

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

HCHN, in existence since 1990, has continuously expanded and has served as an effective forum for Herkimer County providers to identify, discuss, and resolve health and social service issues and concerns.

As a direct result of grants by the New York State Department of Health—Office of Rural Health, HCHN significantly increased levels of coordination and collaboration among health and social service providers. The grants have enabled HCHN to complete needs assessments and identify priorities requiring the collective attention of HCHN and its participating partners.

These collaborative efforts yielded sufficient evidence of the value of HCHN allowing it to seek implementation funding to move from an informal organizational structure to a 501(c)(3) non-profit corporation under New York State Law.

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



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## HCHN Produces New Brochures to Support Increased Physical Activity

One of HCHN's major initiatives is the promotion of good nutrition and increased physical activity. In support of this initiative, HCHN has designed two new brochures: *A Guide to Physical Activity in Herkimer County* and the *Herkimer County Trails Guide*.

The *Physical Activity Guide* lists various exercise opportunities in Herkimer County. These include fitness centers,

swimming pools, tennis courts and biking opportunities. As well as offering many safety and health tips.

The *Trails Guide* outlines several trails throughout Herkimer County. The trails were hiked and catalogued by Boy Scout Patrick Decker as his Eagle Scout Project. Each entry describes the trail, gives the trail's length, its condition and rates its difficulty. The

entries also include directions to each trailhead. The trails range from nature trails located on school properties to public use trails throughout the county.

HCHN plans to distribute the brochures through its Speakers Bureau, and is investigating others ways to provide them to the Community. Also, the brochures can be downloaded via HCHN's website.



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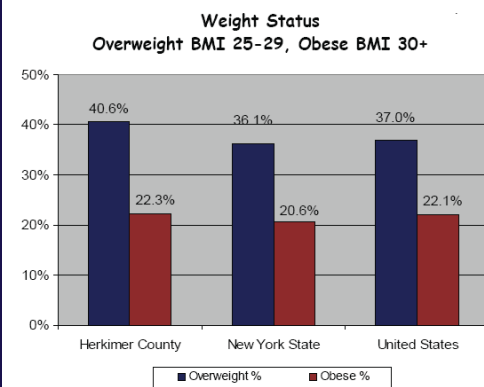
## 2006 Herkimer County Risk Assessment Profile Completed and Distributed

The Risk Assessment Profile is a data-based assessment of community strengths and challenges that affect the health and well being of Herkimer County residents. The Risk Assessment Profile is compiled primarily by Herkimer County HealthNet and Herkimer County Integrated County Planning, and is overseen by a Steering Committee made up of local governmental agencies, nonprofits and community groups. The Profile is designed to assist with assessing the scale and scope of community needs, and be used as a tool to plan for services that impact the health and well-being of Herkimer County residents.



Photo by Bart Carrig

In 1998, Herkimer County developed a collaborative, integrated planning process to address the needs of children, youth, families and vulnerable adults. The 2006 Profile has been expanded to include every Herkimer County Resident from newborns to seniors. This planning process combines the planning requirements of the Department of Social Services and the Youth Bureau, and includes other county departments, service providers and community-wide collaborations that address needs.



Source: NYSDOH

The rate of Herkimer County's Overweight and Obese Residents is above the State and National Rates. This was identified as a priority in the 2006 Herkimer County Risk Assessment Profile.

Through this integrated planning process, Herkimer County has identified issues that affect the health and well-being of youth and families, improved coordination of human service delivery, reduced fragmentation and duplication of effort, and made more efficient and effective use of federal, state, and local tax dollars and resources.

The Profile assesses Herkimer County's strengths and challenges based on six sections, or life areas. The six sections are; Community, Citizenship, Physical and Emotional Health, Family, Economic Security, and Education. Priorities were identified in each life area.

The priorities identified in the area of Physical & Emotional Health range from residents' perceptions of local healthcare services to oral health care issues. Of particular importance to HCHN: the Obesity Rate in Herkimer County is above both the National and State rates. This has an impact on the overall health of the county and cost to society in general. The rate of obesity in children and both its immediate and long-term effects were mentioned as specific areas of concern.

The Profile was distributed to local health and human service agencies, Herkimer County government and municipality representatives, state representatives, Herkimer County Libraries and Herkimer County educators. The Profile is also available to download or reproduce on HCHN's website: [www.herkimerhealthnet.com/data.html](http://www.herkimerhealthnet.com/data.html).

**HCHN Executive Committee**

**Officers**  
Margaret Roberts, Planned Parenthood Mohawk Hudson, President

Kathy Eisenhut, Valley Health Services Vice-President

Sue Campagna, Consumer Treasurer

Joan Murphy, Consumer Secretary

**At-Large Members**  
Leo Griffin, Mohawk Valley Network

Jonathan Lawrence, Little Falls Hospital

Dr. Gregory O'Keefe, Herkimer County Public Health

Kari Puleo, Smoke Free Mohawk Valley

Susan Streeter, HARC

Judy Sweet, At Home Care

James Wallace, Herkimer County

For HCHN Full Board Listing Please Visit: [www.herkimerhealthnet.com/aboard.html](http://www.herkimerhealthnet.com/aboard.html)

**Board Member Spotlight: Margaret Roberts**



Margaret Roberts, CEO & Co-President of Planned Parenthood Mohawk Hudson, Inc.

Hudson, Inc. has been a mainstay on HCHN's Board of Directors. Serving for "at least 15 years, probably more" according to Margaret. In 2005 she became HCHN's Vice-President and in 2007 began a three year term as President of the Board of Directors.

**Educational Background:**

Bachelor of Music from the Eastman School of Music  
Master of Science in Management Science from SUNY Binghamton

**Favorite Past Time or Hobby:**

Family time, sports, and classical music (I have never been able to settle on just one thing.)

**The Most Exciting Aspect of Current HCHN Initiatives:**

The work of HCHN helps improve access to information and services that can make a difference in people's lives. I find that very exciting.

**The Biggest Challenge for Rural Healthcare in New York State:**

Many people still face access obstacles due to lack of transportation; lack of insurance; shortages of

medical, dental and other professionals to serve low income people; patient inability to pay for needed drugs; etc. etc. Serving needy populations is very expensive per person when populations are small and geography is large.

**The Best Thing About Serving on HCHN's Board of Directors:**

I love being part of an organization whose mission is to improve the health and well-being of Herkimer County residents. The Board of Directors can help bring about positive change. It's also fun to work with great people.

**Risk Assessment Profile Presented to Local Officials**

Phyllis Spinner, Executive Director of Herkimer County HealthNet and Darlene Haman, Herkimer County Strategic Planning Coordinator, presented the 2006 Herkimer County Risk Assessment Profile to a group of local officials including; Town Supervisors, Village Mayors and County Legislators.

The Profile was produced by HCHN, Inc and Herkimer County Integrated County Planning in collaboration with the Comprehensive Assessment Task Force, the Profile will be used by government and non-profit agencies and the community to identify needs, address gaps in services and establish priorities. The Presentation highlighted population trends, employment and wages, and quality of life data:

- The number of Herkimer County residents aged 65 and older, has increased by 60% since 1950.
- 28% of those aged 15-19 in 1980 and 26% of those aged 10-14 in 1990 have left the area
- Manufacturing job losses from 2004-2005 were less than 100, or 2.9% with wages increasing during that period
- One in five County residents reported that the change of seasons and the friendly community were the best things about this area.



Darlene Haman, Herkimer County Strategic Planning Coordinator, outlines information from the 2006 Herkimer County Risk Assessment Profile to a group of local officials.

Parties interested in having a presentation on the Profile can visit HealthNet's website or call 315-867-1552.

**HCHN Awards Remainder of Grants to Herkimer County Elementary Schools**

Herkimer County HealthNet distributed the second half of grant funds to fund initiatives to increase physical activity and good nutrition in Herkimer County Elementary Schools. Each school was awarded \$2,000 made available from the Mohawk Valley Healthcare Foundation administered by The Community Foundation of Herkimer and Oneida Counties.

This is the second year HCHN has awarded its Physical Activity & Nutrition grants to

Herkimer County Schools. The following schools had activities funded by HCHN's grants; Dolgeville Central School, Herkimer Central School, Barringer & Remington Elementary Schools in Ilion, Oppenheim-Ephratah Central School, Richfield Springs Central School, Town of Webb Union Free School District and West Canada Valley School District.

The schools submitted a variety of creative projects and activities. These included:

purchasing a bouldering wall, starting a community/school garden, funding recess challenges, health fairs, distribution of physical activity & nutrition information to parents, multi-media assemblies, funding a Tai Chi program, walking clubs and incorporating nutrition education throughout the elementary school's curriculum.



Remington Elementary School students: Josh Olmstead, Danny Hughes, Brooke Bruner & Shelby Dillenbeck make their way across the school's bouldering wall.



West Canada Valley students take part in their Tai Chi Class conducted by instructors from Tai Chi-Hupkwondo International.

**Logical WebWorks Redesigns HCHN Website**

HCHN commissioned Logical WebWorks to redesign its website. Logical WebWorks is a web development and marketing solutions company, with offices in Orlando, Mumbai and London. The company specializes in assisting small to large organizations create a communication presence on the Internet. Logical WebWorks has been hosting HCHN's website since 2004.

The new design incorporates many new features. The 2003 &

2006 Risk Assessment Profile are available for review and download. Information for Parents is available, including information on pediatricians, parenting advice and developmental milestones. The Herkimer County Human Services Directory is also being updated.

A new feature that was added is a donation section. Donations by Visa, MasterCard, American Express or Discover are accepted.

Donations may be made in honor or in memory of people, or directed to specific HCHN initiatives.

HCHN's website is located at: [www.herkimerhealthnet.com](http://www.herkimerhealthnet.com) and maintained by Logical WebWorks. HCHN staff is continuously forwarding updates to be added to the website. Please forward any content suggestions to [pjspinner@herkimercounty.org](mailto:pjspinner@herkimercounty.org) or [ahutchinson@herkimercounty.org](mailto:ahutchinson@herkimercounty.org).

**Programs Funded through HCHN Grants:**

- Dolgeville: Recess Challenges
- Herkimer: Sneaks and Treats Program for Grades K-6
- Ilion: Rock Walls for both Elementary School Gyms
- Oppenheim-Ephratah: Nutrition Education for Grades K-6
- Richfield Springs: Getting Kids Fit Body & Mind Program
- Town of Webb: School & Community Garden
- West Canada Valley: Tai Chi & Yoga Program for Grades 4-6