



ILENE SHAPIRO
COUNTY EXECUTIVE

E-Newsletter | WINTER 2022

Wellness *focus*

TAKING COUNTY WELLNESS TO A WHOLE NEW LEVEL...
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No matter how many mistakes you make or how slow you progress, you are still way ahead of everyone who isn't trying.
-Tony Robbins

NEW EMPLOYEE BENEFITS WEBSITE

The new Division of Employee Benefits website has arrived...Be sure to change your browser favorites to hreb.summitoh.net. You will find everything from before and more, from benefits to wellness and employee assistance program to deferred compensation. We hope you enjoy!

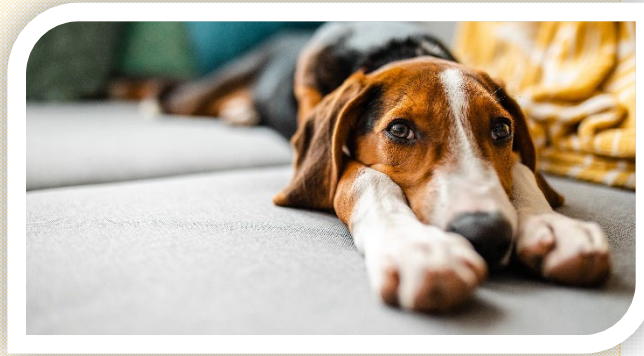


Well being is the main focus for our employees, their dependents and/or spouses/partners. The Wellness Team's values are to encourage, involve and increase health and wellness participation amongst employees. This will allow the employees to focus on a sound body, mind and spirit.

Canine Cognitive Dysfunction Syndrome Morris Animal Foundation | Fall 2022

A common, but underdiagnosed neurological condition in older dogs is known as Canine cognitive dysfunction syndrome (CCDS). There are between 14% to 35% of the dog population suffer from the disease, with almost all dogs over 16 of age displaying at least one of these clinical signs, such as disorientation, confusion, anxiety, a change in their sleep cycle and other dementia symptoms.

CCDS is comparable to dementia and Alzheimer's disease (AD) in people, impacting a dog's quality of life. These cognitive changes affect the human-animal bond, which can cause both an emotional and financial strain for the pet parents.



There are current studies to help improve the quality of life and alleviate suffering. The new Neuropathology Initiative research uses samples and data from the Golden Retriever Lifetime Study to assist with better understanding CCDS as well as AD. The studies are to assist in finding effective prevention and treatment efforts to stop or delay onset of these neurological conditions.

The studies will examine brain tissue from up to 200 study dogs in combination with annual behavioral questionnaires results completed by the dogs' owners. The study is a collaboration with Morris Animal Foundation, the Mayo Clinic in Arizona, the University of California, Irvine, and other additional partnered universities. The researchers compare the abnormalities in the tissue samples to the behaviors flagged in the questionnaires. They use the same analytical techniques used to look for changes associated with AD in people.

Previous studies have shown similarities in dogs with CCDS and people with AD. The similarity in clinical signs and brain tissue has led both veterinary and human dementia experts to look to dogs as excellent models of AD and other forms of dementia.



The Neuropathology Initiative is an example of how Gold Retriever Lifetime Study could have an impact on the health of both canines and humans.

"While many owners struggle to deal with this common issue for senior dogs, the reality is we have little basic understanding of the brain pathology, or much detail on which animals are most at risk," said Dr. Kathy Tietje, Morris Animal Foundation Vice President of Scientific Operations. "This is an amazing opportunity to use the depth of lifetime information we have for our Study dogs to collaborate with medical researchers on a problem affecting animals and people."

10 Things Nutrition Pros Do When They Find Themselves Stress Eating Women's Health | June 9, 2022

Where did the entire bag of popcorn go? You started eating the light snack while meeting a deadline and suddenly it has disappeared. We as emotional beings can relate to this at some point in our lives. The overwhelming thoughts and stress as you are eating the tasty snack seems to dissipate until the last bite. Once you create the routine of turning to food for comfort, you may not know how to stop.

What is the definition of stress eating? "Stress eating is when you eat in response to your emotions, as opposed to really nutritionally filling your body," says Allison Chase, PhD, the regional clinical director at Eating Recovery Center. "It's characterized by eating more than one would consume and eating very rapidly when you're not hungry," she explains.

For complete article on "Stress Eating", click on [Women's Health](#).



HEALTH & WELLNESS EVENTS CALENDAR

ALL THE EVENTS ARE NOW AVAILABLE
ON THE EMPLOYEE BENEFITS WEBSITE.
VISIT THE WEBSITES EVENTS PAGE AND CALENDAR
TO SEE THE LATEST ACTIVITIES.

HREB.summitoh.net



MAKING A DIFFERENCE & EARNING POINTS

Congratulations to Mellissa Allen, pictured with and proudly supported by Jay Curry, both from the Fiscal Office Services Department! Melissa earned major Virgin Pulse Points, along with prizes from the Health & Wellness Team after her numerous blood donations this year.

Healthy RECIPE

Sweet & Citrusy | Turkey Lettuce Wraps

-Source: Costco Connection "Sun Pacific"



Servings: 8-10 ; Prep Time: 15 Minutes;

Ingredients and measurements

- 1/4 Cup low-sodium soy sauce
- 2 Tbsp honey
- 1 Tbsp rice wine vinegar
- 3 Cuties® mandarins, 1 zested and lightly juiced and 2 peeled and segmented
- 1 Tbsp extra-virgin olive oil
- 2 large garlic cloves, minced
- 1.7 lbs 93% lean ground turkey breast
- 8 to 10 Romaine lettuce leaves
- 1 Cup AutumnCrisp® green grapes, coarsely chopped
- Carrot matchsticks, chopped cilantro, for garnish (optional)

Grab a small bowl, add whisk soy sauce, honey, vinegar, zest and 1 juiced mandarin and the segments of 2 mandarins then set aside.

For 1 minute, sauté garlic over medium heat in a large nonstick skillet of heated oil. Mix in the turkey and cook until fully browned then remove from the stovetop. Drain the extra liquid and return to hear.

Stir the soy-mandarin into turkey then cook for 10 more minutes.

Place 2 to 3 Tbsp of turkey into lettuce cups. You can top each with grapes and sprinkle carrots and cilantro, if desired.

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

<https://www.visitakron-summit.org/events>

Downtown Akron Partnership

www.downtownakron.com/calendar

Summit Metro Parks

www.summitmetroparks.org/ProgramsAndEvents.aspx



Start earning Points and Rewards...
THE VIRGIN PULSE FIRST QUARTER
starts on January 1st.

There are many other ways to earn points throughout the year, be sure to check the [Employee Benefits website](#).

Also, be sure to keep checking your e-mails from thewellnessteam@summitoh.net for other health and wellness announcements.