

Spring/Summer  
2011 Issue  
Health Matters

## Did You Know?

May is  
Older Americans Month!

Older Americans Month 2011:  
Connecting the  
Community—pays homage to  
the many ways older adults  
bring unity and continuity to  
the fabric of our communities.  
The theme also highlights the  
ways technology is helping  
older Americans live longer,  
healthier and more vibrant  
lives. According to the U.S.  
Administration on Aging, older  
Americans are more active in  
community life than ever  
before, thanks in part to  
advances in health care,  
education, and technology  
over the last several decades  
that have greatly increased  
their vitality. For more  
information on Older  
Americans Month activities in  
your area, please contact the  
Prince George's County  
Department of Family  
Services Area Agency on  
Aging at (301) 265-8450.



## this issue

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## Engaging, Educating, Empowering.

It is indeed a pleasure to represent all of my neighbors as a Prince George's County Council Member. I am hard at work reviewing the proposed FY 2012 County Budget. I will examine this year's budget proposal with an eye toward stewardship and accountability, and to determine whether the spending plan reflects the priorities you have expressed in your communications to me and my staff. Major emphasis will be placed on public safety, education, health care, job creation and development around our Metro Stations. I hear you loud and clear when you say that you want robust and safe communities with quality shopping, jobs, parks, and art and cultural amenities. I encourage you to follow the budget review by visiting the Council's FY 2012 Budget web page—[www.princegeorgescountymd.gov](http://www.princegeorgescountymd.gov) and click on the FY 2012 Budget icon right next to the photo of the County Council.

As we focus on industries and entities, let us keep in mind that the most important thing about life is life itself. That is why I intend to spend considerable time this year spotlighting "Community Health" and "Healthy Communities." By now, some of our resolutions have fallen by the wayside, but the first signs of spring often spark an urge to get outside and move around. So what do "Community Health" and "Healthy Communities" mean, and how do the terms differ? Community Health means to do all we can to maintain a healthy body by eating right, exercising regularly, and visiting a doctor and dentist regularly and consistently. A Healthy Community is one in which we have access to quality healthcare, healthy food choices, passable sidewalks and opportunities for other fitness activities. To achieve a vibrant community, we must incorporate wellness into our lives. I have even taken the lead by exercising every morning and working diligently

on incorporating a healthy diet as a new way of life for me and my family!

I serve as Chair of the Council Committee on Health, Education and Human Services this year. The committee is receiving information from various agencies and organizations specific to "Community Health" and "Healthy Communities." The Council, sitting as the Board of Health, is also receiving information vital for us to update health policy for Prince George's County. Together, with the Metropolitan Washington Council of Governments (MWCOC), and County Executive Baker, I am confident we will make strides toward a healthier Prince George's County and Washington Metropolitan region.

This issue of our newsletter focuses on health and wellness, especially men's health issues. For our seniors, please be sure to read our Neighborhood Watch section. For everyone, nothing is more important than our physical and spiritual health. You are very important, and I need you to continue to work with me on ensuring we have Healthy Communities!

Andrea C. Harrison  
Prince George's County Council, District 5



ANDREA C. HARRISON

The District 5 constituent areas include: Bladensburg, Cheverly, Edmonston, Fairmount Heights, Glenarden, Landover, Colmar Manor, Cottage City, Springdale, and portions of Mitchellville and Lanham.

## COUNCIL MEMBER HARRISON A LEADER AT EVERY LEVEL



Council Member Harrison greets a student who testified in support of healthier school lunch menu options during the County Council's April 5th Town Hall Meeting on Health, at the Bowie Senior Center.