



IRENE SHAPIRO
COUNTY EXECUTIVE

○ E-Newsletter | ○ Summer 2025

Wellness *focus*

TAKING COUNTY WELLNESS TO A WHOLE NEW LEVEL...
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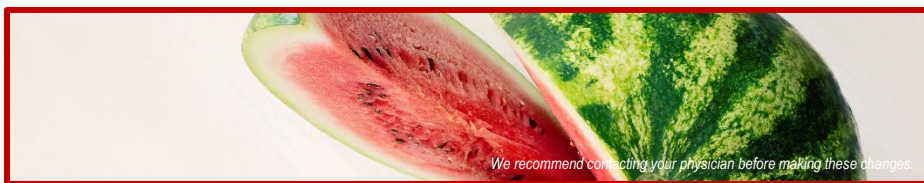
Choose to engage and watch your life snap into focus so you can see it clearly for the miracle it is. — Chip Gaines

TAKING ON YOGA *Personify Health*

There are a ton of amazing benefits from practicing yoga. Some of these positive effects include an increase in flexibility, as well as strength. It helps you relax, release stress, and give you the ability to focus inward.

Employees are able to take advantage of a Yoga class. Be sure to join us from 12-1 p.m.

Wednesday: SummitFit North Fitness Facility
Friday: SummitFit South Fitness Facility



We recommend consulting your physician before making these changes.

HOW ABOUT EAT LESS, LIVE LONGER?

HealthCentral Guide

The first human study of its kind...The National Institute on Aging discovered that a 12 percent cut in calories for a two year span slowed the pace of biological aging in lean or slightly overweight adults. Columbia University researchers studied the effect of caloric restrictions by using a DNA methylation blood test called DunedinPACE that measures the pace of aging. The group of men and women were compared between those who cut calories from their diet with another group that had a normal diet.

The rate of aging in people with fewer calories after two years slowed down by 2 to 3 percent. Even though this might not sound like a lot, over the long-term it can add up. Those who cut calories by 20 percent saw an even slower aging rate. Those who had participated in the restricted caloric diet also experienced improvement in their cardiometabolic health. More research needs to be completed to confirm the finding which were published in Nature Aging.

CHALLENGE ACCEPTED!

Tom Borcoman is challenging employees to beat his DigDug score. Take a break, get out of your chair, and head to the breakroom...Have fun challenging your co-workers!



"If you ain't first, you're last!",
says Dominic Chiarappa.

Photograph by Dominic Chiarappa and
shared by Tom Borcoman.



DO'S & DON'TS FOR FEEDING BABIES

Northeast Ohio Parent, April 2025

Prior to transitioning babies to food, discuss the following with a pediatrician or dietitian.

- Keep surface areas clean and wash your hands prior to preparing food.
- Do not add salt or sugar to their food.
- The baby should be sitting upright in a highchair with supervision next to them while eating. Try to eliminate distractions.
- Don't get discouraged, as it takes babies 10-15 attempts during a months period before accepting foods.
- Be sure to offer a variety of foods, especially fruit and vegetables, allowing them to enjoy health foods later on.
- Take the time to eat as a family at the table together. Your little one will be more likely to eat food they see others eat.
- The development of a baby looks different for everyone, so be patient and flexible.

GET IN THE ZONE & LIVE YOUR BEST LIFE

A Long, Vibrant Life with these 9 Habits | NortheastOhioThrive (Spring 2025), Estelle Rodis-Brown

The inevitability of aging, but the prize we pursue. The question is, are we able to control how well we age? According the Centers for Disease Control, preventative care is key to a healthier life.

The article focuses on Simple Health and Blue Zones. Blue Zones was created by National Graphic writer Dan Buettner after traveling globe concentraing on those healthy people living into their 100's. A list of those Blue Zones are listed on the website linked below. There are nine evidence-based common denominators among all the Blue Zones called the Blue Zones Power 9: Lifestyle Habits of the World's Healthiest, Longest-Lived People.

POWER 9: Move Naturally, Know Your Purpose, Downshift, Apply the 80% Rule, Plant Slant, Wine/Friends @ 5, Belong, Loved Ones First, and Right Tribe.

Learn more by [clicking here](#).

UPCOMING WELLNESS ACTIVITIES

- Join us for the Quarterly **MINDFULNESS MONDAY'S**
 - It is 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.
 - Visit the website to register
- The Fall Season will be here before we know it, so best to prepare. Setup an appointment to get your **MAMMOVAN** and **FLU SHOT**.
 - Visit the website to register
- The next Cleveland Clinic Akron General **KICKSTART YOUR METABOLISM** program will begin in September. Details will be sent out from the Wellness Team, so be sure to keep your eyes peeled.

Visit our website [Events Calendar](#) for more details and be sure to keep watching for our e-mail announcements.

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

Akron/Summit Convention & Visitors Bureau
www.visitakron-summit.org/things-to-do/

Downtown Akron Partnership
www.downtownakron.com/calendar

Summit Metro Parks
www.summitmetroparks.org/ProgramsAndEvents.aspx

Healthy RECIPE

Pesto Shrimp Wraps

-Source: Costco Connections, March 2025



Serves/Wraps: 8

Ingredients and measurements

- 2 Tbsp olive or avocado oil
- 32 thawed and peeled shrimp
- 2 cups cooked couscous
- 2 Tbsp Italian dressing
- ½ cup mayonnaise
- ½ cup pesto
- 8 10-inch wraps of choice
- 1 cup minced red bell peppers, plus more for garnish
- 2-1/2 cups packed baby spinach leaves
- 1 cup sliced almonds
- Fresh chopped basil

In a large skillet, heat oil. Sauté shrimp until white or opaque in center and internal temperature reaches 145° F.

Slowly mix dressing in a small bowl and then mix mayonnaise and pesto into a separate small bowl.

On each wrap, leaving a 1-inch border, spread 2 Tbsp mayo-pesto mix, add 1/3 cup spinach leaves, ¼ cup mixture, 4 shrimp and 2 Tbsp almonds.

Roll it tightly, cut each wrap diagonally in half and sprinkle chopped basil and minced red pepper as garnish.

personify™ HEALTH

HALFWAY WITH PERSONIFY HEALTH

We are over halfway through **Personify Health Year**. Continue accruing Points/Rewards. 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](#).