



*Sullivan County*

*Volume 16, issue 2*

*6/21/2013*

# Chit Chat

**VOLUNTEERS NEEDED: to make Baked Goods, Canteen, and Registration Booth. Also for blood donation**

The need is constant.  
The gratification is instant.  
Give blood.



**American  
Red Cross**



## **Sullivan County Health Care Community Blood Drive**

Sullivan County Health Care - Ahern Building –  
5 Nursing Home Drive Unity NH 03743

**Friday, July 26, 2013**

**11:00 – 4:00**

Please Contact For Information: Tammy Lallo  
(603)542-9511 ext.234  
email: [tlallo@sullivancountynh.gov](mailto:tlallo@sullivancountynh.gov)

1-800-GIVE-LIFE | [RedCrossBlood.org](http://RedCrossBlood.org)



## WE CHALLENGE YOU!

The Employees at NHIT will be participating in the *Walk NH* Challenge, created by the Foundation for Healthy Communities.

**We would like to challenge our members to Walk NH with us!**

### CHALLENGE INFO:

**Employee  
Registration  
Deadline June 21!!**

**For more  
information or to  
register for the  
challenge, see your  
worksite's Wellness  
Representative**

Sam Fletcher for SCHC  
Lori Keefe for DOC  
Kirsten Skeie for Newport Offices

- Takes place **July 1, 2013 to August 11, 2013**
- Can be completed individually, or as a member of a team (4 people maximum)
- Open to all employees at participating member groups, regardless of enrollment in the NHIT Health Program
- Teams may include family members! Each group must have an employee participate, as the Team Captain. Non-employee participants are **only** eligible for the Challenge Completion Prize.
- Pedometers will be provided by NHIT
- There are multiple distances and goals to choose from for all ability levels
- Prizes awarded at the end of the challenge are based on participation—not distance
- **GRAND PRIZE**—up to a \$500 value!





# PRIZES

## **GRAND PRIZE OPTIONS**

**One winner** will have the choice of:

- Bike **or** Kayak;
- iPad Mini and Case; **or**
- 4-Pack of Six-Flags Tickets + Parking Pass

## **SECOND GRAND PRIZE OPTIONS**

**Two winners** will each have the choice of:

- Up to \$150 in Fitbit Products **or** a Polar Heart Rate Monitor;
- iPod Nano **or** Waterproof Speakers for iPod or MP3 player; **or**
- 4-Pack of Canobie Lake Park Tickets

## **WORKSITE PRIZE WINNER**

**One** winner from each participating worksite will receive a \$50 gift card.

## **CHALLENGE COMPLETION PRIZE**

All participants who successfully complete the challenge will receive a NHIT *Walk NH* T-Shirt

To be eligible for the prize drawing:

- Must be an employee of a participating member group
- Must walk a minimum of 12 miles per week
- Submit weekly walking totals to the Site Advocate

Prizes will be drawn by raffle no later than August 21, 2013

\* Non-employee participants are eligible for the Challenge Completion Prize.

**For more information or to register for the challenge, see your worksite's Wellness Representative.**

Sam Fletcher for SCHC

Lori Keefe for DOC

Kirsten Skeie for Newport Offices

## Employee Wellness Program Participation Agreement & Health Waiver

By signing below, I certify that I am an employee or family member of an employee at an New Hampshire Interlocal Trust-Enrolled Worksite and, to the best of my knowledge, do not suffer from any known disability or condition which would prevent or limit my participation in the *Walk NH Challenge* sponsored by the NHIT. I acknowledge that my enrollment and participation in this wellness program is voluntary and is in no way mandated.

**I understand and agree that:**

- *Walk NH Challenge has been created to benefit all Employees and Family Members of NHIT Enrolled Worksites.*
- *I am physically able to participate in this program. If I am unsure about participation, I can request a Physical Activity Readiness Questionnaire (PAR-Q) from the Site Advocate, and I will follow up with my physician if necessary.*
- *I am responsible for accurately tracking my own participation (tracking sheets provided separately) in the challenge.*
- *I am responsible for reporting my participation and submitting challenge documents to my Site Advocate as indicated.*
- *This challenge is based on the honor system; it is most beneficial to me (the participant) to provide accurate information.*
- *I am to notify the Site Advocate or NHIT immediately of any concerns I may have with this challenge.*

The *Walk NH Challenge* is a six week challenge and will run from July 1, 2013 to August 11, 2013.

Please have each team member print and sign their name below. If a participant is under the age of 18, please have a parent/guardian sign on his/her behalf.

**Team Name** \_\_\_\_\_

Team Member #1 \_\_\_\_\_  
*Print Name*

\_\_\_\_\_  
*Signature/Date*

Team Member #2 \_\_\_\_\_

\_\_\_\_\_

Team Member #3 \_\_\_\_\_

\_\_\_\_\_

Team Member #4 \_\_\_\_\_

\_\_\_\_\_



## Preserving Your Harvest The Basics of Preserving Food Safely

Join us this summer for one of UNH Cooperative Extension's home food preservation workshops!

We'll cover the latest research-based methods and recipes, answer questions, and share experiences about these topics:

- an overview of preserving food safely at home
- jams and jellies
- pickling
- canning fruits and vegetables
- freezing and drying food

Registration Fee: \$5.00 per person, pay at the door

**July 18, 2013; 3-5 pm**

Pease Public Library

1 Russell St., Plymouth, NH

Pre-registration: contact Teresa Locke at 603-787-6944 or [Teresa.Locke@unh.edu](mailto:Teresa.Locke@unh.edu)

**July 29, 2013; 6-8 pm**

Granite State College

53 Technology Lane, Conway, NH

Pre-registration: contact Betty Lou Canty at 603-447-3834 or [Bettylou.canty@unh.edu](mailto:Bettylou.canty@unh.edu)

**July 24, 2013; 6-8 pm**

Claremont Savings Bank

Community Room

148 Broad Street, Claremont, NH

Pre-registration: contact Teresa Locke at 603-787-6944 or [Teresa.Locke@unh.edu](mailto:Teresa.Locke@unh.edu)

**July 31, 2013; 6-8 pm**

Frisbie Memorial Hospital Community Ctr.,

Belknap Room, 11 Whitehall Rd., Rochester, NH

Pre-registration: contact Betty Lou Canty at 603-447-3834 or [Bettylou.canty@unh.edu](mailto:Bettylou.canty@unh.edu)

**July 31, 2013; 5:30-7:30 pm**

Coos County Extension Office

Rte 629A, Lancaster, NH

Pre-registration: contact Teresa Locke at 603-787-6944 or [Teresa.Locke@unh.edu](mailto:Teresa.Locke@unh.edu)

**August 5, 2013; 10 am to 12 noon**

Granite State College, Room 103,

25 Hall Street, Concord, NH

Pre-registration: contact Lynn Harrison at 603-679-5616 or [lynn.harrison@unh.edu](mailto:lynn.harrison@unh.edu)

**August 6, 2013; 9-11 am**

WREN, 921 Main St., Berlin, NH

Pre-registration: contact Betty Lou Canty at 603-447-3834 or [Bettylou.canty@unh.edu](mailto:Bettylou.canty@unh.edu)

**August 6, 2013; 6-8 pm**

WREN, 921 Main St., Berlin, NH

Pre-registration: contact Betty Lou Canty at 603-447-3834 or [Bettylou.canty@unh.edu](mailto:Bettylou.canty@unh.edu)

**August 6, 2013; 6-8 pm**

Rockingham County Complex - Nursing Home,

Hilton Auditorium, William Sturtevant Way

117 North Rd, Brentwood, NH

Pre-registration: contact Lynn Harrison at 603-679-5616 or [lynn.harrison@unh.edu](mailto:lynn.harrison@unh.edu)

**August 15, 2013; 5:30-7:30 pm**

Merrimack County Extension Office

315 Daniel Webster Highway, Boscawen, NH

Pre-registration: contact Teresa Locke at 603-787-6944 or [Teresa.Locke@unh.edu](mailto:Teresa.Locke@unh.edu)

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## Community Development Update

On June 9<sup>th</sup> we had our 25 Annual Pancake Breakfast at Sullivan County Health Care. We served over 500 people from the community. Thanks so much for everyone involved in the event. Dietary always does a great job in putting on the breakfast. I also appreciate and thank Facilitates for setting up and getting the facility grounds looking great. Thanks to Nursing, Activities and Housekeeping who brought residents to the main dining room and ensured that they were served and cared for. And thanks for Therapy for opening up our Gym for public viewing. Great team work! It was a great day and it showed the community what we are all about.

For the last few months we have been having Touch Base meetings on the floors with each shift. The purpose is the share information and to provide support to the Unit communities in providing care for our residents. That is why the department heads attend and all staff who work the unit are included. Thanks for your involvement!

Ted J. Purdy  
Administrator

### Food Preservation Workshop July 24 in Claremont

Tomatoes have taken over flower gardens, beans are sprouting next to the bee balm and more lawns and backyards are now filled with vegetables.

Even small gardens can produce an overabundance of vegetables at the peak of their harvest season. Preserving the overflow can help you store high-quality food for later use. Do you know what to do?

Canning, freezing and drying are the main methods of preserving homegrown, or locally grown, food. The method(s) you choose depend on whether you can find safe preservation guidelines for the foods you want to preserve, whether you have the equipment and space needed to process and store your garden crops, how much it will cost, and whether you and your family like the preserved products.

Whether you're preserving food for the first time or have many years of experience, it's important to make sure you are using current, research-based methods and recipes.

Join UNH Cooperative Extension this summer at the following home food preservation workshop **July 24, 6 to 8 pm**, Claremont Savings Bank Community Room on Broad Street in Claremont.

Pre-registration: Contact Teresa Locke at 787-6944 or email her at [teresa.locke@unh.edu](mailto:teresa.locke@unh.edu). Registration fee: \$5 per person, pay at the door.

Deb Maes, Field Specialist, will cover the latest research-based methods and recipes, answer questions, and share experiences about these topics: an overview of preserving food safely at home, jams and jellies, pickling, canning fruits and vegetables, and freezing and drying food.

*The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating.*

*"Helping You Put Knowledge and Research to Work."*

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- an overview of preserving food safely at home
- jams and jellies
- pickling
- canning fruits and vegetables
- freezing and drying food

**Where:** Claremont Savings Bank, Broad St, Claremont, NH

**When:** July 24, 2013

**Time:** 6-8 PM

**Cost:** **\$5.00 per person**

*Register Ahead... Pay at the Door*

**Presented by:** Deb Maes, Regional Specialist, Food Safety

**To register:** Contact Teresa Locke at 603-787-6944 or by email at [Teresa.locke@unh.edu](mailto:Teresa.locke@unh.edu).



[extension.unh.edu](http://extension.unh.edu)

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## Mental Health First Aid USA



A 12-hour certification course to help communities better understand mental illness and respond to psychiatric emergencies.

# Help Save Lives & Build a Stronger Community - Complete a Mental Health First Aid Course

Endorsed by:



and

**NATIONAL COUNCIL  
FOR COMMUNITY BEHAVIORAL HEALTHCARE**

## Did You Know...?

- You are more likely to encounter a person in an emotional or mental crisis than someone having a heart attack
- Mental disorders are more common than heart disease and cancer combined
- Mental illness accounts for 15% of the total economic burden of all disease in the U.S. at a cost of \$79 billion in lost productivity every year.

Sponsored by:

**WEST CENTRAL BEHAVIORAL HEALTH**

AFILIATE OF THE DEPARTMENT OF PSYCHIATRY, GRISWOLD SCHOOL OF MEDICINE AT DARTMOUTH

## What You Will Learn:

- ◆ The potential warning signs and risk factors for depression, anxiety disorders, trauma, psychotic disorders, eating disorders, substance use disorders, and more
- ◆ A 5-step action plan to help an individual in crisis connect to professional care
- ◆ Resources available to help someone with a mental health problem

## Who Should Attend:

- ◆ Educators, school administrators, guidance counselors, coaches, college and university leaders, clergy
- ◆ Police, first responders, security personnel
- ◆ Mental health practitioners, doctors, nurses, social workers

**Date: July 18 & 19 - 9 a.m. to 4 p.m.**

**Location: DHMC on Heater Road  
Conference Room 1-A**

**Registration: LIMITED TO 25 PEOPLE  
Course is FREE to Participants**

**Call Sandra Orndorff at WCBH - (603) 448-0126**

New Hampshire Department of  
**HEALTH AND HUMAN SERVICES**  
Bureau of Behavioral Health



Your support makes the difference!

## STAYING SAFE IN SUMMER

Kids have lots of free time over summer vacation.

**Keeping kids busy during vacations helps keep them away from alcohol & other drugs.**

**A**s the weather warms and summer approaches, young adults have more time on their hands—and sometimes the opportunity to start a bad lifetime habit. Studies show that more teens start drinking, smoking tobacco and using marijuana in June and July than in any other months of the year.

But teen alcohol and other drug use is not inevitable. You can make a difference.

### Keep your kids busy.

- Bruce Goldman of Zucker Hillside Hospital in Glen Oaks, N.Y. suggests parents work with teens to give their children structured activity to do every day.
- If a school job isn't an option,

talk with your teen about their interests and encourage them to volunteer or pursue a hobby.

- Don't be afraid to 'check in' by phone or text when your teen is home alone.

### Talk early and often.

- Tell your child that most Sullivan County teens are not using.
- Set clear rules and consequences for your child if they're caught with alcohol or other drugs, and stick to them if they're violated. Keep punishments consistent and realistic.
- Always know where your kids are going and who they'll be with.
- Remind your child that you love them and you want them to have a bright, healthy future. You can make the difference!

Knowledge is power!

## FACT Sheet

### Where Does Addiction Begin?

Did you know? When a teen starts using an addictive substance like alcohol before they turn 18, they are **six times more likely** to become addicted.

- Most Sullivan County teens who have tried alcohol say they were between 13-16 when they had their first drink of alcohol (beyond a few sips).
- Teens are less likely to feel some of the adverse affects of drinking alcohol such as sleepiness and loss of coordination. This means it's easier for them to drink more than they've intended to. The more teens drink, and the more often they binge drink, the more likely they are to become addicted.
- Even teens agree that parents should speak up about alcohol—80% of teens surveyed say their parents have a right to limit their access to the drug.

Don't let others make decisions for the teens and young adults in your life. Talk with them about staying away from alcohol until they're 21. When adults send a strong message, Sullivan County teens are 60% less likely to drink and 67% less likely to binge. A teen who stays away from alcohol and other drugs until they turn 21 has a very low chance of getting hooked. You have the key—you can help change a life for the better.

## Commissioners Office Calendar of Events

Tue. Jun. 25<sup>th</sup> 6:00 PM – Fiscal Year 2014 County Budget Convention of Delegation. Place: Newport, 10 North Main Street, Sugar River Bank Community Room

Mon. Jul. 1<sup>st</sup> 3 PM - Board of Commissioners Business Meeting. Place: Newport County Complex, 14 Main Street

Thu. Jul. 4<sup>th</sup> Newport County Administration Building Closed for Independence Day

Fri. Jul. 5<sup>th</sup> Newport County Administration Building Closed

Mon. Jul. 15<sup>th</sup> 3 PM - Board of Commissioners Business Meeting. Place: Unity County Complex, Sullivan County Health Care

Fri. Aug. 2<sup>nd</sup> 2 PM Sullivan County Conservation District Meeting. Place: Newport County Complex, 14 Main Street

Mon. Aug. 5<sup>th</sup> 3 PM – Board of Commissioners Business Meeting. Place: TBA

Mon. Aug. 5<sup>th</sup> – Fri. Aug. 9<sup>th</sup> Auditors @ County to perform audit of the FY 13 County Finances

Mon. Aug. 19<sup>th</sup> 3 PM - Board of Commissioners Business Meeting. Place: Unity County Complex, Sullivan County Health Care Facility, 5 Nursing Home Drive

Wed. Aug. 21<sup>st</sup> 9 AM – Public Health Network RCC Meeting. Place: Newport County Complex, 14 Main Street

Mon. Sep. 2<sup>nd</sup> – Newport County Administration Building Closed for Labor Day

Fri. Sep. 6<sup>th</sup> – Sullivan County Conservation District Meeting. Place: Newport County Complex, 14 Main Street

Mon. Sep. 16<sup>th</sup> 3 PM - Board of Commissioners Business Meeting. Place: Unity County Complex, Sullivan County Health Care Facility, 5 Nursing Home Drive

Wed. Sep. 18<sup>th</sup> 9 AM – Public Health Network RCC Meeting. Place: Newport County Complex, 14 Main Street

### Important Info about your Life Insurance elections

#### Dependent Child Life:

**Age 14 days to 1 year-Benefit is \$500**

**Age 1 to 19 years (to age 25 for full-time student)- Benefit is \$5,000**

**Neither the insurance carrier or Davis & Towle track the ages of dependents. It is up to the employee to notify HR or Davis & Towle when the last covered child is no longer eligible-(age 19 if not a student or age 25 if full time student)**

Stacy McIntire, CLTC  
Davis & Towle  
115 Airport Rd  
PO BOX 1260  
Concord, NH 03302-1260

### PUBLIC HEALTH NETWORK WELCOMES KAHO ONOMICHI !

The Greater Sullivan County Public Health Network welcomes a new intern from Colby Sawyer College. Kaho Onomichi is an international student from Japan. She will be working on a project with the Medical Reserve Corps. Kaho has established a Mission statement and a Vision statement for her internship work: Mission – ‘To establish a collaborative program with Colby Sawyer College to increase the number of Medical Reserve Corps volunteers through social media, posters and meetings with key staff.’ Vision – ‘To mobilize the New London area and college community to engage in activities that will increase their overall health and wellbeing.’

‘I strongly believe in the essence of community mobilization toward preparedness for health emergencies, and it can be enhanced by public awareness,’ Kaho said. Kaho has had three years’ experience as a member of the public relations committee for the Colby-Sawyer College Cross Cultural Club. She has also worked with New London Hospital in a project to create an exercise DVD for obese patients.

Ms. Onomichi is a bright and motivated student; and we are very happy to have her on board. She will be working with the Public Health Network and MRC through the end of August. You can follow Kaho’s progress during her internship by viewing our MRC’s Twitter page: [www.Twitter.com/GSCMRC](http://www.Twitter.com/GSCMRC). Also for more information about the MRC or to join as a volunteer please call Jessica Rosman at (603) 398-2222 or visit [www.sullivancountynh.gov/mrc](http://www.sullivancountynh.gov/mrc).

Submitted by:

Jessica R. Rosman MPH, CHEP, Regional Coordinator,

Greater Sullivan County Public Health Network & Director, Medical Reserve Corps Unit #1558

Cell (603) 398-2222 Email [phn@sullivancountynh.gov](mailto:phn@sullivancountynh.gov) Twitter [www.twitter.com/GSCMRC](http://www.twitter.com/GSCMRC) Web [www.sullivancountynh.gov/publichealth](http://www.sullivancountynh.gov/publichealth)

Visit [www.nh.gov/readynh](http://www.nh.gov/readynh) to learn how to prepare for an emergency today!