

The Progress Report

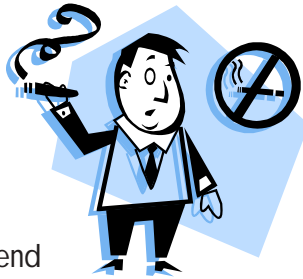
A Newsletter for Partners and Friends of the Partnership for a Healthier Carroll County, Inc.
www.healthycarroll.org

Vol. 6, No. 1

Spring 2007

A Call to Action!

Compelling scientific evidence of the health risks encountered by **nonsmokers** when exposed to secondhand tobacco smoke has recently been published by the United States Surgeon General. The indisputable facts demonstrate a 30% increased risk of cancer and heart disease to **nonsmokers** who spend as little as 30 minutes in an indoor smoke environment.



The report included documentation from the American Society on Refrigeration, Heating and Air Conditioning Environments (ASRHAE), the preeminent American authority on ventilation issues. The ASRHAE has determined that "there is no ventilation system available that removes 100% of the cancer causing toxins from indoor tobacco smoke".

Tobacco is a risk factor in more than 40% of the health improvement areas our community identified as priorities for improvement. With the latest, truly compelling information



from the U.S. Surgeon General, The Partnership has redefined its role and responsibilities and is issuing a call to

action to all organizations and individuals in our community.

If you are one of the 78% of adult nonsmokers in Carroll County, exposure to indoor tobacco smoke puts you at risk. If you are a nonsmoking employee of a facility allowing indoor tobacco use, you are at significant risk. If you are a smoker, we urge you to avoid indoor tobacco use at home, around children or in public spaces; this includes smoking in the car. We also encourage you to quit smoking.

The first meeting of the Smoke Free Carroll County coalition was held March 30th. Their work will focus on eliminating indoor tobacco smoke for employees and patrons of all public places.



The Maryland General Assembly and the Governor seem ready to act. Are you? Visit the coalition's page on The Partnership's web site, www.healthycarroll.org, for information and help. We urge everyone to please contact your elected state representatives at www.lungaction.org/campaign/SOTC06 and ask them for their leadership and intervention.

Dr. Fulton Joins Executive Council

The Partnership for a Healthier Carroll County, Inc. welcomes Dr. R. Lorraine Fulton, assistant superintendent of instruction for Carroll County Public Schools, as its newest Executive Council member.

Originally from Nova Scotia, Dr. Fulton joined the CCPS system in 2006 and resides in Finksburg. She has extensive experience in elementary, middle and secondary



Executive Council members, left to right, are Charles Devaud, Westminster Union Bank; Dr. R. Lorraine Fulton, Carroll County Public Schools; Alva Baker, M.D., EMA; Tricia Supik, The Partnership; and Lynn Wheeler, Carroll County Public Library.

school administration and has maintained active community service affiliations throughout her career.

As a member of the Executive Council of The Partnership, Dr. Fulton expects to more fully meet the needs of Carroll County students through

expanded knowledge and partnership created through her participation with the organization.

Rapid Growth

This area was heard consistently as a resident concern in community assessments conducted by The Partnership.

Growth and development is being addressed by Carroll County's Comprehensive Plan for Growth called "Pathways to Carroll's Future Landscape". The community is encouraged to take part in all planning phases to help determine how we want the county to grow.



Citizen meetings are planned throughout March 2007. For a list of dates and locations of the meetings, check the Pathways Web site at www.carrollpathways.org. There are many excellent

resources on this Internet site, including a range of topic papers such as a Housing Study, Buildable Land Inventory Maps, Green Building, Walkable Communities, Low-

Impact Development, Health, and Community Design.

The Partnership's Healthy Carroll Vital Signs are tracking indicators such as land preservation, recreation and parks trail miles, building permits and recycling. The Resource Conservation Workgroup will also be promoting increased residential recycling.



For more information on the Pathways Plan, visit the Web site or call the Department of Planning at 410-386-2145 or 888-302-8978.

Inspire Youth With History

The Historical Society of Carroll County is seeking willing gentlemen and gentlewomen to serve as docents for school group and public tours of the Sherman-Fisher-Shellman House in Westminster beginning in Spring 2007. This is a great opportunity to educate yourself, while inspiring our youth. Training sessions and a docent manual will be available.

If you are interested, please contact Linda Cunfer at 410-848-6494 or lcunfer@carr.org for additional information.

Re-Energizing Bunnies Spotted in Carroll!

Get Fired Up! The Partnership will hold its annual community forum *We're On Our Way 2007* on Wednesday, May 2nd from 8:00 a.m. to noon. We are excited to host this year's event at St. John's Portico, 43 Monroe Street in Westminster. Attendance is free of charge and a complimentary hot breakfast prepared by Johansson's Caterers will be served. Our guest speaker is the Executive Director of the Maryland Partnership for Prevention. Ms. Tiffany Tate will conduct a highly interactive session, incorporating an open space technology approach on the important topic of "Reenergizing Coalitions."



Updated information can be expected from the Core Health Improvement Areas, relating strategies

to the Results Outcomes identified in our *Healthy Carroll Vital Signs: Measures of Community Health* project. Insights on The Partnership corporation's future *Creating a Healthier Community* goals and direction will add another spark of interest. Recipients of the annual Dr. Janet W. Neslen Award and Outstanding Community Service Partner Awards will also be announced.

Please join us at this very informative event that summarizes The Partnership's opportunities and efforts through you and with you in pursuing the community's health and wellness. For more information and to reserve your seat, please visit our Internet site at www.healthycarroll.org or contact Amy Wilson at 410-871-6373 or AWilson@CarrollHospitalCenter.org.

Planning for Party in the Park[®] 2007

Plans are well underway for *Party in the Park[®] 2007* to be held on Saturday, June 16th from 5 to 10 p.m. at the Westminster City Park near Longwell Avenue.

Party in the Park[®] is a way to showcase the talents, accomplishments and interests of our youth – all in a safe tobacco-, drug-, alcohol- and violence-free environment. This year's event will be even bigger than before and provides an opportunity for all county youth ages 11-18 to spend time with friends, enjoy good food, entertainment, activities, interactive exhibits, music, art, a basketball tournament, a car show, and much more. Last year's happening attracted over 400 people. We want many, many more to come this year.



Sponsors are needed to help defray expenses; please consider adding your organization to that growing list.

Admission is by ticket only, but this year, tickets are free for youth 11-18 years of age. (Note:

Participants should expect charges for food.) Ticket information and other details will be posted soon on our Internet site at www.healthycarroll.org.

As was the case last year, we welcome individuals of all ages to help out at the event. Volunteer opportunities are available in 3-hour time slots, beginning at 2 p.m. Community service hours are also available.

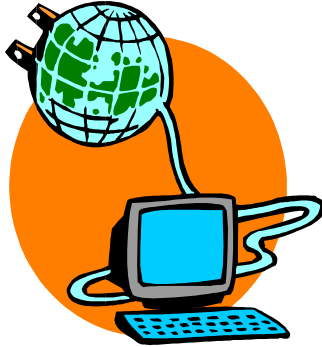
Party in the Park[®] is a *Healthy Communities • Healthy Youth* initiative. Planning committee members include The Carroll Arts Council, Carroll County Health Department, Catholic Charities Head Start, Girl Scouts of America, the Westminster City Parks & Recreation Department, YMCA, and area youth. Opportunities to assist are still available.



For more information, please contact Lexi Schafer at 410-871-7648, or LSchafer@CarrollHospitalCenter.org.

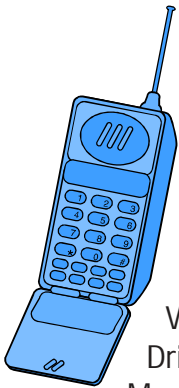
Youth and Family

Verizon Wireless, a recognized corporate leader in domestic violence awareness, will donate \$50,000 through its HopeLine program to *Break the Cycle* for TheSafeSpace.org, a one-of-a-kind online community designed to connect, communicate and inform. The site will give teens nationwide access to information and resources needed to understand and develop healthy relationships.



With its launch in January, TheSafeSpace.org offers a safe, confidential and interactive Web-based environment for teens and those concerned about a young person's safety. Site features include tools of prevention and intervention to help teens identify and build healthier relationships.

"*Break the Cycle* is thrilled to have the support of Verizon Wireless," said Executive Director Jessica Aronoff. "It is wonderful to work in partnership with a company that so clearly understands innovative technology is essential to connecting with teens nationwide."



The donation is the result of Verizon Wireless' HopeLine Phone Collection Drives held at more than 2,000 Wal-Mart locations during Domestic Violence

Awareness Month. Throughout the month, wireless customers donated thousands of no-longer used wireless phones, all of which will be refurbished and reused or recycled in an environmentally-sound way by the HopeLine program.

Proceeds from HopeLine benefit victims of domestic violence and non-profit advocacy agencies, providing essential communication tools of wireless phones, wireless services, and financial grants.

Since the phone recycling and re-use part of the program became national in 2001, HopeLine has donated more than \$10 million in financial grants, phones and services, including the donation of more than 40,000 wireless phones to agencies for victims' use. It has also collected more than 3.5 million wireless phones to raise funds for domestic violence victims and advocacy organizations.

For more information about HopeLine visit www.verizonwireless.com/hopeline.

About Break the Cycle

Break the Cycle believes everyone has the right to a safe and healthy relationship. Engaging, educating and empowering youth through prevention and intervention programs, *Break the Cycle* helps young people identify and build healthy relationships.



As the leading voice for teens on the issue of dating violence, *Break the Cycle* also advocates for policy and legislative changes that will better protect the rights and promote the health of teens nationwide.

For more information, please visit www.breakthecycle.org.

Mentoring Connections

The Partnership's *Mentoring Connections Team* will soon release a new mentoring manual that should be available to interested groups by the beginning of April and of course will be added to our Internet site for your downloading convenience.

Look for our community kick-off and consider getting involved personally as a student mentor. Remember, it takes a village to raise a child.

For more information, email Barb Rodgers at brodgers@dhmh.state.md.us.

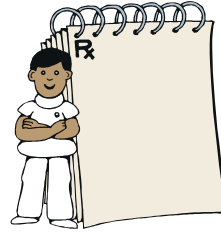
Access to Health Care

In November, the Access to Health Care Workgroup approved its 2007 Legislative Agenda. It was presented by the Board of Directors to the Carroll County delegation at Carroll Hospital Center's Legislative Breakfast on December 12, 2006 and was well received.

Matt Celentano from the Maryland Citizen's Health Initiative presented information about the Healthy Maryland Initiative Resolution at the December Access meeting. For a copy of the resolution and more information about their initiatives, you may visit their Web site at www.healthcareforall.com.

The speakers for the January meeting were Robert McEwan, Chief Executive Officer and Yasmine Sursock-Khouri,

Outreach Manager for MEDBANK of Maryland. MEDBANK provides prescriptions to people who are ineligible for any entitlement programs. It uses Rx Bridge, a computer software program that can assist with enrolling participants into MEDBANK. Locations that use Rx Bridge require training before they can use it. For more information about MEDBANK, go to their Internet site at www.medbankmd.org.



Future meetings will focus on transportation and an update of 2007 Legislative Issues. The workgroup meets every second Wednesday in the Westminster Senior Center's small conference room at 9 a.m.

Cancer

Cancer is the second leading cause of death in Carroll County and nationwide. The good news from the American Cancer Society is that death rates are showing a decline thanks to increased screening and preventive measures such as less exposure to tobacco and fewer people smoking.



Greater reductions will happen with lifestyle changes including better nutrition (more vegetables, fruits and whole grains, less high fat foods), more physical activity and maintaining a healthy weight. These factors are increasingly linked to as many as one-third of all cancers. Sun protection is important and is a current focus due to higher than average skin cancer rates in the county.

Key partners on our Cancer workgroup include the American Cancer Society's Carroll County Leadership Council, the Cancer Community Health Coalition and

Tobacco Coalition of the Cigarette Restitution Fund Program, the Breast and Cervical Cancer Program at the Health Department, and Cancer programs at Carroll Hospital Center.

Vital Signs indicators show room for improvement in the percentages of adults who follow the recommended screenings for all key cancers, including breast cancer, prostate cancer, colorectal cancer and skin cancer, to be in compliance with the American Cancer Society's improvement targets by 2015. Adherence to screening guidelines is vital to finding cancers at an early stage when they will respond more successfully to treatment. Don't put off your checkups and screenings!



To find out more, go to the American Cancer Society's Internet site at www.cancer.org or call 1-800-ACS-2345.

Prevention And Wellness

Healthy Recipes Project

Be sure to check the *Westminster and Eldersburg Eagle* for the Prevention and Wellness Workgroup's Healthy Recipe Column, which usually appears during 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 are pre-reviewed by a registered dietician.

Tossing Old Car Seats

Bring your used, old, recalled or any car seat that has been in a crash to the Northern Landfill in Westminster on Saturday, May 19, 2007 from 8 to 11 a.m. The first 100 car seats turned in will receive a \$5.00 gift card to Target. Limit 2 per family.

Call Maggie Beatty, Safe Kids Carroll County at 410-876-4448 for details. Rain date: June 2nd.

Health Partners Registry

The Health Partners Registry consists of physical activity-related businesses and organizations that are 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 eight new Partners: Athens Health Club, Sykesville; Body Shapes for Women, Eldersburg; Carroll Community College, Westminster; Eldersburg Rogue Runners, Eldersburg;

Supporting Our Community Partners

The Community Media Center held its annual silent auction on Presidents Day with a super response that was doubled from last year!

"Seeing television as a tool to encourage participation in the life of your community that is used to educate, inform, entertain and document," the Media Center is certainly another valuable component in creating a healthier community.

The Partnership was a proud sponsor of the silent auction event.

Gymjam LLC, Eldersburg; Starz Gymnastics, Sykesville; Sykesville Tae Kwon Do Academy, Sykesville, and Triangle Fitness, Eldersburg.

We now have 32 health partners to help promote physical fitness and wellness throughout Carroll County. We applaud all of our Health Partners for providing needed physical activity services and facilities in Carroll County.

We encourage everyone to incorporate at least 30 minutes of activity, three times each week into your daily routines. Visit www.healthycarroll.org for a complete list of our Health Partners Registry.

Stop Smoking for Life

Thursdays 7:00 to 9:00 p.m.; May 3, 2007 – June 14, 2007 at Carroll Hospital Center. Call Health Access at 410-848-2244 to register.

Call JaDenna Jones at the Carroll County Health Department, 410-876-4429, for additional classes and times.

Workgroup Meetings

The *Prevention and Wellness Workgroup* meets on the third Tuesday of the month at 9:30 a.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.

A Chance To Parent

Friday, May 18, 2007

8:30 a.m. – 4:15 p.m.

Location: Maryland State Fairgrounds
2nd Floor, Vista Room (between Expo Hall & Race Track)
220 York Road, Timonium, MD 21093

The Mid-Atlantic Coalition for Supporting Parents with Cognitive Challenges and Their Families, hosts the 2nd Annual Mid-Atlantic Conference.

Registration cost of \$65 includes continental breakfast, full-day conference & entrance into the World of Possibilities Disability Expo. For more information or to register, contact Bernadette Irwin at 440-298-2645 or irwin@kennedykrieger.org.

Faith in Action: Neighbors Helping Neighbors

The Faith in Action Coalition is pleased to welcome its newest member, Westminster Church of the Brethren. Six new volunteers from the church have been trained to provide companionship and assistance to adults of any age who are home-bound due to chronic illness, infirmity, or disability. There are currently forty local Faith in Action volunteers in the community.

A Faith in Action Round Table informational networking session was held for the public on January 24 at Grace Evangelical Lutheran Church and included representatives from area churches and community organizations. Program staff and Faith in Action volunteers talked about the benefits and rewards of



the Faith in Action caregiving initiative. Five new faith and community organizations were represented in the audience of about twenty people.

Faith in Action Neighbors Helping Neighbors is administered by The Partnership for a Healthier Carroll County, Inc., with oversight by the Faith in Action Coalition. The Coalition is composed of Carroll County faith communities and local health/human services organizations. Initial funding for the program is provided by a grant from the Robert Wood Johnson Foundation.

For more information or to become involved, contact Becky Herman at 410-871-6372 or RHerman@CarrollHospitalCenter.org.

The Partnership for a Healthier Carroll County, Inc.
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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.

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