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COUNTY EXECUTIVE

○ E-Newsletter | ○ SUMMER 2023

Wellness *focus*

TAKING COUNTY WELLNESS TO A WHOLE NEW LEVEL...
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A weed is just a flower growing in the wrong place.
-Unknown

NO PAIN, NO GAINES... Chipping away at his book

Chip Gaines | 2021

You will find ideas within this book to help guide you through following your passions and creating a network that allows everyone to grow. Below are some activities Chip Gaines recommends to help get you started.

TRADITIONAL NETWORKS VS. BLUE-CHIP NETWORKS

Traditional Networks: A place of status panic and insecurity. Here are their approaches:

- What can I get out of their relationship?
- Who do you know?
- How can you help me get ahead?

Blue-chip Networks: A focus of finding purpose and passion through connecting. This is what they ask:

- What can we learn from one another?
- How can we create a real connection?
- What can we offer the World?

WHAT FIRES YOU UP?

“Nothing gets me hot under the collar like watching people blindly follow the herd instead of following their own hearts, minds, and guts,” says Chip. What gets you fired up? Is it maybe people who act entitled. Or inequality. Or animal abuse. So, instead of suppressing your frustration, take a closer look and get personal with it. Turn the anger within you, into a superpower that spurs you to take action.

- What really drives you crazy?
- What causes you to argue so passionately about?
- When do you find your blood pressure rising?
- What do you think the above suggestions are calling you to do? In what way can I channel these feelings into something more



Continue your journey with Chip by picking up his book, “[No Pain, No Gaines](#)”. Let us know what you think once you are done.

Dog Walking Mistakes and How to Avoid Them

SUFFICIENT SNIFFING TIME

Give your dog the opportunity to connect with their environment and learn what is happening from those furry friends before them.

PICKING THE LEAD

Your dog's lead should be 5-to 6-foot fixed length. The lead should be thin enough to be comfortable, but thick enough to keep them safe. Be sure to check out the more dog-friendly no-pull harnesses, rather than the outdated prong and choke collars.

PUT YOUR PHONE AWAY

Going on a walk with your dog should be an adventure for all, but neither are able to enjoy when you are glued to your phone. Also, you want to be aware of your surroundings while walking, especially if a dog ends up spotting something worth chasing.

BROADEN THEIR HORIZONS

As it is important to keep your dog safe, you also want them to experience new sights and scents. Take them on a different route, even on the other side of the street...it will be sure to create a more novel experience for their mental and physical exercise.

MEN DON'T TALK ENOUGH ABOUT MENTAL HEALTH. FOUR GUYS THAT ARE CHANGING THE CONVERSATION

Men's Health | November 5, 2021

Jimmy Butler, Zac Clark, Cory Richards, and Jon Batiste get real about self-care, vulnerability, and thrive under pressure.

Even though mental health is as important as physical health in terms of overall wellbeing, due to the stigma, people struggle with asking for help pertaining to issues others can't see. The lack of being able to talk opening makes life a lot more difficult for many.

Cory Richard talks about opening up about mental health...After going through rehab and treatment for alcoholism, I started opening up about mental health. Due to the lack of resources, he started talking to his audience. It opened the door for feedback and really brought positivity even without it being articulated very well. He thought, "Oh, this can be meaningful for people."

Jimmy Butler speaks on vulnerability and opening up...He doesn't think it is about these two things, but definitely feels mental health is important. In order for things to go in the right direction, your mind has to be right. Being in the NBA, people expect these men to be superhuman. It is like you don't hurt or feel and push through everything. He reflects on this and reminds us that they are human, normal people like us.

He has come to realize talking helps. Speaking out about who you are helps your mental health. It may not completely clear your mind, but your mind is right and ok

VIRGIN PULSE TIPS

Heart Health

Staying calm is one action to help your heart. "Studies show that acute and chronic psychological stress may lead to a higher risk of heart disease."

When you feel stressed try taking a walk or create movement that relieves the tension and allows to feel better. These activities help more ways than one.

Fostering A Pet

There are ways to give back to the community without the financial strain. You could foster a pet to help a local animal shelter out. If you reach out and ask, many shelters will cover the pet's vet bills. Sharing your living space for a short time can help buy a pet more time, plus you get to enjoy the unconditional love and comfort that comes with having a pet.

Give It Your All

Anxiety can be caused by trying to do everything perfectly. Instead of always worrying about perfection, strive to do the best you can.

Empathy and Trust in Your Team

Research shows, the more trust and empathy leadership has in their team the greater the employee productivity.

with what is going on. "It is really hard to do nowadays. But I feel like we're in a time now where you get time to work on yourself."

Zac Clark has thoughts on finding stability...You can't give your power away to someone else, which is one of his biggest lessons he has learned. You start to doubt yourself and get into a cycle where you start spiraling. As a human being, you start to think you are a bad person, which is not true. Zac used drugs to help cope with my mental health, but then went through rehab.

After 10+ years and a new life, "I should feel better, right?" it was relearning how to live in the world. "It's okay to say I need some help." He journals, meditates and looks inward to understand who he is and the people that truly love him. Share the good your experiencing with others.

Jon Batiste gives his thoughts about being in the public eye and opening up..."Learn yourself and notice the signs that your body is giving you." There are thoughts and feelings that lead to unhealthy places and behaviors. He had to set boundaries between his work and public life. The life of Jon is set to what matters most to him, which is family, friends and community. These three things help you not get caught up in the circus.

Read the full article in [Men's Health](#).

START EARNING MONEY TO HELP COVER MEDICAL EXPENSES

DO YOU WEAR GLASSES OR CONTACTS?
HOW ABOUT A VISIT TO THE DOCTORS OFFICE?
DO YOU TAKE VITAMINS OR HAVE A PRESCRIPTION?
ARE YOU VISITING YOUR DENTIST ON A YEARLY BASIS?

These are all reasons you should join Virgin Pulse.
The earned rewards can help cover your medical expenses.

Get up to \$550 if on the single plan and the family plan allows up to \$1,050.

Learn more by visiting our [website](#).
Contact the Wellness Team with any questions you may have.



Healthy RECIPE

Lemon-Thyme Chicken & Brussels Sprouts
-Source: Women's Health



Servings: 1-4; Time: 25 minutes

Ingredients and measurements

- 3 Tbsp Olive Oil (divided)
- 4 Tbsp Fresh Lemon Juice (divided)
- Kosher salt and pepper
- ¼ Cup Dried Cranberries
- 1 Pink Lady or Gala Apple
- 12 Oz. Brussels Sprouts (trimmed)
- 1 Scallion (thinly sliced)
- 3 Tbsp Romano Cheese (grated)
- 4 6-oz. Boneless Skinless Chicken Breasts
- 2 Tsp Fresh Thyme Leaves
- ¼ Cup Toasted Hazelnuts

Combine 2 Tbsp of oil, 2 Tbsp of lemon juice and ¼ tsp each of salt and pepper, whisking together in a bowl; stir in cranberries. After cutting the apples into thin matchsticks, then toss to coat.

Slice the brussels sprouts using a thin blade of a food processor. Transfer to the bowl of apples, along with the scallion and toss, combining with Romano.

On medium, heat remaining Tbsp of oil in a large skillet. Season the chicken with ½ tsp of salt and a ¼ tsp of pepper, cook until deep golden brown, approximately 6-to-7 minutes. Flip them over and cook for an additional 2-to-3 minutes. Remove from heat and add the remaining 2 Tbsp of lemon juice and thyme, allowing it to coat the chicken.

Fold hazelnuts into the brussels sprouts and serve with the chicken along with any pan juices.

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



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starts on **July 1st**.

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Be sure to **Join Today!**

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