

“Partners in Wellness” Welcome MACWell’s New Grant and Project Manager

At the August 27th board meeting, MACWell introduced their new Grant and Project Manager. This new staff position was created through the generosity of local business donors. Whitetail Golf and Ski Resort kicked off fund raising last fall at a celebration for the completion of the MPMC Feasibility Study – which creates a long term vision for Walkability/ bikeability in our area. CEO Don MacAskill noted that “a staffer for MPMC project management will be key to the success of this tri-municipality effort. “

At the “welcome” meeting, Bob Whitmore noted – “this position combines all of my passions – nonprofit work, wellness coaching and connecting communities.” Mr. Whitmore’s skills include providing corporate and college level training in teambuilding, managing change, leadership, human resources management, and business coaching. With 15 years of experience as Antrim Township Supervisor, he brings knowledge of working with local, county and state agencies and government; during his tenure, plans for Antrim Park and community connections were developed and initiated. Also, he is the cofounder of the well-known local non-profit Manito – which provides a full continuum of educational and behavioral health services to children, teens and families. His grant and program management skills have built this into a multi-program organization spreading into 2 states, with an operating budget of \$12 million. Mary-Anne Gordon considers Mr. Whitmore to be a mentor. “The community of Mercersburg and the surrounding area is fortunate to have Bob [to support] MACWell’s mission and efforts”

Partners in Wellness discussed community wellness from a business perspective. Bob Fignar noted that health insurance costs are dramatically increasing again this year. He noted that it has been great to see a “culture of wellness” developing in 1st National Bank, with employees encouraging each other with variety of programs from fitness to stress reduction. Keith Mackling added that Atlas Copco puts a high value on health and wellness for their employees and the communities where they live; they value volunteerism and making a positive impact on the environment. He highlighted the company’s

areas of emphasis “Safety, Health, Environment and Quality”. Mr. Mackling grew up in the area and is excited to support reconnecting the communities with walkability/bikeability. Melissa McFadden noted for WhiteTail that the company is “all about outdoors, fitness and connecting to the community”. Pat O ‘Donell remarked “as a health care system we’re seeing we have to change”; spiraling health costs come in part from a payment system that incentivizes a “fix-it” approach. He noted that community based programs that promote healthy lifestyles can be an important part of the solution. MACWell board members acknowledged these businesses for their generosity in supporting the Grant and Project Manager Position, as well as being leaders in helping develop a local environment that inspires its population to live well. Local businesses can join this important groundswell of community commitment by contacting mac4wellnes@gmail.com.