



# North Country Healthy Heart Network

Serving Clinton, Essex, Franklin and Hamilton Counties



May 2010

Volume 1, Issue 2



The Heart Network offices are located at 126 Kiwassa Road in Saranac Lake. Look for our new sign out front!

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### UPDATE!

Visit RAN's new website at [ran.heartnetwork.org](http://ran.heartnetwork.org)!!

## Message From the Executive Director

Welcome to the Spring edition of the North Country Healthy Heart Network's, (Heart Network) newsletter. Just as a sunny day can energize and lure us outside to work or play; the structure of our community can entice us to explore its boundaries by foot, bike or wheelchair. Good sidewalks, bike lanes, cross walks, functional curb cuts; and well designed streetscapes, all but beg us to leave our car keys at home to enjoy our community at close range. This newsletter spotlights initiatives currently underway in Franklin and Essex County to develop "Complete Streets" policies that require transportation planners to incorporate features to ensure the safety of all road users regardless of age, ability and mode of transit.

### ***New Grant: Operation Healthy Baby***

I am pleased to announce that the Heart Network recently received a Community Grant from the March of Dimes to increase the health of newborns in Franklin County by reducing the number of pregnant women that smoke. The Heart Network's program, Operation Healthy Baby, (OHBABY), is staffed by Smoking Cessation Coach Nkechinyere Sloan, BA, RN. Sloan (photo) provides individual counseling to pregnant women and offers a relapse prevention support group to women that stopped smoking during pregnancy. Citizen Advocates, Inc. generously offered OHBABY counseling space at its North Star Chemical Dependency Services offices in Saranac Lake and Malone.



Sloan meets with women in the Malone area on Wednesdays, and she meets with women in the Saranac Lake area on Fridays. Sloan is available for outreach activities on these days too. All OHBABY services are free of charge. Pregnant women can call Sloan directly to set up an appointment; referrals from health care organizations are also accepted. For more information: call (518)524-1006 or email: [ohbaby@heartnetwork.org](mailto:ohbaby@heartnetwork.org).

### ***Mark Your Calendar***

The Heart Network programs have a number of events scheduled for the spring and summer months. Please take note of the calendar on the outside of the Newsletter. If you have any questions, please call me at (518) 891-5855.

### ***Farewell***



On behalf of the entire NCHHN staff, I would also like to extend our gratitude to Jenna Cole, Program Assistant, for the contributions she has made to the Eat Well Play Hard program and wish her the best as she pursues her goal to become a Physicians Assistant.

- Margot Gold, NCHHN Executive Director



# Spotlight

## Healthy Communities Project

### Heart Network Board of Directors

Eileen Gillen, Chair  
Michael Zeman, Vice-Chair  
Sue Patterson, Secretary/Treasurer  
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### Capacity Building for Healthy Communities

Heart Network staff recently collaborated with the Essex and Franklin County Public Health Departments to plan and carry-out the NYS DOH *Healthy Communities Capacity Building Initiative* (HCCBI). The goal of this project was to provide training and technical assistance for local community health coalitions to develop action plans for addressing the physical activity and nutrition objectives in the NYS DOH Prevention Agenda.

In Franklin County, local coalitions were organized in each of the 4 population centers - Malone, Akwesasne, Saranac Lake and Tupper Lake. In Essex County, the initiative was lead by members of the MAPP committee - an existing regional coalition of diverse community service organizations, public agencies, citizen groups and individuals. Each coalition conducted community assessments to identify barriers restricting physical activity and healthy eating in their communities and developed an action plan for addressing barriers through community projects. Teams from each county attended a two-day "Action Institute" training, which gave them the skills and knowledge to implement local action plans that will result in changes to policies and/or the built environment.

To encourage participation in the HCCBI, coalition partners were given the opportunity to apply for competitive mini-grants. Several projects in each county received funding and are now underway. As a result of this initiative, coalition partners have improved capacity and support in their community for chronic disease prevention and are now better poised to compete for future funding opportunities.

#### Essex County & RAN

The Essex County HCCBI team, led by Public Health Educator Jessica Darney Buehler and joined by RAN Program Manager Josh Wilson, attended the Action Institute training and developed an action plan for pursuing 'Complete Streets' policies in the county.

In March the Essex County Department of Public Health hosted *Building a Healthier Essex County*, an event featuring noted active living advocate Mark Fenton. Building on momentum from this event, the MAPP Complete Streets sub-committee was formed to implement the HCCBI action plan.

The group will receive advocacy training, technical assistance and staff support from RAN as they research and advocate for Complete Streets policies at the local level. Stay tuned for updates on this exciting initiative! Learn more at [www.completestreets.org](http://www.completestreets.org)



Mark Fenton talks  
"Complete Streets" in  
Elizabethtown

(photo by Alvin Reiner)



Tupper Lake  
Community Garden

#### Franklin County & EWPB

EWPB Program Manager Jamie Konkoski and Public Health Educator Sue Patterson co-chaired the HCCBI project in Franklin County. They worked together to facilitate the action plans for each of the local coalitions and provide mini grant funding.

Akwesasne created an action plan to build a walking trail and received mini grant funding for the project. Plans for the trail existed so the action plan focuses on forming a committee, fundraising, and building the trail.

Tupper Lake created action plans to enhance Washington Street Park and expand the community garden. Plans for the park include better lighting, bleachers, and repairing the basketball court. The garden will have 20 plots for residents and Summer Day Camp Day Camp students. *Continued on page 4.....*

*Tobacco Cessation Center*



*Program goal*

To increase the number of healthcare providers in Clinton, Essex, Franklin and Hamilton Counties that consistently talk to their patients about their tobacco use

*Funding*

The North Country Tobacco Cessation Center is funded by a 5 year grant from the NYS Tobacco Control Program through 2014

*Strategies*

Deliver provider education and promote changes in office systems to prompt delivery and documentation of:

- patient tobacco use status
- evidence-based interventions with each patient that uses tobacco.

*3 things to know*

- Nearly 75% of NY smokers want to stop smoking
- Over 53% of NY smokers made a quit attempt in 2008
- 61% of NYS smokers living with children do not allow smoking in their home

NY Adult Tobacco Survey, 2003-2009

## Thank You Community Champions

On March 5, 2010 five area programs funded by the NYS DOH Tobacco Control Program sponsored a recognition event to honor “Community Champions;” businesses, municipalities, schools, and health care organizations that made sustainable changes (policy, practice or environmental) to prevent tobacco use or in the case of healthcare, prompt evidence based treatment. The recognition event was hosted by the Adirondack Tobacco Free Network and the key note speaker was Jeffrey Willette, Director of the NYS Tobacco Control Program. The five organizations nominated by the North Country Tobacco Cessation Center (NCTCC) were: **Village of Saranac Lake - working towards a smoke-free playground ordinance; Plattsburgh Dental Group, changing office systems to prompt quality tobacco interventions; CP Community Health Clinic, moving towards evidence based tobacco dependence treatment; Inter-Lakes Health - implementing a Tobacco Free Grounds policy; Franklin County Public Health, Peru Family Health Center; and High Peaks Health Center -integrating fax referral to the NYS Smokers’ Quitline in their practice.**

The North Country Tobacco Cessation Center is also pleased to announce its newest full partner, **Denise M. Ferrando, MDPC**. Dr. Ferrando’s practice, located in Saranac Lake, provides obstetrical care and gynecological services to women in the region. Through this partnership Dr. Ferrando receives education, a carbon monoxide monitor, patient resources and support. In May, Dr. Ferrando’s practice readily refined its office procedures so that every patient that uses tobacco receives evidence based interventions as recommended in the *US Public Health Service, Clinical Practice Guideline, 2008 Update, Treating Tobacco Use and Dependence*. Denise M. Ferrando, MDPC is the first private practice in the Tri-Lakes region that signed a full partnership agreement with the NCTCC.



## Motivational Interviewing for Tobacco Cessation



**Jonathan Fader, PhD**, joined us at The Red Fox in Saranac Lake on May 10<sup>th</sup> and provided a very lively and informative training, “Motivational Interviewing for Tobacco Cessation” to 52 health care providers from Franklin and Essex counties. Providers were trained in motivational interviewing theory and techniques. These techniques will help providers move a patient’s time table to stop smoking forward.

***To Get Involved with NCTCC contact us at 518-897-5980 or on the web at [heartnetwork.org](http://heartnetwork.org)***

*Eat Well  
Play Hard*



## Eat Well Play Hard Mini Grants

Eat Well Play Hard awarded six mini grants totaling \$4,218 to projects that promote physical activity and healthy eating through policy or environmental changes.

- Cornell Cooperative Extension of Hamilton County will be adding a high tunnel to the Speculator Community Garden. The high tunnel will extend the growing season and increase production of fruits and veggies to be donated to the food pantry!
- Lake Placid Elementary School received funding to purchase cycling equipment for the Lake Placid Mountain Bike Club. Basic cycling skills, trail etiquette, and traffic safety will be integrated into the physical education curriculum at the elementary school.
- Holy Family School in Malone was awarded funds to develop a Recess Work Out Program. The Work Out program will allow children to burn off some energy at 10 different stations in the gymnasium on days when they cannot go outside for recess.
- Planet Minerva, Inc. received funding to develop the Planet Minerva Children’s Garden. The Children’s Garden will be at the site of the community garden and will be used to teach children about growing and eating their own food.
- Adirondack Sustainable Communities received funding to expand the Common Ground Garden to a new site in Saranac Lake. The new site will introduce 20 new plots to accommodate the growing interest in the garden. Last year Common Ground received funding to establish a community garden and there is already a need to expand!
- Long Lake Central School was awarded funding to purchase a tool shed for the school and community garden. The shed will enable gardeners to share tools and have access to the tools during non-school hours. The goal is to encourage more residents to help care for the garden through the summer months.

## Capacity Building for Healthier Communities cont.

...continued from page 2. Malone has an action plan to pursue a Complete Streets policy ([www.completestreets.org](http://www.completestreets.org)) and to create two gardens. The complete streets initiative seeks to improve community infrastructure for pedestrians and bicyclists. Mini grant funding was awarded to create a garden on Webster Street across from the YMCA and at Davis Elementary School.



Installing garden beds at the new community garden in Malone

The Saranac Lake action plan focuses on expanding the community garden to another site and exploring the feasibility of an incentive program for purchasing fruits and vegetables at local grocery stores.

***To Get Involved with EWPH contact us at 518-897-5981 or on the web at [heartnetwork.org](http://heartnetwork.org)***

### Program Goal

To prevent childhood overweight and reduce long-term chronic disease risks through policy and environmental changes that will facilitate the promotion of physical activity and targeted dietary practices with children over the age of two

### Funding

EWPH is funded through the NYS Department of Health through September 2010

### Strategies

- Increase consumption of fruits & vegetables
- Increase age appropriate physical activity
- Increase consumption of low fat milk & dairy products

### 3 Things to Know

- 1% or less milk for kids over age 2
- American Academy of Pediatrics says No TV for children under the age of 2
- 5 servings of fruits or vegetables each day for everyone



*Program Goal*

To empower local citizens with the grassroots advocacy training and support they need to improve the health and wellness of rural communities

*Funding*

Rural Action Now! is funded by the NYS Department of Health through 2012

*Strategies*

- Build a regional advocacy alliance to support community health advocates
- Foster citizen action to create sustainable environmental and policy change.
- Encourage people of all ages and abilities to participate in our initiatives.

*3 Things to Do*

- Stay informed of the issues affecting the health of your community
- Participate in decisions made by your local government
- Make a small lifestyle change that improves your health

## New Trails Organization Partners with RAN

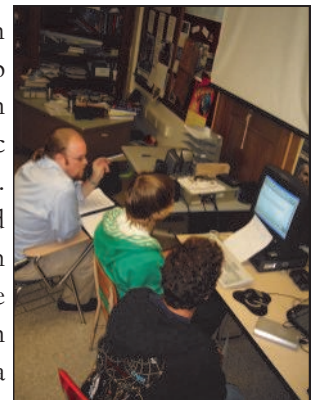
Since December, a group of local outdoor enthusiasts has made significant headway in advocating for and developing a diverse, sustainable and interconnected system of multi-use trails in the Tri-Lakes area. Building on the past work of the Adirondack Mountain Bike Initiative, the Barkeater Trails Alliance (BETA) sought technical assistance from Rural Action Now! in mobilizing a group of passionate cyclists to form a new grassroots advocacy organization and stewardship.

In February several BETA advocates, including the group’s de facto director Matt McNamara, made their first public testimony at an Adirondack Park Agency meeting, which featured a presentation on the economic benefits of mountain biking in rural communities. Raising awareness of their mission at this meeting proved valuable, as it led to BETA forming a partnership with a local landowner in Lake Placid to build a new, publicly-accessible multi-use trail suitable for mountain bikes.

Rural Action Now! is providing support for the group as they work to increase their advocacy capacity. BETA recently submitted a proposal to the NYS-DEC for building new multi-use trails in the Saranac Lakes Wild Forest. If approved, the proposed trails will help improve human powered access to public lands from directly surrounding communities, thereby improving opportunities for residents and visitors to be physically active. RAN will continue to assist and train BETA as they advocate for community-based trails in the Tri-Lakes area.

## RAN Assists in Skate Park Project

Over the last several months Rural Action Now! has been working with the Saranac Lake Skate Park Committee to help them in their mission of creating a permanent skate park in Saranac Lake. The committee believes the youth of Saranac lake deserve a fun, safe place to skate and be physically active. They currently have the funding to start a skate park but need a location. RAN’s focus has been to encourage youth involvement in the Skate Park project by giving students the knowledge and tools they need to make their voices heard in the community. RAN program assistant Glenn Pareira worked with a group of Middle School students who successfully raised awareness of the project by posing questions to candidates at a forum which was held for Saranac Lake’s recent village elections. The group of student advocates have also recently circulated a petition of support for the Skate Park and submitted a letter to the editor of the Adirondack Daily Enterprise. The students and the skate park committee hope to see the park become a reality in the coming year.



Working with students on a letter to the editor

*To Get Involved with RAN! contact us at 518-897-5982 or on the web at [heartnetwork.org](http://heartnetwork.org)*



# North Country Healthy Heart

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You can contact us on the Web!

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or

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Heart Network Staff

*Facilitating Community Change to Prevent Heart Disease Since 2000*

## Calendar of Events

Event	Date	Location	Contact
Complete Streets Workshop	June 18th	Malone, NY	Jamie Konkoski 518-897-5981
Complete Streets Workshop	June 22nd	Elizabethtown, NY	Jamie Konkoski 518-897-5981
Rural Action Now! Advocacy Training	June 21st	Elizabethtown, NY	Josh Wilson 518-897-5982
How Child Health Providers Can Help Family Members Quit Tobacco Use	June 30th 12-1PM	Conference Call	<a href="http://www.nyccall.com">www.nyccall.com</a> 518-897-5980

If you have any questions/comments regarding upcoming events at the Heart Network please contact us at  
(518)891-5855