Gail Blazer

From: Kate Gaddis
Sent: Thursday, July 28, 2016 11:43 AM
To: Gail Blazer
Subject: FW: Happy Heart Healthy Month HMBs!! Here's the February Newsletter, enjoy!

We also get monthly newsletters.

From: Kate Gaddis
Sent: Thursday, February 12, 2015 2:14 PM
To: Kimberlee Kinsey
Subject: FW: Happy Heart Healthy Month HMBs!! Here's the February Newsletter, enjoy!

Not sure if you get this.....thought it might be good to share with lifestyle balance groups.

From: Wicomico County Health Dept [mailto:jovan.twilley@maryland.gov]
Sent: Thursday, February 12, 2015 2:01 PM
To: Kate Gaddis
Subject: Happy Heart Healthy Month HMBs!! Here's the February Newsletter, enjoy!

Lower Shore Region: Wicomico, Worcester and Somerset Counties
February Newsletter

February 12, 2015

CALLING ALL HMBs!

WORKSITE WELLNESS TIP

AMERICAN HEART MONTH

REGIONAL HAPPENINGS

WELCOME!

We would like to extend a warm welcome to our newest Healthiest Maryland Business, Perdue Farms!

THANK YOU HMBs!

Thank you for being a part of Healthiest Maryland Businesses (HMB) here on the Lower Eastern Shore. We hope that the information provided in these newsletters will inform, educate and inspire!

CALLING ALL HMBs!

To all of our Healthiest Maryland Businesses, we would love to hear about some healthy habits, wellness challenges, health fairs, success stories, and any other wellness activities that you are participating in.

We would like to start sharing that great information here in our newsletter and it can provide motivation and ideas to area businesses and those who wish to sign up with HMB.

Please send your information to Jovan.Twilley@maryland.gov. If there is an influx of stories and activities, we will break them up throughout the next few months.

Thanks, and we look forward to hearing from you!

WORKSITE WELLNESS TIP

Your HMB worksite wellness team:

Lower Shore Regional Coordinator

Cara Rozaieski, B.A., B.A., C.W.W.S.
Health Education Supervisor
cara.rozaieski@maryland.gov
410-219-7483 (direct)
410-334-3480 (department)
410-548-5184 (fax)

Wicomico County
Wicomico Co. Health Dept.
108 E. Main St.
Salisbury, MD 21801

Jovan A. Twilley, B.S., C.C.W.S
Worksite Wellness Coordinator
jovan.twilley@maryland.gov
410-219-7543 (direct)

Worcester/Somerset Counties
Worcester Co. Health Dept.
6040 Public Landing Rd.
Snow Hill, MD 21832

Mimi Dean, MS
American College of Sports Medicine
Certified Clinical Exercise Specialist
Chronic Disease Prevention and
Tobacco Program Supervisor
Mimi.Dean@maryland.gov
410-632-1100 ext. 1102

Kerri Daye
Coordinator of Special Programs
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410-632-1100 ext. 1111
410-632-0080 (fax)

Kathy Wool, RD, LDN-Registered/
Licensed Dietitian
kathy.wool@maryland.gov
410-632-1100 ext. 1113

Worcester County Health Department Health Officer:
Deborah Goeller, R.N., M.S.

Somerset County Health Department Health Officer:
Craig Stofko, M.Ed., LCADC

It's so convenient and time saving to call and/or email your co-workers, but every now and again, why not walk over to them and communicate.

Getting up from that chair allows you to get the body moving and helps blood flow, which reduces the risk of cardiovascular disease.

Get up and get moving!

AMERICAN HEART MONTH

Quick summary of Heart Disease:

- Heart disease refers to many types of heart conditions.
- The most common type in the US is coronary artery disease.
- It is the leading cause of deaths in the US for all races.

Risk Factors:

- High blood pressure
- High cholesterol
- Smoking
- Obesity
- Physical inactivity
- Excessive alcohol use

Prevention:

- Monitor blood pressure and lower sodium intake.
- Monitor cholesterol and reduce saturated fat, transfat, and cholesterol intake (use low-fat or fat free instead).
- Quit smoking.
- Eat more fruits and vegetables.
- Be more physically active, at least 30 minutes of moderate intensity exercise per day

For more information, please **click here to be directed to the Million Hearts website.**

REGIONAL HAPPENINGS

WICOMICO

FARMERS MARKET

Wicomico County has a farmers market available to the general public:

Camden Avenue Farmers Market - Located in the parking lot of Asbury UM Church. Tuesdays (year round) 2:30 pm - 6:00 pm (2:30 pm - 5:30 pm November - March)

Please take advantage of the fresh fruits, veggies, flowers, jams, jellies and so much more!!

Are You Ready to QUIT SMOKING FOR GOOD?

FREE!!! Smoking Cessation Support Sessions

Every Tuesday between

January 6, 2015– March 10, 2015

4:30 p.m. – 5:30 p.m.

Salisbury Fire Station #16

325 Cypress Street, Salisbury MD

Public Health
Wicomico County Health Department

Patches, Lozenges or Chantix offered at no cost

Call (410) 334-3480.

Click on the picture above to be sent to the Wicomico County Health Department's website.

Tim Kennard 10 Mile River Run and 5K Run/Walk - Sunday, March 1, 2015 starting at 7:00 am at Salisbury University.

This Run/Walk event is held in memory of Tim Kennard, who passed away of kidney cancer. Per his request, proceeds will help Coastal Hospice, Salisbury Horizons Student Enrichment Program, Coalition of Caring and VSCOA PAWS.

Pre-registration and packet pick up will be at Vernon Powell Shoes.

Please come out, walk or run, and support this great event.

For more information, registration, and the walk/run course description, click here to go to event website.

WORCESTER

Physical Activity Assessments - The Worcester County Health Department continues to provide free physical assessments for employees as part of a comprehensive

worksite wellness approach.

The assessments include the following:

- resting heart rate
- resting blood pressure
- weight
- height
- body mass index
- body composition screening

This assessment takes about 20 minutes to complete and each individual receives counseling about their results, which are confidential.

For more information, contact the Worcester County Health Department at **410-632-0056 ext 1102.**

HEALTH EDUCATION MODELS

For any HMBs that will be sponsoring any upcoming health fairs, we now have health models that you can sign out and put on display for your event.

We will be sending a separate email to everyone about the fun health models we have available.

If you are interested, please contact Jovan Twilley at the Wicomico County Health Department.

Monthly Diabetes Support Group - Worcester County Health Department will be sponsoring a support group every third Wednesday from 1:00 pm - 2:00 pm, that will focus on reinforcing diabetes self-management.

This support group will meet at the Snow Hill Library, 307 N. Washington St., Snow Hill, MD.

The group is facilitated by a registered and licensed dietitian and a Certified Diabetes Educator. For additional information about this support group please call **410-632-0056.**

Monthly Diabetes Support Group - Atlantic General Hospital will also be sponsoring a support group on the first Monday of the month from 6:00 pm - 7:00 pm at St. Paul United Methodist Church in Berlin and the first Wednesday from 7:00 pm - 8:00 pm at the Ocean Pines Library.

For additional information about these support groups or to learn more about upcoming diabetes self management education programs please call the Atlantic General Hospital Diabetes Education program at **410-641-9703.**

SOMERSET

Somerset County Childhood Obesity Program - Somerset County Health Department has a new program to prevent and reduce childhood obesity.

The Home Visitation program is designed to motivate and support youth and their families to make better choices by providing education, resources and opportunities that may not have been available to them.

This program is geared towards youth who are defined as being overweight/obese and are referred by their primary care provider. It is FREE to all youth ages 4-18 yrs old. Activities are designed to enhance healthy eating and increase physical activity.

There are 10 weekly sessions that educate youth and provide families with the best ways to prevent/reduce childhood obesity.

If you have any questions, please call Crystal Bell at **443-523-1760** or email crystal.bell@maryland.gov.

Somerset County Smoking Cessation Program - Somerset
County Health Department is offering FREE smoking cessation classes and FREE medication upon enrollment.

The classes include a 10 week program that meets once per week at two locations:

- **Wellness and Recovery Center** - Princess Anne on Tuesdays at 11:30 am.
- **Crisfield Library** - Crisfield on Wednesdays at 5:30 pm.

Adolescents and adults are welcome to participate.

For more information, please contact Amanda Pusey at the Somerset County Health Department **443-523-1760.**

Jovan Twilley

Worksite Wellness Coordinator
Prevention and Health Communications
Wicomico County Health Department
410-219-7543

Lori Brewster, MS, APRN/BC, LCADC,
Health Officer
Wicomico County Health Department

OUR VISION:
Healthy People in Healthy Communities.

Forward this email

SafeUnsubscribe

This email was sent to kgaddis@oceancitymd.gov by jovan.twilley@maryland.gov | Update Profile/Email Address | Rapid removal with SafeUnsubscribe™ | Privacy Policy.

Wicomico County Health Dept | 108 E. Main St | Salisbury | MD | 21801