



Developing Leaders

November 2007 Session 2

Issue 1

Community Leadership Program Attends a Healthy Communities Conference.

Tioga County's *Community Leadership Program (CLP)* class of 2007's second session was held on Friday November 3, 2006 and focused on **Healthy Communities**. The session was held at Soldiers + Sailors Memorial Hospital (SSMH) located in Wellsboro, Pennsylvania. As mentioned above, the main theme of this session was Healthy Communities to inform the *CLP* class about the many services available to residents of Tioga, Bradford, and Sullivan counties. Some of the presenters included: Jan Fisher, Executive Director for Health Care Services for Laurel Health System; Linda Stager, Assistant Administrator for Tioga County Dept. of Human Services; Brian Kennedy, Obesity Prevention Program Coordinator for Tioga County Partnership for Community Health.



The day started off with Jan Fisher, who informed the attendees about the broad scope of services offered by Laurel Health System. Laurel Health System's mission is to improve the health status of those they serve. The services Jan mentioned include: SSMH, The Green Home, The Laurels, Home Health & Hospice, Primary Care Physicians, Residential Youth Facilities, Head Start Programs and Community Support Services.

The biggest issue that faces these programs is funding. Of all the patients at SSMH, 65% have Medicare, Medicaid or no insurance at all. This really makes an impact because we live in a rural area. The wage index assumes that it is cheaper to live here so funding is harder to come by and it basically penalizes people because of your choice to live in this area. The hospital provides a major positive financial impact to this community. The Laurel Health System contributes \$32 million a year back into the community. Overall, it adds up to an economic impact of \$134 million per year.

The care provided here at SSMH is comparable to other hospitals through out the state. This is because SSMH is held to the same high standards as any other facility. Just because we live in a comparatively small town, it doesn't mean we get small town service. The hospital does pride themselves on being a "close knit" family. The staff and members of the community all know each other by name.



Tioga County Development Corporation

Once Jan finished her portion of the day, teams broke into their three groups for a team building exercise. The teams' challenge was to build a tower using gum drops and toothpicks. Of course, there was a twist we could not speak and had to use our non dominant hand. Upon completion, everyone discussed the results of the exercise and how it applies to our teams.

From there, the day progressed into an overview of the Tioga County Department of Human Services by Linda Stager. She used the analogy of "The Legend of Choppy Waters River Land" to describe the services available through Tioga County Department of Human Services. Linda and her coworkers believe in a philosophy of preventative care instead of waiting for a problem to occur. The earlier you can get treatment, the better off you will be.

Groups then broke again for a role play scenario with a social worker to get a feel for how the Department of Human Services works. Following the role play, everyone reconvened and played "Bingo". The purpose of the bingo game was to familiarize ourselves again with the many services available to Tioga, Bradford, and Sullivan county residents. CLP class of 2007 participants then presented their class assignments to the rest of the attendees.

After a very delicious lunch sponsored by Laurel Health System, Brian Kennedy presented an overview of the services provided by the Tioga County Partnership for Community Health. The Partnership is made up of: Laurel Health System, Mansfield University, and The Department of Human Services. The three words Brian used to sum up the partnership were Cooperation, Collaboration, and Integration. The Partnership works solely from grant funding they secure. The Partnership is working on a program called "Steps to a Healthier PA", which is based on a national program.

Once Brian's presentation was completed, everyone broke into their respective groups again and toured the Laurel Health System facilities. The tour included SSMH, The Green Home and The Laurels. This allowed us to get a peek into some of the services we might not use or see regularly. It definitely was a learning experience to see some of the sights described earlier in the day.

Wrapping up the day, Deb Sawyer from North Central AHEC gave a brief slide show on time management. She covered some skills needed for time management including; Time Sense, Goal Setting, Standard Shifting, Time Planning, and Recognizing Procrastination. Some of the main points Deb got across were to assume ownership of your time, learn to say no, and delegate.

For more information about any of the services mentioned above, please visit the following web sites:

www.laurelhs.org

www.tiogahsa.org

www.tiogapartners.org



HEALTHY COMMUNITIES

Some Programs & Services in Our Communities

- Assisted Living
- Communities that Care
- Guideline
- Homemaker
- Headstart
- Health Clinics
- Hospital
- Hospice
- Highland Chocolates
- Immunization
- NYPUM
- Shape Up
- STAR
- Wellness
- Youth Services

C	O	M	M	U	N	I	T	I	E	S	T	H	A	T	C	A	R	E
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L	A	H	S	C	I	N	I	L	C	H	T	L	A	E	H	A	N	P

2007 Youth Leadership Program Interview



Cynthia Wilbur is a member of the *Youth Leadership Program Class of 2007*. Cynthia is a junior at Williamson Jr/Sr High School in Tioga Junction. After hearing about the program through her guidance counselor, Cynthia decided to sign up for the program to enhance her leadership skills in preparation for college. She plans on attending Juniata College and majoring in pre-med. Although she has only completed two sessions so far in the program, she already showed a key component of a good leader, effective communication skills. Cynthia enjoys bowling and music when she is not studying for school.

EMPLOYER INTERVIEW



Citizens and Northern Bank has been a long time supporter of the *Tioga County Development Corporation's Community Leadership Program*. C&N has sponsored 5 participants over the years and continues with 3 members of the Class of 2007. Dawn Besse, Executive Vice President, Sales & Service Manager, Employee Development stated that C&N became involved with the program as a good corporate citizen that wants to support their communities. C&N was active in the development of *TCDC* and it was natural to continue with the support of *CLP*.

Dawn said that she hopes the participants gain "the need to be involved with their communities, leadership competencies and networking that lasts forever" through their involvement in the program. There have definitely been benefits from employees' involvement in the past, many of those are now junior officers in the bank.

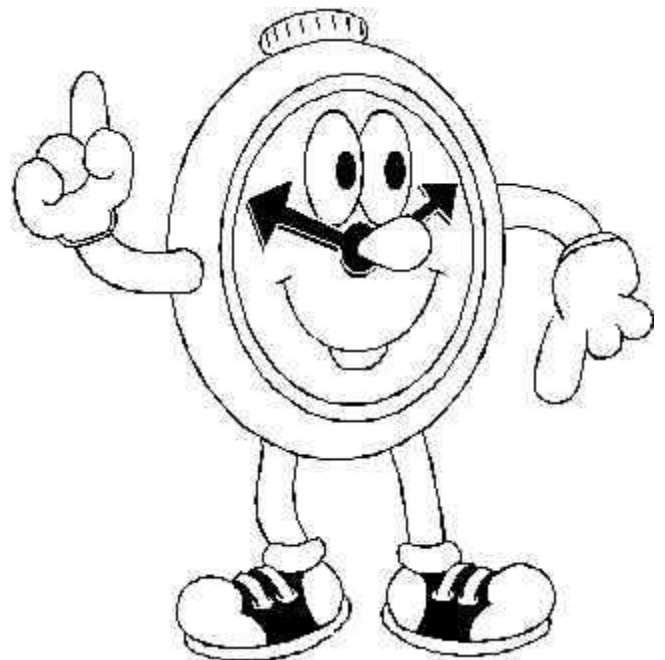
When asked what she would say to other employers about the program, Dawn replied "do it". She thinks that all companies, large or small, can benefit from their employees' participation.

There is a need for local leadership and this program helps develop those skills. "These are the future leaders of their communities", said Dawn.

Tips to enjoy this busy holiday season:

- Prioritize
- Delegate
- Learn to say No
- Organize
- Reward yourself

Where you are headed is much more important than how fast you get there!!



Community Leadership Program Alumni

Richard "Dick" Pino II is a 2006 graduate of the *Community Leadership Program*. Dick is employed by First Citizens National Bank and manages both the Weis and Wal-Mart in-store branches. He is involved in the Kiwanis Club of Mansfield, The American Cancer Society Relay for Life, the Fabulous 1890's Weekend and is a Laurel Health volunteer. Dick enjoys golf in his spare time.

When asked what the *Community Leadership Program* meant to him, Dick replied by saying "Honestly, it was one of the best things I have ever done." As a result of the program he is much more involved in the community and has made a lot of connections and friendships that have helped him in his professional and personal life. He said that it was a real eye-opener to see all that goes on in Tioga County. He has always loved this area, but the program made him appreciate it much more. One of Dick's favorite sessions in the program was the visit to ACP Manufacturing. He said that it just amazes him that on just about every Subaru you see on the road there is a part from "little old" Tioga County.

Dick was well known in his group as kind of the class clown. He kept everyone laughing from the first day at the opening retreat. He would encourage all current participants to have fun, enjoy the experience and learn as much as possible so they can make a difference in Tioga County. If you see Dick, ask him about his "Skinny Cow" story.

Dick feels very strongly that in such a small county that teamwork is more important than anywhere else. He said "You'll rarely hear a leader say "I". You're more likely to hear them say "we"".

One of Dick's favorite quotes is:

"Change your thoughts and change the world" - Anonymous



Leadership Tioga County Youth Leadership Program Studies Diversity

The *Tioga County Development Corporation Leadership Tioga County Youth Leadership Program* Class of 2007 participated in Session 1 **Living in a Diverse Community** on October 19, 2006 at Mansfield University in Mansfield. The Session was sponsored by Cummings Jewelers of Mansfield and Mansfield University. Each Session is assigned a Team. **TIOGA COUNTY LEADERS** is the team assigned to Session 1. The Team Members are Sarah Bull, Wellsboro High School; Janna Heyler, Cowanesque Valley High School; Megan Slater, North Penn High School; Levi Turner, Elkland High School and Erica Wilson, Mansfield High School. The Team Members acted out a role play aimed at the different styles of Diversity for their classmates. Members of the Mansfield University [International Students Organization](#) (MISO) also did a presentation on different countries and their cultures for the group. (Pictured from left to right are: Megan Slater, Janna Heyler, Erica Wilson, Levi Turner, and Sarah Bull.)

The purpose of *Leadership Tioga County* is to recruit, train, encourage and develop individuals to participate in community leadership activities and responsibilities throughout Tioga County. Session 2 **Healthy Communities** was held at St. Peter's Parish Center & Soldiers & Sailors Memorial Hospital in Wellsboro on November 14, 2006.

