The employee wellness newsletter is brought to you by the Employee and Retiree Service Center (ERSC). Learn extra motivation to begin a staff wellness program at your school, depot, or office, or to turn healthy lives. It is time to share your stories and your spirit! Or, perhaps you need some application support?

Interested?

Email your healthy recipe to Well Aware @mcpswellaware. We will create a PDF collection to share daily on our Twitter account. Over the holidays, the new year is a great time to focus on healthy meal planning. Share Your Healthy Recipe in the Online MCPS Wellness Platform. The Wellness Platform comes with four free accounts for you and interested family and friends. To apply online, visit our website.

Well Aware and Kaiser Permanente have teamed together to offer a three-month membership to the virtual exercise program Flex. With an emphasis on well-being, this program provides a supportive and fun environment to encourage physical activity. Participate in a variety of classes for you or older members of your family who may need physical activity but need to stay home. Families can participate together in virtual classes for kids and parents. For those who prefer to participate alone, classes include 20-30 minutes of yoga, Pilates, and cardio. A new class is offered every Wednesday, Thursday, and Friday at 10:15 a.m., and every Monday and Thursday at 4:30 p.m. To view the class schedule and register, visit our website. Each class costs $10 with a $27 discount for the membership, if you wish to participate in more than one class a month.

Comes to an End

To find out how to complete your biometric health screening and health risk assessment and receive a discount on your 2022 health insurance with the Wellness Initiatives program, complete a biometric health screening and a health risk assessment online. To take full advantage of these rate reductions, complete a biometric health screening and a health risk assessment before your grace period expires on January 31, 2021. If you are covered by an MCPS Employee and Retiree Service Center (ERSC) medical plan, complete your biometric health screening and health risk assessment online. If you are covered by Kaiser Permanente, you must contact Kaiser Permanente. The Wellness Initiatives are very simple to accomplish. To receive the maximum 2 percent rate reduction, complete both the biometric health screening and health risk assessment.

Wellness Champion Keeps Staff Healthy and Engaged

Many people have been affected by cancer and are eager to bring awareness to the topic. Thanks to the determination of her staff at Strathmore Elementary School, Ilana S. Carr, principal, we can have fun and take care of and lean on each other. Ms. Carr recognizes that it is difficult to find a balance, but wellness is as critical as it is challenging.

We have several staff members who are passionate about the issue, and they are eager to bring awareness to the topic. On paydays, staff attend "Mindful Moments" on Zoom. They have also collaborated with the school’s friendly team (ILT) and staff meetings. The Wellness Initiatives are a part of the school’s overall health initiative to make sure that staff and families are healthy and engaged.

Mindful Moments

A new online platform called Mindful Moments has been developed to provide a space for staff to relax, connect, and feel supported. The platform offers a variety of wellness activities, including meditation, yoga, and other mindfulness exercises. Staff can sign up for classes and participate in events that are led by certified instructors. The platform is designed to be flexible, with classes held throughout the day and week.

Class will be held on Tuesdays from 5:00 p.m. on the following dates:

- January 5, 2021
- January 12, 2021
- January 19, 2021
- January 26, 2021

A new class will be added each Tuesday. The class is virtual. You will be sent a link upon registration. You can find more information on the platform on our website.

The wellness initiatives are simple to accomplish. To receive the maximum 2 percent rate reduction, complete both the biometric health screening and health risk assessment.

We can have fun and take care of and lean on each other. Ms. Carr recognizes that it is difficult to find a balance, but wellness is as critical as it is challenging.