

THE CCNTR HELPER

HHealth – EEnvironment – LLifestyle – PPrevention – EEmergency RResponse

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By: Richard Silverberg, Managing Director

What is Public Health?

INSIDE THIS ISSUE

- 1 What is a Public Health Network?
- 2 Community Health Education
- 3 Public Health Preparedness
- 4 Immunization Outreach
- 5 CERT/MRC

“A comprehensive Public Health Network focuses on the needs of all its citizens through assessments”

CCNTR receives official recognition from the State of New Hampshire as Public Health Network (PHN) for 14-Town Region.

The Caring Community Network for the Twin Rivers after a 3½-year assessment process is very pleased that the State of NH has come to the conclusion that CCNTR’s 14 Town original region should continue and officially recognized CCNTR as the Public Health Network for this region.

This successful assessment and announcement from the state was made possible by all of the tremendous involvement and support from the many partners from the municipalities, their uniformed agencies, community committees, private non-profit agencies and citizen volunteers from throughout the region. With CCNTR’s status solidified as the PHN for this region watch for a new face to all of our printed materials, websites and other communications and for our consistent and continued interaction with all of you to carry out our mission, to gather needs around public health issues, to work collaboratively with the community to find solutions and bring new resources to the communities to help address these issues and needs.

We always look for your input and welcome comments, questions to Rick Silverberg, Managing Director Caring Community Network of the Twin Rivers at (603) 934-0177 xt. 107 or rsilverberg@ccntr.org

CCNTR’s Managing Director Rick Silverberg has been selected to make presentations at 3 National Conferences this summer to share with others from around the country our successful methods of developing and sustaining Rural Health Outreach and Coordination. The overall sustainability of a Regional Public Health Network and the development of collaborative leadership models for the NH Children and Nature Coalition.

Community Health Education



By: Liz Lawrence

CCNTR Healthy Homes Committee

The CCNTR Healthy Homes Committee is undergoing a strategic planning process to define its goals, identify its priorities and create an action plan. Formerly a committee that solely focused on education and prevention of lead poisoning, the Committee has expanded to include prevention and education of mold, asbestos, asthma, tobacco, smoke, radon and other environmental health topics. The committee meets the second Tuesday of every month in Franklin and are currently looking for community volunteers to join. For information please contact Liz Lawrence at 934-0177 ext 102

CCNTR Health & Wellness Committee

CCNTR's Healthy Heart for Life Make the Move Project focuses on HEAL-Healthy Eating Active Living (<http://www.healnh.org>) and educating three sectors of the Greater Franklin Area schools (including after school programs, preschool and daycare centers), community organizations and municipalities, and the food & recreation industries. Partners include Health First Family Care Center, Franklin Regional Hospital, the Franklin Recreation Department, Casey Family Services, Community Action Program, the Franklin, Newfound and Winnisquam School Districts, Spaulding Youth Center and UNH Cooperative Extension, the Franklin Odell Park Committee. CCNTR and Partners have helped implement programs such as the national recognized Early Sprouts Program that teaches preschoolers how to garden, the FIT WIC program that supports nutrition and exercise with women and children, the CATCH Kid's Club program, a researched based active and non competitive games and healthy eating program. For more information on the Healthy Heart for Life Make the Move HEAL programs, please contact Liz Lawrence at 934-0177 ext 102 or visit http://www.ccntr.org/healthy_heart.asp

Youth Alcohol Prevention Outreach Team

CCNTR continues to support activities that prevent underage drinking through funds from the NH Department of Health and Human Services and support from the Capital Region Community Prevention Coalition. CCNTR continues to partner with Health First Family Care Center to provide counseling support to youth and families, the Franklin Mayor's Drug and Alcohol Task Force by supporting efforts to receive additional grant funding, with the Franklin Police Department by providing funding for additional training and funding to implement Public Services Announcements that educate the public about the hazards of underage drinking. For more information please contact Liz Lawrence at 934-0177 ext 102

Regional Public Health Emergency Preparedness

“Several agencies participated in the After Action Conference this spring in order to learn lessons from this winters H1N1 clinics”.



By James Richardson
Regional Public Health Preparedness Coordinator

Public Health Preparedness

The Public Health Emergency Preparedness efforts have been ongoing including a recently held after action conference hosted by CCNTR along with our contractor LMK Planning Associates. Very valuable information was gleaned from this conference as it related to how the region performed during this past flu season. Subsequent to the conference the information was included in an after action report and improvement plan which we will include in the next plan revision going forward. We have finished our working group at the Homeland Security and Emergency Management as it relates to developing an updated Point of Dispensing Operating Guide which can be used by all regional public health preparedness coordinators throughout the state. It has been a very educational and rewarding and I appreciated the opportunity to work with such a fine group of dedicated professionals at both the regional and state levels. We here at CCNTR continue to strive for sustainability by searching out additional grant opportunities for our CERT and MRC units. To date we have secured an additional \$3,000.00 from the Community Health Institute in Bow, NH and have applied for funding from the Franklin Savings Bank as well as the 2010-2011 NACCHO Capacity Building Program for the MRC and the 2009 funding for our CERT program through Volunteer NH.

Our website is being updated with new information for our members and the general public as part of my responsibilities as it relates to our regional CERT and MRC marketing, recruiting, and informational campaign. Please feel free to visit our site at www.gfbcertmrc.com. CCNTR and the Citizen Corps Council continue to partner with local communities in the region who have agreed to post a link to their communities' home page in an ongoing effort to increase our volunteer roles.

I would like to take this opportunity to personally thank all those community officials both elected and appointed for their continued support and for spending countless hours assisting us in making the Greater Franklin-Bristol Region a safer, healthier, and more prepared region.

For more information please feel free to contact Jim Richardson at jrichardson@ccntr.org or via phone at 934-0177 ext 135

Immunization Outreach Program



By Maren Bicknell
Immunization Outreach Coordinator

Immunizations are NOT just for kids! Whether a young adult, middle-aged adult, or senior citizen, we ALL need immunizations to keep us healthy and protect our loved ones more than ever. That is why the message of Immunization “Throughout the Lifespan” has been the focus of the immunization grant these past few months.

Outreach efforts have reflected this concept. We have been out talking to adult service organizations, disseminating child, adolescent, and adult educational materials at Old Home Days and Town Fairs, and producing press releases and advertisements stressing the importance of immunization for all ages.

With the recent epidemic of pertussis (whooping cough) in California and increasing cases of pertussis in several states, including New Hampshire, many of our conversations have been about the importance of the Tdap vaccine for adults. Because immunity to childhood pertussis vaccination wanes by adolescence, teens and adults are at risk for infection with pertussis and need a booster dose to maintain immunity. The Tdap vaccine is a tetanus-diphtheria booster with pertussis protection in it. It is a one-time only shot for anyone 11-64 years of age.

While pertussis may be mild in older persons, it can cause significant morbidity in adults and lead to hypoxia, secondary bacterial pneumonia, and death in unimmunized and under-immunized infants. That is why we are encouraging all mothers, fathers, grandmothers, grandfathers, aunts, uncles, cousins to get vaccinated -- help protect the ones you love that can't yet protect themselves. Have you had your Tdap?

Seasonal Flu Update:

The World Health Organization and the US Food & Drug Administration have decided on the composition of the influenza virus vaccine that will be used during the 2010-2011 season in the northern hemisphere. The trivalent preparation will contain the following influenza virus strains: A/California/7/2009 (H1N1); A/Perth/16/2009 (H3N2); and B/Brisbane/60/2008. Thus we will be back to one shot for influenza this season.

Also, the CDC's Advisory Committee on Immunization Practices (ACIP) has recommended universal seasonal influenza vaccination for all people ages 6 months and older in whom the vaccine is not contraindicated. Despite the expanded recommendations, the CDC doesn't anticipate any supply problems this year because new flu vaccine products are coming on the market.

CERT/MRC



By Donna Quinn, CCNTR
CERT and MRC Coordinator

CERT and MRC in the News

The Two Citizen Corps Programs sponsored by CCNTR, Medical Reserve Corps (MRC) and Community Emergency Response Team (CERT) have been active lately both in trainings and deployments. When the teams are requested for a non-emergency or pre-planned event the requesting community's Emergency Management Director is asked to submit a request form 4-6 weeks in advance of the date requested. This request is then brought to the Chair of the Citizen Corps Council for authorization. Three of our most recent deployments were via this process; those include Choose Franklin, The Mooseman Triathlon and the Hebron Fair. At each of these events our volunteers received briefings prior to their deployment and were assigned to a particular department or unit for the event. Unit Coordinator Director Donna Quinn and Director James Richardson recently returned from the Integrated Training Summit conference sponsored by NACCHO and held in Las Vegas. This annual event combines both training scenario's as well as lessons learned and networking amongst the over 900 Medical Reserve Corps Units in the United States and it's territories.

Over the next few months we have some exciting training opportunities that will be offered.

- On September 16th there be Family Preparedness Training open to all community members. This training will take place from 6:30-8:00 pm at Franklin Fire.
- On September 22, we will be hosting a FEMA 701 Multi-Agency Coordination program. In October we are switching gears and highlighting the communication aspect of our programs.
- On October 13 there will be a Two Way Radio Communication Overview, and on October 20th we are pleased to have the Director of Communications for Grafton County Sheriff's Department share with us a presentation on Code Red (similar to reverse 911).
- In November we will focus on our Public Health System with a presentation on "Public Health in an Emergency, Who's in Charge". This presentation will bring to light the myriad agencies involved in a public health event. We will use our updated Public Health Emergency Preparedness and Response Plan to highlight our planning efforts to date.

We want to thank our volunteers and public officials for their continued support of these programs. We look forward to our continued partnerships with the fourteen communities within our region.