

# The Progress Report

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

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Fall/Winter 2006

## Outstanding Rural Health Program 2006

The Partnership for a Healthier Carroll County, Inc. was presented with the state's *Outstanding Rural Health Program* award during the 2006 Rural Maryland Impact Awards Luncheon in Cecil County. The luncheon was part of the Rural Maryland Summit, whose theme was *Rural Maryland Communities in Transition*.



The annual summit, focusing on the 18 counties outside of the Baltimore-Washington corridor, is organized by The Maryland Rural Health Association, The Rural Maryland Council, and The State Office of Rural Health. Congressman Wayne Gilchrest offered insightful comments about the value of rural Maryland communities and presented the awards.

The Partnership, an affiliate of Carroll Hospital Center and The Carroll County Health Department, was one of seven outstanding rural leaders dedicated to rural health care and/or rural economic development honored from across the state. Award recipients demonstrated quality of service, dedication, and creativity in providing community services.

The description of the significance of The Partnership's work, as written in the nomination documents says:

*"In today's rapidly paced world, change is constant. With the population and housing development growth in our county, concerns over water sufficiency, preservation of green space efforts, traffic congestion and growing ethnic, economic and cultural diversity, our community exemplifies the changing face of rural Maryland. The challenge of preserving the best of our rural traditions in the midst of major growth could result in cultural shifts, could result in health disparities and deteriorating health status for members of our population. The Partnership is striving to create a healthier community for all; improving access to care; promoting communication and interactivity among providers, agencies and individuals and supporting the health of this wonderful rural community in transition."*

The Board of Directors, Executive Council and staff of The Partnership are honored to play a leadership role in helping to create a healthier community. We are indeed honored by this award and share this recognition with our many, many community partners.



# Faith in Action Coalition Update

## Neighbors Helping Neighbors Volunteers

More than 35 people have been trained and are participating in the Faith in Action volunteer service program, Carroll County Neighbors Helping Neighbors. CCNHN was founded in July 2005 to support individuals desiring to put their "faith in action." by providing non-medical services and companionship.



**FAITH  
IN ACTION**

Volunteers help meet the non-medical needs of county residents with a long-term chronic condition striving to remain independent but who need some assistance — especially older adults living alone. Volunteers make friendly visits, give daily telephone reassurance, perform light housekeeping, provide transportation to medical appointments, do light errands and shopping, or make small household repairs or improvements. The program provides training, support and coordination for the "good deeds" being done.

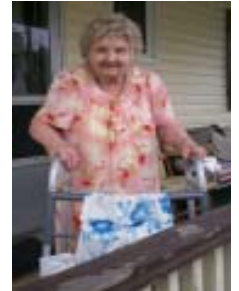
Start-up funds for this partnership between faith communities and service agencies are provided by The Robert



Wood Johnson Foundation through a Faith in Action grant. Participating

organizations include the grant's administrator, The Partnership For a Healthier Carroll County, Inc., as well as

Carroll County Bureau of Aging, Carroll County Health Department, Emmanuel (Baust) United Church of Christ, First United Presbyterian Church, Grace Evangelical Lutheran Church, St. Paul's United Church of Christ, and St. John Roman Catholic Church.



**A pleased Faith In Action recipient**

If you want to put your faith in action to help a neighbor, then this program is for you! Organizations and individuals are invited to participate. For more



information contact Becky

Herman, Program Director, at

[rherman@carrollhospitalcenter.org](mailto:rherman@carrollhospitalcenter.org), 410-871-6372, or Patty Owen, Volunteer Coordinator at [powen@ccg.carr.org](mailto:powen@ccg.carr.org), 410-386-3812.

### ***Thank you to our Faith in Action Advisory Panel***

Joan McGrath - Chairperson  
Rev. Jerry Fuss  
Rev. Matthew Fuhrman  
Paul Garver  
Becky Herman  
Rev. Marty Kuchma  
Jennifer McCurry  
Patty Owen  
Rev. Walt Peters  
Barbara Rodgers  
Mike Rodgers  
Elizabeth Ruff, MD

## Faith in Action Volunteer Spotlights

### **Sandra Zebal**

From our first group of FAITH IN ACTION Service Volunteers, there was one — Sandra Zebal — who was willing to help in our program office. We *really* needed her help, and Sandy went to work right away. She started assembling volunteer handbooks and, lately, has been helping with paperwork and emails — necessary tasks for our program.



**Sandra Zebal**

A Carroll County resident since 1975, Sandy feels her volunteerism is a kind of “service in absentia”; it evidences the same kind of care and concern that she hopes others will have toward her own elderly mother-in-law (who lives outside the area).

With Sandy’s skills as a former Carroll County Public Schools reading specialist and volunteer experience at other locations (Summerville Senior Assisted Living and Library Links), she has been the ideal “starter volunteer” for our program. Thank you, Sandy!

### **Grace Lutheran Church**

During the hot summer days of July and August, volunteers have been busy giving their time and kind hearts to the senior friends in the community. We would like to honor Grace Lutheran Church, Gaetan Carrier and his crew for helping in Taneytown building steps and a hand rail.

After placing a call to Gaetan, he was in Taneytown that evening taking measurements and mapping out his work plan for the new steps and railing. Gaetan asks the spotlight be on Grace Lutheran more than anything else. “It’s the body of Christ that we want to bolster towards serving more than anything else. Love is service and service is love. I’d say at Grace we’re glad we have the opportunity to ‘serve our neighbors as we would serve ourselves’...Love your neighbor as yourself.”

The crew has been available for more than a few projects. Gaetan says Linwood Van Horn has been very faithful, as well as Carter Wilson and Paul Whitson. A special thanks to Gaetan’s family, his wife and two children, who have joined him to finish a project too!

## County Schools Receive Defibrillators

The Heart Health Team recognizes the value of Automated External Defibrillators (AEDs) in life-threatening cardiac arrest. Advocacy for increased AED availability has been a primary objective.

Maryland legislation passed this year requires all high schools to have AEDs, medical devices used to restore normal heart rhythm to someone in cardiac arrest. The defibrillator analyzes the person’s heart rhythm to see if an electric shock is needed. They are simple to use and can save lives when used within the first few minutes of an event.

Carroll County was one of the first in Maryland to be in compliance at the start of this school year. There are 23 in place, with three in each of the seven high schools and one each at Gateway and the Career and Technology Center. At the schools,

one unit is wall-mounted near the administration and nurse’s area, and two are portable to be used on the fields. The school system plans to add AEDs to middle schools next year.

A large part of the process required staff training. As of this fall, 198 school staff members have been trained, including nurses, administrators, athletic directors and trainers. Additional training will take place in the winter and spring.

Although it is hoped the AEDs will not be needed, it is an important safeguard considering the large number of students, teachers, support staff and parents on school grounds throughout the day.

For more information, contact the Heart Health Improvement Team at 410-876-4984 or [deldridge@dhhm.state.md.us](mailto:deldridge@dhhm.state.md.us).

# Elder Health Workgroup Notes

On September 15<sup>th</sup>, the newly organized and 18 members strong Elder Health Workgroup met under the leadership of Alva Baker, M.D. After reviewing the workgroup's roles and



expectations, the group agreed that development of elder health results statements and key indicators (known collectively as “vital signs”) would be a priority. There was discussion about the importance of valid, objective information, such as that normally gained from an expensive and, as yet unfunded, assessment. Members decided to review recent assessments from neighboring jurisdictions and Healthy People 2010. Best practice research from other communities already addressing broad, older adult issues was also identified as important and will be a learning initiative for the group.

Richard Steinberg, newly appointed Chief of the Bureau of Aging, is a welcomed new member. He shared with



us that the Bureau is perhaps one of our community's best kept secrets. Many are familiar with the Senior Centers, but in fact, they are only a portion of the services provided to the elderly and their caregivers. The Bureau also serves as public guardian for 25+ citizens, provides oversight of the Long Term Care Ombudsman program and operates extensive senior information and referral services. They serve people over 60 but look at population 45+.

With a projected growth rate in the over 60 population from 2000 to 2030 of 149%, they are preparing for more than 60,000 customers by that date.

Updates from the Bureau, the Commission On Aging, SKIT, Faith in Action, TRIAD, AARP, the GEM unit at Carroll Hospital Center, and other older adult serving entities, will be sought for the group at least quarterly.

Dr. Baker challenged everyone to contemplate the definitions of an “older adult” for us in our work.

AARP defines an individual as an older adult at age 50; age 60 by the Bureau of Aging; and the Senior Expo says 62 – 68. Is it an age or some other description? Stay tuned for that determination or join us for a future meeting. Contact Tricia Supik at 410-871-6784 for more information.



## ***Thank you to our Elder Health Workgroup***

Alva Baker, MD - Chairperson  
Susan Bender  
Dorothy Carpenter  
James Davis  
Nancy Ensor  
Barbara Leasure  
Karen Lee, RN  
Ruthanne Lillis  
Diane Link, RN  
Sally Long  
Joan Moser, LCSW  
Patty Owen  
Mary Peloquin, RN  
Laura Rhodes  
Richard Steinberg  
Michael Stovall  
Rev. Judy Strayer  
Tricia Supik

# Heart Health Improvement Team News

## Project ACES- Active Children Excel in School and Active U

The Heart Health Team has been promoting increased physical activity for all ages to reduce risks for heart disease and other health problems. Current guidelines from the USDA and national health organizations recommend at least 30 minutes of moderate physical activity on most days of the week for adults to reduce the risk of chronic disease, 60 minutes of moderate to vigorous activity to manage weight and prevent weight gain, and 60 to 90 minutes to sustain weight loss. Children and teens need at least 60 minutes of moderate physical activity daily. Most people need to find ways to fit in more movement throughout the day.

To encourage elementary students to get moving, the Children's Heart Health Action Team sponsored the 8<sup>th</sup> annual "Project ACES — Active Children Excel in School" physical activity challenge from October 1-14 in all Carroll County public elementary schools and several private schools. Students tracked 60 minutes of accumulated activity each day to be eligible for prizes. Schools will be awarded trophies and prize money toward their Physical Education and Health programs. The program received a state and national award last year for increasing youth physical activity and for the collaboration between school and community.

New this year, Project ACES encouraged teachers and staff to take the challenge. The elementary

school with the highest staff participation will receive a banner for Carroll's Healthiest School and a free healthy luncheon for teachers. It is important for all adults to be good role models for children.

High school students at Westminster and North Carroll also participated in a program called "Active U," to increase physical activity. A promotion was held during course registration to encourage students to sign up for an elective Physical Education class. Five students from each school received prizes in a random drawing, and each school received \$500 for its Physical Education program. North Carroll showed a 2.5% increase in PE enrollment, and Westminster had a 15% increase for next year.

For more information on helping to increase physical activity go to [www.presidentschallenge.org](http://www.presidentschallenge.org) to find a physical activity tracking form, or [www.mypyramid.gov](http://www.mypyramid.gov) to improve food choices.

### ***Thank you to our Heart Health Improvement Team***

|                             |                 |
|-----------------------------|-----------------|
| Linda Kephart - Chairperson | George Miller   |
| Angie Bowersox              | Melissa Murdock |
| Sam Case                    | Neil Roop       |
| Dawn Eldridge               | Bill Schaefer   |
| Ken Fischer                 | Ron Schroers    |
| Mike Golden                 | Kim Spangler    |
| Scott Jerome, MD            | Milton Zepp     |

## Mentoring Connections Update

The Mentoring Connections Program seeks to improve a student's attendance, academic performance and attitude toward school while affirming their gifts and strengths, helping them raise personal goals, and improve relationships with others.

Members have been recruiting businesses to provide mentors to school children and developing a mentoring manual.

The manual will provide the steps that have been used in the Carroll County Public Schools to design a school-based mentoring program with additional resources from programs across the country.

Informational packets are available for businesses interested in learning more about the program.

For additional information about the Mentoring Connections Program or to join this effort, contact Barb Rodgers at 410-876-4973.

### ***Thank you to our Mentoring Connections Workgroup***

|                                 |                   |
|---------------------------------|-------------------|
| Mary Lynne Ziegler, Chairperson |                   |
| Robert "Max" Bair               | Barbara Rodgers   |
| Jackie Hering                   | Ashley Willard    |
| Robin Kable                     | Mark Yount        |
| Pat Levroney                    | Pamela Zappardino |

# Access to Health Care News

Improving Access to Health Care for the uninsured and underinsured of our community has been the overriding objective of this very productive group. Their commitment and perseverance helped launch a stellar, adult, primary care practice staffed by professional medical volunteers. Access Carroll Inc. opened just about 20 months ago and is already serving about 300 patients per month at no cost to the patient!

In the past 12 months, the team has assisted the Carroll County Office of Planning with an important transportation survey. Transportation challenges have been cited as one of the obstacles many struggle with in accessing health services. Many community organizations and agencies asked their clients to complete the surveys, which concluded in September. Respondents were given an opportunity to describe their experiences with in-county transportation; results will be in the county's Transit Development Plan. Kudo's to our county for working to include the user voices in the evaluation process.

Chronic illnesses can often be managed with lifestyle alterations and good medical care, including medications. Increasing the numbers of residents enrolled in medication assistance programs like MedBank is another workgroup objective. So they sponsored a meeting to discuss needs, possible collaborative strategies, and funding issues related to prescription medication access for low-income residents. Great

attendance by many agencies resulted in a strong list of possible collaborative steps. MedBank will be invited to a future meeting to provide specific access instructions. Stay tuned for details.

Last, but by no means least, the group wants to share their priority list of issues with our local Maryland General Assembly representatives. The goal is to provide information to assist the Delegation as they consider proposed legislation in the 2007 session.

For more information or to be added to our email listing, send an email to Barb Rodgers at [brodgers@dhhm.state.md.us](mailto:brodgers@dhhm.state.md.us) or call 410-876-4973.

*The Access to Health Care Workgroup meets the second Wednesday of each month (except July) at 9:00 a.m. in the Westminster Senior Activities Center's small conference room.*

## **Thank you to our Access to Health Care workgroup members**

Rev. Jerry Fuss - Chairperson  
Wayne Barnes  
Tammy Black, RN  
Joe Cimino  
Dianna Davis, RN  
Spencer Gear  
Holly Hutchins  
Jeanne Joiner  
Elizabeth Ruff, MD  
Linda Ryan, RN  
Cindy Valenzisi  
Lou Yeager  
Rita Zimmerman

## **Thank you to our Resource Conservation Coalition (Water Supply/Quality workgroup) members**

|                               |                |              |                 |
|-------------------------------|----------------|--------------|-----------------|
| Charles Zeleski - Chairperson |                |              |                 |
| Steve Allgeier                | Donna Engel    | Ray Prokop   | Kelly Vogelpohl |
| Ann Baugher                   | Brian Flynn    | James Slater | Peter Whitford  |
| Brian Campbell                | Sandy Hudspeth | Kim Stenley  | Lucy Wright     |
| Dawn Eldridge                 | George Miller  | Darla Tewell |                 |

# Prevention and Wellness Group Highlights

## *Partnering for Healthier Dining*

As of September 1, seventeen restaurants have returned their Partnering for Healthier Dining Nutritional survey; all are 100% smoke free.



The Partnering for Healthier Dining sub-committee is currently reviewing and scoring the menus. Restaurants scoring 80% or higher will receive the *Award of Excellence*, and will be listed in a Healthy Dining brochure the workgroup will distribute to promote healthy, smoke free dining throughout Carroll County. Once the workgroup gets the initial brochure out, we hope to see more restaurants expressing an interest in joining the *Award of Excellence Partnering for Healthier Dining Program*.

If anyone has contacts with a restaurant and is willing to approach them about joining the program, please call Barbara White (410-876-4443) for materials. Funding for this program is through the Cigarette Restitution Fund Program.

## *Health Partners Registry*

The Health Partners Registry consists of physical activity-related businesses and organizations willing to share data with the Prevention and Wellness Workgroup so we can assess physical activity levels in Carroll County. We are pleased to welcome three new Partners: Flex-n-Fit in Hampstead, Powerhouse Gym in Westminster, and C&S Holistic Wellness Studio in Eldersburg.

These partners have joined 22 other health organizations to help promote physical fitness and wellness throughout the county. We applaud all of our Health Partners for providing needed physical activity services and facilities in Carroll County.

Visit [www.healthycarroll.org](http://www.healthycarroll.org) for our complete Health Partners Registry.

*The Prevention and Wellness Workgroup meets on the third Tuesday of each month at 9:30a.m. at the Carroll County Health Department. The workgroup is chaired by Tracy Cox, Freedom Fitness, and staffed by Kim Spangler, Partnership for a Healthier Carroll County.*

## *Diabetes Today Grant*

The Prevention and Wellness Workgroup identified diabetes screening and education as one of their Vital Signs. The Partnership — along with Contours Express, the Carroll County Health Department and the Learning Center at Carroll Hospital Center — submitted a grant application for diabetes education money from the Department of Health and Mental Hygiene. Carroll County's application was one of four selected from those submitted by eleven Maryland counties.

The funds will be used to design educational displays that include a diabetes self-assessment tool. Should the participant's assessment reveal they are at risk for diabetes, they will be given information about screening resources. Materials will be available for use in any location in a few months.

For more information or to reserve the display, call Kim Spangler at 410-876-4965.

## *Healthy Recipes Project*

Be sure to check the Westminster and Eldersburg Eagle for the Prevention and Wellness Workgroup's Healthy Recipe Column, which usually runs the first or second week of the month.

The column features a simple, but healthy main course dish, along with timely health information. All recipes are submitted by workgroup members and reviewed by a registered dietician.

### ***Thank you to our Prevention & Wellness Partners***

|                        |                    |
|------------------------|--------------------|
| Tracy Cox- Chairperson | Beth Landy         |
| Donna Bair             | Angelina Morales   |
| Linda Barkell          | Misti Myers        |
| Carolyn Brinkley       | Susan Rinehart     |
| Kathy S. Brown         | Phyllis Smelkinson |
| Susan Bunting          | Kim Spangler       |
| Dianna Davis           | Judy Stem          |
| Dawn Eldridge          | Dan Strayton       |
| Karen Farley           | Jeff Wallace, MD   |
| Darlene Flaherty       | Sue Welling        |
| Mary Fox               | Barbara White      |
| Anne Gravel            | Colleen Winter     |
| Karen Griesmyer        | Beth Wybolt        |
| Susan Keller           | Wendy Zabicki      |

## Partnerships for a Healthier Community

The underlined word above is plural for a purpose. There are some terrific group efforts making a real difference in the health and quality of life in our community. Indeed, the tradition of working together is one of our extremely valuable, cultural components recognized as unique by many outside – and some inside – our county.

Through this newsletter, we have tried to spotlight various organizational partner efforts, to both inform our readers of their work and recognize their contributions. We will continue to do that but, beginning with this issue, we will add articles that inform you about the goals being achieved by



groups who are collaborating toward specific health improvement goals. Working with one of our staff people, these “partnerships” are combining expertise and energy; they are identifying effective action strategies; and implementing them for results. They are awesome!

So, this issue is dedicated to them with the gratitude of this organization and the confidence that Margaret Mead spoke of in her famous quote: “Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it’s the only thing that ever has.”

The Partnership for a Healthier Carroll County  
535 Old Westminster Pike, Suite 102  
Westminster, Maryland 21157-6269

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  
*Vice Chairman,  
Board of Directors*

Charles H. Devaud, Jr.  
*Chairman, Executive Council*