

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 2007

Au Revoir Good Friend!

Goodbye is always hard to say, especially when the leave-taking involves relocation and reduced opportunities to stay in touch. (Didn't Shakespeare say *Parting is such sweet sorrow?*) Indeed, saying adieu to our stellar Executive Council chairperson and good friend, **Charles H. Devaud, Jr.**, is truly difficult for the Partnership. After numerous years of outstanding executive service with the former Westminster Union Bank, Charles is pursuing other career opportunities outside our local area.

For more than 6 years, Charles has been a committed and highly contributory member at the workgroup and executive council levels. His original participation in the healthy indicators project (2001) eventually blossomed into what we now call *Healthy Carroll Vital Signs: Measures of Community Health*. Establishment of the vital signs system allowed area experts to identify key indicators and provides a measurability component to our work. This was a major organizational accomplishment with lasting value to the community.

During his tenure, Charles helped guide The Partnership through complex sustainability decisions and solidified the organizational relationship with our major corporate sponsoring partners at Carroll Hospital Center and the Carroll County Health Department. Under his leadership, the Executive Council

expanded in size and scope through well-defined executive committees.

Joining The Partnership corporation while it was still in its infancy, Charles applied his strong management and financial backgrounds to help guide this organization. Never a micro-manager, he nonetheless was able to stay in tune with priorities, timelines and deadlines and was always willing to help.

His concern for this community is genuine and he gives of his time and talent with generosity and a sense of restorative calmness. Although always impeccably groomed, he is not at all what one would call a "stuffed shirt". Charles manages to exude order and accountability without offense — setting a high standard, but asking no more of others than he is willing to give.

Our heartfelt appreciation is extended for his exemplary, voluntary leadership and community service. This gentle leader and true gentleman will be missed.



As our community prepares to celebrate the diverse traditions associated with this special time of year, consider these words of wisdom:

Laugh much, think of others, do kind deeds, and become the spirit of this blessed season.

The Partnership extends best wishes for peace, joy and health to all.



Partnership News

Welcome New Community Leaders!

The Partnership was established and continues to function as a “community-based organization.” That means, while a small Board of Directors maintains legal and fiduciary responsibilities, there is also a 15-member Executive Council with general oversight, planning, and evaluation responsibilities.

To assure community-based leadership, each Executive Council member must meet criteria such as:

- a) lives, works, or is otherwise committed to volunteering in Carroll County
- b) has an interest or expertise in one of the Partnership’s core health improvement areas
- c) reflects Carroll County’s diversity
- e) has the willingness and ability to devote substantial time/energy to the Partnership’s mission

This council is the critical component providing the voice of the community, and members reflect many professional specialties and geographic locations. The Council is pleased to welcome **Ms. Susan Doyle** and **Ms. Elena Hartley** as new members.

Sue Doyle is the Director of Addiction Services for the Carroll County Health Department. In that role, she manages the

Proud to Announce

Since good leadership is essential for good results, The Partnership has restructured to assure strong staff management in the short and long term.

We are pleased therefore to announce that **Ms. Dorothy Fox** has accepted the new position of Director, Community Health Improvement Areas. Dot is a graduate of Towson University. She has extensive operations and program

Shoemaker House long-term treatment program, the addictions program at the Carroll County Detention Center, and the Health Department outpatient addictions programs. When the county’s newest inpatient facility is complete on the Springfield Hospital Center grounds, Sue will develop and manage services. She significantly assisted in developing the Substance Abuse Resource Directory, and chairs the Substance Abuse committee within the Behavioral Health and Addictions Council.

Elena Hartley is a prominent leader in the Hispanic community. A native of Lima, Peru where she studied undergraduate education at the American School, Ms. Hartley has been a United States resident for more than 25 years. She has been instrumental in developing interpreter assistance for non-English speakers, in helping immigrants with access to health care and other services, and in advocating for the Hispanic community in general. Elena has a business background and is currently pursuing her passion for service as a cultural navigator at the Get Connected Family Resource Center.

Please join us in congratulating these community leaders. Contact information for all Executive Council members is available at www.healthycarroll.org.

management experience in the human services field and ability to interact with the public and organizational staffs.

In addition to assuming results accountability responsibilities, Dot will establish and manage a new communications department. She is a long time Carroll County resident, who enjoys athletic activities with her family and lives in Westminster.



Faith In Action Coalition

Becoming Caring Carroll, Inc.

Our grant-funded volunteer caregiving program is taking a wonderful, big step forward.

To prepare for the end of **Faith in Action/Carroll County Neighbors Helping Neighbors** as a grant-funded program, The Partnership is working with the coalition to launch it as an independent, nonprofit corporation.

The program was started by The Partnership and a core group of supporters with a grant received from the Robert Wood Johnson Foundation in July 2005. Grant funding expires in December. Local faith organizations are providing funds so the training and supervising of volunteers helping homebound adults can continue.

New organizational bylaws have been written and nonprofit incorporation filing is almost complete. The transition to the new **Caring Carroll** name is under way, and should be completed by December.

The program's original grantor, the Robert Wood Johnson Foundation, will continue to provide important program resources and expert advice to local staff. **Caring Carroll** will be one of more than 800 individual Faith in Action programs nationwide.

People receiving help are typically older adults, while some are adults home-bound because of a chronic disease or disability. Volunteer help includes friendly visits, light meal preparation and household assistance, errands, transportation, and yard work.

Smoke-Free Carroll County Coalition

Staff has been busy with many of the goals established at the March coalition meeting. Letters sent to physicians by the Carroll County Health Department's Cigarette Restitution Fund encouraged discussion about the harmful effects of smoking and second-hand smoke exposure at each patient visit. Physicians also received information about **Chantix**, a new drug that can help tobacco withdrawal, as well as an information/reference card with details on classes and support groups.



Volunteers also act as an important extra set of eyes and ears to seek help when problems arise with the care receiver's health or living conditions.

New Caring Carroll Contact Information

Caring Carroll
P.O. Box 842
Westminster MD 21158
410-876-4973
CaringCarroll@hotmail.com

With the change from grant-funded program to independent, nonprofit organization, the Faith in Action Coalition will become the **Caring Carroll Coalition**, with a Board of Directors drawn from local supporting faith and

human services organizations. This board will contribute professional guidance and fundraising expertise for the program's ongoing success.

Faith organizations currently active with the Faith in Action Coalition include: Emmanuel (Baust) United Church of Christ, Grace Evangelical Lutheran Church, First United Presbyterian Church, St. John Catholic Church (Westminster), St. Joseph's Catholic Community (Eldersburg), St. Paul's United Church of Christ, Trinity Evangelical Lutheran Church (Taneytown), Wesley United Methodist Church (Hampstead), Westminster Church of the Brethren, and Westminster First Church of God.

An event to recognize the service of volunteers and celebrate the launching of **Caring Carroll** is being planned, with details to be announced soon.

Members have previewed dozens of videos that can be useful in waiting rooms as educational and motivational tools. Special thanks to Access Carroll, Inc., for testing the materials with their patients, who received our thanks and a nominal gift card in return for their comments. The Partnership plans to provide the final film to about 30 area offices within the next several months.

Prevention and Wellness

Healthy Childhood Weight

The Partnership has organized **L.E.A.N. CARROLL** to address growing concerns about childhood weight. Across America, obesity and overweight in children reflects similar patterns in adults. The Centers for Disease Control expresses concerns for serious health complications not seen in earlier generations. In fact, the CDC has said "this may be the first generation of American children ever, to *not* live as long as their parents" because of an increased risk of heart disease from sedentary lifestyles, and skewed portion and food selection choices.

L.E.A.N. CARROLL identifies four critical components of change all families can focus on for healthier body weight. Interestingly, the four words can be composed into the acronym "**L.E.A.N.**"

Lifestyle: Make family centered changes.

- Eat breakfast every day.
- Have family meals together often.
- Make healthy food choices when out.
- Don't use food to comfort, reward or punish your child.

Education: Teach healthy habits.

- Set an example; eat nutritious foods & be physically active.
- Involve your child in planning meals, snacks, shopping, and cooking.
- Inform children that peer and media pressure can influence food choices.
- Use the Nutrition Facts on the label to make good choices

Activity: Have an active lifestyle.

- Plan fun family activities that provide exercise for everyone.
- Aim for an hour of active play time for your child most days.
- Limit "screen time" (television, computers, & video games) to 2 hours or less per day for everyone.

Nutrition: Eat for better health.

- Choose more fruits, vegetables and whole grains.
- Encourage your child to drink water instead of sweetened beverages like sodas, and fruit and sports drinks.
- Find substitutes to replace foods higher in fat and sugar.
- Visit www.mypyramid.gov to learn more about nutrition.

The campaign has been developed by a multi-disciplinary group sharing a strong commitment to our community's health.

Our partners are doing even more. For example, **Martin's Food Stores** in Eldersburg is launching a free support group for parents and kids, guided by a fully accredited nutritionist (call 410-549-6877 for more information). The **YMCA** and numerous area health clubs have added fitness and activity programs for kids and, of course, the **Westminster City and Carroll County Recreation and Parks** departments have numerous opportunities available (check www.healthycarroll.org for details). **Carroll County Public Schools** has installed excellent fitness equipment in area middle schools and launched **Go the Extra Mile** to encourage activity.

So what can you do? Follow the suggestions listed above. Become consciously aware of your family's activity and nutrition patterns. Don't forget simple and free activities like walking together. Get outside. Use school fields in your community or, in bad weather, use the indoor malls.



**Save the date:
June 17, 2008
at Boulevard and
Beyond**

Fun and Healthy Fruit Snacks

Winter is a good time to focus on healthy snacks and meals to supply energy for school, work and activities. One important key is to include plenty of colorful fruits and vegetables for meals and snacks.

There are many reasons to eat more fruits and vegetables. In addition to great taste, they are packed with vitamins, minerals, fiber and disease-fighting phytochemicals and antioxidants to help us stay healthy. A diet high in fruits and vegetables can reduce risks for heart disease, high blood pressure, Type II diabetes, and some cancers. Because fruits and vegetables are low in calories and high in fiber, they can help to control weight (along with staying physically active) and are a good source of energy.

Make an effort to include fruit or vegetables at every meal. Some easy ways to do that include:

- Add fruit to cereal, have an apple, banana or raw veggies for a snack.
- Eat more salads, but go easy on dressings.
- Serve two vegetables at dinner.
- Keep prepared bags of salad and veggies handy.
- Microwave or stir-fry frozen vegetables for a quick and inexpensive side dish.
- Think about filling half of your plate or lunch box with vegetables and fruit.

Diabetes Today Grant

Diabetes is a chronic condition affecting increasing numbers of adults, teens, children and babies. Nutrition management is a primary issue often associated with complications.

The Diabetes Resource Guide for Carroll County was developed as a result of a grant received from the Maryland Department of Health and Mental Hygiene, Diabetes Prevention and Control Program. If you or your agency needs



Here's a quick and easy after-school snack that will add to your kids' fruit count for the day. For more recipes, go to the Web site www.fruitsandveggiesmorematters.org.

Bookworm Apple Bark

- 1 Granny Smith apple
- 1 tablespoon peanut butter
- 2 ½ tablespoons golden or black raisins
- 1 ½ tablespoons dries sweetened cranberries



Cut apple into four quarters, starting at the stem. Remove the core by cutting away to leave a flat surface on the apple quarter. Drop and slightly spread the peanut butter on apple quarters.

Mix together the raisins and cranberries, then sprinkle on peanut butter.

Serves 1. Provides 1 cup of fruit per serving. An excellent source of fiber and a good source of vitamin C.

Nutrition information per serving – calories 272; total fat 8.1g; saturated fat 1.5g; % calories from fat 25%; % calories from saturated fat 5%; protein 5g; carbohydrates 50g; cholesterol 0mg, dietary fiber 6g; sodium 79mg.

Be sure to check the Westminster and Eldersburg Eagle for the Prevention and Wellness Workgroup's Healthy Recipe column. The column features simple, but healthy side dishes or desserts with timely health information. All recipes are submitted by workgroup members and reviewed by a registered dietician.

copies of the guides, please contact Kim Spangler at 410-876-4965. It is also available for free downloading on www.healthycarroll.org.

A subgroup of the Prevention and Wellness workgroup has been serving as the Diabetes Coalition for the grant and identified the need for the guide. An additional grant received for fiscal year 2008 is focusing on increasing the number of people with diabetes who receive annual foot exams, eye exams, and flu shots. We will be working with Access Carroll to accomplish this goal.

Access to Health Care

Nationwide Bus Tour Comes to Our Town

The Partnership coordinated a first-ever visit from the national **Partnership for Prescription Assistance (PPA)**, offering guidance in accessing hundreds of pharmaceutical company prescription discount programs. The bus and staff were welcomed warmly by the local agencies who struggle daily to assist clients with prescription needs, including The Shepherd's Staff, Mission of Mercy, Catholic Charities Head Start, Access Carroll, the Get Connected Resource Center, and Granite House. Each agency also offered information to patients.

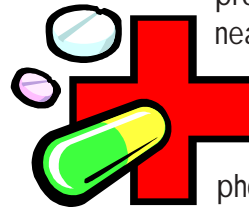
The **Help Is Here Express** set up at the Head Start parking lot from 2:30 to 5:30 pm on October 22nd. National tour spokesperson Montel Williams could not attend, but numerous other specialists were available to help with the process.

Elder Health Workgroup Late Season Flu Shots

The Partnership for a Healthier Carroll County, Inc., recently received a \$3,000 grant from the **Maryland Partnership for Prevention** to deliver extended-season influenza immunizations to older adults who might not otherwise be vaccinated.

The Elder Health workgroup saw this grant as an opportunity to improve our local compliance rate with the **Healthy People 2010** goal for this age group. The project will serve home-bound older adults with limited ability to travel to flu shot clinics or health care locations, those residing in assisted living facilities, DSS clients, Meals on Wheels clients, SKIT and Caring Carroll clients, and more. People seeking immunization will be identified

Community members were invited to climb aboard and find out about assistance programs that offer free or nearly-free prescription medicines for those in need. The **Help Is Here Express** has computer terminals and phones so people can find out for free if they are eligible for help. More than 60 patients and professionals visited that day.



In addition, a local service provider training was held November 6th at the Get Connected Resource Center. Attending agencies learned how to help clients and staff become more familiar with this initiative's programs. For more information, visit PPA's Web site at www.pparx.org or call 1-888-4PPA-NOW.

through local providers and home health agencies. Approximately 300 Carroll County adults 60 and older are expected to receive immunizations through the project.

In an average year, influenza is associated with more than 36,000 deaths and 100,000 hospitalizations in the United States. While flu-related complications occur at any age, certain groups are at greater risk. Despite data showing the incidence and severity of influenza can be controlled through vaccination, many routinely go without immunization.

Give the Gift of Prevention — encourage friends and loved ones to be vaccinated against influenza this holiday season.



Heart Health

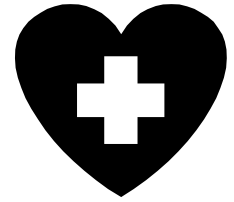
AEDs in Private Schools

Another important goal of the Heart Health Improvement Team is to increase availability of **Automated External Defibrillators (AEDs)** in the community, particularly where large numbers of people are present.



School facilities house thousands of students and adults each day, as well as in evening programs and sports activities.

Three private schools have recently installed AEDs — Carroll Lutheran School, Montessori School and St. John School. Many churches are also providing this safety measure for their members.



For more information on any of these programs, contact Dawn Eldridge at 410-876-4984 or deldridge@dhhm.state.md.us.

Elementary Fitness ACES

In an effort to improve youth fitness, increase physical activity, and help lower risks for heart disease and obesity, the Children's Heart Health Action Team sponsored the ninth annual elementary school physical activity challenge, Project ACES (Active Children Excel in School). Twenty-two public and three private schools took part in this award-winning program for students and staff to track an hour of physical activity each day for two weeks and increase their fruit and vegetable consumption. Schools developed before- and after-school fitness clubs and other exciting activities. Results and awards will be distributed in December.



Participating Children's Heart Health Action Team members are: Carroll County Health Department, Carroll County Public Schools, Partnership for a Healthier Carroll County, Carroll Community College, Carroll Hospital Center, Cigarette Restitution Fund Program, Safe Kids Coalition, Carroll County Department of Recreation and Parks, and Westminster City Department of Parks and Recreation. Additional prizes were donated by community groups, health clubs, PTAs and PTOs.

The Middle School Mile

The Heart Health Team applauds the Carroll County Public Schools' new initiative "**Go the Extra Mile**" in middle schools. Fitness centers have been set up in all of the middle schools with about a dozen pieces of cardiovascular equipment for students and staff. Students are challenged to "Go the Extra Mile" by tracking their mileage on the equipment. Mileage around Carroll County equals 99 miles, so students are trying to go the extra mile and record 100 miles. Students are excited about the new fitness centers, and the Heart Health team sees this as a positive extension of the physical activity tracking done in Project ACES.

Carroll County Public Schools distributed a new brochure, "**In Carroll County Physical Fitness is a Family Affair**", to all students and families this fall. The brochure, developed by **Linda**

Kephart, Supervisor of Health and Elementary Physical Education, and **Jim Rodriguez**, Supervisor of Athletics and Secondary Physical Education, gives practical advice to families on the importance of physical fitness, tips for family fitness, better food choices, and hazards of tobacco. This important tool for families emphasizes the heart health and other benefits of physical activity.



A Clear Commitment to Health

On Thursday, November 15, the Carroll Hospital Center family of health care organizations and facilities re-established smoke-free and tobacco-free environments, both indoors and outdoors, including all hard spaces and green spaces on all campuses and in all hospital vehicles.



We can be proud of this proactive health improvement effort by our community hospital. In fact, hospitals across Maryland and the nation are taking similar bold steps because of the significant community leadership responsibilities hospitals share and the very real health hazards of tobacco use and smoke exposure.

A smoke-free & tobacco-free campus demonstrates strong opposition to those health hazards and sends a clear message about our hospital's sincere commitment to health.

We hope all health care workers will stand up for elimination of the single most significant health risk factor facing Americans today. We hope visitors will appreciate the smoke-free outdoor environment as they approach any of the hospital facilities and see a reduction in tobacco product litter throughout those campuses. We hope this proactive accomplishment by a community leader will inspire other organizations to similar pursuits and, of course, encourage current smokers to consider quitting.

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 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,
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