



Department of Juvenile Services

Knowledge is Power: Wellness

Wellness is a process of becoming aware of and learning to make healthy choices that lead toward a longer and more successful existence. The absence from illness is a primary component of being healthy, however it does not indicate anything about your state of well-being.

As a state of health, wellness is closely linked to your lifestyle and the choices that you make. Each individual has a responsibility to themselves and their children to provide for the essentials of good health—that being proper weight control, good nutrition, physical activity and exercise, and controlling health risk factors such as tobacco use, alcohol and drug use/or abuse. These things all have a role in wellness.

Research studies related to wellness indicate that Americans who take good care of themselves and make healthy lifestyle choices are healthier, happier, more produc-

tive, miss work less, and have lower healthcare costs. An article from the Journal of the American Medical Association noted that, in one research study, the “wellness” approach produced a 17% decline in total medical/doctor visits and a 35% reduction in medical/doctor visits for minor illness. The participants in this study took part in a year-long self-care education program.

Since lifestyle and the choices that we make have been found to be the most important factor in determining our overall health, it’s important for us to be educated about our health and “take charge” of our lives and have healthy lifestyle related goals. The lifestyle choices that we make will and do have a huge influence on our health and wellness. The secret is not in healthcare, but healthy and consistent self-care. Wellness is much more than simply an absence of disease and illness, it is



a proactive and preventive approach that is designed to provide optimum levels of health, emotionally and socially. Wellness involves our recognition that we have psychological, physical, spiritual and social needs that are necessary for us to have higher levels of functioning. It emphasizes the whole individual. It’s the integration of the spirit, body and the mind. Along with the understanding that everything we do, feel, think and believe has a direct impact on our state of health.

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In The News... August is Immunization Awareness Month

Disease prevention is the key to public health. Vaccines prevent disease in the people who receive them and protect those who come into contact with unvaccinated individuals. Every year, vaccination saves the lives of 2.5 million children and protects over 100 million more from illness and disability. All recommended

vaccines have been widely studied and are safe and effective. You may experience mild side effects such as redness and/or soreness at the site of injection. Vaccinations are recommended by the American Academy of Pediatrics, the American Academy of Family Physicians, and the Centers for Disease Control and

Prevention. As with any health related issue it is important to discuss vaccines with your healthcare provider. Prevention is the best medicine! Ask your doctor about getting vaccinated today. For a complete vaccine schedule go to:

www.cdc.gov/vaccines

Vital Signs: CATCh: Community-based Adolescent Testing for Chlamydia

The DJS somatic health division recently began work on a community based adolescent Chlamydia and gonorrhea testing grant. These two sexually transmitted infections (STI's) are the most commonly reported, both are caused by bacteria, and both can be treated with antibiotics. 19 million new STI's occur each year in the U.S., almost half (48%) of these infections occur in 15-24 year olds. With a simple urine test, youth can be easily diagnosed, treated and counseled on risk reduction. Chlamydia rates have been steadily rising over the years, with higher rates in female adolescents, and disproportionately affecting Baltimore City at a higher rate. Overall 8.5% of all youth tested in DJS facilities were positive for Chlamydia

and 1.5% were positive for gonorrhea. However, the youth in the community are at an even higher risk for STI's than those in residential facilities since they continue to be sexually active. DJS received a \$10,000 mini grant from the National Chlamydia Coalition and was 1 of 10 applicants funded for innovative strategies to increase Chlamydia screening and follow-up care in local communities.

The CATCh program focuses on Baltimore City DJS youth under community supervision: males at the Baltimore City Day and Evening Reporting Center, where testing will be com-



Get Tested!

pleted by the William Donald Schafer House nurses, and females at the Baltimore City Female Intervention Team unit, where testing will be completed by the case managers. Kudos to all of you folks. And yes, minors can consent for self, for treatment or advice about STI's in the state of Maryland.

CATCh is an exciting opportunity to prevent and treat STI's among DJS youth, and create resource linkages to the communities in which they live.

Common Sense: Preventing Back Injuries

Preventing a back injury is much easier than repairing one. Because your back is critically important to your ability to walk, sit, stand, and run, it's important to take care of it. Most back pain arises from using your back improperly, so learning a few basic rules about lifting, posture and proper exercise can help keep your back in good shape.

Exercise to strengthen your back and reduce stress. Having strong back and stomach muscles is important in order to ease the work your back is put through everyday. Lose ex-

cess weight. Pot bellies and excess weight exert extra force on back and stomach muscles. Maintain good posture, at all times, including while driving and sleeping. You can prevent many back pains by learning to sit, stand and lift items correctly. The very best way to sit is straight, with your back against the back of your chair and feet flat, and stand tall with your head up and shoulders back. Sleep on a firm mattress for good back support. Drive with your back straight against the seat and close enough to the wheel so your knees are slightly bent. Plan your lift. In

order to lift correctly and reduce strain on your back, it's important to think about the weight of the object and the distance you need to move it, before you begin the lift.

Position yourself correctly in front of the load. Bend at the knees into squat and get close to the load. Lift with your legs, not your back. Set the load down correctly. Again, bend at the knees and keep the object close to you. Get help, if needed.



Ask A Nurse: Healthy Food on a Budget

When money is tight and time is short, it may seem difficult to maintain a healthy diet. It also seems like all the fresh fruits and vegetables are so much more expensive than sweets and fatty foods. With planning, meals can be convenient, healthy and inexpensive. Consider these ways to save money and still maintain a healthy diet: Search online for easy one-pot recipes: Many recipe web sites offer nutrition information and grocery lists for their meals. Use coupons: Clipping coupons or printing them from web sites can save you 10-15% on



your grocery bill. Also, consider joining your supermarket's shopper's club for price specials. Follow portions of protein: You can still keep your costs low when shopping in the meat section. Remember a three-ounce portion of cooked meat, fish or poultry is the size of a deck of cards. Make a meatless meal: Beans are an excellent source of protein and an inexpensive way to create a healthy meal.

Think outside the crisper: Frozen or canned fruits and vegetables will last longer than fresh versions from the produce section and are equally nutritious. Don't throw money away: Keep leftovers safe by refrigerating them quickly. Use them before they go bad and you can stretch one meal into several. Always read the nutrition facts label on foods when you shop. Your goal is not a fat-free diet, but a diet low in bad fats, cholesterol, salt, and empty calories.

Special Feature: Caught Ya Being Good

I have been walking through the halls of headquarters and emailing facility personnel to remind them to keep a watchful eye out for those many do gooders. I am waiting for some more nominations! I know that it can be difficult when you get so busy and being summer time with everyone on vacation, but don't forget those that are still around you working very hard too. Everyone should get some recognition for the good things they do. Remember, people can be nominated with a caught ya being good, for doing any infection control or employee safety task, i.e. Picking up trash on the floor that was not theirs to

begin with, or making suggestions regarding safer work practices for everyone at the office or the facility. Someone would especially stand out and deserve a nomination, if their concern was for the safety of another employee or one of our youth. Please keep looking for those do gooders that stand out even the slightest little bit, and get them some well deserved recognition. Just look on the intranet I-Bulletin, in the archives, and find the caught ya being good form and complete it. Either email or mail it

back to Taffy Clark at HQ. Email and address are on the last page of this newsletter. If you are having trouble finding the form, just email their information, what they did, where they are from, and who you are to me. I will complete the form and the nomination for you. Thank you all for looking out for one another.



Caught Ya Being Good

Fun Facts: The Month of August

- On August 28th, 1963, one of the most memorable speeches in history, "Martin Luther King, Jr.'s "I have a dream", was heard publicly for the first time. He made his famous speech in front of over 200,000 civil rights demonstrators in Washington D.C.
- Two all American giants, Babe Ruth and Elvis Presley, both died on August 16.
- The first broadcast of MTV was made on August 1, 1981. The first video played was "Video Killed the Radio Star", by the Buggles.
- One of the most memorable events in history, "Woodstock", occurred on August 15, 1969 on a farmer's field in Bethel, New York.
- On August 13, 1961 the Berlin Wall went up. The Berlin Wall was responsible for the loss of many people, as they were shot trying to cross over it.
- The Panama Canal was one of the greatest construction and engineering achievements in American history and was unofficially opened on August 15, 1914.

President Barack Obama was born on August 4, 1961 in Honolulu, Hawaii

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Healthy Recipes: August - Food of the Month is Watermelon

Two fun facts about watermelon: Over 1,200 varieties of watermelon are grown worldwide. Every part of a watermelon is edible, even the seeds and the rind.

Watermelon BBQ Sauce: A new way to use watermelon:

Ingredients:

1/2 c watermelon juice.

1/2 c balsamic vinegar.

1/4 c brown sugar.

1/4 c soy sauce.

2 tbs. vegetable oil.

2 tbs. Dijon mustard.

2 garlic cloves.

2 tsp. red pepper flakes.

Stir all ingredients together. Pour enough sauce over vegetables, chicken, pork, fish or shellfish to marinate. Cover and refrigerate

for several hours or overnight. Baste with additional sauce while grilling or broiling.

Makes about 1 1/2 cups.

Per 2 tablespoon serving:

50 calories, 7g carbohydrate, 1g protein, 2g fat, 0.2g dietary fiber, 378mg sodium, no cholesterol.



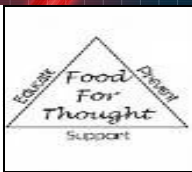
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KEEP THE BEAT ALIVE!



Food For Thought

Summer Food Safety Tips

- *Cook meat, poultry and seafood thoroughly. Use a meat thermometer to be sure that your grilled meats are done. Ground beef, for example, should be cooked to an internal temperature of 160 degrees Fahrenheit.*
- *Don't cross-contaminate one food with another. Wash your hands, utensils and cutting boards after they have been in contact with raw meat or poultry and before they touch another food.*
- *Bacteria can grow quickly at room temperature, so refrigerate leftover food promptly.*
- *Wash produce thoroughly to remove visible dirt, and discard the outermost leaves of a head of lettuce or cabbage.*



About The Season...Shape Up DJS-Make It A Family Affair

Everyone knows that it is important to turn off the TV's, computers, game boys, etc. in order to prevent childhood and adult obesity. Once obesity is established, it is very difficult to reverse. Obese persons are socially isolated, often ridiculed by others and they suffer higher rates of depression and illness, especially diabetes. Parents and caregivers can prevent obesity in children by establishing healthy lifestyles and creating a healthy environment in the home that will promote healthy eating and regular physical activity. You can work with your family to change your home environment to prevent obesity, many people just have difficulty coming up with new ways to get exercise as a family and enjoy it! The complaints are numerous, I'm bored, I'm too tired, There's nothing to do. Set daily and weekly goals for healthy eating and for physical activity that your family will support and

enjoy, and take time to recognize and reward positive changes in behavior in every member of the family. Below is a set of ideas for families to use to get started on becoming more active and living healthier lifestyles. Wash your car together, or if it is bad weather, go walking at the local mall, park the car AS FAR AWAY from the entrance as possible. Make chores, such as vacuuming, sweeping or raking, your chance to be active. Visit farms throughout the year where you can pick your own strawberries, peaches and apples or even plant your own garden. Schedule regular times throughout the week for activities. Take a pet for a walk or a jog, or just put on some good music and dance. By doing very simple activities like these with your children several times a week, you not only increase the activity level of the entire family, but you also spend quality time with each other. Just like

sitting at the dinner table for meals, it allows children and parents to talk about their day, share stories and dreams and become a closer unit.

Exercise is a major mood lifter, a great way to burn energy, and a way to strengthen your bones. It can also help manage high blood pressure, heart disease, and diabetes. Avoid a sedentary lifestyle by increasing your activity level. Perform aerobic exercise for at least 30 minutes a day, three times a week, walk instead of driving if possible, climb stairs instead of using an elevator or an escalator, and always talk to your healthcare provider before starting an exercise program.

