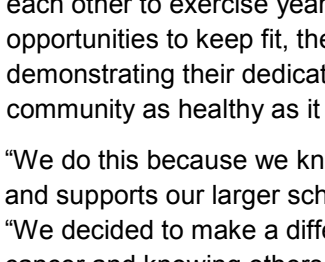


## June Well Aware eNews

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

- this month's wellness champions, Washington Grove Elementary School staff whose loss of two coworkers to breast cancer led them to hold yearly breast cancer fundraising walks;
- a seminar/webinar on skin cancer;
- another InSTEP with Diabetes course;
- how you can stay active this summer;
- ways to give the men in your life the gift of good health; and
- more!

## Wellness Champions Find Ways to Promote Health Within and Beyond their School Community



### Washington Grove Elementary School Staff

Washington Grove may be a small school, but the staff's wellness efforts are huge. By encouraging each other to exercise year round and providing opportunities to keep fit, the school's employees are demonstrating their dedication to making the school community as healthy as it can be.

"We do this because we know it helps our school community to actively engage in learning and supports our larger school community," Lisa Rozman, reading support teacher, said. "We decided to make a difference for each other after losing two colleagues to breast cancer and knowing others who have been diagnosed."

One of their newest fitness efforts is *Walk for Hope*. Under Rozman's leadership, they organized this free breast cancer research walk, with 100 percent of donated and raised funds going directly to research aimed at finding treatments for breast cancer and metastatic breast cancer.

"The walks promote health for the entire school community," Rozman said. "And that is an essential part of cancer prevention."

The walk is not the only fitness initiative at the school. Using funds that their very active wellness team won from random drawings and additional grants, Laura Money, physical therapist, and George Svejda, physical education teacher, purchased materials that can be used to adapt physical education activities for not only the school's large Preschool Education Program (PEP) population, but for all students. Along with Kathy Van de Poll, PEP parent educator, they sponsored a PEP fitness night to which families were invited to see the new materials and work with their children.

In addition, every November, Washington Grove Elementary School students and staff have the opportunity to participate in the Turkey Trot one-mile run/walk during recess and before the Thanksgiving holiday.

"Students who complete the course over three recess periods are able to sign the race banner," Rozman said. "We also set up a course on a separate playground for our PEP/Pre-K students so all students get to participate in the event."

Exercise is not the only healthy endeavor at Washington Grove. Anne Moran, counselor, recently organized a morning during which all the students worked on improving their mental health through various activities and exercises that promote mindfulness. It was clear that the students benefitted from and enjoyed the event.

Another fitness program sponsored by Washington Grove Elementary School was the brainchild of Pam Lunsford, special education resource teacher. The MCPS Zumba class is open to all current employees in the county. This is the third year Washington Grove has sponsored the MCPS Zumba class.

"This small elementary school has no workout equipment, but the convenient location has made it a great space to host this class," Lunsford said. "Many enthusiastic MCPS employees from all around the county have joined us for Zumba."

Maria Davis, content specialist at Argyle Middle School and Pam Lunsford's daughter, helped develop the program and was the certified Zumba instructor for several years.

"The MCPS staff who attend Zumba love it because it has energetic music, positive and supportive instructors, and makes fitness fun," Lunsford said. "All the dance moves can be tailored to your current health and abilities, with no experience needed."

Washington Grove may be small, but it is always trying new ideas to find ways to help the school's staff and surrounding community get fit and stay healthy.

## InSTEP with Diabetes

Diabetes affects more than 25 million adults in the United States. Are you or your spouse living with diabetes? Join Well Aware and Kaiser Permanente for InSTEP with Diabetes, a four-week on-site program to better understand diabetes and learn skills for healthy living. Learn about diabetes facts, nutrition and food choices, physical activity, testing your blood sugar, diabetes medicines, and recommended care. You do not need to be a Kaiser Permanente member to participate.

InSTEP with Diabetes will be held—

Tuesdays beginning September 25, 2018  
4:30–5:30 p.m.

Aspen Room  
45 West Gude Drive  
Rockville, Maryland 20850

For more information or to register for an upcoming class, [e-mail Well Aware](#).

## Stay Active This Summer

Summer is a great time to get back into walking, biking, jogging, or just playing outside with your kids. Getting active now will make it easier to keep it up when you go back to school in the fall. Well Aware and CareFirst are offering you some options to help you get fit this summer.

To register for any of these classes, [e-mail Well Aware](#).

### Tai Chi

We will continue our tai chi practice throughout the summer. Are you new to tai chi? No problem! You may join any class to enjoy this stress relieving practice.

Thursdays—

June 7, 14, 21, 28  
July 5, 12, 19, 26  
August 2, 9, 16, 23

4:45 p.m.  
Lower Level Gym  
45 West Gude Drive  
Rockville, Maryland 20850

### Seated Yoga

Wednesdays—  
June 6  
July 11, 18, 25  
August 1, 15, 22, 29

4:45 p.m.  
Café 45  
45 West Gude Drive  
Rockville Maryland 20850

### Sit and Be Fit

Sit and Be Fit is a total body resistance training workout for beginners that may have limited mobility or those that just aren't ready for a traditional aerobics class.

Tuesdays—

June 26  
July 3, 17, 24, 31  
August 7, 14, 21, 28

4:45 p.m.  
Café 45  
45 West Gude Drive  
Rockville, Maryland 20850

## Men's Health: Are You Maintaining Your Car Better than Your Health?

Perhaps you know a man who follows through with scheduled maintenance on his car while neglecting to make or keep his health exam appointments. Maybe you are one of those men! If so, isn't it time to give your body the same care and attention you do your car?

In June, we celebrate Father's Day and honor the men in our lives. What better way than to give them the gift of good health? [Review checkup and screening guidelines for men](#), and encourage your husband, father, brother, son, etc., to stay on top of his health.

On Friday, June 15, wear blue to raise awareness about the importance of men's health. Wear Blue was established by Men's Health Network to encourage men to live longer and healthier lives by making healthy lifestyle choices, having a physical each year, and getting educated about heart disease and diabetes. You can help by having conversations with your male family members and friends about health topics in general.

## Thinking about Quitting or Need Help Staying Tobacco-free?



MCPS and Kaiser Permanente are teaming up again to bring you the Quit for Good tobacco cessation program. The free program is available to employees and their spouses, 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. Participants will learn the skills necessary to successfully live tobacco-free. Discussion topics will include risk assessment, stress management techniques, healthy weight management strategies, and more. 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.

Summer and fall classes are forming! [See dates and locations](#). Learn more about the program and register for an upcoming session by [e-mailing Well Aware](#).

## Wellness Initiatives:

### Don't Miss the Opportunity to Attend a Free Summer Health Screening

Having a yearly physical or biometric health screening gives you the information you need to take better control of your health and well-being. And that's important, because when you are running at 100 percent, being fit and in good spirits will go a long way to help you perform at your best.

Learning more about your blood pressure, cholesterol, blood sugar, and body mass index will give you much more information about your current health status. It allows you to learn your risk levels for common health problems, including heart disease, colon cancer and diabetes, and gives you a clear picture of your current health status, and where you need to make changes.

Managing and improving your health has never been easier. And, if you complete your annual physical or biometric health screening by October 5, 2018, MCPS will pay 1 percent more of the total cost of your 2019 health insurance premiums—reducing your contribution by 1 percent. To get started, visit the [Wellness Initiatives for Employees web page](#). Then, review the [Well Aware biometric health screening schedule](#) and sign up for your summer health screening.

In addition to completing your biometric health screening or physical exam, you can save another 1 percent of the cost of your health insurance by completing your medical plan's online health risk assessment by October 5, 2018. [Learn more about Wellness Initiatives](#).

The employee wellness newsletter is brought to you by the Employee and Retiree Service Center (ERSC). Learn more about employee wellness by visiting our [website](#). View this e-mail newsletter as a [PDF document](#). Questions or comments about your employee wellness program? Contact ERSC at 301-517-8100 or [e-mail Well Aware](#).