



ILENE SHAPIRO
COUNTY EXECUTIVE

wellness

YOU'RE WELL-BEING MATTERS EVERY DAY.

focus

E-NEWSLETTER | SPRING 2026

THIS IS HOW WE DO IT!

We extend our sincere thanks to Executive Shapiro, Medical Mutual of Ohio, SummaHealth, the Akron Civic Theatre, the American Red Cross, Cleveland Clinic Akron General, our vendors, the custodial and maintenance crews, Office Services, our Wellness Champion volunteers, our HRD volunteers, the Employee Benefits Team, and all employees who joined us at this year's events.

We were thrilled to welcome 92 attendees at the Akron Civic Theatre and 176 attendees at the Russell M. Pry Building. We hope you enjoyed the experience, whether you were taking on the timed Hula Hoop challenge, testing your music trivia skills, or capturing memories at the photobooth.

Whatever made the day enjoyable for you, we're grateful you shared in the excitement with us and your colleagues. We can't wait to see even more of you next year!






SummaCare





LOCAL EVENTS & ACTIVITIES

Find activities to do around the County. Click the links below. Also, be sure to visit the Employee Benefits website for our events.

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

The best adventures often begin with a single step outside of the comfort zone. -unknown

Can *empathy* be a learned behavior?

Costco Connection January 2026

Empathy is often seen as something you're simply born with, but it's also a skill that grows through lived moments, reflection, and connection with others. At its core, empathy is the ability to understand and connect with someone else's feelings or perspective, even when you haven't shared their exact situation. It isn't about fixing, judging, or mirroring emotions; it's about recognizing them and responding in a way that shows genuine care.

Empathy is a foundational part of understanding people. When we take the time to step into someone else's shoes, we gain insight into their experiences, feelings, and thoughts. In the workplace, this awareness strengthens our culture by helping us better understand the needs of our staff and creating an environment where people feel seen, supported, and valued.

Here are three ways to practice empathy:

- **Focus on listening** — Pay attention not only to someone's words, but also to their tone, body language, and the context behind what they're sharing.
- **Show gratitude** — Acknowledge their time, effort, and openness. Even simple appreciation helps people feel valued.
- **Be proactive** — Anticipate challenges and offer clear guidance or solutions to support others before issues escalate.

Empathy is important for bonding with those in your life whether it is a co-worker, family member, friend or caregiver.



Serves: 6 to 8 servings

Ingredients and Measurements

- ¼ cup lime juice
- ½ tsp red chili flakes
- 2 cups fresh cut mango slices, large chunks
- 1 cup blueberries
- 1 small diced avocado
- ¼ cup cilantro, chopped
- 2 Tbsp red onion, minced
- 1 Tbsp olive oil

Mix lime juice and chili flakes in a small bowl. Let it sit for 5 minutes.

In a separate bowl, add avocado, blueberries, cilantro, mango, olive oil and red onions then stir in the bowl of lime juice and chili flakes.

Tip: Great over seafood tacos, grilled fish or with corn tortilla chips.



FIRST QUARTER END, SECOND QUARTER BEGINS

Be sure to log your points before the end of March. If you haven't enrolled yet, now is the perfect time! 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](#).