



ILENE SHAPIRO
COUNTY EXECUTIVE

E-Newsletter | SPRING 2023

Wellness *focus*

TAKING COUNTY WELLNESS TO A WHOLE NEW LEVEL...
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Whatever you're doing, make sure it lights a fire in you and that you were the one who struck the match. #makesense -Chip Gaines

LEARN BY DOING: Opportunities to Learn are Everywhere

Costco Connection | August 2022

Either from global events that have affected learning or due to the fact students have different learning styles or both, parents seem to be looking for alternative teaching methods for their kids. These students are eager to learn by doing.

“Living and learning (are) interconnected. The best way to learn something is when it is relevant and necessary and meaningful to the learner,” says Carlo Ricci, professor of education at Nipissing University in North Bay, Ontario, and the author of *The Willed Curriculum, Unschooling, and Self-Direction* (Ricci Publishing, 2012).

Children learn naturally and parents can encourage participation through everyday activities to enhance their formal education. “Teaching through living is incredibly important. It not only teaches our children real-world practical skills but shows them the ‘why’ behind the learning,” says Cati Peinado, co-founder of Petal Resources (petalresources.com), an online home educational resource website.

Some examples of these real-world teaching methods:

- Create a meal menu and read recipes. You can double or cut in half to work on fractions. Add another country's recipe to bring in geography.
- A walk on our trails to learn about the weather system, temperatures, identifying nature including animals. Throw in a map or GPS to chart the course.
- A playground to teach about physics. Hop on the swing and explain why it swings back.

Peinado says, “In my experience, children learn best when there is a real-life...purpose to their learning. You can see the engagement and enthusiasm in their eyes when they are given a real purpose.”

Check out [Akron-Summit County Public Library](#) and the [Summit Metro Parks](#) for some fun and educational activities to do with your kids.

WHY BIOMETRIC SCREENINGS ARE LIFE SAVERS

Ruanne LaMarine | March 2023

My name is Ruanne. I am like most of us just doing my best to stay on top of my health. I was dealing with a few symptoms that of course I googled and was sure they were due to my age (49 and holding) and lasting side effects of Covid. We are all busy and I did my absolute best to ignore them and muddle through life somehow. I dropped 55 pounds in the past year which at my age is amazing. I went to my biometric screening just to be safe. To my credit I do exercise, try to eat healthy and get the correct amount of sleep. My health comes last mostly because as a mom of 5 grown children I have been dealing with their health challenges while ignoring my own. I found out my blood sugar was way too high and had to go to the ER and hospital overnight and learn a completely new normal. I feel like this small test not only altered my life but saved it. It's only been two weeks, so I am yet where I want to be with my new diagnosis, but I am getting there. We take for granted how valuable the tests that are offered to us are in keeping us healthy. But for me I know my life was saved. I can now get the treatment and medicine I need to survive and thrive. I will scream it from the rooftops to please take advantage of all the health screenings we are offered.



2023 BIOMETRIC SCREENINGS

We had over 250 employees receive their screenings this year.



2023 HEALTH FAIR

COUNTY OF SUMMIT BLOOD DRIVE & BIOMETRIC SCREENINGS



Healthy RECIPE

Avocado Blueberry Grape Salad
-Source: Costco Connection "Camposol Fresh USA"



Servings: 4

Ingredients and measurements

DRESSING

- ¼ cup olive oil
- 3 Tbsp red wine vinegar
- 2 tsp Dijon mustard
- 2 tsp honey
- ¼ tsp salt
- ¼ tsp black pepper

- 4 cups baby arugula
- 1 ½ cups cooked quinoa
- 1 cup blueberries
- 1 cup chopped green grapes
- ½ sliced red onion
- ½ cup walnuts
- 1 pitted, peeled, and sliced avocado

Start by preparing the dressing. Place all ingredients in a bowl and whisk until the ingredients are smooth and consistent. Add salt or vinegar, if needed upon tasting.

In large bowl, add the arugula and top it with quinoa, blueberries, grapes, red onion and walnuts. Drizzle the salad dressing on top then toss the salad, gently. Top it off by arranging the avocado slices on top and serve upon completion.

LOCAL EVENTS & 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 the *Employee Benefits website* for our activities and 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/visitors/what-to-do/attractions-points-of-interest

Downtown Akron Partnership
www.downtownakron.com/calendar

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



Keep those Points and Rewards going...
THE VIRGIN PULSE SECOND QUARTER
starts on **April 1st**.

Hop onto the platform and start earning...
it is never too late.

There are many ways to earn points throughout the year, be sure to check the *Employee Benefits website* to see how.