



**ILENE SHAPIRO**  
COUNTY EXECUTIVE

Q E-Newsletter | Q Spring 2025

# Wellness *focus*

**TAKING COUNTY WELLNESS TO A WHOLE NEW LEVEL...**  
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People who shine from within don't need the spotlight.  
— Unknown

## SEED SWAP DAYS with the Summit Metro Parks

We had 40 employees per location participate in the Seed Swap Days. We hope future events like these bring more employees and engagement.



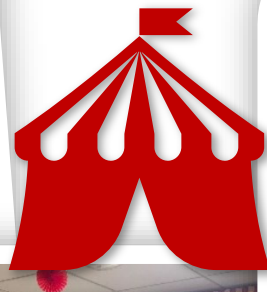
Sponsored by Executive Shapiro & Medical Mutual of Ohio.



# IT WAS A CIRCUS AROUND HERE!

## 2025 HEALTH FAIR EVENTS

We want to thank Executive Shapiro, Medical Mutual of Ohio, all of our vendors, the custodial and maintenance crew at both buildings, Office Services, the Employee Benefits Team, our Wellness Champion volunteers, and HRD volunteers, as well as all those who came to the event. We had 107 in attendance at the Russell M. Pry Building and 133 at the SummitFit North Fitness Facility. We hope you had a good time and shared the excitement with your co-workers because we want to see more of you next year!





# THE CIRCUS CONTINUES...

## 2025 HEALTH FAIR EVENTS









# UPCOMING WELLNESS ACTIVITIES

- Our first **MINDFULNESS MONDAY** begins on March 24, 2024
  - A 10 to 15-minute stretch at your desk.
- The **LUNCH & LEARN WEBINARS** are available throughout each month. You will learn and earn points when attending these in full.
  - The Pre-Retirement Mini-Series will be held on April 2<sup>nd</sup> & 3<sup>rd</sup>.
- The 9-Week **MINDFULNESS PROGRAM** with Kim Bader during your lunch hour will begin on April 7, 2025.
- The Cleveland Clinic Akron General **KICKSTART YOUR METABOLISM** will begin on April 22, 2025, at the Green location.

Visit our website [Events Calendar](#) for more details.

## Healthy RECIPE

Citrus Caprese Salad

-Source: Costco Connection, January 2025



Serves: 4

### Ingredients and measurements

- 1 cup cherry tomatoes, halved
- 3 Mandarines, peeled and diced
- 1 Naval Orange, peeled and diced
- 1 Cara Cara Orange, peeled and diced
- 1 cup fresh mozzarella pearls
- 1 to 2 Tbsp extra virgin olive oil
- 1 to 2 Tbsp balsamic glaze
- Basil leaves, for garnish

Gently combine and mixed cherry tomatoes, citrus and mozzarella in a medium bowl.

Lightly drizzle olive oil and balsamic glaze on the platter. Transfer the mixture to the serving platter and light drizzle olive oil and balsamic glaze on top. Add garnish with basil leaves to complete the flavorful dish.

## LOCAL EVENTS & ACTIVITIES

Find activities to do around town from hiking in the Summit Metro Parks to creating art with the Akron-Summit Public Library. See links below. Be sure to visit the *Employee Benefits website* for our events.

Visit their websites to get more information:

**Akron-Summit Public Library**  
[services.akronlibrary.org/events](http://services.akronlibrary.org/events)

**Akron/Summit Convention & Visitors Bureau**  
[www.visitakron-summit.org/things-to-do/](http://www.visitakron-summit.org/things-to-do/)

**Downtown Akron Partnership**  
[www.downtownakron.com/calendar](http://www.downtownakron.com/calendar)

**Summit Metro Parks**  
[www.summitmetroparks.org/ProgramsAndEvents.aspx](http://www.summitmetroparks.org/ProgramsAndEvents.aspx)

## personify<sup>™</sup> HEALTH

### FIRST QUARTER END, SECOND QUARTER BEGINS

The **Personify Health** First Quarter is coming to an end...Be sure to get those points in before the end of March. If you have not already done so, sign-up today to start earning Rewards and saving on medical expenses.

Enjoy the perks of our benefits, visit the *Human Resources - Employee Benefits website*.