



**ILENE SHAPIRO**  
COUNTY EXECUTIVE

O E Newsletter | O Fall 2025

# Wellness *focus*

**TAKING COUNTY WELLNESS TO A WHOLE NEW LEVEL...**  
1180 S. Main Street, Suite 378 | Akron, Ohio 44301 | (330) 434-1FIT

*When people show who they are believe them.*  
— Maya Angelou

## **AKRON MARATHON CORPORATE CHALLENGE**

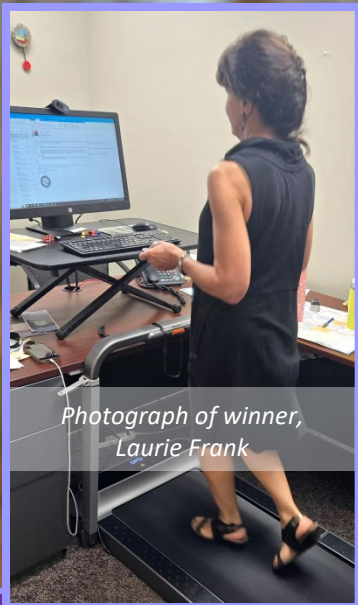
*Congratulations to all runners and walkers!*  
We want to thank Executive Ilene Shapiro for giving us the opportunity to participate in the series and to Medical Mutual of Ohio for all the swag! We hope you have enjoyed being a part of the Akron Marathon Corporate Challenge. Best wishes to those who are participating at the main event!

*County of Summit Employees take on the 1-miler on June 27, 2025. Congratulations to all who participated in the series!*





# CONGRATS!



Photograph of winner,  
Laurie Frank

## CHALLENGE ACCEPTED THE SUMMIT HIKING CHALLENGE

We had 23 participate in the first annual The Summit Hiking Challenge. The weather didn't keep these employees down, as they took on this challenge.

### FIRST TO COMPLETE & SUBMIT

Brian Olson

Amanda Bartholomew

William Gombaski

### MASTERED THE MAIN TRAILS

Kevin Hodges, Maurice Dorrell

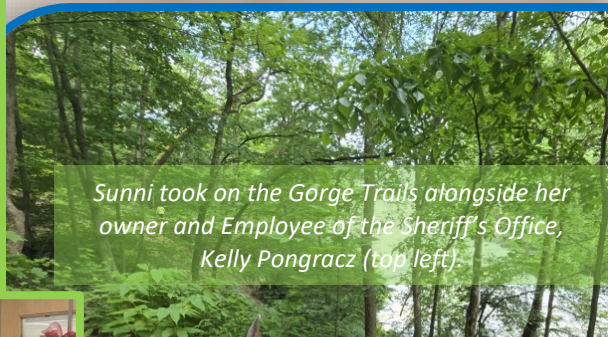
& Melissa Wilkinson

They completed all the main trails.

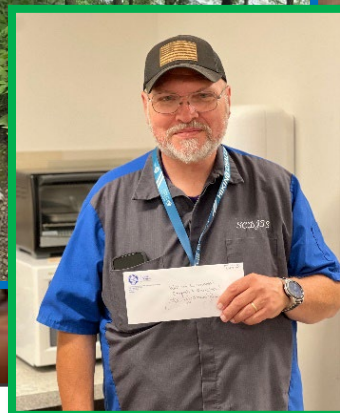
Congratulations to those employees who won their office an under the desk treadmill through the Secret Level Challenge with Personify Health!

- Laurie Frank of the Court of Common Pleas
- Kelly Phelps of the Fiscal Office
- Jim Ridella of the Executive Office
- Kristy Waite of the Executive Office

A special thank you to Medical Mutual of Ohio and Executive Shapiro for making this happen!



Sunni took on the Gorge Trails alongside her owner and Employee of the Sheriff's Office, Kelly Pongracz (top left).



## OPEN ENROLLMENT

Prepare for the upcoming enrollment period

Open Enrollment is scheduled from  
**October 20, 2025, through  
November 3, 2025.**

In addition, you will soon receive important information regarding our upcoming **Dependent Audit Verification** for health benefits.  
**Action will be required**, so please watch for details coming soon!

## PERSONIFY HEALTH TIPS

### Cultivating Awe

Take in the moments...If you practice noticing the world, you'll find it in everyday life. Go on a 15-minute "awe walk" and notice the colors, patterns, textures and smells. Perhaps it is listening to new music or photography things of enjoyment and beauty. Take a break and watch someone share their talents.

### Dating Yourself

No matter the situation exercise prioritizing your desires, needs and interests. Whether you are single or in a relationship, treat yourself...perhaps it's a massage, going to a movie, a trip to a museum, a hike, a new hobby, maybe buying something that makes you smile, a solo trip or even a new restaurant. You deserve time for you!



# 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 wonderful in-Person **YOGA CLASSES** happen every week during the lunch hour. The class at SummitFit North is on Wednesday's and SummitFit South is on Friday's from 12:00 p.m. until 1:00 p.m. Just try it out and see for yourself!

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

## Healthier RECIPE

PEACH & BLUEBERRY PIZZA

-Source: Costco Connection, May 2025



Serves: 4 (2 slices each)

### Ingredients and measurements

- 2 Tbsp extra-virgin olive oil
- 3 medium peaches, halved & pitted
- ¼ cup cornmeal
- ¼ cup flour
- 1 14-inch ready-made pie crust
- 2 Tbsp honey
- 1 small shallot, finely minced
- 1 cup blueberries
- 1 cup part-skim mozzarella cheese, cubed or shredded
- 1 tsp crushed red pepper flakes or hot paprika, optional

Use a grill pan on the stove, set on high heat. Place the oil brushed peaches on the cut side down on the pan and grill for 3 to 4 minutes. Remove from the heat and let it cool then slice them.

Sprinkle cornmeal on the pizza stone and place in the oven at 450 °F for 1-hour. Place the pizza crust on a floured cutting board, add honey, shallots, peaches, blueberries and cheese. Sprinkle the pepper flakes or paprika on top, if desired. Add the pizza to the stone and cook for 10-minutes or until the crust is browned and cheese is bubbling. Remove from the oven, slightly cook then cut and serve.

## 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™**  
 HEALTH

### GET GOING WITH PERSONIFY HEALTH

The third quarter for **Personify Health** here, but you still have time to earn and receive rewards. If you have not already done so, sign-up today to start earning Rewards and saving on your medical expenses.

Enjoy the perks of our benefits, visit the [Human Resources - Employee Benefits website](#).