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Health Education Program Update

Drugs 101: What Parents Need to Know

The Partnership for a Drug-Free America™ released a study in March 2010 which confirmed the number of teens in grades 9-12 that used alcohol in the past month has grown by 11 percent (from 35 percent in 2008 to 39 percent in 2009). The study further confirmed that the marijuana use is also on the rise by 19 percent (from 32 percent in 2008 to 39 percent in 2009).

The Byrnes Health Education Center remains proactive in educating parents, guardians and adults on drugs and alcohol through the Drugs 101: What Parents Need to Know program that was launched in 2006 and continues to be sought after by many school institutions, parent groups, community groups and businesses that are taking a pro-active approach to educating adults about drugs.



Teenager Bedroom Scene from Drugs 101: What Parents Need to Know

Susan Shapiro, of WGAL visited the center on March 9th to film the bedroom scene to provide information to their 5 o'clock news. Cable 11 News, Juliane Brown was at our program in March at Warwick School District, Lititz, PA and provided coverage on the Drugs 101 program at Warwick on the news. A portion of the Warwick program was funded by private funds from a mother of a son who was killed by a drunk driver. Drugs 101: What Parent's Need to Know is approximately 1 ½ to 2 hours in length and is taught by two of our Health Educators. The cost is \$900 for the program and can be presented to 450 individuals at an auditorium. Additional costs may apply if outside a 60 mile radius of the center. Jamie Reisinger, Assistant Director of Education was interviewed for both news broadcasts and can provide additional information on this valuable and informative program. Jamie may be reached at jreisinger@byrneshec.org or extension 249. Thanks to your support we can continue to provide programs that help keep parents informed and assist in helping children to make healthy choices. Pass the word this is one class parents won't want to skip!



Sandal with compartment as highlighted on both WGAL and Cable 11 News coverage

The well-known teenage bedroom scene is part of the program to offer parents visuals of what various drug paraphernalia and drugs may be found in a child's bedroom. The program includes role playing and various resources and materials to expand parent's knowledge of the program.

From the President



Jane welcomes CT O'Donnell, Ph.D.

As I settle into the beautiful south central Pennsylvania region and reflect upon the warm reception offered by our organization's board of directors, staff and community, I am excited about the numerous opportunities to expand health education service to so many who are increasing in need of and attuned to our Center's message.

Following a life dedication to helping people improve their lives in meaningful ways, the draw to the Byrnes Health Education Center's mission was a natural. Susie Byrnes' extraordinary vision to educate and inspire people of all ages to make healthy choices is compelling, inspiring and beneficial to all! The board is talented, resourceful and deep! With great foresight, our directors have engaged their new CEO in a formal on-boarding plan and have renewed a professional strategic planning initiative. Vision 2015 has resulted in extensive planning that is setting the direction for years to come. The emerging opportunities are powerful – reinforced by generative and collaborative discussions and the commitment that brings. First hand research is real and fresh. Visiting with the regional education and giving communities is providing feedback on health education needs, our organizational potential, and information crucial to a truly breakthrough strategic plan.

We look forward to unveiling future directions at our Annual Meeting in September. Thank you for your continued support to our organization and the fabulous mission we serve. I look forward to meeting the many members of our generous giving community in the weeks and months to come. In the meantime, please accept our thanks, be well and live healthy,

All the Best ... C.T.
Dr. C.T. O'Donnell II

Awards and Recognition

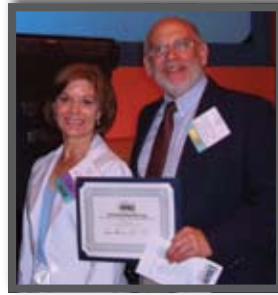
LearntobeHealthy.org was named as a finalist in the Education Heroes for the 2010 Central Penn Parent's Healthcare Heroes Award. The award ceremony was in March and Marty Weiss, Community Coordinator from our eLearning Department was there with C.T. O'Donnell and Susie Byrnes to accept the certificate as a finalist. LearntobeHealthy.org, an eLearning tool of the Susan P. Byrnes Health Education Center, remains a recognized leader in providing health education to the community.

Central Penn Business Journal

announced their Power of Women featuring 25 Women of Influence in March. Susan P. Byrnes, our Founder was recognized among the list of 25.

Ann Moffitt, member of our board of directors and Giving Committee member, was recognized by the YWCA of Greater Harrisburg at their Tribute to Women of Excellence.

Lynda Randall, member of our board, recently received the Athena award from the York Chamber of Commerce. Congratulations Susie, Ann and Lynda for the recognition!



Susan P. Byrnes and Martin D. Weiss at award ceremony.

Continue to Inspire Choices



Kathy Schmidt, Susan P. Byrnes and Anne Bahn at Board Meeting

The Byrnes Health Education Center hosted the Hanover Chamber of Commerce Event at Sheppard Mansion in September of 2009. Anne Bahn, Director of Giving enjoys presenting the "WOW" factor to people of all ages and this was one event that remains very memorable. One of our Health Educators was displaying the five pounds of FAT and five pounds of muscle

at this event which was sure to get a "WOW", also a few yikes!

Thank you for your very astute advice. You've made a terrific contribution to my success and others I'm sure ...

Kathy Schmidt, Business Service Advisor for Northwest Savings Bank was at the event and this display caught her attention. Kathy shared with us the motivation that this display created in her life through a letter to Anne and at our recent Board of Directors meeting in March. Following are excerpts from the letter.

... I was so moved by the physical displays you provided, especially 5 pounds of fat. I was motivated to get back to an acceptable weight by exercising and watching what and how much I ate. It was a pleasure to share my success with you at the Go Red Luncheon and to show off my new suit which had actually been sitting in a closet for the past three years. Thank you for your very astute advice. You've made a terrific contribution to my success and others I'm sure ... Thank you Kathy for sharing your success with us, this continues to inspire us and others to make healthy choices!

Healthier Community

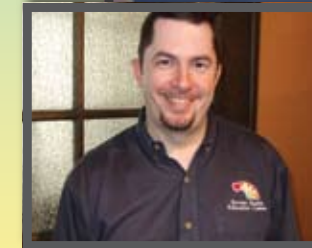
Franklin Institute here we come!

Susan P. Byrnes Health Education Center visits Philly in March! Our Health Educators made a road trip to the Franklin Institute to team up with the BODY WORLDS 2 to create the Kid's Fit For Life one-day event. The event was developed to educate parents and children on the risks associated with obesity.

BODY WORLDS 2 exhibitions travel the world providing the importance of maintaining a healthy lifestyle. The Byrnes Health Education Center team, along with LearntobeHealthy.org members were on site to provide interactive health education games, lesson plans and activities including, Nutrition Twister, Fitness Spinning Wheel, Food Guide Pyramid Challenge just to name a few!

Judging at the "Drive Impaired – Drive Unimpaired" Contest

Susan P. Byrnes Health Education Center participated in the York City Police Department's "Impaired Driving Initiative" event. The event provides York County High Schools the opportunity to participate in the "Drive Aware – drive unimpaired" media PSA (public service announcement) contest. Jamie Reisinger, Assistant Director of Education participated at the preview and award ceremony. Congratulations to the following schools who won in one or more categories: Dallastown HS, Northeastern HS, Central HS, York Suburban HS, and Spring Grove HS. To learn more about the contest and winners visit www.YorkDriveAware.com.



Jamie Reisinger, Assistant Director of Education was a judge at the York Drive Aware event.



Wendy Clough, Jamie Reisinger and Stephanie Shanaman (l to r) at Franklin Institute during Kid's Fit for Life day.



Byrnes Health Education participates in media presentation contest event where local York high schools participated.

HeartBeat Campaign Update

Our annual HeartBeat Campaign launched in January and will close on June 30th, which is also the close of our fiscal year. You have until June 30th to make your gift or pledge. Thank you for your continuing support. Our annual campaign provides support to our overall operating budget, which allows us to maintain affordable programming fees so that all schools and community groups can access

our vital health education programming. It is not too late to make a gift to our Center in support of



Anne E. Bahn, Director of Giving

our health education mission. All gifts make a difference and have a direct impact on the students we serve. You may forward your contribution to Anne Bahn, our Director of Giving. Please call Anne if you would like more information about gifting options. The opportunity to provide your gift on line is also available through our website at <https://www.byrneshec.org/giving/donate.aspx>.

*Educating
and Inspiring
People of
All Ages to
Make Healthy
Choices.*

Reminiscing – 15th Birthday Celebrations

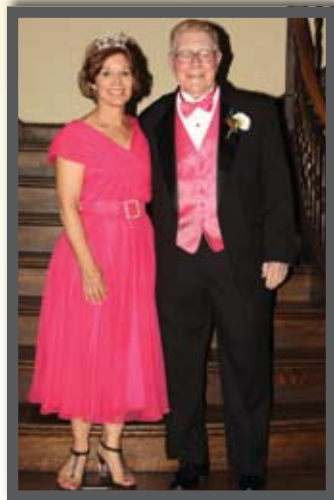
*And the winner is ...
Linda and Sam Bressi!
Thank you for the treasure
and talents of all our
Gala Dancers.*



Sam and Linda Bressi with trophy

Gala Dinner Dance in April

In April, we continued the celebration of our 15th birthday with a Gala Dinner Dance where participants were to “Get Up and Dance with the Byrnes Health Education Center’s Stars”. Thank you for the many ballot cards and donations that were received to vote on naming the celebrity couple of your choice. Thank you to our eight Celebrity Dance Couples for their special performance.



Susie Byrnes, Founder and R.N. & her father, Charlie Petron



C.T. O'Donnell, CEO and President of the Byrnes Health Education Center and his wife Laura



Sam and Linda Bressi



Ian Phillips and Kim Walsh-Phillips



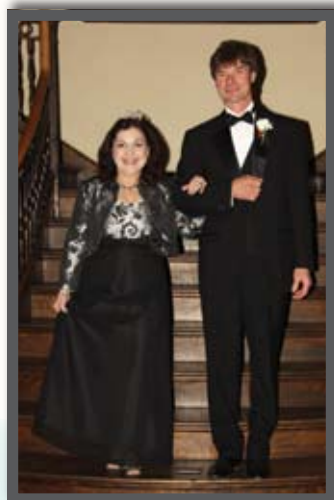
Ray and Gretchen Cameron



Jane Schussler, Board Chair and husband Mike King



Valen Cover and partner, Noah Keefe



Connie Spark and her dance partner, Carl Naylor



Sharon Sprenger, School Nurse at Upper Adams School District

Teacher Appreciation Open House in November

Byrnes Health Education Center provided an open house to recognize the dedication and service of teachers during American Education Week. Teachers participated in a tour to view our theaters and our LearntobeHealthy.org website.

Sharon Sprenger, School Nurse at Upper Adams School District was thrilled to step up to demonstrate how children learn that exercise affects the heart rate in our Body Shop Early Learning Theater. The teachers were humored by the heart beat echoing in the room both before and after Sharon took a few running steps to demonstrate the increase in heart rate. Sharon was a great sport — thank you Sharon!



Action Alert

Spread the word on our new product! Our eLearning Department participated in the National School Supply and Equipment Associations' Education Expo in Orlando, Florida in March to unveil the new eLearning Curriculum Bundles and CD-ROMS that are available for K-12 educators on six topic areas including Nutrition & Fitness, Mental



Health & Bullying Prevention, Tobacco & Inhalant Prevention, Dental Health, The Five Senses and Adolescence.

Over 1,000 educational retail and distribution companies attend this conference annually to view the latest in products and equipment for the educational industry. The team was well received by the companies and several retail stores will be piloting the curriculum bundles in their stores this fall



Retail Display with our Curriculum Bundles at Expo

throughout the United States. The Curriculum Bundles geared to K-6 include the interactive CD-ROM, lesson plans, activities, worksheets, instructors guide, poster, reproducible workbook with 30 additional activities, stickers and much more will retail at \$64.95. Companies that are interested in learning more about our Curriculum Bundles or CD-ROMS may contact our Director of eLearning, Jennifer Eiben at jeiben@byrneshec.org or at extension 267. The CD-ROMS are available for purchase at our online store at www.LearntobeHealthy.org.

On the Horizon

New! — "In Her Shoes" Middle School Bullying Awareness Program

Our Education Department is pleased to announce a new program titled "In Her Shoes". Over the past 2 years, several districts have approached the Byrnes Health Education Center on providing a program on the issue of Middle School Bullying for Girls. This unique character education program utilizes a combination of media, music and fashion that addresses girl to girl interaction. Topics will include many forms of cyber bullying, sexting, bullycide and how to rise above difficult social situations that middle school students



Dr. Tammi Jones & Ms. Audrey Touloumes accepted the "In Her Shoes" Outreach Program for West Shore School District from the drawing on Friday, April 30th

encounter. The course will emphasize the need for empathy and how to empower students not to get caught up in relational aggression that can include exclusion, rumors and gossip. The class is designed to educate, raise awareness

and promote changes that will lead to a more productive academic and social environment.



Dr. Peart, Mrs. Staub and Dr. Frick accepted the "In Her Shoes" Outreach Program for Lampeter-Strausburg School District from the drawing on Thursday, April 29th.

The Program has been previewed this spring by Spring Grove Area School Districts and several Central Pennsylvania district representatives attended an event at the Byrnes Health Education Center to preview "In Her Shoes". Congratulations to raffle winners — Lampeter-Strausburg and West Shore School Districts. The program will be provided as an Outreach Program where our Health Educators can come to your school, organization, camp and provide the program. The cost is \$200 with a maximum of 50 girls participating. For more information on the program please contact Jamie Reisinger at jreisinger@byrneshec.org or extension 249.

Camps for Your Children or Grandchildren

Byrnes Health Education Center in partnership with Penn State Harrisburg is offering two camps at Penn State Harrisburg Summer Youth Program Academic and Sports Camps this summer. The Body Works Camp (Grades 2-3) will be offered June 21 – 25 from 1 to 4PM and Whodunit? Camp (Grades 4-5) July 5 - 9 from 1 to 4PM. Pass the word. To sign up visit <http://harrisburg.psu.edu/ce/youth-day-camps.php>.

Calling All Teachers — Looking for a CPE Class this Summer?

Lincoln Intermediate Unit 12 (LIU12) and Byrnes Health Education Center are excited to announce Health eTools: Color Your Classroom CPE Course this summer! Are you looking for help to understand various personality traits of your students, bullying intervention, and incorporating eLearning into your classroom? Let this summer class help you prepare for more effectively grouping your students by personality, encourage teambuilding, and share lesson plans & internet resources from www.LearntobeHealthy.org targeting bullying prevention and character education. The course will be on July 12, 13 and 14 at the Byrnes Health Education Center. This 1 credit course is equivalent to thirty Act 48 hours. The course is \$295 with breakfast and healthy snacks included! Limited number of participants – register early at <http://act48.iu12.org/>.

4th Annual Drive "Fore" Health Golf Outing

Monday, June 14, 2010

Country Club of York

1400 Country Club Road • York, PA, 17403

\$350 Per Player

Includes lunch, cocktail hour, practice range, golf and silent auction.

Our day will include:

Registration • Lunch • Tournament Round of Golf with Prizes • Closest to the Pin Prizes
Evening Cocktail Hour & Hors d'oeuvres • Silent Auction

10: 30 AM - Registration & Lunch | 12:00 PM - Shot Gun Start | 5:00 PM - Awards & Cocktail Hour

Specialty Sponsorships

Lunch Sponsor	\$5,000.00	Includes 2 players
Dinner Sponsor	\$5,000.00	Includes 2 players
Cart Sponsor	\$2,500.00	Includes 1 player
Beverage Sponsor	\$2,500.00	Includes 1 player
Goodie Bag Sponsor	\$2,500.00	Includes 1 player
Program Sponsor	\$2,500.00	Includes 1 player
Awards Sponsor	\$2,500.00	Includes 1 player
Amenities Sponsor	\$2,500.00	Includes 1 player
Hole Sponsor	\$300.00	

2009 Winning Foursome



Tom Sibol, Mike Kochenour, Sean Kenny & Alex Snyder.

Name _____ Company _____
 Address _____ City _____ State _____ Zip _____
 Email _____ Daytime Phone No. _____ Evening Phone No. _____
 Please contact me regarding sponsorship opportunities. Amount enclosed \$ _____
 Names of our foursome:

 Return entries to:
 Anne E. Bahn, Director of Giving
 Susan P. Byrnes Health Education Center
 515 South George Street • York, PA 17401

We thank our major sponsors and join them in welcoming you to our 4th Annual Drive "Fore" Health





Susan P. Byrnes

Health Education Center

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About Us:

Mission: To educate and inspire people of all ages to make healthy choices.

Vision: To be the leading resource of innovative, high-quality, effective health education.

Values: With a commitment to excellence in all that we do, the Susan P. Byrnes Health Education Center values:

- ✦ A culture that embraces creativity and fun; leaving a lasting impression of "WOW".
- ✦ Board and staff teamwork that fosters a passion for healthy communities.
- ✦ The seeking and sharing of knowledge for improvement and growth.
- ✦ Integrity and respect in all relationships.

Legacy: Please consider the Susan P. Byrnes Health Education Center in your estate plans.