



October 2011 Well Aware eNews



Welcome to the October 2011 Well Aware eNews!

Read on to learn about—

- How the October wellness champion has walked her way healthy
- Wear Pink Day
- Registering for the Work It Circuit Challenge or MCPS on the Move
- And more!

Wellness Champion Walks for Wellness



Meet Roberta Capen, School Business Administrator

Quince Orchard High School

Roberta Capen began walking 16 years ago and hasn't stopped. At that time, she realized she needed to make her health a priority and stop making excuses. She put on her walking shoes, walked past 6 homes on her street, and came back. Three months later, she was up to four-mile walks, and every day since, Roberta has completed at least one mile. Recently, Roberta attended her 40th high school reunion where she remarked that some of her classmates looked "old." Roberta says, "I want to wear out, not rust out. Walking is the one thing in life that I can control. It is important. I make it a priority." Roberta knows that small changes can turn into life changing habits. Her advice for staff starting *MCPS on the Move* is, "You can always find 10 or 15 minutes to walk. Don't make excuses, and do what you can. It is never too late to start!"

Wear Pink Day: October 20 Use Your Wardrobe to Raise Awareness

The American Cancer Society estimates that nearly 40,000 American women will die of breast cancer in 2011. In the United States alone, there are more than 2.5 million breast cancer survivors. In one way or another, then, many of us have been or will be touched by this disease. Wear Pink Day gives us an opportunity to raise awareness about breast cancer, remember those who have suffered, and educate one another about screening guidelines. On Thursday, October 20, wear pink and encourage your coworkers and students to do the same. Then use your wardrobe choice to start a conversation about taking care of yourself and to remind those you care about to do the same.



Don't miss it!

Women's Health Seminar:
Embracing a Healthy Lifestyle

Friday, October 7, 2011

10:00–11:00 a.m.

Kennedy HS Dance Studio
1901 Randolph Rd
Silver Spring, MD 20902

Monday, October 17, 2011

10:00–11:00 a.m.

Shady Grove Bus Depot
Training Room
16651 Crabbs Branch Dr.
Rockville, MD 20855

Wednesday, October 19, 2011

4:00–5:00 p.m.

Quince Orchard HS Cafeteria
15800 Quince Orchard Rd.
Gaithersburg, MD 20878

Monday, October 24, 2011

4:30–5:30 p.m.

Carver Educational Services
Center Auditorium
850 Hungerford Rd.
Rockville, MD 20850

Wednesday, October 26, 2011

4:00–5:00 p.m.

Springbrook HS Cafeteria
201 Valley Brook Dr.
Silver Spring, MD 20904

Presented by:



Early detection is the key to breast cancer survival. Learn how to do a breast self-examination by visiting the [Kaiser Permanente webpage](#).

Let us know how you will be participating in the Wear Pink Day by e-mailing your stories to wellness@mcpsmd.org.

Quit for Good with the MCPS Tobacco Cessation Program

Beginning November 3, MCPS and Kaiser Permanente will offer an eight-week tobacco cessation program that aims to teach you the skills it takes to quit for good. The free tobacco cessation program is available to everyone, regardless of whether or not you participate in MCPS employee benefits or if you participate with Kaiser.

The program is course-based, and consists of once-a-week classes led by a nurse practitioner with assistance from Kaiser Permanente clinicians and health experts. Classes will discuss the skills necessary to successfully live tobacco-free. Discussion topics will include risk assessment, stress management techniques, healthy weight management strategies, and more. Classes will be held at the Employee and Retiree Service Center's new location at 45 West Gude Drive. In addition to the class meetings, participants will receive support through a help line, peer sponsors who understand what it takes to quit, and other resources.



▶ Learn more about the program by visiting the [wellness website](#).

▶ To register, e-mail Well Aware at wellness@mcpsmd.org.

Wellness Competitions Have Begun: It's Not Too Late to Get Involved and Get Moving!

The *Work It Circuit Challenge* and *MCPS on the Move* have officially kicked off as of Monday, October 3. Each competition is designed to challenge MCPS staff members to increase their physical activity and see the healthy benefits. Each program also provides motivational incentives, including prizes for participation and grand prizes for the most activity.

Haven't signed up yet? Register today!

Nearly 3,000 of your coworkers have already signed up! Don't be left behind—it is not too late to get registered for the program at your location. Once you have signed up, you can join a team or begin participating on your own. When you log your activity, your totals will automatically count toward competition prizes.

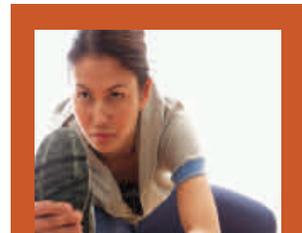
- Elementary School Staff, School Bus Operators and Bus Attendants:
[Register for the *Work It Circuit Challenge*](#)
- Secondary School and Central Services Staff Members:
[Register for *MCPS on the Move*](#)

Need to Know More? Visit the [Work It Circuit Challenge webpage](#) or the [MCPS on the Move webpage](#) today for complete details.

October is National Women's Health Month: Follow These Women's Healthcare Guidelines

The National Women's Health Information Center offers the following 10 things you can do to help live longer, live better, and live happier:

- 1. Be Informed.** Learn about health promotion and disease



prevention and ask your physician for specific information regarding your needs.

2. Be Good To Your Bones. For healthy bones, be sure to replenish your stock of calcium every day with plenty of foods such as milk and dairy products, tofu, leafy, green vegetables, canned salmon or sardines, and calcium-fortified juices or breads. Speak with your physician about calcium supplements.

3. Avoid Illegal Drugs and Alcohol. For women, the definition of moderate drinking stops at one glass. And where illicit drugs are concerned, there is no such thing as "moderate" use.

4. Take Medicine Wisely. Read the labels, follow the instructions carefully, and remind your physician or pharmacist about any other medicines or supplements you might be taking that could interact with your medication. If you have any questions about possible side effects, call your physician or pharmacist.

5. Play It Safe. Avoid injuries. Buckle up. Wear a bike helmet. Use smoke and carbon monoxide detectors. Wear sunscreen and UV protected sunglasses. Use street smarts and common sense. Practice safe sex.

6. Get Checked. Get regular checkups, preventive examinations, and immunizations. Do not forget self-examinations, too.

7. Do Not Smoke. Smoking is the leading preventable cause of death in our country.

8. Eat Smart. It is the secret to good health. Eat plenty of fruits, vegetables, and whole grains. Enjoy a variety of foods, balance foods from each food group, and exercise moderation.

9. Get Moving. The other secret to good health: just 30 minutes of physical activity, accumulated over the course of each day, can radically improve the way you look and feel, both physically and mentally.

10. Be Happy. Take time for yourself. Get connected with family, friends, and community. Do things you enjoy!

For more information about daily, monthly, and yearly activities to ensure your health, visit the [CareFirst website](#).

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The employee wellness newsletter is brought to you by the Employee and Retiree Service Center (ERSC). To learn more about employee wellness, visit our [website](#). To view this email as a .pdf document, click [here](#).

Questions or comments about your employee wellness program? Contact ERSC at 301-517-8100 or wellness@mcpsmd.org.

