



### August 2011 Well Aware eNews



Welcome to the August 2011 Well Aware eNews!

We hope you are enjoying the summer months with plenty of fresh fruits and veggies and lots of outside activity.

Read on to learn about—

- how you can prepare for MCPS on the Move at your location,
- how this month's wellness champion is inspiring her coworkers to walk the walk, and
- the importance of handwashing and how to wash properly.

Plus: don't miss this month's wellness seminar designed to teach you all about a healthy eating lifestyle.

### Are you ready to be *On the Move*?

MCPS on the Move is coming soon to central services, as well as middle and high schools. This is your chance to get moving, get healthy, and—best of all—get prizes for your progress.



#### Prepare yourself to get on the move!

- Think about whether you'd like to participate as an individual or if you'd like to form a team at your location. Talk to your coworkers to see who shares your goals and who is interested in joining the competition.
- Watch the [wellness website](#) for more information. New details will be posted soon!

#### Suncare 101

During the last lazy days of summer, it's more important than ever to understand how to care for your skin in the sun. In this video, Dr. Mariano Busso and Dr. Steven Shapiro, dermatologists from the University of Miami discuss how to

#### Don't miss it!

Healthy Eating Seminar:  
*A Lifestyle, Not a Diet*

**Wednesday, August 31, 2011**  
10:00–11:00 a.m.

**West Farm Bus Depot  
Training Room**  
11920 Bournefield Way  
Silver Spring, MD 20904

**Wednesday August 31, 2011**  
4:30–5:30 p.m.

**Carver Educational Services  
Center (CESC)  
Cafeteria**  
850 Hungerford Drive  
Rockville, MD 20850

*Presented by:*



#### Wellness Champion



**Meet Beverly Huntley,  
Office of Human  
Resources and  
Development**

For Beverly Huntley, personnel assistant in the Office of Human Resources and Development, actions speak louder than words. Beverly has become a role model for her coworkers by literally walking the walk, working a walking regimen into her daily activities. She walks up to three times every day—before work, during lunch, and after work at home. For Beverly, wellness ultimately affects not only how she sees herself but her interactions with those closest to her as well. "My biggest wellness achievement has been staying focused and being positive. It's important to continue on your journey and always believe in yourself even if you get off track."

That kind of commitment is certainly paying off. Since April 1, Beverly's walking regimen has resulted in a 15-pound weight loss. Her results have motivated her coworkers to focus on their own wellness plans. Many OHRD staff mem-

Dermatologists from the University of Miami, discuss how to protect your skin from the harsh summer sun.

### Watch the 15-minute video

bers have taken her cue and are starting lunchtime walking programs. Well done, Beverly!

## Hand Washing: Essential for Health

One of the key elements to maintaining good health is to wash your hands often—and properly.

### How to wash your hands

At home or work:

- Use clean, running water; if available, use warm water.
- Wet your hands before applying soap.
- Rub your soapy hands together for at least 20 seconds. Make sure to wash all surfaces well, including your wrists, palms, backs of hands, and fingers.
- Clean and remove the dirt from under your fingernails.
- Under running water, rinse your hands thoroughly to remove all soap.
- Dry your hands with an air dryer or a clean paper towel.
- Turn off the faucet with a paper towel.



If soap and water are not available, an alcohol-based hand sanitizer can be used to clean your hands. When using this type of product—

- apply the gel to the palm of one hand,
- rub your hands together, and
- rub the product over all surfaces of your hands and fingers until they are dry.

### How often should I wash my hands?

Hands should be washed often—more frequently than most adults and children do. Because bacteria and other germs cannot be seen with the naked eye, they can be anywhere. According to the Centers for Disease Control and Prevention (CDC), hand washing is especially important—

- before preparing food,
- before meals,
- before and after treating an open sore, cut or wound,
- after using the restroom,
- after touching animals or animal waste,
- after changing diapers or cleaning up a child who has gone to the restroom,
- after blowing your nose, coughing, or sneezing,
- after handling garbage,
- when hands are dirty, and
- when someone around you is ill.

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Questions or comments about your employee wellness program? Contact ERSC at 301-517-8100 or [wellness@mcpssmd.org](mailto:wellness@mcpssmd.org).