HERKIMER COUNTY
HEALTHNET, INC.

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...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

Upcoming Events

- **2/23/08 & 3/08/08**: Cross Country Skiing Workshop
- **March 2008:** Get Smart! Fruits & Veggies - More Matters
- **TV Turn-Off Week**: 4/21/08-4/27/08
- **Family Fun Day**: August 2008 (date to be announced)

Herkimer County HealthNet

Volume II, Issue II Winter/Spring 2008

HCHN Receives Grants to Help Support Dental Health Education

Herkimer County HealthNet has received over $10,000 in three separate grants to enhance its Dental Education Program. The three grants are from: the American Dental Association Harris Fund, the Rite Aid Foundation and Excellus Blue Cross/Blue Shield Community Health Award.

ADA | FOUNDATION
Dental Education | Access to Care | Research | Charitable Assistance

The grants from the ADA Harris Fund and Rite Aid Foundations will purchase supplies for the pre-k, kindergarten, 4th grade, and Head Start classrooms in Herkimer County. The Dental Education Program is also offered at the Prenatal Care Assistance Program (PCAP), Children's Immunization Clinics and WIC sites in Herkimer County. During the Program, students are taught the importance of regular brushing and how to properly use a tooth-brush and floss.

Excellus

THE RITE AID FOUNDATION

The Excellus Community Health Award funds will purchase The Berenstain Bears Visit the Dentist . The book will be distributed to each child participating in the program.

HCHN's Dental Education Program reaches over 1,700 children per year by visiting all program; toothbrushes, electric toothbrushes, toothpaste, floss and activity books.

Herkimer County Public Health & HCHN Partner on Diabetes Grant

COMMUNITY DIABETES REGIONAL OUTREACH PARTNERSHIP
cdrop

Herkimer County HealthNet and Herkimer County Public Health represent Herkimer County on the Community Diabetes Regional Outreach Partnership (CDROP), a collaboration of 6 counties: Herkimer, Jefferson, Lewis, Oneida, Oswego and St. Lawrence. The partnership is part of a larger New York State Department of Health initiative that is committed to raising awareness of diabetes and the many ways individuals can decrease their risk of developing diabetes, and is dedicated to providing education and support to people with diabetes in our communities.

In Herkimer County, HCHN and Public Health are providing free flu immunizations for uninsured Herkimer County Residents with diabetes. A Walking Club for individuals at risk or currently diagnosed with diabetes is being organized. The Walking Club will begin in the spring of 2008.

The Community Diabetes Regional Outreach Partnership website can be found at www.chrop.org or through www.herkimerhealthnet.com/projects.html.

The website contains information on Diabetes. As well as resources for both individuals and professionals.

A brochure outlining CDROP is available on HCHN's website: http://www.herkimerhealthnet.com/pdf/CommunityDiabetes.pdf.

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 Secretary

For HCHN Full Board Listing Please Visit: www.herkimerhealthnet.com/aboard.html

HCHN Speakers Bureau

Herkimer County Health-Net has formed a Speakers Bureau by enlisting local experts to speak on a wide variety of topics regarding health and human services. Some of the topics available:

- Assertiveness Training
- Child Development
- Medication Management
- Nutrition
- Parenting

For more information on the Speakers Bureau, please visit: www.herkimerhealthnet.com/projects.

Board Member Spotlight: Kathleen Eisenhut

Kathleen Eisenhut, Assistant Administrator for Valley Health Services, has served on Herkimer County HealthNet's Board of Directors for the last six years and has been on HCHN's Executive Committee since 2005. Kathleen was elected Vice-President in January 2007. She also finds time to participate on HCHN's Long Term Care, Health Assessment/Program and Public Relations/ Marketing Committees.

What is your educational background?
Bachelor of Science degree in Nursing from the University of Tennessee, Knoxville.

What is your favorite past time or hobby?
Reading, Golf and Travel.

What do you feel is the biggest challenge for Rural Healthcare in NYS?
Integrating the technological healthcare advancements into rural communities.

What excites you about HCHN current initiatives?
The current initiatives are of top priority to the health and well-being of those being served by the HCHN as identified in HCHN's Strategic Planning Process.

What is the best thing about being on HCHN's Board of Directors?
The spectrum and diversity of the agencies the organization represents.

HCHN Winter Physical Activity Workshops

HCHN and Dick's Wheel Shop Inc. in Herkimer have teamed to sponsor a series of Winter Activity Workshops. The first workshop on snowshoeing was held February 9th.

Participants learned how to dress appropriately for weather conditions and practiced snowshoeing skills. Snowshoeing is fun and easy to do with friends and family, is similar to walking, and has a very short learning curve. Participants spent about an hour snowshoeing in the woods behind Herkimer County Community College.

HCHN provided healthy snacks after the workshop and participants took part in a 1% Or Less Milk Tasting. By switching from whole or 2% to 1% or less milk, individuals can lower their total and saturated fat consumption.

Participants in HCHN's winter Workshop from left to right: Cosimo Tangorra, Wendy Kovac, Patricia Palmisano, Concetta Carcone, Carolyn Belmonte (Health Educator), Steven Napilatono, Kaleigh Engert, Sarah Hysack, and Kayla Johnson.

Winter Workshop Schedule

- February 23: Cross Country Skiing
- March 8: Cross Country Skiing

Trail Assessment Part of Eat Well Play Hard Strategy

The Eat Well Play Hard (EWPH) initiative, sponsored by funds from the New York State Department of Health, seeks to help prevent childhood obesity and reduce long-term risks for chronic disease through promotion of targeted dietary practices and increased physical activity beginning at age two.

With funds from EWPH, HCHN published two brochures to promote existing opportunities for Herkimer County residents to be more physically active in their communities; *"Guide to Physical Activity in Herkimer County"*, and *"Herkimer County Trails."*.

The next step is to create new opportunities for physical activity throughout the county by creating new trails or upgrading existing trails. Jill Barra, trained in Universal Trail Assessment, spent a day last fall training a group of volunteers on trail assessment. The volunteers; Phyllis Spinner, Jeff Whittemore, Bub Barra, Matthew VanSlyke and Ken Skibinski, assessed a section of trail in Little Falls from Fink's Basin to the Little Falls Marina utilizing tools funded by the Eat Well Play Hard Grant.

Volunteer Bub Barra, measures the length and slope of a section of trail in Little Falls.

Healthy Start Partnership Promotes Healthy Weights Among Mothers & Children

Cornell University, HCHN, Mohawk Valley Perinatal Network, Herkimer County Public Health, Community Maternity Services, WIC, Mid-York Child Care Coordinating Council and Cornell Cooperative Extension have joined together to promote healthy weights for infants and women of childbearing age by forming the Healthy Start Partnership. The Partnership's first goal is to increase acceptance of breastfeeding among women and the community. Mothers and their children both receive benefits from breastfeeding including; lowering the baby's risk of developing obesity and asthma, helping mothers lose weight and keep it off, and reducing the mother's risk of developing breast cancer.

The Partnership has initiated an educational campaign to educate the community-at-large on the benefits of breastfeeding. The campaign includes radio and television PSAs , and billboards located on major highways in Herkimer County.

Other Healthy Start Partnership initiatives:

- Increasing the Availability of Produce at Local Convenience Stores,
- Initiating "container gardens" at Daycare Centers.

The Partnership will continue to work collaboratively to identify new initiatives to promote healthy weights for Herkimer County women and children.

Benefits of Breastfeeding

For Mothers

- Breastfeeding contributes to feelings of attachment between a mother and her child.
- Women who have breastfed are less likely to develop ovarian and pre-menopausal breast cancers.
- Breastfeeding reduces osteoporosis.
- Mothers who breastfeed are more likely to return to their pre-pregnancy weight than mothers who formula feed.

For Babies

- Breastfeed babies score higher on cognitive and IQ tests at school age.
- There is a lower incidence of sudden infant death syndrome (SIDS) among breastfed babies.
- Breastfed babies may have a lower risk of obesity in childhood and in adolescence.
- They are likely to have fewer cavities and are less likely to require braces.

For Breastfeeding Resources Please Visit: www.herkimerhealthnet.com/downloads.html