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COUNTY EXECUTIVE

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Wellness *focus*

TAKING COUNTY WELLNESS TO A WHOLE NEW LEVEL...
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Strive for progress, not perfection.
-unknown

Curcumin, Good as Gold *Remedies for Life 6/2022*

According to Remedies, curcumin is playing a huge role in medical research recently. Curcumin has been known to ease joint pain and boost cognition. The golden color comes from the active compound in turmeric.

The 2022 studies were inconclusive in having a potential role in cancer treatment, neurological diseases, depression, eye diseases, and numerous other conditions, but the results provide a significant incentive for continued studies.

A concern of curcumin is the low absorption rate or bioavailability. There are companies finding ways to assist with the absorption, as the BioMed Research International study in particular is formulating a nanotechnology to help provide antidiabetic effects.

JOINT RELIEF: Curcumin has been known for its anti-inflammatory action to help calm painful joints in those with rheumatoid arthritis and osteoarthritis. Using natural remedies come without side effects associated with conventional pain relievers like ibuprofen and aspirin which can irritate the stomach and damage the liver. Adding boswellic acid (150 mg) to curcumin (350 mg) can be even more effective for joint pain relief. Both herbs take away joint pain, but more effective when combined per a three-month osteoarthritis study.

THE MIND AND MOODS: Cognitive decline can be caused by ongoing low-grade inflammation. Adding the curcumin supplement to an older adults daily regimen can better their working memory.

Curcumin is also known to lift ones mood. A month long study showed improved mood changes in those participants supplementing curcumin daily compared to those who took a placebo. They experienced lower stress levels and felt calmer and content.

Turmeric is known to be added to foods, such as curries, but many people prefer curcumin supplements as a more effective source. Consult with a healthcare practitioner before starting on these herbs, as they can interact with prescriptions.



Allyship & Listening Virgin Pulse 2022

“Active listening is a practice that helps you listen attentively and with empathy – and it’s vital to being a good ally. What is an ally? Ally’s support disregarded groups, such as those who are treated unjust because of their ability, age, ethnicity, gender, income level and sexual orientation. They do so by educating themselves, listening and empathizing.

Here are some ways to actively listen:

- Allow the discussion to be about them and avoid interruption.
- Listen and hear what the person is saying. Try to understand.
- Your body language should show your engagement, like nodding in agreement or flashing an encouraging smile.
- To understand the persons viewpoint, ask questions.
- In order to validate their feelings, try not to pass judgment or offer advice.
- Looking back on the main points after someone speaks shows you are practicing reflective listening. Saying things like, “I want to make sure I am understanding you fully, I heard you say...”.



THE EXPERIENCE Dragon Boat Team Member, Monica Siko 9/2022

The Dragon Dream Team is Ohio’s first group of breast cancer survivors participating in the team paddling sport of dragon boating. The team is comprised

be the key to finding wellness and an active life after breast cancer.

Research strongly suggests that physical activity not only has a positive effect on the quality of life following a diagnosis of cancer but may improve and enhance survival. Through the camaraderie and sport of dragon boat paddling, Dragon Dream Team members are empowered to take back their lives and move

championships. It actively partners and participates with Susan G. Komen’s Race for the Cure and the American Cancer Society’s “Making Strides Against Breast Cancer” awareness events. Off season activities include winter fitness and our major annual Breast of Friends fundraiser. Since 2013, the Team has hosted the Dragons on the Lake Dragon Boat Festival, involving over 1000 corporate and community paddlers from the northeast Ohio area.

Raising awareness and giving back to the community is also an important part of the Dragon Dream Team’s mission. **Boatloads of Hope** is an outreach program for breast cancer patients, especially those coping with the challenges of treatment. Each year, hundreds of newly

diagnosed survivors receive a silk pashmina embroidered with a dragon boat logo and a personalized message of hope from the Dragon Dream Team. **Boatloads of Hope** is now in 18 northeast Ohio hospitals and Cancer Centers.



of women of all ages and backgrounds, from newly diagnosed to long-time survivors. The team’s mission is to empower breast cancer survivors with the spirit of hope, wellness, fun and friendship through the camaraderie and paddle sport of dragon boating.

When the team was founded in 2007 thanks to the efforts of a local breast cancer survivor, Jessica Mader and Dr. Douglas Wagner, her plastic surgeon, it joined the more than 200 such groups and thousands of survivors around the world that discovered a dragon boat, and the camaraderie of sister survivors could

forward in the spirit of fun, friendship, health, and wellness.

The Dragon Dream Team competes in local, national and international festivals and races including two world



The **Dragon Dream Team** welcomes any breast cancer survivor in Ohio to join the team.

HEALTH & WELLNESS SAVE THE DATES

RECEIVE VIRGIN PULSE POINTS FOR ATTENDING LUNCH & LEARN WEBINARS. JOIN US VIRTUALLY AT THE HEALTH FAIR... CHECK THE **INTRANET SCENE** FOR MORE HEALTH & WELLNESS INFORMATION.

DATE	ACTIVITY
September 23 rd	Lunch & Learn Insight Financial Associates
October 3 rd	COVID-19 Vaccination/Flu Shots Russell M. Pry Building
October 4 th	Lunch & Learn Developmental Disabilities Board
October 10 th - 16 th	Virgin Pulse Monthly Challenge Healthy Habit
October 12 th	Mammovan Ohio Building
October 13 th	Lunch & Learn Medicare
October 14 th	Flu Shots CCAG-Bath
October 16 th - 27 th	Virgin Pulse Challenge Journeys
October 17 th	COVID-19 Vaccination/Flu Shots SummitFit North Fitness Facility
October 18 th	Lunch & Learn Dentist, Dr. Sturkey
October 20 th	Mammovan Tallmadge Avenue
October 21 st	Flu Shots CCAG-Green
October 27 th	Flu Shots Russell M. Pry
October 28 th	Mammovan Russell M. Pry Building & Flu Shots CCAG-Stow
November 1 st	Lunch & Learn EASE@Work
November 3 rd	Mammovan Ohio Building
November 4 th	Flu Shots SummitFit North Fitness Facility
November 9 th	Lunch & Learn OPERS
November 14 th -20 th	Virgin Pulse Monthly Challenge Healthy Habit
November 20 th -26 th	Virgin Pulse Challenge Healthy Habit
December 1 st	Lunch & Learn YMCA
December 7 th - 8 th	Lunch & Learn Pre-Retirement Mini Series

Stay connected: *Health & Wellness Google Calendar.*

Healthy RECIPE

Quinoa Bowl with Avocado Dressing

-Source: Taste fo Life



Servings: 2 ; Prep Time: 45 Minutes;
Great Anti-Inflammatory Eating

Ingredients and measurements

2 large unpeeled, 1" chopped sweet potatoes
1 tbsp olive oil
1 tsp ground cumin, salt & freshly ground black pepper
1 tsp paprika
1 tsp chili powder
1 cup quinoa
4 cups packed sliced baby spinach

Dressing

1 ripe peeled & pitted avocado
¼ cup lime juice
1 minced garlic clove
¼ cup water & salt

Preheat oven to 400°. Toss the chopped sweet potatoes in oil, cumin, salt and pepper to taste. Roast for 25 minutes, or until potatoes are tender when pierced with a fork. Follow the quinoa package directions for preparing it then add in paprika and chili powder and required amount of cooking water. Once the quinoa has absorbed the cooking water, stir in the spinach, and remove the mixture from the heat.

In a high-speed blender or food processor, purée avocado, lime juice, garlic, and the water. Season with salt to taste.

Divide quinoa mixture between two serving bowls. Top with the roasted sweet potatoes and drizzle the avocado dressing over top.

LOCAL ACTIVITIES

Find activities to do around town from the Hiking Spree with Summit Metro Parks to Story Time with the Akron-Summit Public Library.

Visit their websites to get more information:
Akron-Summit Public Library
services.akronlibrary.org/events

Akron/Summit Convention & Visitors Bureau
www.visitakron-summit.org/visitors/what-to-do/attractions-points-of-interest

Downtown Akron Partnership
www.downtownakron.com/calendar

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



The third
VIRGIN PULSE QUARTER
ends on **September 30th**.

The **LAST QUARTER** of the year ends December 15th... find new ways to get points.

Visit the *intranet SCENE* for more details.