



**ILENE SHAPIRO**  
COUNTY EXECUTIVE

○ E-Newsletter | ○ WINTER 2023-24

# Wellness *focus*

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

Don't make money your goal. Instead, pursue the things you love doing, and then do them so well that people can't take their eyes off you. - Maya Angelou

## PROTECTING YOUR PET *Morris Animal Foundation | Animal News 23.4*

Our pets are family and give us unconditional love, so keeping our fur babies healthy should be a priority. Lymphoma is one of the most common pet cancers, 24% of all diagnosed cancers in dogs and 30% in cats.

Lymphoma is cancer of the lymphocytes. It is the type of white blood cell found in your blood and lymphatic systems. Unfortunately, there are more than 30 types and subtypes in dogs, vary how they behave in the body and how we can treat it and the long-term prognosis.

Lymphoma seems to effect middle-aged to older cats and dogs. Multicentric, Alimentary, Mediastinal and Extranodal are several forms of the disease. There's a combination of tests needed to diagnosis lymphoma, which includes bloodwork, imaging (i.e., ultrasounds), aspirates of enlarged lymph nodes or internal organs, and a biopsy. Special testing is important to do on cancerous cells as a guide to determine prognosis and guide for treatment.

They continue to study cancer and hope to learn more from those animals diagnosed with Lymphoma.

Below are some steps pet owners can take to reduce cancer risks in their pets, including lymphoma.

- Avoid exposure to secondhand smoke.
- Take your pet to a veterinarian regular for routine check-ups.
- Avoid prolonged sun exposure.
- Learn about your pet's breed, come familiar with them.
- Frequent exercise and weight control can help.
- It is good to examine your pet frequently for any new lumps or bumps.
- It is good to avoid any exposure to lawn chemicals.
- Add raw veggies to their diet or give it to them as a treat.



# Milking It!

Costco | August 2023

## "A twist on milk"

The process of plant-based milk is the grinding of beans or nuts, then adding flavors, minerals, vitamins and water. There are people who move towards plant-based milk due to intolerance or allergies to cow milk. Dairy alternatives are also a vegan lifestyle, since there are zero animal products used during the process.

Some drink the plant-based milk because of the flavor, but it is known to be rich in calcium, cholesterol free and low in fat.



## 2024 NEWS

WE ARE EXCITED TO ANNOUNCE THE LATEST ADDITION TO THE VIRGIN PULSE PLATFORM... THE MENTAL HEALTH PLEDGE!

Starting January 1<sup>st</sup>, employees will be able to focus even more on their mental health, as well as learn ways to recognize those around them who maybe struggling.

## EARN EVEN MORE VIRGIN PULSE REWARDS



Greg Dotson (left) and Ariana Zimcosky of the Prosecutor's Office

## VIRGIN PULSE TIPS

### Mental Health Stigma

The mental health stigma can come from your own mindset. The thought of shame in your mental health or seeking treatment. Here are some ways to care for yourself.

- The condition you are facing is not a sign of weakness.
- There are ways to learn more about your condition. Contact a professional and research on your own.
- One of the best ways to work on yourself is to connect with others who have similar challenges.

Mental health is like keeping yourself physically healthy, it is something you need to work on daily. Your mental health effects your overall health, so start caring about you!

Resources are available, visit the [website](#) to learn about our wellness program and Employee Assistance Program.

### Expanding Brain Power

Speaking of physical activity, exercising can help improve your memory and expand your brain. Try aiming for 3+ days a week. Try adding 1 new move for every time you exercise.

Start today by using the tools we have at the County, from free fitness facilities to a wellness platform filled with information and activities. Contact the [Wellness Team](#), if you have questions.

## TAKE A BREAK

Visit the breakrooms for some fun activities and downtime...

The Human Resources Department's, Division of Employee Benefits wellness program (with help from Medical Mutual of Ohio) has given us to the opportunity to have breakroom activities for our employees to take some time away from our busy day and put our bodies in motion, as well as clear our minds. Come check it out!

### Breakroom Locations

- SummitFit North Fitness Facility (189 S. Main Street) in the backroom, past the ProjectLearn classroom.
  - We ask you do not participate in the activities while ProjectLearn is in session. \*Connect Four is available anytime.
- Russell M. Pry Building (1180 S. Main Street, 3<sup>rd</sup> Floor) in the cafeteria across from SummitFit South.

### Activities Available

- Connect Four
- Cornhole
- Minature Golf
- Pop-a-Shot (mini basketball)

# 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

Apple and Brie Crostini

-Source: Costco Connection (First Fruits Farm®)



Servings: 4-6

### Ingredients and measurements

- 1 Baguette, thinly sliced
- ½ Cup Almond Butter
- 3 Oz Brie Cheese
- 1 Large Honeycrisp Apple
- Fresh Cracked Pepper
- ½ Cup Candied Pecans, chopped
- ¼ Cup Honey

Pre-heat the oven at 375 degrees. In a rimmed 9 x 13-inch baking sheet, arrange the sliced baguettes. On one side of each baguette, thinly spread out the almond butter using about 2 teaspoons.

Thinly slice the brie and Honeycrisp apple to about ¼-inch-thick slices, so one flavor doesn't overpower the other then place the brie on top of the almond spread. Set the apple slices aside.

Bake for 5-minutes or until the cheese has melted.

Top the crostini with the apple slices and cracked pepper. For the finish, add the pecans for garnish and drizzle overtop with honey. Serve immediately.

## 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](http://services.akronlibrary.org/events)

**Akron/Summit Convention & Visitors Bureau**  
[www.visitakron-summit.org/visitors/what-to-do/attractions-points-of-interest](http://www.visitakron-summit.org/visitors/what-to-do/attractions-points-of-interest)

**Downtown Akron Partnership**  
[www.downtownakron.com/calendar](http://www.downtownakron.com/calendar)

**Summit Metro Parks**  
[www.summitmetroparks.org/ProgramsAndEvents.aspx](http://www.summitmetroparks.org/ProgramsAndEvents.aspx)



The Points and Rewards will begin soon!  
**THE VIRGIN PULSE FIRST QUARTER**  
starts on **January 1<sup>st</sup>**.

Start learning the Virgin Pulse platform...

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!*