

...To improve the health and well being of Herkimer County residents.

Herkimer County HealthNet, Inc, in existence since 1990, operates as a 501(c)(3) non-profit corporation under New York State Law. The mission of HCHN is "to improve the health and well being of Herkimer County residents." Our vision is "to facilitate timely identification and resolution of health and human service needs in Herkimer County."

HCHN serves as a Rural Health Network as defined by the New York State Department of Health (NYSDOH) and its Rural Health Council, and to fulfill the roles and responsibilities of such networks as may be required by regulations and guidelines.

Supported by grant funding from the New York State Department of Health and Charitable Foundations, HCHN works collaboratively with government, health and human service organizations, or other non-profits to complete needs assessments and identify priorities requiring the collective attention of HCHN and its partners.

[www.herkimerhealthnet.com](http://www.herkimerhealthnet.com)



HERKIMER COUNTY  
HEALTHNET, INC.

320 N. Main Street—Suite 3300  
Herkimer, NY 13350

Phone: 315-867-1552  
Fax: 315-867-1576  
E-mail: [pjspinner@herkimercounty.org](mailto:pjspinner@herkimercounty.org)

## HCHN Awards Grants to County Schools

Herkimer County HealthNet distributed grant funds to support initiatives that increase physical activity and good nutrition in Herkimer County Elementary Schools.

This is the third year HCHN has awarded grants to schools. Schools receiving HCHN's grants were; Dolgeville Central School, Herkimer Central School, Barringer & Remington Elementary Schools in Ilion, Harry M. Fisher Elementary

School in Mohawk, Mount Markham Elementary School, Oppenheim-Ephratah Central School and Richfield Springs Central School.

The schools submitted a variety of creative proposals, including: enhancing the school's climbing wall, offering Dance, Dance Revolution as part of the school's PE classes, enhancing the school's playground, funding team-building and sponsoring a running program.



# Herkimer County HealthNet

Volume II, Issue III

Summer/Fall 2008

## Herkimer County HealthNet Sponsors Turn-Off Week Activities Across the County



Adam Hutchinson from HCHN presented Tyler Plumb with a \$25 gift card from Wal-Mart and Shelby Peplinski with a \$50 Gift Certificate from Dick's Wheel Shop in Herkimer.



Richfield Springs Students; Riana Partridge and Katie Cotton won a nerf ball and bat and a \$100 Gift Certificate to Dick's Wheel Shop in Herkimer.

National Turnoff Week was held nationwide April 21st–27th to encourage families to be active together as they pursue other entertainment options besides television, video games, and computers. Children in the US watch more than four hours of television each day. In the course of a year, they spend more time in front of a screen than in school (900 hours). "The purpose of Turnoff Week is to take an extended break from screens which consume so much of our free time. Four hours or more of screen-time a day is simply unhealthy for our children, families and communities.

Turnoff Week is coordinated by Center for Screen-Time Awareness ([www.screentime.org](http://www.screentime.org)), a nonprofit organization that empowers people to take control of the electronic media in their lives, reduce overall screen-time, promote healthier lives and more vibrant communities. It enjoys the support of dozens of major organizations, including the American Academy of Pediatrics, National Education Association, and Reading is Fundamental.

In Herkimer County, BOCES, Owen D. Young Central School and Richfield Springs Central School District sponsored Turn Off Week events. Wal-Mart and K-Mart supported Turn Off Week with donations of merchandise and gift cards. Bailey's Karate Studio, Route 80 Bowling, State Bowling Center, and YMCA (Mohawk & Little Falls) provided reduced cost or free activities

as alternatives to screen time.

Books, pedometers, jump ropes and footballs to support each school were donated by HCHN with funds provided by the New York State Department of Health's "Eat Well Play Hard" grant. Students signed pledges to have a "screen free week" and took part in activities at their school, including dances and after school activities. Students, who kept their week-long pledge, were entered in a drawing for prizes. The winners were, Shelby Peplinski and Tyler Plumb from Owen D. Young and Katie Cotton and Riana Partridge from Richfield Springs.



Richfield Springs Central School District hosted a variety of activities that encouraged decreasing screen-time during Turn-Off Week.

**HCHN Executive Committee**

**Officers**

Margaret Roberts, Planned Parenthood Mohawk Hudson, President

Kathy Eisenhut, Valley Health Services Vice-President

Mary Scanlon, Herkimer County OFA Treasurer

Judy Sweet, At-Home Care, Inc

**Save The Date Herkimer County Family Fun Day**

When: Friday, August 22nd, 2008 from 10:00AM - 1:00PM

Where: Myers Park on North Bellinger Street in Herkimer

What is it: Family Fun Day is devoted to encouraging people to eat healthy and take part in regular physical activity. There will be different attractions and activities going on including the Utica Zoomobile and a live radio broadcast by Big Frog. There will be giveaways and door-prizes throughout the day.

**Board Member Spotlight: Mary Scanlon**



Mary Scanlon, Director of the Herkimer County Office for the Aging, has served on HCHN's Board of Directors since its inception. She joined the Executive Committee as HCHN's Treasurer in 2008. Mary also finds time to chair HCHN's Long Term Care Committee, and serve

on HCHN's Program/Health Assessment and Finance/Audit Committees

**What is your educational background?**

An Associates from HCCC and Bachelors of Science in Social Work from Utica College of Syracuse University

**What is your favorite past time or hobby?**

I most enjoy being home with my husband Dan, and simple pleasures such as reading, cooking, sewing, and gardening.

**What do you feel is the biggest challenge for Rural Healthcare in NYS?**

I feel the biggest challenge is paying for it.

**What excites you about HCHN current initiatives?**

Different agencies working together to help solve locally identified problems.

**What is the best thing about being on HCHN's Board of Directors?**

Getting to know the other service providers in the area and learning more about some of the issues they face.

**Herkimer County Public Health & HCHN Partner on Dental Education Program**

Herkimer County HealthNet and Herkimer County Public Health co-sponsor a Dental Health Education program throughout Herkimer County. Public Health staff visit all pre-k, kindergarten, fourth grade, and head start classrooms in Herkimer County to provide onsite presentations.

The program, recently expanded, is also offered at Prenatal Care Assistance Programs (PCAP), Children's Immunization Clinics and WIC sites.

Students are taught the importance of regular

brushing, how to properly both use a toothbrush and dental floss. Lessons are reinforced by playing a game with the students highlighting healthy dental foods and reading Berenstain Bears Visit the Dentist to the students. Each student is given an age-appropriate toothbrush, floss, fluoride, toothpaste, and a copy of the book; Berenstain Bears Visit the Dentist. The younger students are also shown a video that stresses the importance of good dental health.

Expansion of the Dental Education Program was made

possible by donations from Wal-Mart, the Samuel Harris Fund of the American Dental Association, Rite-Aid Foundation, and local Dental Association.



With some help from Chompers, Margaret Sinclair, of Herkimer County Public Health, demonstrates proper brushing techniques to kindergarteners at Reese Road Elementary School in Frankfort.

**Eat Well Play Hard Sponsors Campaign to Promote Low-Fat Milk**

NYS Department of Health's "1% Milk or Less" campaign is a state-wide promotion funded under the Eat Well Play Hard grant. The campaign promotes 1% or Fat Free Milk consumption for anyone over the age of 2, in order to get the same nutritional benefits with little or no fat.

The "1% Milk Or Less" campaign focuses on milk because of its important contributions to both health and disease. Milk is an important source of vitamin D and calcium, needed for strong bones. However, whole and 2% milk also are among the biggest contributors of saturated fat to Americans' diets.

Rather than encouraging people to overhaul their entire diet or lifestyle all at once, the "1% Milk or Less" campaign has one targeted, simple, and important message: switch from whole or 2% milk to 1% or fat-free (skim) milk. In blind taste tests, 9 out of 10 people like the taste of 1% or fat-free milk and can't tell the difference. So why not reach to the other side of the dairy case and choose 1% Or Less?

HCHN spread the message of 1% or Less by publishing articles in both the Mohawk Valley Perinatal Network and Mid-York Childcare Coordinating Council's newsletters. Static Clings for refrigerated cases in Stewart's Shops and Byrne Dairy stores encouraged people to drink 1% or Less Milk. During August look for our billboards on Route 5 and 5S promoting Low Fat Milk.

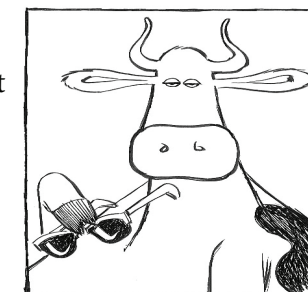
**Herkimer County HealthNet Assists Village with Infrastructure Assessment**

As a part of New York State's Eat Well Play Hard initiative, Herkimer County HealthNet is contacting municipalities in Herkimer County to advise them of upcoming opportunities to develop more active communities and enhance the quality of life for their residents.

Recent polls and media stories show a demand for communities where people of all ages and abilities can safely and comfortably walk and bike. Creating such communities offers many benefits including: opportunities for people to be healthy and active, reduced pedestrian injuries, and economically viable

downtowns where people can walk and shop.

HCHN can provide local officials with information on assessment tools and funding options to assess and improve the municipality's infrastructure. Also available from HCHN is an RFP for infrastructure improvements. The Village of Dolgeville with HCHN's support has initiated a playground assessment. If you are interested in assessing your municipality's infrastructure, please feel free to contact HCHN @ 315-867-1552 or [pjspinner@herkimercounty.org](mailto:pjspinner@herkimercounty.org).



MOOve to 1% or Fat Free Milk  
It's "Udderly" Delicious!

**Benefits of Low-Fat Milk**

- Low-Fat milk has fewer calories than 2% or Whole Milk. Eight ounces of Skim Milk contains 80 Calories. While eight ounces of Whole Milk contains 150 calories.
- Researchers have found that people who reported consuming more low fat milk and milk products had healthier kidney function.
- Researchers have found that drinking just one glass of low fat or fat free milk can provide some protection against Heart Disease.

**Assessment Tools Available from HCHN**

- Bikeability Checklist
- Walkability Checklist
- Evaluating Play Equipment
- Pedestrian Facilities Inventory
- Playground Hazard & Maintenance Assessment
- Public Playground Safety Handbook