



ILIENE SHAPIRO
COUNTY EXECUTIVE

OE Newsletter / Q3 FALL 2023

Wellness *focus*

TAKING COUNTY WELLNESS TO A WHOLE NEW LEVEL...
1180 S. Main Street, Suite 378 | Akron, Ohio 44301 | (330) 434-1FIT

To give anything less than your best is to sacrifice the gift. -Steve Prefontaine

BONE HEALTH *Costco Connection | June 2023*

Throughout most of our lives our lightweight bones are strong to keep use upright, enough to absorb our body weight and replace bone tissue. However, old bone loss may not keep up with new bone creation due to osteoporosis. “Osteoporosis is a progressive thinning and even loss of bone that can accumulate over time and cause fractures,” says Dr. Kendall F. Moseley, the medical director of Johns Hopkins Metabolic Bone & Osteoporosis Center in Baltimore.

The Bone Health & Osteoporosis Foundation reports that approximately 10 million Americans have osteoporosis and there are 44 million reported to have osteopenia (low bone density) which puts them at risk for fractures, half of all adults ages 50 and older. Studies show in a lifetime, one in two women and one in five men experience an osteoporotic fracture. These types of fractures in older people can lead to worse conditions due to the lack of being able to recover, says Dr. Kathryn Deimer, senior clinical director of the Bone Health Program at the Washington University School of Medicine in St. Louis.

Even with natural loss due to aging you can build your bone bank with exercising at least three-five times a week for 30-minutes



and good nutrition. So those of you younger, start maximizing your peak skeletal mass so you have more bone to work with. Exercise can be walking, lifting weights, dancing...anything that keeps you moving. You should have a well-balanced diet, including Vitamin D, calcium and protein making sure your plate is filled with color. Diemer says low protein causes a higher risk of hip fractures. Vitamin D is not only in milk, but also fatty fish, egg yolks and fortified orange juice. Some calcium-based foods include yogurt, nuts, broccoli, and kale.

In closing, Moseley says, “We gain bone until we’re about 30, both men and women.” Adding the maintenance phase until women go through menopause, typically in their 50s, and for men, around age 70, which the bone breaks down faster than the new bone being built. Genetics, chronic illnesses, certain medications or smoking and alcohol consumption can also lead to bones prematurely deteriorating. All of which can cause overall bone loss, osteoporosis, and an increased risk of a fracture. So, stay active and healthy!

Shelling out the nutritional benefits of nuts

Nuts should earn a place in your diet, even if a vegan, an omnivore, or participating in the keto diet. They are good for your bones, brain, gut and heart, amongst other benefits.

Almonds have essential nutrients, including Vitamin E. According to recent studies, eating about 46 almonds a day may improve gut health.

Pistachios help with inflammation and are packed with antioxidant compounds. They may help improve blood pressure.

Walnuts may boost your brain and heart health. They are filled with copper and manganese.



Pecans are filled with nutrients like magnesium, phosphorus, thiamine, zinc and low in carbohydrates. They are known to help regulate blood sugar.

Brazil nuts are an antioxidant, which is necessary for thyroid health. They are also a great source of selenium.

Hazelnuts is not only in the form of Nutella, it is a great source of manganese and vitamin E. They may reduce certain heart disease risk factors

Let's get into what the healthiest nut is...

Overall, the almond is the most nutritious, even in flour form. They're rich in good fats, fiber, protein and various micronutrients. Regularly eating almonds can possibly reduce risk factors for heart disease and high blood pressure. However, the healthiest all depends on what you define as "Healthy".

Walnuts assist with brain health, but their fat and antioxidant levels help reduce inflammation and oxidative stress damage within the brain.

If you are allergic to nuts, there are many nutrient-dense foods available that can provide the same vitamins, minerals, and health benefits. Here are some with the same benefits as nuts:

- Whole grains
- Seeds, like flaxseed and chia seeds
- Avocados, olive oil, fruits, and vegetables
- Lean proteins

VIRGIN PULSE TIPS

Psychological Safety

Psychological safety is feeling supported in your environment. At work, do you feel like you can ask questions and raise concerns? Can you do new things and learn from your mistakes? Are all of these able to be done without consequences?

Research shows that employees work can be a reflection of the psychological environment within the workplace. Here are some ways to make your workplace feel more psychologically safe:

- Be a good listener: Let your team members share their experiences.
- Be vulnerable: Show your coworkers you have a lot to learn and you're willing to learn from them.
- Be curious: Take time and interest in sitting down and understanding other people's views.

Jump Around

Research shows, there is a link between exercise and brain health. Take a leap with jumping rope. It is a simple, cheap, and fun!

- Try a 10-minute workout alternating between single and double leg jumping.
- Take it back old school...Grab 2 more people and learn how to double dutch. It is a bonus brain and gut booster!

THE POWER OF STRETCHING *Bob Doto*

Simple Practices to Promote wellbeing

What are the benefits of stretching?

How about enhancing your experience of life itself...It also creates a healthier, oxygenated and well-vascularized (blood-enriched) muscle tissue.

- A way to feel good
- Increases your blood flow
- Relieves stress
- Increases your range of motion and flexibility
- Calms your mind and helps relax the nervous system
- Conditions your muscles to be more alert to help prevent injury

How to safely stretch?

Prepare your body for stretching by calming your mind, helping to relax your muscles and allow for a smooth, pain-free stretching experience.

- Breathing: Inhale to prepare for the stretch, exhale while performing the stretch.
- Time (book recommendations): Hold each stretch for one to two inhales and exhales. Repeating once or twice.
- "Do not overdo it. More does not equal better when it comes to stretching." Per Doto

We should learn from watching animals, as they stretch constantly with such ease.

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.



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

Healthy RECIPE

Celery Chicken Salad Bites

-Source: Costco Connection (Dandy®)



Servings: 6-8

Ingredients and measurements

3 Cups – Deboned and skinless rotisserie chicken finely chopped
½ Cup – Red grapes, finely chopped
½ Cup – Celery sticks, finely chopped
2 Tbsp – Almonds, finely chopped
2 Tbsp – Dried cherries, finely chopped
2 Tbsp – Fresh dill, finely chopped
2 Tbsp – Chives, finely chopped
Serving Size - Celery sticks cut into thirds

Dressing

¼ Cup – Greek yogurt
¼ Cup avocado oil mayonnaise or favorite mayonnaise
1 ½ Tbsp – Dijon Mustard
2 Tbsp – Lemon juice
½ Tsp – Sea salt
¼ Tsp – Freshly ground black pepper

In a large bowl, place almonds, celery, chicken, chives, dill, dried cherries, and grapes.

In a small bowl, whisk in all the dressing ingredients until smooth. Pour the dressing over the salad. Mix until combined, taste and seasoning are as desired.

Add the chicken salad to the celery sticks and chill before serving.



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

Remember, the Quarter ends
mid-December, so get those Virgin Pulse
Points and Rewards...

There are many ways to earn points throughout
the year, be sure to check the *Employee Benefits
website* to learn how. Be sure to Join Today!