



## What is Community Wellness Connections?

Community Wellness Connections (CWC) is a community partnership housed under Healthy Adams County. Partners include: Adams County Arts Council, ARC of Adams County, Gettysburg Area Recreation Authority, Gettysburg College, Harrisburg Area Community College, Healthy Adams Bicycle & Pedestrian, Inc., Penn State Extension, South Central Community Action Programs, Strawberry Hill Nature Preserve, Under the Horizon, United Way of Adams County, WellSpan Health, Adams County Library System, YWCA Gettysburg & Adams County and other community members.

## What does CWC do?

- CWC promotes the dimensions of health and wellness: Mind, Body, Spirit, and Community.
- Connect people with events and activities that relate to each dimension through an organized resource tool.
- Look for ways to engage the community in addressing Adams County health challenges that include:
  - 72% with body mass index in overweight/obesity categories
  - 19% exercising as recommended
  - 22% with depression/anxiety disorders
  - 59% with self-reported depressive symptoms
- Aging population

## How to participate?

Visit [www.adamswellness.org](http://www.adamswellness.org) to learn more about each dimension of wellness. Answer some self-assessment questions for each dimension.

- Events are listed on the website. All events/activities are free or very low cost.
- If your organization is organizing any free or low- cost activities that would promote any of the dimensions please email [jgastley2@wellspan.org](mailto:jgastley2@wellspan.org) and we would be happy to add them to our calendar.
- Please call Healthy Adams County at 717-337-4137 with any other questions.

# ~ BODY DIMENSION ~

## Bodymind and Mindbody

Written by: Julie Falk PhD, RN is certified by the Center for Mindfulness at the University of Massachusetts to teach Mindfulness-Based Stress Reduction. She has taught it for 12 years, in addition to teaching yoga, the practice of Focusing, and Clinical Somatics.

In our culture, we often think of the body's health and the mind's health as two distinct things. Back in 1975, Dr. Herbert Benson began to challenge that in The Relaxation Response. Around the same time, Dr. Jon Kabat-Zinn began helping patients with chronic pain and illness to cultivate mindfulness as a method of finding well-being, even in the presence of distress. We know now, through experience and science that body and mind are seamlessly connected. We could easily call them bodymind or mindbody. When we're upset, it has an impact on the body; and when the body is unwell, it affects our mood, thoughts and feelings, and other mental factors. The bodymind together forms our tool for interacting with the world and being able to cope with the difficulties we encounter in life.

That said, we're often not aware of mind and body at once. It's probably fair to say that we spend a lot of our days "in our heads," moving from one experience to the next without consciously realizing how each thing is impacting the body. When something in our experience is distressing (or even just annoying), we may not pick up on the instant increase in blood pressure and heart rate, or the contraction of our breathing and digestion. Or perhaps we're aware of a pain in our backs or shoulders, but not conscious of the contribution it makes to depression and anxiety. Just as the mind and

body can cause each other distress or dysfunction, an awareness of their interaction can be used as a tool for healing. This is really the basis for the international success of the Mindfulness-Based Stress Reduction course developed by Kabat-Zinn, who played a big role in bringing the healing power of mindfulness and meditation to the western world.

The Gettysburg Hospital Foundation has sponsored mindfulness training in our community for several years now. During the pandemic, the training continued in an online format. Now, for the first time in two years, we are able to offer in-person training, thanks to the Foundation and to the YWCA for providing meeting space. Mindfulness and Stress Reduction will be offered in a series of three workshops. The workshops will cover the skills needed to cultivate a mindfulness practice, with each workshop building on the skills learned in the previous training—with a month between classes to rehearse and hone the practices at home. The workshops will be held at the YWCA on Sunday afternoons from 1:00 to 4:00 p.m. on October 2nd, November 6th, and December 4th. You can register through Healthy Adams County by calling (717) 337-4137 or emailing [jgastley2@wellspan.org](mailto:jgastley2@wellspan.org).



Community Wellness Connector – Body Dimension:

## Adams County Farmer's Market

Written by: Reza Djalal, Market Manager & Program Director, Adams County Farmer's Market Association



The Adams County Farmers Market (ACFM) plays an important role in supporting the health and wellness of our community. Farmers markets in general act as hubs for increasing access to fresh produce and locally grown foods. Farmers markets have an even greater impact when they implement food assistance programs and resources that help larger portions of a community purchase local foods, regardless of their means to pay. Thanks to partnerships with Healthy Adams County, the Gettysburg Hospital Foundation, the Adams County Office for Aging, and many other local organizations, ACFM has been able to implement several important food assistance programs, which have had a remarkable impact on the health and wellness of many residents here in Adams County.

The SNAP "Double Dollars" program launched at our farmers market has been a critical resource for many people. This program not only allows shoppers using SNAP/EBT (formerly known as "food stamps") to use their benefits at the market, but actually doubles the value of the benefits. 92% of SNAP/EBT shoppers said that our SNAP "Double Dollars" program helps them eat healthier.

Another food assistance resource we offer is our Farmers Market Nutrition Program (FMNP) matching program. Similar to above, this program helps FMNP recipients (who are either lower income senior citizens or WIC clients) purchase more fresh, locally grown foods at the farmers market. In 2021, our FMNP matching program served over 250 WIC mothers with children and over 300 lower income senior citizens.

The team at WellSpan have launched a program called WellSpan Market Bucks, which benefits lower income hospital patients battling diet-related illnesses. By providing a supply of vouchers to be set of fresh fruits and vegetables at participating farm markets, patients can more easily afford nutritious foods which will help them maintain their bodily health. ACFM is honored to be a participating farmers market for this program.

ACFM is also glad to help facilitate, manage, and administer the Healthy Options program, an initiative of the Adams County Food Policy Council, Healthy Adams County, SCCAP, and other organizations. The Healthy Options program has grown a lot since it was launched more than 10 years ago, and now serves over 560 individuals. Many Healthy Options program recipients come from primarily Spanish-speaking families, which helps ensure that everyone from any cultural background can access fresh, nutritious food.

In addition to our many food assistance programs and resources, ACFM also contributes to community health by hosting a variety of family-friendly events. These events not only give children and families fun things to do on Saturday mornings, but they also help children form positive associations with healthy eating. Food is an absolutely critical part of a person's health, and having sufficient access to a variety of fresh, local ingredients makes a big difference. At the Adams County Farmers Market, we are proud to be able to bring healthy food into our community and help everyone eat healthier, regardless of their means to pay. Whether you use the food assistance resources or not, food from the farmers market is good for everyone's health and wellbeing. You can learn more about ACFM and our food assistance resources at: [www.acfarmersmarkets.org](http://www.acfarmersmarkets.org).

## Farm to Table at YWCA Gettysburg & Adams County

Written by: Teresa Rodgers, CEP Administrative Director, YWCA Gettysburg & Adams County

The YWCA Gettysburg & Adams County has been operating as the largest childcare provider in Adams County serving approximately 250 children up to 12 years of age. Every day the YWCA serves breakfast and lunch with a PM snack in a family style setting. The goal behind family style meals is to develop self-help skills, social and emotional skills and learn proper portion sizes.

In early 2020, COVID 19 closed our doors temporarily, disrupted our food supply chain and forced us to adjust our daily operations. COVID 19 has been difficult on many businesses and families. The YWCA Gettysburg & Adams County was determined to take the challenges of COVID 19 and grow from it.

With the help of Healthy Adams County, Penn State Master Gardeners and Future Generations University, the YWCA Gettysburg started a Farm to Table program at the Adams Commerce Center. The project started with one raised bed garden and has now expanded to include three raised bed gardens. The goal was to educate the children about how food is produced, introduce them to new fruits and vegetables and get their hands dirty.

The first year we had overwhelming success growing over 50 pounds of fruits and vegetables. The children participate in maintaining, harvesting, cooking and taste testing lessons completing yum & yuck charts and weighing their produce. We have continued to grow our project to now include our childcare center at 909 Fairfield Road. We look forward to continuing to expand our farm to table program to include composting, hydroponics, and possibly even field trips to local farms. If you're interested in learning more information about our Farm to Table project please contact Teresa Rodgers at [trodgers@ywcagettsburg.org](mailto:trodgers@ywcagettsburg.org).



## HAPPY (HABPI) Bicycling & Walking!

Written by: Tom Jolin, HABPI Member

HABPI stands for Healthy Adams Bicycle-Pedestrian, Inc., which is dedicated to developing active transportation. This improves our personal health; air quality; commercial business support; and livability of our county. We especially aim our efforts at our youngest, who we don't want to saddle with poor health due to sedentary lifestyles.

Cars are overused, causing overweight and obesity problems. In Adams County 82% of us suffer from this health condition. Let's not pass this problem on to our children and grandkids. "Active transportation" (bicycling and walking) is a remedy. It is when we use our personal muscles and calories as we go from A to B.

HABPI's cup is half full; not half empty. We treat the problem with optimism that it can and will be solved. There is good reason for this optimism when we look at the dedicated outfits doing outstanding work. Gettysburg Borough is implementing the Gettysburg Inner Loop, known as the GIL. They are greatly supported by gracious funders that believe likewise, including: Wellspan, Adams County Community Foundation, and Robert Hoffman Charitable Endowment Trust, to name of few. HABPI is grateful to be on the same page with them.

Older folks remember the good old days, when we could hop on a bike to get to school, work, ball practice, etc. Such happy times are coming back as the bicycle culture continues to revive; and it IS growing.

The Kids Bicycle Parade is part of the 2022 Adams County Heritage Festival on September 18 at the Gettysburg Rec Park. Mayor, Rita Frealing is Parade Marshal and Jen Yablonsky is Chair. Bike decorating starts at 12:30 behind the stage and the one-mile loop ride begins about 1 pm. One lucky participant 12 or under will be awarded a \$350 credit towards a new bike at Gettysburg Bicycle and Fitness. Thank you, Thrivent.

How to win the \$350 bicycle credit:  
 -five chances by attending the festival at 12:30 on Sept. 18, register by stage, then bike at 1pm  
 -one chance by biking and emailing HABPI once before September 18 [hapi2021@gmail.com](mailto:hapi2021@gmail.com)  
 Provide the child's name, age (12 and under), adult contact email/phone, and date of ride.  
 -Six chances total if you do both.  
 -If rain cancels the bike ride on September 18, the \$350 Bike Certificate will still be awarded, chosen from those that entered prior via email.

Bicycling is for health, wealth and joy.



**JUMBLE:** Unscramble the 7 mixed up words below by writing the real word in the boxes below each word. Then take the circled letters and unscramble them to form a reassuring thought in the PRINT YOUR ANSWER HERE space below.

- PLEPA
- NESOC
- TEME
- DROC
- MUEF
- SHNIGT
- GIWN

PRINT YOUR ANSWER HERE

P \_ \_ \_ \_ \_ C \_ \_ \_ \_ \_ F \_ \_ \_ \_ \_ W \_ \_ \_ \_ \_

Answer: Peace Comes From Within

# UPCOMING COMMUNITY WELLNESS CONNECTIONS SPONSORED EVENTS

**Adams County Community Health Needs Assessment Forum**  
**Date:** Friday, October 7, 2022 **Time:** 8:30 a.m. (registration) 9 a.m. to 3:00 p.m.  
**Location:** HACC – Gettysburg Campus (731 Old Harrisburg Road, Gettysburg, PA)

Join Healthy Adams County as they present the key findings from this year's community health assessment. Learn about top health and wellness needs for the community, and participate in Registration required. Call Healthy Adams County at (717) 337-4137 or email [jgastley2@wellspan.org](mailto:jgastley2@wellspan.org) for more information or to register. Free.

**Fall Walking Parties**  
**Date(s), Time & Location(s):** Wednesday's from September 7, 2022

**to October 19, 2022 at various locations**  
 Join Healthy Adams County's Physical Fitness Task Force for a free walk at various locations in and around Adams County. Walks are between two to four miles in length and are open to everyone. Wear good walking shoes and bring a bottle of water! Pre-registration is not required. Call (717) 337-4137 or visit Healthy Adams County's Facebook page for locations of the walks. Free.

**'The Upstanders' In-person and Virtual Documentary Screening and Panel Discussion**  
**Date: In-person: Wednesday, November 2, 2022**  
**Time: In-person: 7pm – 9pm**  
**Location: Majestic Theater, Gettysburg (will also be available virtu-**

**ally that week)**  
 'The Upstanders' film, by iNDEFLEX/IMPACTFUL, explores cyber-bullying, bullying among friends, families, co-workers, and others, and the brain science behind it all. The film highlights new laws and programs already reducing bullying in schools and shows us how we can learn to make a difference together to create systemic change. Panel discussion to follow film during in-person event. Please email [jgastley2@wellspan.org](mailto:jgastley2@wellspan.org) or call 717-337-4137 for questions or for a link for the virtual screening. FREE tickets for the in-person event at Majestic Theater must be reserved and will be available soon.

\*For a complete listing of events related to the current Community Wellness Connections Dimension please visit [www.adamswellness.org](http://www.adamswellness.org).