroll County.



The “Clothesline Project” began in 1990 as a way to raise awareness about violence against women. In Carroll County, we have expanded it to survivors of interpersonal violence of either sex. It consists of T-shirts created by people who have been victims of violence to express their feelings and represent their experiences. Shirts may also be created by the friends or family of a victim. Each shirt tells the individual’s story and is about personal violence against people. The T-shirts are color-coded to represent these various types of violence:

- ◆ White – for people who have died of violence
- ◆ Yellow or Beige – for people who have been battered or assaulted
- ◆ Red or Pink – for people who have been raped or sexually assaulted
- ◆ Blue – for people who are survivors of incest or child sexual assault
- ◆ Purple or Lavender – for people attacked because of their sexual orientation
- ◆ Green – for people victimized because of their race or religion.
- ◆ Orange – for victims of bullying.

These shirts hang as a silent tribute and reminder of the prevalence and effects of violence here in Carroll County, along with local statistics. It’s a way to “air out society’s dirty laundry”. They have hung in silent tribute at Carroll Community College, McDaniel College, The Family Health Festival, and the Family Violence Conference, and will be featured in a November Adelphia Cable show.

In “Break the Silence!” by Donald J. Hunt, he said “more than 58,000 Americans died in the Vietnam War. During that war 51,000 American women were killed in the U.S., by men who supposedly loved them. We built a wall to honor those who died in Vietnam”. The people who created the shirts and survived violence and abuse “are as courageous as any decorated combat veteran” as “they too often had to stand alone”. The Clothesline Project can be Carroll County’s monument to courage.

If you know survivors who would like to participate in the project, contact Laura Rhodes at the Partnership for a Healthier Carroll County, (410) 871-6373.



Shirts, once completed, should be sent to Laura at 95 Carroll Street, Suite 104, Westminster, MD 21157.

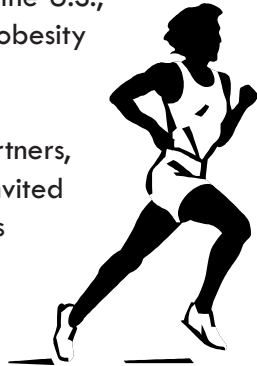
If you have any suggestions about other venues where you think the Clothesline Project might be welcome, please let Laura know. This display is available for use anywhere in our county.

# Health Partners for Physical Activity

Exercising our bodies is one of the fundamentals of good health. Increasing physical activity- our own and in the community- is more important now than ever. Obesity has caught up with tobacco as the largest cause of death in the U.S., and Carroll County ranks #4 in obesity out of Maryland's 24 counties.

The Prevention and Wellness Partners, a Partnership work group, has invited local physical activity and fitness organizations and businesses to collaborate with us next spring in efforts to increase the number of Carroll

Countians who are physically active. Members of this group are sharing data on the number of youth and adults using their facilities. They will be asked to provide regular enrollment updates and to track



increases or decreases. The ultimate objective of the project is to increase the number of people in Carroll County who are physically active, by sharing information about these organizations, and by supporting their efforts to increase participation in physical activity.

The "Healthy Partners" project is comprised of 14 physical activity organizations and business. Information about the Health Partners can be found at [www.healthycarroll.org](http://www.healthycarroll.org) and will soon be listed in a resource booklet for community residents and will include information on local physical activity facilities, opportunities and resources for fitness and health.

For more information, contact Becky Herman at 410-876-4973 or at [rherman@dhmh.state.md.us](mailto:rherman@dhmh.state.md.us).

## Mentoring Survey

The Mentoring Connections Team launched a countywide phone survey on November 1 to assess the number of youth mentoring programs in Carroll County, and the extent of their services. In addition, the survey will determine support needs of organizations that wish to start a mentoring program.

The survey data will be used by the Mentoring Connections Team to determine next steps of action for ensuring that Carroll County youth have broad accessibility to mentoring relationships. The team would like to survey any group offering a youth mentoring program and plans to target youth-related organizations, faith-based institutions, and civic/community organizations in the survey.

For more information or to participate in the survey, please call Laurie Beard, Manager of Community Health Improvement, at (410) 871-6372.



## Help our Military

Is your organization looking for ways to support our troops overseas? Well, here are some suggestions that would be greatly appreciated!

Military men and women don't receive the following items from military issue and often have trouble obtaining them. Items often requested include foot powder, body powder (like Gold Bond), lotions, aerosol deodorant (creams and sticks melt in the heat), razors, feminine hygiene products, flea collars (for their ankles), snacks of any kind, drink mixes, movies (VHS or DVD), games, books, handwritten notes and cards.

If your organization does not have a contact, send these items to: Barbara Church, RN, Genesis Health Care, 515 Fairmount Ave., 8<sup>th</sup> floor, Towson, MD 21286.



# It's Never Too Late to Stop Smoking

According to Dr. Isadore Rosenfeld in a recent edition of Parade Magazine, each time you inhale smoke, arteries all over your body constrict - even in the heart and brain. He reported that a Duke University study of 20,000 smokers showed that smokers who quit by age 35 have a good chance of living a healthier, longer life. The study also found that former smokers in their 50s who had quit for 15 years or more had life spans and a quality of life similar to those of persons who had never smoked at all.



program to help nurses quit smoking, particularly those who want to help their patients quit.

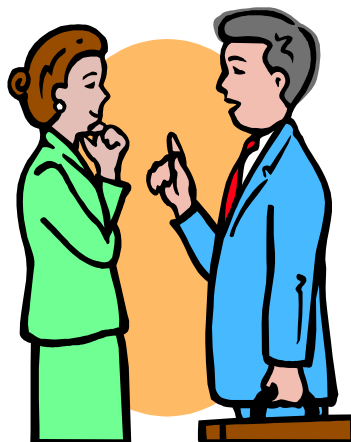
This program has helped tens of thousands quit smoking through its unique online community of smokers and ex-smokers which delivers personalized cessation plans, intensive social support, expert advice, and pharmaceutical product support to tobacco users. Their Web site also has an extensive cessation resources section for health professionals designed to provide smoking cessation information, research, international links, and information about trying to quit.

Visit the Web site at [www.tobaccofreenurses.org](http://www.tobaccofreenurses.org), and check with your professional organization for similar approaches.

## Community Conferencing

*Community Conferencing* is a highly participatory process for dealing with and transforming conflict, collectively.

*Community Conferencing* provides cost-effective, speedy and meaningful response to conflict and crime that allows for healing and learning. *Community Conferencing* actually



prevents future occurrences by building a culture of accountability, including victims in resolving crimes, and mobilizing existing untapped human resources within communities. *Community Conferencing* is a program of Junction,

Inc., located at 98 N. Court Street, Westminster.

If you know of a situation that could benefit from this approach please contact Teresa Sturm at 410-848-6100.

### *Can You Help?*

United Hands of Carroll County, whose mission is to help their local non-English speaking neighbors, is seeking donations of office equipment including a desk, coffee tables, books, shelves and filing cabinets.

Contact Jenni Sharkey at 717-634-6121 or at [jennisharkey@msn.com](mailto:jennisharkey@msn.com).

# Make A Difference Day 2004

On Saturday, October 23, Carroll County joined together to "Make A Difference" in the lives of friends and neighbors in our community. Make A Difference Day is a national day of helping others – a celebration of neighbors helping neighbors across the USA. This year, efforts supported the Shepherd's Staff "Raise Rx Dollars" fund for those with a critical prescription need in Carroll County. In addition, North Carroll High School students came together to make blankets for Project Linus.



on the importance of volunteering, and Kathy Brown, Shepherd's Staff Executive Director, presented a plaque to honor Rexall pharmacist Dennis Rosenbloom. Dr. Rosenbloom was a long-time friend to the Shepherd's Staff and contributed to the success of the "Raise Rx Dollars" fund. The fund will be re-named in his honor and established as an endowment within the Community Foundation of Carroll County.

Following the opening ceremony, patrons strolled through rows of yard sale vendors who had purchased space to support the fund. The day concluded with a presentation of baskets filled with homemade fudge and jams prepared by Commissioner Julia Gouge and her daughter, Jill. Baskets were given in recognition of the top two contributors of yard sale proceeds to the Rx fund, and also to North Carroll High School students for their dedicated work to Project Linus.

This day was a wonderful example of the power of a community working together and made us all proud of our home town.

Make A Difference Day was launched with an opening ceremony hosted on the Shepherd's Staff parking lot in Westminster. Volunteer Carroll Coordinator, Judi Johnson, served as Master of Ceremonies. Commissioner Julia Gouge presented a proclamation; Donald Champ, 2004 Carroll County's Most Beautiful Person, gave a brief speech

## Maryland MedBank Office Seeks Volunteers

The Maryland MedBank Program helps low-income, chronically ill, uninsured and underinsured individuals get prescription medications at low or no cost.

This is done by accessing patient assistance programs maintained by pharmaceutical companies.



Last year, the MedBank Program had 193 active clients in Carroll County – a 60% increase over the previous year. Part of the reason for this large increase was that volunteers were used for the first time to help process applications.

coordinators are seeking new volunteers to help in the coming year. Volunteer candidates should be computer-literate, mature, and able to commit to providing 2 or more hours a week during regular business hours (8 am to 4:30 pm).

The Carroll County Maryland MedBank office is located at the Carroll County Bureau of Aging, 125 Stoner Avenue, Westminster.

If you are interested, please call Kathy Wood at 410-848-4049, Ext. 128. Your help will be deeply appreciated!

**Remember that the Progress Report is available on our Web site at [www.healthycarroll.org](http://www.healthycarroll.org). Feel free to pass this link on to others!**

To maintain this level of service, MedBank Program

# Thanks from S.K.I.T.

Our thanks go out to Kevin Rodgers who made a \$50 donation to Seniors Keep In Touch. Kevin was awarded the money as part of a School Board Award he received at his 8<sup>th</sup> grade graduation from St. John School.



We also are grateful to the employees of Carroll Lutheran Village who donated \$42.00 to the Seniors Keep in Touch Program!

# Planning Older Adult Services

The Carroll County Commission on Aging held Town Meetings on Monday, November 15 at the Westminster Senior Activities Center on Stoner Avenue from 8:30-12 noon and from 6:30-9:00 pm. Older adults, support groups, health information, care givers, county programs and elected officials were available and anxious to speak on issues important to older adults. Contact the Bureau of Aging at 410-848-4049 for information. Refreshments were provided by the Senior Providers Information Network. The event was free of charge.

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.

Patricia A. Supik  
*Executive Director & CEO*

John M. Sernulka  
*Chairman, Board of Directors*

Larry L. Leitch  
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