Immunization Awareness Month

Vaccines are not just for kids but are important across the lifespan. It's important to make sure your records are up to date in order to protect you and your family from harmful diseases.

For parents of school-age children:
August is a great time to make sure your children are up to date with their vaccines before heading back to school. When children aren't vaccinated, diseases spread quickly in schools. This is largely due to not covering coughs and poor hand washing practices. If children are not vaccinated, they can spread diseases to other children, babies and adults with a weakened immune system.

For all adults:
Vaccines recommended for adults are based on age, gender, occupation, where you travel and others. Talk to your doctor or health care professional to make sure you are up to date on all vaccines. The most common ones for all adults are the Flu, Tdap and Tdap Booster. There are many others based on the factors mentioned above. Vaccines help you get sick less often which means less missed work days.

For older adults:
Adults age 65 and older are recommended to get the shingles, flu, whooping cough and pneumococcal vaccines, among others.

Sources: https://www.nphc.org/niam/item/10468
COMMIT TO BE FIT

Commit To Be Fit was a four-week, team-oriented incentive program through Health Promotion for Faculty and Staff June 10 - July 14. Seventy two participants challenged themselves, and one another, to improve overall health and wellness. A point system was used to track total minutes of exercise. There were double point events, allowing teams to rack up points, try new things and meet new people. Each participant put in the effort and had the right attitude toward living an active life. Good job everyone!

Overall Winner

Pink Flamingos

Starring Shannon Shanely, Tim Leonard, Abby White Gould, Chris Thaxton and Iryna Sharaievska

The Pink Flamingos went above and beyond to stay in first place throughout the program. Their fierce competition and dedication led the way for everyone.

Most Encouraging Team

BusYness Women

Starring Jennifer Hayward, Haley Childers, Kim Bock, Jane Fitchlee and Kathy Mann

The BusYness Women went the extra mile in encouraging one another to support a healthy, active lifestyle. They did this through encouraging words, photos and team walks.

Most Improved Team

Rump Shakers

Starring Kara Harmon, Maira Compagnone, Kalin Bradley, Heidi Tait and Katie Howard

The Rump Shakers added to their team's total points consistently each week. They were also persistent to do their very best, landing them in second place.