

The Progress Report

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

Winter 2004

Spotlight on a Partner

BERC Program Serves Youth

The Business & Employment Resource Center (BERC) Youth Program's mission is to help youth, 14 through 21, prepare for a productive and meaningful adulthood. The Workforce Investment Act of 1998 (WIA) reformed federal job training programs and created a comprehensive workforce investment system. The reforms moved youth programs away from one-time, brief interventions to a broad range of coordinated services.

In February 2002, BERC hired Max Bair as the Youth Program Coordinator. Mr. Bair began partnering with public, private and non-profit agencies to deliver an efficient system of services and opportunities for youth in education and life-long learning, community service, job readiness, and essential life skills.

With federal WIA funds, the Program targets economically disadvantaged youth needing assistance to complete their education, and/or secure and hold employment. The priority is working with those having the greatest needs; therefore, the county commissioners have provided money for students who may not meet the WIA's stringent requirements. Staff assist with exploring careers, job leads, labor market information, or just talking to a young person about his/her future and issues in their lives.

If a young person has dropped out of school, BERC can help them earn a high school diploma or GED. Through a partnership with

the Carroll County Public Schools, alternative educational opportunities are available. The Student Support Center tutors students needing intensive assistance. The Distance Learning Lab is an on-line educational program that allows completion of needed credits in a self-paced, individualized format. The Diversified Occupations program meets graduation requirements by combining classroom credit with a supervised work experience with a local employer.

Assessments are available to help identify occupational interests, aptitudes and skills, in addition to workshops on career planning and preparation. Occupational training opportunities are available such as computer skills training, on-the-job training, job shadowing, and internships. Youth may also find job leads from a wide variety of sources for full time, part time and summer jobs. To that end, BERC will host a summer jobs fair featuring local employers on May 4, 2004 from 4:00 to 7:00 pm.

During 2003, BERC assisted approximately 200 youth, all referred through the Carroll County Youth Service Bureau, Department of Juvenile Justice, Carroll County Public Schools, and word of mouth.

To learn more or refer a youth to the Program, located at 224 N. Center Street, Westminster, please call Max Bair at 410-386-2820.



About Progress

UMBC Center to perform Health Strengths and Needs Assessment

In the Fall 2003 issue of The Progress Report, we announced our coordinating role in an upcoming Community Health Strengths and Needs Assessment. I am pleased to announce that, following a competitive bid RFP process, a contract has been awarded to the Center for Health Program Development and Management at the University of Maryland, Baltimore County (UMBC).



Carroll County Youth Service Bureau, the Environmental Bureau of the Carroll County Health Department, and the Partnership for a Healthier Carroll County. Additional funding sources are being explored, and we'll have more to announce as time goes by.

Current, reliable, local data is critical to our health improvement efforts. Measuring progress in the indicators of our community's health is essential to achieving our goals. The Partnership continues to build on our status as a leader in healthy community strategies through this strengths and needs assessment.

Virginia Thomas, Director of Community and Intergovernmental Relations, and Annette Snyder, Director of Community and Public Health Initiatives, will begin the first of four phases in mid-February by contacting a sample of those identified as key local people interested in the areas of youth and family life.

To date, funding has been provided by the Carroll County Local Management Board, The Carroll County Literacy Council, Carroll County Public Library,

I encourage you to participate actively through an upcoming focus group or by completing a household survey (if one is randomly mailed to you). Your opinions are valuable, and your actions are essential if we are to become an ever-healthier Carroll County community.



Relay for Life of Carroll

Start time: May 14th, 6 p.m.

End time: May 15th, 9 a.m.

Location: Westminster High School.

Relay For Life is a fun-filled overnight event designed to celebrate survivorship and raise money for research and American Cancer Society programs. For information, contact Leah Mader, 410-871-0301.

Upcoming, local fundraising events for Relay for Life:

Basket Bingo

Date: Friday, March 5, 2004

Time: Doors open, 6 p.m.; Bingo, 7 p.m.

Cost: \$10 in advance, \$12 at the door

Location: Pleasant Valley Volunteer Fire Company

Bull Roast

Date: Friday March 26, 2004

Time: 7:30 – 11:30 p.m.

Cost: \$25

Location: Martin's Westminster

For event tickets and information, call 410-871-7250. All proceeds benefit the Relay for Life of Carroll.

Community Matters

Stiles joins Council; Smoking Legislation Proposed; Spelling Bee Supports Literacy Council

- ◆ Sister Nancy Stiles, Director of Catholic Charities Head Start, has joined the Executive Council of the Partnership for a Healthier Carroll County. Sister Nancy brings a wealth of skill and an unflinching commitment to children and youth. Welcome Sister Nancy!
- ◆ Hats off to everyone supporting a legislative effort in this year's General Assembly to reduce tobacco access by Carroll youth. Tobacco Product

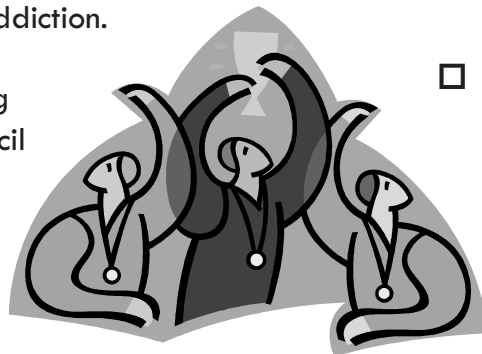


Placement laws eliminate self-service displays by requiring retailers to store or display tobacco products so customers do not have access to them without a store employee's assistance. These laws do not affect an adult's right to use or

purchase tobacco.

It is unlikely a person will initiate life-long smoking after age 18. About 90% of adult smokers started before age 18, so anything we can do to discourage our youth from smoking can significantly reduce life-long tobacco addiction.

- ◆ The 2004 major fundraising event for the Literacy Council of Carroll County will be a fun-filled "*Spelin Be*". For those of you not familiar with the event, it is a entertaining evening where teams of 3 adult



spellers (plus an alternate), sponsored by a business or community group, compete against each other in a true spelling contest. The primary objective, however, is to have as much fun as possible. Each team is encouraged to have a team uniform and bring along a rooting section. It's a great way to have some fun, build camaraderie, and, at the same time, raise community awareness of the Literacy Council's services.



Some points of interest about the event:

- Date & Time:** Thursday, April 22, 2004, starting at 6:00 p.m.
- Location:** Martin's Westminster
- Picnic-style dinner
- Master of Ceremonies:** Popular television personality, Ron Riley
- Pronouncer:** Carroll County Public Library director, Linda Mielke
- Judges:** We're keeping that a secret so they can't be unduly influenced!

For sponsorship and registration information, call Mike Memphis at 410-857-8555.



Volunteer Carroll Projects

East and New Windsor Middle Service-Learning Clubs Contribute

Volunteer Carroll has just completed 14 exciting weeks with the Service Learning Clubs through the Community Learning Center at East and New Windsor middle schools.



Students in the clubs participated in the Giraffe Heroes Project where they “stuck their necks out for the common good.”

10 students in the East Middle club completed the following projects:

- ◆ Baked cookies for the Women’s Shelter at Halloween
- ◆ Decorated and colored placemats for the Community Thanksgiving Dinner
- ◆ Collected over 215 coats for The Shepherd’s Staff “Call for Coats” (the original goal was to collect 50!)

- ◆ Made four teenager-sized fleece blankets for Project Linus

13 youth at the New Windsor Middle club completed the following projects:

- ◆ Made greeting cards that were donated to a nursing home
- ◆ Planned, created and published 60 activity books for displaced youth that were presented to Human Services Programs of Carroll County for distribution at the Family Shelters

These young leaders overcame several obstacles and challenges in completing their projects. In spite of setbacks, they kept focused on their goals and stayed the course to make a positive difference in the lives of others in the Carroll County community!

Ways to show kids you care:

- ◆ Wave and honk when you drive by them.
- ◆ Delight in their uniqueness.
- ◆ Ask them to help you.
- ◆ Be spontaneous



Courtesy of Search Institute’s
“150 Ways to Show Kids You Care”



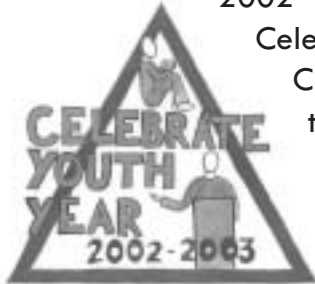


Alliance Project News!

Community Foundation Scholarship Continues The "Celebrate Youth Year" Spirit

The initial idea of a year of celebrating youth began in the thoughts of a Partnership Board member while on a long airline flight. That idea, articulated, became an ambitious objective of the Partnership for a Healthier Carroll County's Alliance project – **Celebrate Youth Year**.

In a strong show of support, the Carroll County Commissioners proclaimed June 2002 – June 2003 as Celebrate Youth Year in Carroll County. During that year, the



community rallied around the idea of recognizing the meaningful contributions and

talents of our youth. Exceptional support for youth was shown not only by the Commissioners, but also by a variety of organizations, clubs, parents, and partners throughout the county.

One of those organizations was The Community Foundation of Carroll County, Inc. The foundation embraced the idea early on, and offered to launch **Celebrate Youth Year** at their April 2002 Annual Report and Fundraiser. At that event, they also announced the creation of their **Celebrate Youth Scholarship**.

The scholarship, designed by local students, is now being offered for the second year. This is an outstanding example of the enduring changes that Celebrate Youth Year sparked.

The Partnership applauds the Community Foundation for its ongoing and inspiring efforts for the youth of Carroll County, and for their commitment to making the celebration of youth an even more visible part of their great work.



The Celebrate Youth Scholarship is offered to graduating high school seniors who are Carroll County residents, have a 3.25 or higher grade point average, and have shown outstanding citizenship traits. Students should be able to show active involvement in student service and extra-curricular activities during their high school career, and must have been accepted to a post-secondary educational institution.

Applications are due to the Community Foundation by April 1, 2004. The award amount will be transmitted directly to the desired college or university, and applied directly to student tuition and/or books.

For an application form, please contact Audrey Cimino, Community Foundation of Carroll County, at 410-876-5505.

Scholarship information and applications are also available on the Partnership's

Web site at www.healthycarroll.org.



Helping Youth Succeed

What Your Faith Community Can Do

Friday, February 20, 2004*

7:45 a.m. – 12:10 p.m.

Carroll Community College

What can we do to help our youth not just survive, but thrive?

Join us for a half-day workshop based on years of research that can have a life-long effect on youth in your congregation:

- ◇ **Keynote Speaker Mr. James Conway**, of the internationally renowned Search Institute, author of *Integrating Assets into Congregations: A Curriculum for Trainers*
- ◇ **Interactive Workshops** included in the half-day program
- ◇ **\$20.00** includes registration fee, **continental breakfast and resource materials** (.3 CEU credits available for additional \$5.00.)
- ◇ Designed for **faith leaders, religious educators, and all who work with youth in a faith setting**

For a conference brochure, please call the Partnership's Alliance project at 410-871-6373.

To register, call Carroll Community College at 410-386-8100. Registrations are requested by February 17, 2004.

*Snow date is Friday, February 27, 2004.

Presented by:



Planned by the Alliance Faith Community

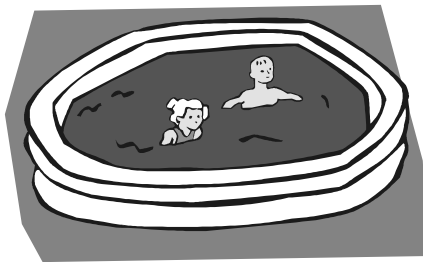
Thank you to our sponsors:

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County

New Resource for People with Fibromyalgia

Arthritis Foundation book discusses effectiveness of natural treatments

Nearly 4 million Americans suffer from fibromyalgia, a common condition associated with chronic muscular pain and fatigue. No one knows what causes fibromyalgia, and it cannot be diagnosed with laboratory tests. Results from X-rays, blood tests or muscle biopsies look normal; therefore, the diagnosis is based on a careful history and physical examination using criteria from the



American College of Rheumatology. In addition to chronic pain, many people with fibromyalgia experience sleeping problems and severe fatigue, nervous system symptoms, headaches, irritable bowel syndrome and more.

There are no medications specifically for fibromyalgia, but symptoms can be treated. A physician can create a comprehensive care program for people with fibromyalgia, which might involve:

- ◆ medication to diminish pain and improve sleep,
- ◆ exercise programs that stretch muscles and improve cardiovascular fitness,
- ◆ relaxation techniques to ease muscle tension

and anxiety, and

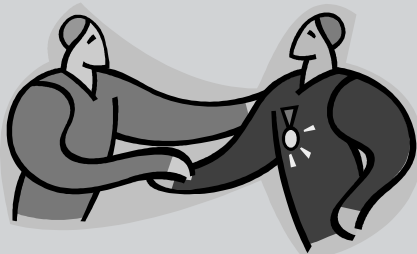
- ◆ educational programs to teach understanding of fibromyalgia, as well as pain coping skills.

Because relief can be difficult to find, many people are turning to natural treatments for help, but are often not sure what works or what is a waste of time and money. The Arthritis Foundation's new book, *Natural Treatments for Fibromyalgia: An A to Z Guide*, is for people with fibromyalgia or those interested in herbs and supplements and other natural treatments.

Concise and designed in an easy, encyclopedia format, the book offers the latest information on more than 60 therapies for fibromyalgia and chronic pain. Therapies covered include 5-HTP, Coenzyme Q10, boswellia, magnesium, acupuncture, chiropractic, Chinese medicine, kava kava, noni fruit, reiki massage, guaifenesin, NADH, phosphatidylserine, magnets, hypnotherapy, balneotherapy, and much more. Each entry discusses scientific evidence, safety concerns and possible side effects.

For information about ordering the new book, services of the Arthritis Foundation, or to receive a free pamphlet on fibromyalgia, contact the Arthritis Foundation at 800-365-3811, Ext. 239.

Nominations Sought for Neslen Award



The Partnership is accepting nominations for its annual **Dr. Janet W. Neslen Award**. This honor recognizes individuals and organizations for their outstanding efforts in improving access to health care and eliminating health disparities in our community.

Nomination forms and eligibility criteria are available at 410-871-7645. The award will be presented at our annual "We're On Our Way" community health forum, May 26 at the Wakefield Valley Golf and Conference Center in Westminster.

Save the date and plan to join us then!

Financial Assistance to Eligible Breast Cancer Patients

The Susan G. Komen Breast Cancer Foundation, the nation's leading private source for breast cancer research funds, and CancerCare, the nation's oldest and largest not-for-profit organization dedicated to help people face the challenges of a cancer diagnosis, have formed a unique partnership to help both organizations reach medically underserved and economically disadvantaged breast cancer patients across the country.



need for a nationwide program providing financial assistance to women diagnosed with breast cancer. Komen Maryland has granted \$10,000 to support the program, ensuring access to direct services by Maryland women. Financial assistance grants of up to \$250 will be made available to eligible patients for treatment expenses, including oral medications, in-home medical supplies, and lymphedema care.

For more information, or to determine if you qualify, contact Abby Karlsen at 410-938-8990.

The new collaboration, **Linking ARMS**, is in direct response to the

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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