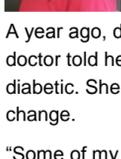


October Well Aware eNews

Welcome to the October issue of the Well Aware eNews! Read on to learn about—

- this month's wellness champion—who changed her lifestyle after a visit to her doctor convinced her that it was time;
- a seminar/webinar from Cigna where you will learn how much caffeine is too much;
- how you can join the Small Changes, Big Results challenge;
- when and why you should wear pink to work;
- how to participate in National Eat Healthy Day; and
- more!

Wellness Champion Turned Her Life(style) around and Now Motivates Others to Do the Same



Dorothy I. King,
special education teacher,
Harmony Hills Elementary School

A year ago, during her annual physical, Dorothy King's doctor told her that she was overweight and a borderline diabetic. She decided then and there to make a lifestyle change.

"Some of my colleagues asked me if I was interested in forming a group to participate in the Just 10 challenge," Dorothy said. "I immediately said 'yes' and the rest is history."

Since then, Dorothy arrives at work each day between 6:45–7:00 a.m. and walks for about two hours. She also walks during some of her lunch periods and in the evenings. On weekends, she goes to the gym, walks at the mall, and works out at home. She also has changed what and how she eats.

Dorothy has a vision of a healthier Harmony Hills as well. Usually the first staff member to arrive at school in the morning, she radiates a positive attitude and is always ready for fitness. She has recruited several staff members to join her in committing themselves to their fitness, and she has spread the word about the importance of wellness throughout the school building. As a result, Harmony Hills staff speak very highly of Dorothy.

"Ms. King has been the main motivator at Harmony Hills and has created a high level of morale amongst the entire school body," said Kyle Finke, physical education teacher at the school. "She always shows support for our fitness ventures and embodies what the wellness program and wellness challenges are all about. Ms. King promotes wellness, leads by example, and has an inspiring attitude that permeates throughout the school!"



Don't Miss It

This month's free seminar/webinar—

Caffeine: How Much Is Too Much?

Is caffeine good or bad? Should my kids stay away from caffeinated beverages? What foods contain hidden caffeine?

Join Well Aware and Cigna as we come together to learn the answers!

Monday, October 6, 2014

10:00–11:00 a.m.

Randolph Bus Depot
1800 Randolph Road
Silver Spring, Maryland 20902

Wednesday, October 15, 2014

10:00–11:00 a.m.

Bethesda Bus Depot
10901 Westlake Drive
Rockville, Maryland 20852

Wednesday, October 22, 2014

4:30–5:30 p.m.

Carver Educational Services
Center Auditorium
850 Hungerford Drive
Rockville, Maryland 20850

Thursday, October 23, 2014

4:00–5:00 p.m.

Webinar

Please register for the seminar or webinar by e-mailing [Well Aware](#) with the date and time you plan to attend. If you register for the webinar, you will receive a link to it as well as an Outlook calendar reminder.

Spread the word with our [printable flyer](#). See the [Wellness Webinar Library](#).

Presented by:



Starting Next Week: the Small Changes, Big Results Physical Activity Challenge!

The Small Changes, Big Results (SCBR) school and team physical activity challenge and the first of five mini-challenges begin on Monday, October 6, 2014.

Well Aware challenges you to make small changes to your behavior that will lead to BIG results. Are you ready to take some small steps toward achieving a healthier lifestyle and a healthier you? Small Changes, Big Results is aimed at helping you to make long-lasting changes to your behavior and a commitment to living a healthy lifestyle. SCBR will take place over the course of the school year.

It is time to register your team and download the first mini-challenge calendar. See the SCBR challenge [rules and prize information!](#) Make this school year your healthiest yet!

Breast Cancer Awareness/Wear Pink Day

The goal of screening for early breast cancer is to find cancers before they start to cause symptoms. Most doctors believe that early detection tests for breast cancer save thousands of lives each year, and that many more lives could be saved if more women and their health care providers took advantage of these tests. Following the American Cancer Society's guidelines for the early detection of breast cancer improves the chances that breast cancer can be diagnosed at an early stage and treated successfully.

[Read more of the latest medical information on breast self-exam.](#) And, join Well Aware and show your support for women's health. Wear Pink Day is Friday October 24, 2014. [E-mail Well Aware](#) to share photos of your staff members donning pink that day.

National Eating Healthy Day

Take the first step to making healthier food choices by taking part in the American Heart Association's National Eating Healthy Day on Wednesday, November 5, 2014.

On this day, Americans are encouraged to make healthy changes to their diets and help raise awareness of the importance of good nutrition. Celebrating National Eating Healthy Day is fun and easy! Here are some ideas:

- Eat breakfast—it is the most important meal of the day.
- Pack a healthy lunch and snack made up of primarily fruits and vegetables.
- Start a salad club at your work and bring something healthy to share with your coworkers.
- Drink more water to curb unhealthy cravings.
- Research recipes that include a fruit or vegetable that you have never tried.

The American Heart Association has excellent resources to support your National Eating Healthy Day efforts. Check out these [resources](#).

Light the Night: Walk for the Leukemia and Lymphoma Society

Last year, Health Education and Physical Education curriculum staff came together to walk in memory of a coworker who succumbed to cancer. This year, we invite you to participate when MCPS staff walks as a team in the Leukemia and Lymphoma Light the Night Walk on Saturday, October 11, 2014.

To join the MCPS-Well Aware team, visit the Leukemia and Lymphoma Society's [web page](#). Either create an account by following the online prompts or sign in to a previous year's account. Then, select Join a Team and click NEXT. Search for team name: MCPS Employee Wellness. From there, fill out your registration information.

Stay tuned for details on where to meet our group on the night of the walk. Questions? [E-mail Well Aware](#).

Employee Assistance Program to Conduct Mental Health Screenings

The MCPS Employee Assistance Program (EAP) will conduct free screenings for depression, anxiety disorder, bipolar disorder, and posttraumatic stress disorder from 9:00 a.m.–5:00 p.m. on Thursdays, October 9, 2014. The screenings take less than 30 minutes and are available for all MCPS employees and their immediate family members. To schedule an appointment, call the EAP at 240-314-1040.

TOBACCO CESSATION PROGRAM



Now You Can Quit for Good

MCPS and Kaiser Permanente are teaming up again to bring you the Quit for Good tobacco cessation program. This free program is available to employees and their spouses, regardless of whether or not you participate in MCPS employee benefits or are a Kaiser member.

The next Quit for Good session will begin Thursday, October 16, 2014. Meetings will take place weekly from 4:30–5:30 p.m. in the Maple Room of 45 West Gude Drive, Rockville. You must register to participate by e-mailing [Well Aware](#).

The program is course-based and consists of classes led by a nurse practitioner with assistance from Kaiser Permanente clinicians and other health experts. Discussion topics include risk assessment, stress management techniques, healthy weight management strategies, necessary skills to successfully live tobacco-free, and more. In addition to the class meetings, participants receive support through a help line and from peer sponsors who understand what it takes to quit. Learn more about the program by visiting the [Well Aware website](#).

Free Biometric Health Screenings Planned

Join Well Aware as we offer free biometric health screenings for MCPS staff. Please register for the screening associated with your insurance plan.

CareFirst:

Thursday, October 30, 2014*

12:00–6:00 p.m.

Carver Educational Services Center Auditorium
850 Hungerford Drive
Rockville, Maryland 20850

Monday, December 29, 2014

11:00 a.m.–5:00 p.m.

Maple Room
45 West Gude Drive
Rockville, Maryland 20850

Cigna:

Friday, October 17, 2014

12:00–6:00 p.m.

Maple Room
45 West Gude Drive
Rockville, Maryland 20850

Tuesday, December 16, 2014

12:00–6:00 p.m.

Carver Educational Services Center Auditorium
850 Hungerford Drive
Rockville, MD 20850

Kaiser Permanente:

Friday, November 7, 2014

12:00–6:00 p.m.

Mobile Van
45 West Gude Drive
Rockville, Maryland 20850

Monday, December 1, 2014

12:00–6:00 p.m.

Mobile Van
850 Hungerford Drive
Rockville, Maryland 20850

To register for a biometric health screening, e-mail [Well Aware](#) with the date and time that you prefer.

*rescheduled from October 10

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 e-mail newsletter as a .pdf document, click [here](#). Questions or comments about your employee wellness program? Contact ERSC at 301-517-8100 or wellness@mcpsmd.org.