

...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.

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HCHN Awards Grants to County Schools

During 2008, Herkimer County HealthNet distributed grant funds to support initiatives that increase physical activity and good nutrition in Herkimer County Elementary Schools. This is the fourth year Herkimer County HealthNet has awarded grants to schools.

This year Herkimer County HealthNet focused on funding sustainable programs that address physical activity and wellness in the schools. The

schools receiving Herkimer County HealthNet's grants were; Little Falls High School, Oppenheim-Ephratah Central School District and Owen D. Young Central School District. The schools submitted a variety of creative proposals, including: buying snowshoes and offering them as an alternative winter activity, integrating winter outdoor activities into the school's recess curriculum, sponsoring running clubs and expanding on Dance, Dance Revolution equipment already in the school.



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Herkimer County HealthNet & Public Health Kick-Off Community Health Assessment Initiative



Thomas Dennison of Syracuse University's Maxwell School facilitates a group discussion of the most pressing health status & systems issues facing Herkimer County.

On Friday, November 7th Herkimer County HealthNet and Herkimer County Public Health kicked off the Herkimer County Community Health Assessment Initiative (CHAI). The initiative, sponsored through a grant from the Community Health Foundation of Western & Central New York, will develop a comprehensive community health assessment, which includes an analysis of reliance by Herkimer County residents on out-of county health services. The CHAI will develop a sustainable community health assessment strategy in accordance with the NY State Prevention Agenda. The goal of the CHAI is for two to three priorities areas to be identified that the community can address collaboratively. For more information on the Prevention Agenda visit:

www.health.state.ny.us/prevention/prevention_agenda.

The half day Kick-Off Event, held at the Crystal Chandelier hosted, 55 people from agencies across Herkimer, Oneida and Otsego counties and was facilitated by Thomas Dennison PhD, of the Maxwell School at Syracuse University. After breakfast, participants received an overview of the New York State Department of Health's new Prevention Agenda and learned how Public Health, local hospitals and community based organizations will work together to develop a new Community Health Assessment process. Small group discussions produced a vision statement defining what constitutes a "Healthy Herkimer County." Utilizing the ten priority areas outlined in the New York State Prevention Agenda, participants identified the most pressing health status and health systems issues in Herkimer County. The group chose five areas; Physical Activity/Nutrition, Access to Quality Healthcare, Mental Health/Substance Abuse, Chronic Disease, and Healthy Mothers/Healthy Babies/Healthy Children.

In February and March data on each identified area will be gathered. Focus groups will be held to validate the initial findings from the Kick-Off Event and add additional insights that the group may have about what they see as health issues in Herkimer County.

The next Community Event will be held March 13th, 2009 at the DSS Training Center, Herkimer County Office Building from 8:30AM – 12:15PM.

Anyone interested in attending, please RSVP to Herkimer County HealthNet at (315)867-1552 or ahutchinson@herkimercounty.org.



Phyllis Spinner, Executive Director of Herkimer County HealthNet, Inc. introduces Assemblyman Marc Butler.

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

Save The Date

Herkimer County Community Health Assessment Community Meeting

When: Friday, March 13, 2009 from 8:30AM- 12:15PM

Where: DSS Training Center in the Herkimer County Office Annex Complex on North Washington Street in Herkimer

What is it: The Event will focus on comparing the issues identified at the Kick-Off event with the data that has been collected to date.

HealthNet Grant Helps Expand Playground

Data from a variety of disciplines, including public health, urban design, and transportation planning suggest that the physical characteristics of communities such as proximity of facilities, street design, density of housing, availability of public transit and of pedestrian and bicycle facilities play a significant role in promoting or discouraging physical activity. Herkimer County HealthNet, Inc. is promoting physical activity through accessible recreation facilities.

The town of Herkimer was awarded \$3,223.28 to improve and update the town's community playground located at Herkimer Elementary School. Funding support was provided by HCHN's New York State Department of Health's Eat

Well Play Hard grant. The town used the funds to purchase a quarterdeck, slide and new see-saw.



The playground at Herkimer Elementary School in Fall 2008. By the Spring of 2009 improvements from several grants will result in an expanded and updated playground.

Herkimer County HealthNet "Adopts" a Driver

Herkimer County HealthNet and Enea Family Funeral Homes became the first two Gold Sponsors of Catholic Charities of Herkimer County's Retired Individuals Driving the Elderly (RIDE) Program. Catholic Charities launched its Adopt-A-Driver Campaign to supplement the costs associated with delivering the RIDE Program.

The mission of the RIDE Program is to provide free transportation and escort services for Herkimer County's frail elderly to health related appointments in Herkimer, Oneida and Otsego Counties. The Program logged over 45,000 miles last year.

No fee is required to utilize the program and it has historically relied heavily on donations from its clients. Funds generated from the Adopt-A-Driver Campaign will provide mileage reimbursements for the program's volunteer drivers.



Phyllis Spinner, Executive Director of HCHN, presents Michelle Cool, Director of RSVP, with a check to become a Gold Sponsor of Catholic Charities' RIDE Program.

The Adopt-A-Driver Campaign has four levels of sponsorship; Bronze, Silver, Gold & Platinum. Bronze and Silver Sponsors receive a RIDE Magnetic Bumper Sticker. Gold & Platinum Sponsors have their name and logo imprinted on a magnetic advertisement that is placed on a volunteer's car while transporting the elderly.

Healthy Start Partnership Sponsors Eat 3 Campaign



The Healthy Start Partnership ran its Eat 3 Campaign from September 28th through October 26th in the eight counties that are part of the Partnership. The campaign promoted families eating well, eating locally and eating together.

A family meal was promoted each week and the ingredients were featured at local participating stores. The Big M stores in

Dolgeville & Little Falls, Great American in West Winfield & Melrose Market in Frankfort all participated. Melrose Market featured the Eat 3 display in its weekly newspaper ads during the campaign.

A website set up to enhance the Eat 3 Campaign featured each week's meal, as well as tips, games and an opportunity to enter a prize drawing.

The local Healthy Start Partnership hopes to continue the Eat 3 Campaign by working the Eat 3 philosophy into existing and new programs.

Move 4 Life Program Run in Herkimer County Worksites



Herkimer County HealthNet and Herkimer County Public Health organized the New York State Department of Health's "Move 4 Life" Program during the last quarter of 2008 at worksites throughout Herkimer County. Fourteen employers and over 250 individuals participated in the program.

"Move 4 Life" is designed to help increase physical activity; which research has shown can improve employee relations and morale, reduce absenteeism, enhance recruitment and retention of healthy employees and reduce health care costs.

HCHN will be running Move 4 Life multiple times in 2009, and local worksites are invited to participate as many times as they would like. To help customize the program to a worksite's needs, it can be run during any 8 weeks in a given calendar quarter.

If your worksite is interested in participating in Move 4 Life, please contact Herkimer County HealthNet at 315-867-1552 or via email; ahutchinson@herkimercounty.org to schedule your participation.

Benefits of Eating Well, Locally & Together

- Locally grown food, purchased soon after harvest, retains more nutrients.
- Home-prepared family meals can save money since you get more for your money when you buy in larger quantities & prepare them yourself.
- Children who eat with family members are more likely to be a healthy body weight.
- Statistically family members who eat home-prepared family meals eat better.

How to Sign-Up for Move 4 Life

Designate a Team Captain for your workplace and then contact HCHN at 315-867-1552 or ahutchinson@herkimercounty.org and indicate which eight weeks during the quarter you'd like your program to run.

HCHN will provide you with any needed materials and incentives.