

March 26, 2015



Chit Chat

Sullivan County



Volume 18, Issue 1

Sullivan County 2014 Slice of Life Participation

Did You Earn \$425 in Slice of Life Incentives & Reimbursements Last Year?

2014 Health Assessment (HA) \$75 incentive

330 Eligible for HA – 98 participants completed HA (29.7%) and earned \$75

232 people who didn't complete their HA left \$17,400 in available wellness funds unclaimed – were you one of them?

2014 Biometric Screening \$50 incentive

100 people participated in the Biometric Screening program – 98 people completed their HA and were eligible to receive the \$50 Biometric incentive.

Life points incentive 7/1/14 – 12/31/14 \$200 incentive

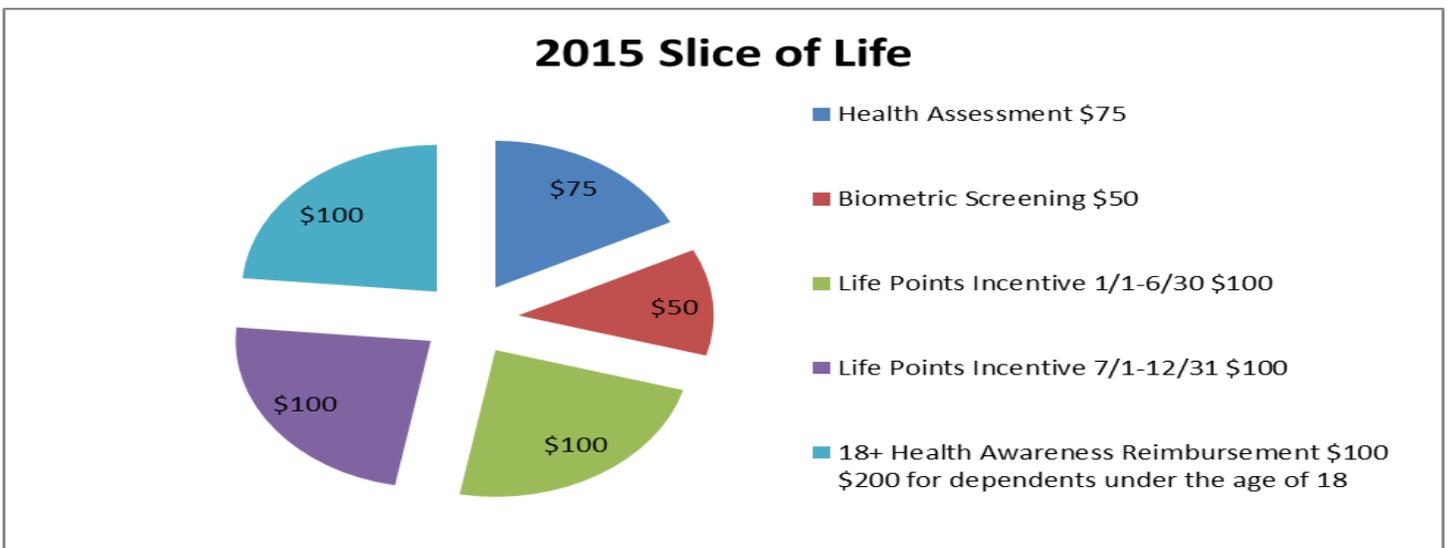
12 people earned \$100 incentive 2nd half of the year

86 participants who completed their HA last year didn't earn the \$100 incentive and left \$8,600 in available wellness funds unclaimed – were you one of them?

Health Awareness Reimbursement Program \$100 / \$200 (under age 18) reimbursement

None of the 98 participants who completed their HA submitted for \$100 in reimbursement for taking a class or program as part of the Health Awareness Program leaving \$9,800 in reimbursement funds not claimed.

Make 2015 the year you get involved in the Slice of Life program!



Don't forget to schedule your appointment for your biometric screening on **Wednesday, April 1, 2015** in Unity at SCHC. Appointments are still available. Contact your wellness site coordinators, Sam Fletcher in HR or Lori Keefe at the DOC to schedule your appointment today. Better yet, go online to : <https://healthtrust.occupationalhealthwellness.com/registration> slots are filling up quick!

County “Teams” join the “Steppin’ Up to end Violence” Walk

The SC Sheriff’s Dept and the SCHC Squeaky Sneakers are entering “teams” in the Turning Point Network’s “Steppin’ Up to end Violence” walk. It takes place on April 25th at 10:00am at the Claremont Middle School. It is a 5k run or walk fundraiser. Both teams are looking for additional team members to help gain sponsors to raise money for this great cause. If you are interested in joining either team contact High Sheriff, John Simonds in Newport at 863-4200, or Missy Currier & Carol Greenwood in Unity at 542-9511 ext 504.

Turning Points Network helps victims of domestic violence and the donations raised help those victims receive assistance from Turning Points. Below, is a narrative from the website explaining what the walk is and what they do. If you can put this information out, I would be grateful.

People can find additional information at www.free-to-soar.org

“ABOUT STEPPIN’ UP AND TURNING POINTS NETWORK

Steppin’ Up to End Violence is a unique community event and fundraiser that Turning Points Network has held in Claremont for eight years and counting. It is the signature fundraising event for TPN. Every year it grows and expands, due mainly to the incredible individuals and teams “steppin’ up” to walk, stroll, jog or run to end violence in their communities. Last year, Steppin’ Up raised over \$62,000 for survivors and programs - an amazing achievement! The funds generated from Steppin’ Up go towards support, services, and programs for survivors of domestic violence, sexual violence, and stalking in Sullivan County, as well as to our prevention education programs in local schools. These programs cover topics such as healthy relationships, respect, compassion, bullying, personal safety, and sexual harassment. Some of our services to survivors include a 24-hour crisis and support line, emergency shelter, peer counseling, support groups, court, medical and social services advocacy, and a safe home network. All of our services are free to survivors.”

Sullivan County Conservation District 2015 Plant Sale

The 2015 Plant Sale of the Sullivan County Conservation District is underway. A variety of hardy plants are available at good prices, including fruits (apples, pears, blueberries, strawberries, raspberries, and peaches), perennial vegetables, (asparagus and horseradish), hardwood and softwood trees, and wild-life plants. Items this year also include Northern White Cedar, Silver Maple, American Mountain Ash, northern-grown Red Bud, American Hazelnut, Beach Plum, 2 varieties of pears, Concord Grape vines, and several tools for backyard composting and water collection.

Orders are being taken until Friday, April 3rd and plant pick up will be in front of the Ahern Building at the County Complex in

Unity on Saturday, May 2nd. A link to the Plant Sale catalog and order form are on the front page of the Sullivan County website (www.sullivancounty.gov). Paper copies of the order form are also available from Sam at Human Resources (in the Stearns Building). Completed orders can be brought to Lionel at Natural Resources (in the Sanders Building), or mailed to 95 County Farm Rd., Unity, NH 03743. For more information, call or email Lionel Chute at 542-4891, or

lchute@sullivancountynh.gov.





2015 PLANT ORDER FORM
SULLIVAN COUNTY CONSERVATION DISTRICT
 95 County Farm Rd., Unity, NH 03743 Tel. 542-4891 Fax 863-2829

Order Number _____

SCCD Use Only

Name _____
 Address _____
 Town _____ State _____ Zip _____
 Email _____
 Phone _____

Please make checks payable to SCCD (sorry, no credit cards) and send order to:
 Sullivan County Conservation District
 95 County Farm Rd, Unity, NH 03743
 Questions? Contact Lionel at 542-4891 or
 conservationdistrict@sullivancountynh.gov

❖ THE DEADLINE FOR PLACING ORDERS IS FRIDAY, APRIL 3, 2015 ❖

Species	Size at Purchase	Price each	Quantity Price	Number Requested	Total Cost
FRUIT TREES & BERRIES					
*Apple, <i>Royal Court</i> , EMLA 7 rootstock, semi-dwarf	4-5'	\$18.00			
*Apple, <i>Gala</i> , EMLA 111 rootstock, semi-dwarf	4-5'	\$18.00			
*Apple, <i>Jonamac</i> , EMLA 26 rootstock, dwarf but free-standing	4-5'	\$18.00			
Nectarine, <i>Redgold</i> , Lovell rootstock	4-5'	\$19.00			
Peach, <i>Gloria</i> , Lovell rootstock	4-5'	\$19.00			
Peach, <i>Flamin' Fury</i> , Lovell rootstock	4-5'	\$19.00			
*Pear, <i>Potomac</i> , OHF97 rootstock, semi-standard	4-5'	\$19.00			
*Blueberry, <i>Duke</i> , 2yr. transplant	18-24"	\$13.25			
*Blueberry, <i>Bluegold</i> , 2yr. transplant	18-24"	\$13.25			
Raspberry, <i>Prelude</i>	Canes	\$3.75			
Raspberry, <i>Killarney</i>	Canes	\$3.50			
Raspberry, <i>Heritage</i>	Canes	\$3.50			
Strawberry, <i>Earliglow</i>	Crowns	N/A	25 for \$9.25		
Strawberry, <i>Maiwina</i>	Crowns	N/A	25 for \$11		
Grape, <i>Niagara White</i> , vine	10-16"	\$ 6.00			
Blackberry, <i>Chester</i>	Canes	\$6.50			
Cranberry, <i>Stevens</i> , 2-4 yr. budded plants	1 Gallon pots	\$12.50	5 for \$55		
PERENNIAL VEGETABLES					
Asparagus, <i>Jersey Knight</i>	Roots	N/A	25 for \$17		
WILDLIFE PLANTS					
Silky Dogwood (<i>Cornus amomum</i>)	24-36"	\$2.00	5 for \$9		
Red Osier Dogwood (<i>Cornus sericea</i>)	24-36"	\$2.00	5 for \$9		
Arrowwood (<i>Viburnum dentatum</i>)	24-36"	\$2.00	5 for \$9		
American Hazelnut (<i>Corylus americana</i>)	18-24"	\$3.00	5 for \$14		
Choke Cherry (<i>Prunus virginiana</i>)	18-24"	\$2.75	5 for \$12		
TOTAL PAGE 1					\$

* Needs a pollinator. Plant at least two different varieties for cross-pollination.

Species	Purchase Size	Price each	Quantity Price	Number Requested	Total Cost
TREES/ORNAMENTALS					
Sugar Maple (<i>Acer saccharum</i>)	18-24"	\$2.00	5 for \$9		
Paper Birch (<i>Betula papyrifera</i>)	24-36"	\$2.00	5 for \$9		
Northern White Cedar (<i>Thuja occidentalis</i>), 4 yrs	15-20"	\$2.50	5 for \$11		
Balsam Fir (<i>Abies balsamea</i>), 5 yrs	10-18"	\$3.00	5 for \$12.50		
Fraser Fir (<i>Abies fraseri</i>), 5 yrs	10-18"	\$3.00	5 for \$12.50		
TOTAL THIS PAGE					\$
TOTAL AMOUNT ENCLOSED					\$

Plant pickup will be at the Ahern Building of the Sullivan County Complex in Unity NH on

Saturday May 2nd, 2015, 10 AM - 2 PM

A postcard reminder for pickup will be sent one week prior to pickup date.

Orders received after Friday, April 3rd will be filled if stock is available.

THANK YOU!





SULLIVAN COUNTY KICKS OFF
COMMUNITY HEALTH IMPROVEMENT PLANNING
WITH JOSE MONTERO, MD

Contact: Jessie Levine, Sullivan County Manager, (603) 863-2560 or jlevine@sullivancountynh.gov

Newport, NH: The Greater Sullivan County Public Health Network invites all members of the community to embark on the development of a Community Health Improvement Plan for the region. Kicking off this community-wide project, the Public Health Network is honored to host a presentation from and conversation with José Montero, MD, Director of the Division of Public Health Services for the State of New Hampshire.

The event will take place on Tuesday, April 7, 2015 from 10-11:30 AM at the Sugar River Bank Community Room (10 North Main Street, Newport, NH). Light refreshments will be served.

Dr. Montero, recognizable as the frequent State of NH spokesperson on public health threats such as EEE or influenza, will focus this discussion on the NH State Health Improvement Plan (SHIP), intended to guide local strategies to improve public health and the systems that support that goal. He will be introduced by Susan Reeves, EdD, RN, Chair of the Nursing & Public Health Department at Colby-Sawyer College in New London.

The Greater Sullivan County Public Health Network is a collaborative of the county, municipalities and numerous health and human service agencies, schools, and community groups that work to improve our region's capacity and capability to manage all health emergencies. The Network has a state contract to develop a Community Health Improvement Plan (CHIP) for this region. Following Dr. Montero's discussion, the Network's lead contractor, Aurora Matzkin, PhD, will invite those present to identify and develop critical next steps in the **development of a local CHIP.**

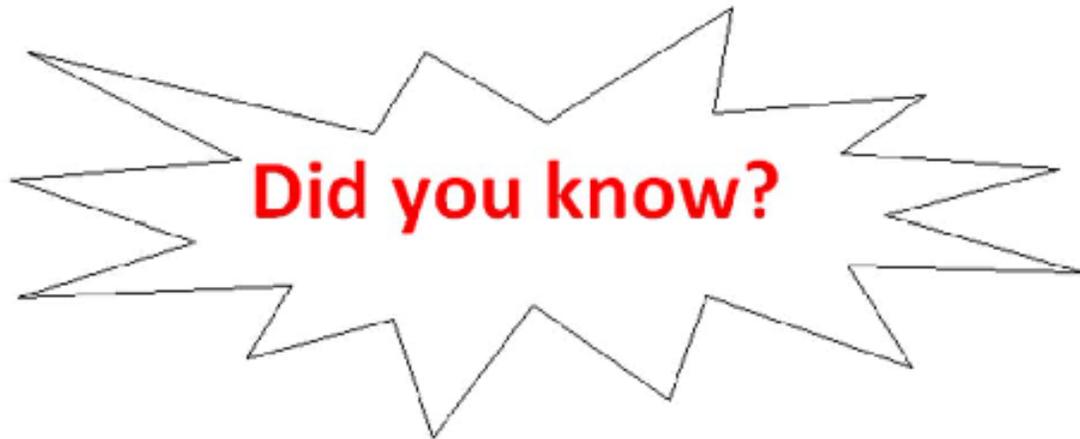
About our Speakers:

Susan Reeves, EdD, RN is the Gladys A. Burrows Distinguished Professor of Nursing and Chair of Nursing & Public Health at Colby-Sawyer College. Dr. Reeves served as a senior administrator for Dartmouth-Hitchcock for 35 years prior to her retirement in December 2014. She presently serves New London Hospital as the vice chair of the Board of Trustees. Her research interest lies in the area of patient care quality and safety, as well as in the interprofessional education of future health care professionals. Dr. Reeves resides in New London.

Since 2008, José Montero, MD, MHCDS, has been the Director of the Division of Public Health Services at the New Hampshire Department of Health and Human Services, where he leads the development and implementation of policies to create conditions to improve and maintain a healthy population, relying on two key strategies: 1) a systematic approach for data collection, use and dissemination; and 2) better coordination of the public health systems and the health care delivery system towards population health improvement. Dr. Montero also fills several national roles: he is the past president of the Association of State and Territorial Health Officials, serves on several committees including the federal Advisory Committee on Immunization Practices, and has been appointed to the CDC's Board of Scientific Councilors for the Office of Infectious Diseases.

Aurora Matzkin, PhD, teaches public health at the Geisel School of Medicine at Dartmouth. She earned a doctoral degree from the Dartmouth Institute for Health Policy and Clinical Practice and masters degree in education from New York University. At Dartmouth, she was a Koop Scholar and worked on the Dartmouth and National College Health Improvement Program under Dartmouth's former president, Jim Kim. She has lived in Sullivan County since 2005.

**UNITED WAY OF SULLIVAN COUNTY –
SULLIVAN COUNTY, NH CAMPAIGN**



The Sullivan County, NH campaign will be kicking off on March 13 and runs through March 27, 2015. It's a great opportunity for us to be part of a community wide effort to help people live healthier lives in Sullivan County.

For each \$1.00 bi-weekly donation, 13 people will receive a hot meal from the Claremont Soup Kitchen.

For each \$2.00 bi-weekly donation 9 people will receive vital and lifesaving services from Turning Points Network.

For each \$5.00 bi-weekly donation, homecare services are provided to a family by Conn Valley Home Care and Hospice.

EACH DOLLAR IS GREATLY APPRECIATED AND WHEN MULTIPLIED BY THE NUMBER OF EMPLOYEES DONATING, HAS A TREMENDOUS POSITIVE EFFECT ON THE LIVES OF THOSE LESS FORTUNATE IN OUR SULLIVAN COUNTY AREA. THANK YOU FOR YOUR SUPPORT.

Be sure to return your donation forms to Sam Fletcher in HR, by no later than Monday, March 30th, 2015 @ 3pm



Please support United Way of Sullivan County

Named 2013 Non Profit of the Year - Greater Claremont Chamber of Commerce

2014-2015 Annual Campaign

UWSC Board of Directors

Tausha Shute
Claremont Savings Bank

Sherrie Curtis
Sullivan County Home

Vicki Corliss
Claremont Savings Bank

Beth McAllister
Sturm Ruger

Jodi Hoyt
Lake Sunapee Bank

Marty Patria
Quechee Country Club

Terri Crate
Sugar River Bank

Member Agencies

Big Brothers/Big Sisters
Headrest

Turning Points Network
Conn Valley Home Care
Lake Sunapee VNA

Road to Independence
White Mtn Child Care
Claremont Soup Kitchen

The Orchard School
Charlestown Senior Center
Millie's Place

NH Legal Assistance
Claremont Senior Center
Shining Success

FEMA Supported Agencies

Claremont Soup Kitchen
Turning Pt Network

Please help us to continue to support our community partners who provide essential services to our less fortunate neighbors.

Your contribution to United Way of Sullivan County is crucial as we struggle to meet the ever growing needs of our human service community partners. Thank you for anything you can do to support our friends and neighbors.

Literally thousands of community members benefit from your donation.

Without the support of United Way of Sullivan County these vital programs will struggle to provide assistance to those less fortunate.

United Way of Sullivan County is committed to serving our community by:

INCREASING support to member agencies in our community with the addition of two deserving organizations.

COLLECTING and distributing over 10,000 articles of warm clothing in the community

CO-SPONSORING Dancing with the Newport Stars to enhance our investment to our member agencies

PARTNERING with local businesses to jointly serve our community.

SPONSORING 211 Call Resource Network for 24 hour referral help line.

DISTRIBUTING Family Wise Prescription Cards to those who are uninsured

ADMINISTERING Emergency Food and Shelter funds to agencies in Sullivan County

But we can't accomplish this ambitious mission without you!

We need your continued valuable support.

Remember, every contribution received benefits OUR community. Together, we can achieve results that no one can accomplish alone.

Thank You

Dawn M. Ranney

Dawn M. Ranney, Executive Director
United Way of Sullivan County

GIVE. ADVOCATE. VOLUNTEER. LIVE UNITED



United Way

United Way of Sullivan County
PO Box 237, 23 Main Street
Newport, NH 03773
603-543-0121 (cell)
www.scunitedway.org

All donation election forms are due in to
Sam Fletcher in HR by no later than 3pm
March 30, 2015

Grid for tracking or identification

PLEASE COMPLETE

Form fields for personal information: First Name, MI, Last Name, Number & Street Address, City, State, Zip Code, Company Name, Location Department, Social Security Number (optional), E-Mail Address

2 PLEASE SELECT PAYROLL DEDUCTION OR A DIRECT GIFT

I pledge by payroll deduction:

Form fields for payroll deduction: I want to contribute the following amount each pay period: \$50, \$25, \$10, \$5, Other; My pay period is (# of times I am paid per year): Weekly (52), Biweekly (26), Semi-Monthly (24), Monthly (12)

I pledge a direct gift to be paid by:

Form fields for direct gift: Cash / Check (Enclosed), Bill Me (\$50 Minimum), Quarterly, Once; Bill Date (MM/YY)

OR

My Total Annual Gift = \$

OPTIONAL-PLEASE COMPLETE ONLY IF YOU WISH TO TARGET OR RESTRICT YOUR GIFT

Targeted Care: Direct your gift to agencies offering services for community-wide issues.

I choose to direct my gift to one or more of the areas of greatest need listed below:

- Help Children and Youth - 332010
Focus on Women and Girls - 332013
Improve Our Community's Health - 332015
Provide Emergency Assistance - 332016
Strengthen Our Families - 332011
Support Our Seniors - 332012
Turn Disability Into Ability - 332014

For Office Use Only: Grid

Restricted Gift: I choose to direct my gift.

NOTE: Designations must be no less than \$50 per agency. Please ask for a Designation Code Sheet.

Code and amount fields for restricted gift

Your local United Way or other 501(c)(3) non-profit organization.

NAME:

ADDRESS:

Other 501(c)(3) Amount \$

Wellness Committee Update

Well here we are, it's Spring, and what better time to get yourself motivated to do something to better yourself, right? With everything going on in our crazy lives, it is important to take time to focus on yourself and your overall well being. It is the goal of this committee to reach out to all levels of our organization and promote better lifestyle and overall wellness choices.

We have started our focus based off the survey results of last fall. Having already implemented a few discrete things over the past month, we are hoping to continue moving forward to reach as many of these suggestions as possible. Have you noticed the vending machines at SCHC? Though there are still the typical "munchies & crunchies," there are some healthier items stocked on a regular basis, such as pretzels and Sun Chips, both a healthier alternative to the classic potato chip, or grab a package of nuts instead of a candy bar, it's the peanuts in a Snickers bar that truly keeps you "satisfied". These little changes in choices can significantly help your overall health and wellbeing, so why not give them a try?

As our momentum increases we hope to have quarterly challenges that involve every employee with incentives/prizes to help reward good lifestyle choices. If you are interested in joining the wellness committee, please contact Sam Fletcher in HR at extension 286. We will initially be holding meetings once a month as we start steering this in an employee driven direction through site coordinators in all three facilities and County wide employee involvement. We are also looking for ideas, so please feel free to offer them up, even if you don't want to be on the "committee"!

The HealthTrust, our health insurance administrator, has announced it's latest wellness challenge, the Colorful Choices Challenge. There is more information on the reverse of this page!

Stay healthy and we will write again soon!

SCHC COMMUNITY DEVELOPMENT UPDATE

Happy Spring!

The calendar says spring but the weather is cold! Warm days are on the way. An annual event that took away a bit of the chill was the Valentine's Day dessert buffet. The Dietary Staff do a great job and residents and families rave about the desserts. (I went back for seconds). Thanks also go to activity, nursing and housekeeping staff in making the day special for our community.

Our staff are working on raising funds and participating in the upcoming Turning Points Walk to End Domestic Violence. It is an important fund raiser to support programs at Turning Points Network and I am proud that our employees have adopted that as a SCHC community event.

At our monthly Labor/Management meetings we have been working on some great programs. We recently initiated employee engaged interviewing of prospective new hires. Thanks to those who volunteered to be a part of the process. We have started the discussion on concepts for redefining our Mentor program. The intent is to develop, train and support the mentoring of new employees. This should provide new staff with the foundation of values we have in caring for our residents.

Respectfully, Ted J Purdy, SCHC Administrator

Slice of Life: Make Colorful Choices!

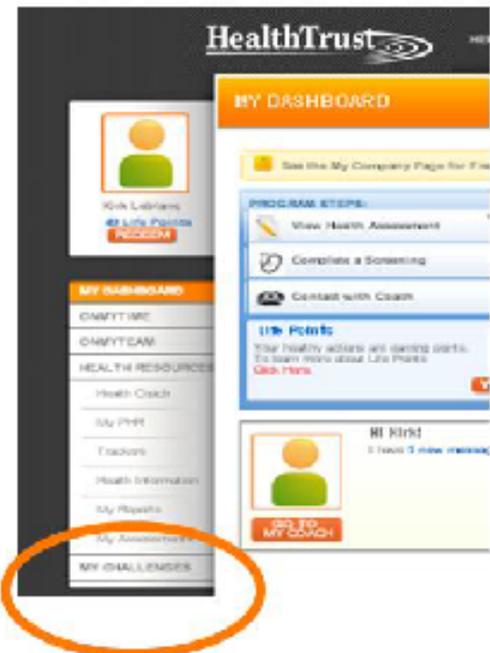
Important Dates to Remember:

- Registration Begins: 3/23/2015
- Challenge Starts: 3/30/2015
- Registration Ends: 4/6/2015
- Team Formation Deadline: 4/6/2015
- Challenge Ends: 5/24/2015

To access *Colorful Choices*, log on at www.OnlifeHealth.com and click MY CHALLENGES. Questions, call 1-866-564-5237.

What do I do?

- To get started, you must enter your first & last name, email address, and answer a short survey.
- You will be asked to track fruit and vegetable intake during the challenge. You must track an average of 3 days/week for 8 weeks (or 24 times) during the challenge to be considered a challenge completer.
- 100 points will be awarded to enrollees who successfully complete the challenge. (Please allow up to 3 weeks after the last day to log activity for Life Points to be awarded.)
- Remember that Life Points will count toward both the quarterly sweepstakes and the additional \$100 incentive (1/1/2015-6/30/2015).



Spread the Word!

- All HealthTrust medically covered enrollees, retirees, their covered spouses, and dependent children age 18 or older are eligible to complete their Health Assessment in order to earn Life Points toward incentives.
- Encourage your friends, colleagues and family members to join by starting a team. Teams must consist of 5-10 members. Use the search feature if your potential teammate has already registered.

Colorful Choices has gone Mobile!

- Download the *Colorful Choices* mobile app for iPhone® or Android™ and you can log produce intake, view your progress, check team status, share healthy recipes and more!
- You'll need to create a mobile password in your Profile in *Colorful Choices* before using the app. Log in at www.OnlifeHealth.com, click My Challenges and create your mobile password in your Profile.
- Download the app by searching *Colorful Choices* on Google Play or iTunes.



Vivid Vegetables, Fabulous Fruits

Colorful Choices is a simple, effective, fun way to boost nutrition and reduce health risks, while gaining more energy. You'll learn how to:

- Eat a colorful variety of fruits and vegetables every day
- Prepare delicious, produce-rich meals and snacks
- Select perfect produce for peak flavor and nutrition
- Start your own vegetable garden.



Registration begins: 3/23/15
Challenge starts: 3/30/15
Challenge ends: 5/24/15

Register now at

www.OnlifeHealth.com for the *Colorful Choices* Challenge!
For more information, call 866.564.5237.



GET THE APP!

From your phone, go to
www.readynh.gov
& click the NH ALERTS icon.

The NH Department of Safety has launched NH ALERTS,
a **FREE** emergency alert mobile app.

NHDOS can now send anyone location-specific warnings!

The NH Alerts app was developed by the Division of Homeland Security and Emergency Management with federal grants. It works with iPhone® and Android™ cellphones.

“The NH Alerts app takes emergency notification to the next level,” State Homeland Security & Emergency Management Director Perry Plummer said. “Anyone with the NH Alerts app on their phone will know about safety issues in their area, from accidents and road closures, to hazardous weather and active shooters. We can now send messages directly to those people who are in the path of danger. I strongly encourage everyone to download this app.”

Advertisement sponsored by the Greater Sullivan County Public Health Network.
www.Facebook.com/GSCPHN or www.sullivancountynh.gov/publichealth

Do you know someone with no prescription medication coverage? Sullivan County continues to participate in the National Association of Counties **Prescription Drug Discount Card Program**—a program the County joined in 2006. Any county resident may use the program. There are no claim forms to fill out, no membership fees, and the card may be used for the entire family – even pets being prescribed a medication that is also used by humans. Cards may be printed from the website or picked up at the following locations:

- County offices in Newport or Unity, NH
 - Town Clerk offices throughout the county or Claremont City Hall
- Various senior centers and Valley Regional Hospital Emergency Room

A program summary can be viewed at our website’s Programs page at the following link:

[http://www.sullivancountynh.gov/index.php?
n=sullivan_county_prescript](http://www.sullivancountynh.gov/index.php?n=sullivan_county_prescript)

To check if pharmacies in your area participate, click on the following link—Prescription Discount Cards can be printed from this link, also:

- <http://www.nacorx.org/>

