

...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.

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Herkimer County HealthNet

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HealthNet grants awarded to promote nutrition, fitness

Herkimer County HealthNet, awarded \$1,000 grants to five school districts in Herkimer County. The grants will be used to promote good nutrition and physical activity.

Ilion Central School District is using the grant to encourage aerobic activity exercise. The district is purchasing three Play Stations, and three copies of "Dance, Dance Revolution" with Dance Mats. The game is popular with teens and is the focus of a study being conducted by physicians at the University of Tennessee Health Center. The game will be available for the students to use through the Ilion High School Fitness Center.

Mount Markham Elementary School is using the grant to purchase snowshoes to be used both after school and during gym classes, to promote physical activity during the winter. Mount Markham is also participating in the VITAL Program which works to combat obesity by instilling healthy lifestyle values, especially with respect to nutrition and exercise in young children. Herkimer County HealthNet first

learned of the VITAL Program through a seminar sponsored by the Community Foundation of Herkimer and Oneida Counties Inc.

Poland Elementary School will be using the grant to purchase classroom materials to enhance nutrition lessons in the first and second grade classes. The lessons focus on the Food Pyramid, increasing the number of servings of fruits and vegetables each child eats every day and educating the students about the importance of physical activity. The school is also using the funds to help sponsor an assembly to focus on good nutrition and physical activity.

Richfield Springs Elementary School is using the grant to help fund a Health Fair sponsored by the PTO and to sponsor assemblies about nutrition for elementary grade students. The Health Fair will feature healthy snacks that each class will prepare themselves. Herkimer County HealthNet also donated 100 pedometers to be used in the Girls on the Run program. Richfield Springs is participating in the VITAL Program as well.

Continued on page 2



ENCOURAGING EXERCISE—Mount Markham Physical Education teacher Amanda Otis and students Allison Donahue and Deborah Kosmoski with HCHN Administrative Assistant



RECREATIONAL EQUIPMENT—West Canada Valley Central School Principal Craig Ferretti, and students Rebecca Salm and Michael Haley with Executive Director Phyllis Spinner



ILION GRANT—Pictured are Karen Anderson, Ilion District Health Coordinator and Phyllis Spinner HCHN Executive Director

HealthNet grants awarded (cont'd from page 1)

West Canada Valley Elementary School is using the grant to increase the level of physical activity of its students by purchasing recess equipment. The school is encouraging year-round physical activity by purchasing equipment for each season; flag football in the

fall, saucers for sledding and basketballs in the winter and an outdoor volleyball set and jump ropes for use in the spring.



NUTRITION LESSONS—pictured are Laura Dutton, Poland Elementary School Principal and Adam Hutchinson HCHN Administrative Assistant

Mohawk Valley Healthcare Foundation Pledges Support

HCHN with the financial support of the Mohawk Valley Healthcare Foundation will be sponsoring school based initiatives that promote good nutrition and physical activity in Herkimer County Elementary Schools. A Request for Proposals sent in February to every school district in Herkimer County seeks

proposals for projects. Successful proposals will be awarded up to \$2,000 per district. The Child Nutrition and Women, Infants, and Children Reauthorization Act of 2004 (PL 108-265) signed into law June 30, 2004 requires each school district participating in the National School Lunch

Program, School Breakfast Program, Special Milk Program and Summer Food Service Program to establish a local wellness policy by the first day of the school year beginning after June 30, 2006.

For more information contact Herkimer County HealthNet at 315-867-1552.

Healthcare Workshops Offered at Folts Home

Herkimer County HealthNet and New York University held three free workshops for Health & Human Service Providers in Herkimer County during March, April and May. Funding support was provided through a U.S. Department of Health and Human Services Quentin N. Burdick Grant. The purpose of the grant

program is to provide support for the interdisciplinary training of health professionals to prepare, and encourage them to enter into and/or remain in rural areas.

- Falls and Recovery: The Education, Prevention and Treatment Protocols For Elders (March 24th)

- Working with the New Boomers: Implications for Healthcare and Organizations (April 21st) and ,
- Best Practices in Depression and Mental Health Issues affecting the Elderly (May 19th).

For more information on school Wellness Policies check the New York State Department of Education website.

Fidelis Care New York Donates Pedometers

Fidelis Care, in support of Herkimer County HealthNet's Obesity Prevention Initiative, donated 1,000 pedometers for distribution county-wide. The pedometers are already being utilized in two local school districts - Richfield Springs and Mount Markham - to promote increased physical activity by the elementary grade students.

Founded on the belief

that all New Yorkers deserve access to affordable, quality health insurance, Fidelis Care New York serves approximately 260,000 people in 36 counties across New York State. Through the Child Health Plus, Family Health Plus, and Medicaid programs, Fidelis Care members are covered for regular checkups, preventive care, hospital and emergency care, prescription drugs,

immunizations, eye exams, dental care, and more. Fidelis Care has been providing services in Herkimer County since June 2000 and also offers a Medicare Advantage program to local senior citizens. Regional offices are located in Syracuse, Albany, Buffalo and Rego Park (Queens). For more information, call 1-888-FIDELIS (1-888-343-3547).

Nursing Student Scholarships for Conference



Local nursing students that Herkimer County HealthNet sponsored to attend the Mohawk Valley Perinatal Network's 5th Annual Nursing Student Conference.

On February 28, 2006 the Mohawk Valley Perinatal Network held its 5th annual Nursing Student Conference at the Radisson Hotel in Utica. Herkimer County HealthNet offered a scholarship to 50 Herkimer County nursing students to attend. The conference featured Kathleen

Tavenner-Mitchell the program director and the national Spokesperson for the National Organization on Fetal Alcohol Syndrome. Ms Tavenner-Mitchell spoke about Fetal Alcohol Syndrome as it relates to both children and their care-givers. The Herkimer County students that HCHN

sponsored were selected from different nursing programs available in the Mohawk Valley Region including Herkimer County BOCES, Utica College and Saint Elizabeth's Medical Center.

For more information on the Mohawk Valley Perinatal Network, Inc. go to: www.newfamily.org

"It was an extremely beneficial learning experience for all of the students who attended."
Laurie Franklin,
Nursing Coordinator
Herkimer County BOCES LPN
Nursing Program