



# DEVELOPING LEADERS

November 2009

Session 2  
Issue 2

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## Community Leadership Program Attends Session 2 Healthy Communities at Soldiers and Sailors Memorial Hospital

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“To provide excellent services and improve the health and well being of the communities we serve” is Laurel Health System’s (LHS) mission statement. What better place to host the second session of *Tioga County Development Corporation’s Leadership Tioga County* then with an organization whose focus is “healthy communities”. On Friday, November 6, 2009 the *CLP* participants gathered in the conference room at Laurel Health System’s Soldiers and Sailors Memorial Hospital to learn about health and social services available throughout Tioga County.



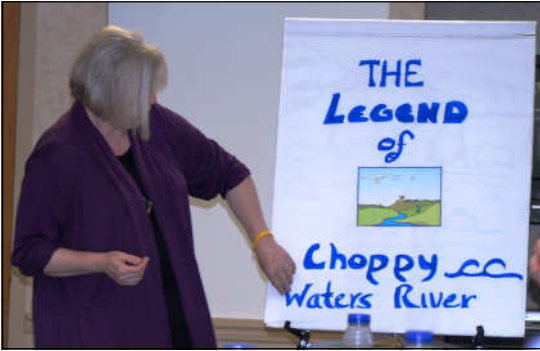
Jan Fisher, LHS Executive Vice President and COO, was the first speaker of the day. “Laurel Health System is a uniquely integrated healthcare and human service system”, Jan explained. Providing a broad scope of services that go beyond the physical and mental care for patients, customers, and clients on a daily basis, LHS also plays an undeniably large role in the economic health of Tioga County. With over 800 employees in the county, LHS is one of the largest employers, paying more than \$35 million in salaries each year. The ripple effect is over \$50 million to local economy. Visit [www.laurelhs.org](http://www.laurelhs.org) for more information about Laurel Health Systems.

Community Support Services Program Supervisor Mary Aumick, with the assistance of *CLP* Program Coordinators Brett Kennedy and Joey Heckler, led the group in a team building exercise using gum drops. The class was divided into their project teams and given a few simple instructions. While working in silence and with their dominant hand behind their backs, they were instructed to build the tallest structure possible, made of gumdrops and toothpicks, in 10 minutes. The purpose of this exercise was to expose *CLP* members to process of design and construction within a team environment, while working together to overcome obstacles such as lack of communication and planning.



Tioga County Development Corporation

## Community Leadership Program Attends Session 2 Healthy Communities *(continued)*



Linda Stager, of the Tioga County Department of Human Services (TCDHS), spoke to the group next. Linda shared a parable created by TCDHS titled “The Legend of Choppy Waters River Land,” which is a story about a traditional system of saving people once they were in over their heads (choppy waters) and a new system that allowed social workers, a.k.a. lifeguards, to work with people in different ways. These new ways were more proactive and preventive, and recognized that problems often cross the categorical systems that exist within human services. To further orient the group to the services provided throughout Tioga,

Sullivan, and Bradford Counties, Sue Anne Carson and Jane Palmer, also of TCDHS, facilitated a game of macaroni bingo that included tasty treats from Highland Chocolates for all participants.

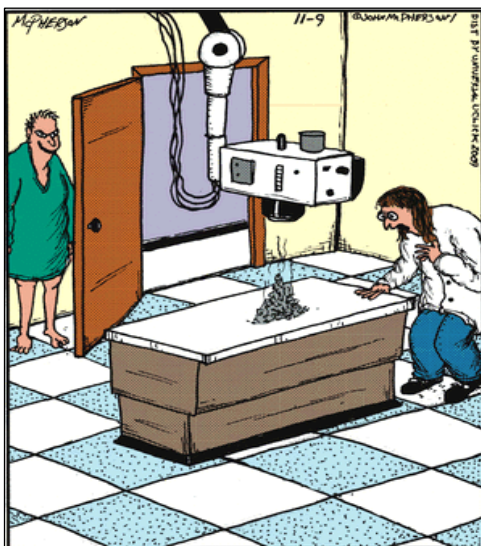
Do you often think “there is nothing to do in Wellsboro”? Then you have not been introduced to Peter Herres, Director of Wellsboro Parks and Recreation. Contrary to popular here say, Wellsboro is buzzing with activities, as Peter described to the CLP group next. Peter discussed volleyball, dance class, basketball, garden clubs, karate, and more, as well as the accomplishments of the Parks and Recreation Department, and future plans for our community. There are many opportunities out there waiting for you to get involved. For more information on what to do in Wellsboro, check out: [www.wellsbororecreation.org](http://www.wellsbororecreation.org).



Community Leadership Program participants are assigned a project to complete for each session. This month, each member had to research and prepare a speech on a community program that they were not familiar with, and these presentations followed.

After a wonderful lunch compliments

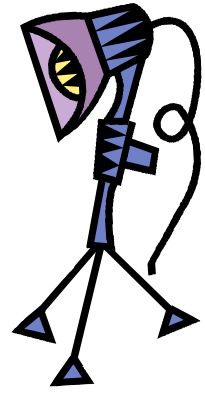
of Laurel Health System’s Dietary Services, Deb Adkins, Executive Director of Tioga County Partnership of Community Health (TCPCH) provided an overview of the services her organization provides. The Partnership was initially founded by leaders of Laurel Health System, Mansfield University and Tioga County Human Services Agency. The purpose was to assess and address health concerns of county residents. Today, TCPCH has over 400 organizations and individuals working together towards their mission to improve the quality of life in our community, for collaboration is the hallmark of the Partnership, as is making connections and facilitating cooperative work among various partnering individuals. This collaborative work is accomplished through workgroups of the Partnership which address identified needs. If you are interested in participating in a workgroup, or would like more information, visit: [www.tiogapartners.org](http://www.tiogapartners.org).



Having dumped the bag of ashes on the table, Stew hid behind the door and waited for the X-ray technician’s reaction.

The session ended with a walking tour of Laurel Health System facilities located throughout Wellsboro, program evaluations and group meetings.

# The CLP Class of 2010 Spotlight Shines On Jenny Bowen



This session's *CLP* spotlight is Jenny Bowen. Jenny resides in Wellsboro with her husband Aaron and their two children; Gunnar age five and Ryder age two. An avid animal lover, Jenny also has a dog named Bessie, cat named Pizzelli (indoor) and three cats named Pearl, Piggy and Chevi (outdoors). Jenny received a Bachelor of Arts in English from Penn State University in 2002 and a minor in Classics and Ancient Mediterranean Literature. She went on to Indiana University of Pennsylvania and graduated with her Master of Arts in English Literature and Criticism in 2004. Jenny has worked for CONCERN Professional Services for 3 years. For 2 years Jenny has been a case manager. Some of her duties include coordinating psychological evaluations and Interagency Team meetings that are necessary for children to start and continue services. She also maintains communication between CONCERN staff and psychologists, schools and other providers involved with children.

Jenny is active in community softball. In her spare time, Jenny enjoys baking, creative writing, reading and freelance editing. Her favorite food is stir-fry.

Jenny expects to build confidence with herself in public speaking and conflict resolution. She hopes to gain knowledge and skills that will help her become a "valuable member of the community."



Things may come to those who wait, but only the things left by those who hustle.

- Abraham Lincoln

## Meet the *CLP* Class of 2010



**(From left)** Robert Maidl, Laurel Health System; Edgard Domenech, Mansfield University; Wendy Smith, Citizens and Northern Bank; Chrissi Copp, Citizens and Northern Bank; Shelley McKelvey, Laurel Health System; Tracey Dukert, Mansfield University; Natalie Kennedy, The Wellsboro Gazette; Amanda Blumling, First Citizens National Bank; Lori Deitrick, Laurel Health System; Andrew Harding, Larson Design Group; Jenny Bowen, Concern; Kim Sexauer, Laurel Health System; Mike Jerzak, Partners in Progress.

### Ingredients:

1/2 pound sliced bacon  
 4 cups potatoes, cubed  
 1/2 onion, chopped (optional)  
 6 eggs, beaten  
 1 cup shredded cheddar cheese

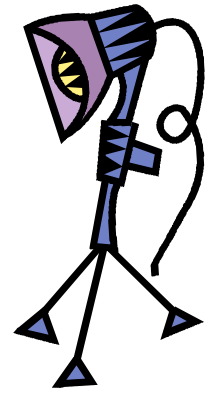
## Paul Bunyan Skillet Breakfast!

### Directions:

- 1.** Cook bacon to desired doneness in a cast iron skillet over the slow burning coals of a campfire. Remove bacon from the skillet and set aside. Stir the potatoes and onion into the hot bacon fat. Cover, and cook until the potatoes are soft, about 10 to 12 minutes.
- 2.** Crumble the bacon into the potatoes. Stir in the eggs, cover, and cook until set through, about 2 minutes. Sprinkle with the cheese, and allow to melt before serving.
- 3.** Enjoy!



# The Spotlight Shines On CLP Class of 2006 Alumnus Rennie Woodhouse



This session's *CLP* alumni spotlight is on Rennie Woodhouse, who graduated with the Class of 2006. He currently works for Laurel Health System - in The Green Home and Laurels Assisted Living - where he has managed the buildings, grounds and environmental services for the past three years. Rennie enjoys working with and being around people, and especially making them smile. He is a certified boiler operator and fire safety expert, actively involved within his township and is a member of NFPA (National Fire Protection Agency), AHSES (American Society for Healthcare Environmental Services) and PSHFE (Pennsylvania Society Health Facility Engineering). Rennie is also co-chair of *TCDC*'s Youth Leadership Program.

A few of Rennie's hobbies include fly fishing, hunting, kayaking, biking and continuing his education in the field of technology, as he is fascinated with the latest and greatest technology. He earned an associates degree in computer repair from Penn Foster Career School and a bachelors degree in business administration from Mansfield University/University of Phoenix online.

Rennie loves pizza and Italian food, and believes you should live every day like it may be your last. When asked what Rennie gained from his participation in the *CLP* program, he said, "A great network that continues to grow, and the ability to speak in front of large groups without fear." His fondest memories of the *CLP* experience include the people he met and the accomplishments he and his classmates made.

Rennie resides in Morris with his wife of 29 years, Denise, and their two dogs and cat. Rennie and Denise have three children, Apryl, Renee and Danielle.

## Did You Know?

- *USA Today* voted the Pine Creek Rail Trail as one of the "10 great places to take a bike tour." This 57-mile plus long trail with a 2% grade over its entire length travels through the Gorge starting in Ansonia and ending in Jersey Shore.
- Tioga County is home to seven lakes, which include Tioga, Hammond, Cowanaesque, Hills Creek, Hamilton, Nessmuk and Beechwood.
- There are 29 miles of maintained cross-country ski trails, including Bee Tree and Sand Run, in Tioga County.



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## Youth Leadership Program Learns the Importance of Health & Human Services

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On November 3, 2009 the *Tioga County Development Corporation Leadership Tioga County Youth Leadership Program Class of 2009* studied **Health & Human Services** during Session 2 at St. Paul's Episcopal Church in Wellsboro. Students participated in various activities aimed at introducing them to the many Human Service and Healthcare Services available through the Tioga County Department of Human Services & Laurel Health System to area residents. Students also explored career options available in the healthcare field. The Class of 2010 had the opportunity to view facilities like The Green Home, The Laurels, The Williams House & Occupational Health. The Session was sponsored by Laurel Health System.

Session 3, **Understanding Business & Economics** will be held at MedPlast in Westfield on December 9, 2009.



**Pictured:** Participants of the YLP Class of 2010 participating in the “Leadership Styles” Team Puzzle Building exercise.

The leadership instinct you are born with is the backbone. You develop the funny bone and the wishbone that go with it.

- Elaine Agather