



**ILENE SHAPIRO**  
COUNTY EXECUTIVE

Q E-Newsletter | Q Spring 2024

# Wellness *focus*

**TAKING COUNTY WELLNESS TO A WHOLE NEW LEVEL...**  
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We cannot start over. But we can begin now and make a new ending. - Zig Ziglar

## COUNTY OF SUMMIT 2024 HEALTH FAIR EVENTS

Our Health Fairs for 2024 has concluded, as we did not have the attendance we were hoping for, but we hope those who did attend enjoyed themselves and bring back their co-workers next year! We want to thank all vendors who participated and to all those who volunteered! We appreciate the employees taking time out of their busy day and look forward to seeing you at next year's Health Fairs!



Photographs taken by Randy Flick, Mark Milhoan, & Employee Benefits.



## VIRGIN PULSE TIPS

### The Fresh Smell of Lavendar

If you have trouble falling asleep or perhaps just relaxing, lavender is the scent for you. It can help decrease your blood pressure and heart rate. If you enjoy the scent, maybe try using lavender soap in the shower and a candle or oil diffuser in your room.

### Staying Safe with Multi-Factor

Multi-factor requires 2 or more pieces of evidence to confirm you are you. It is a double layer of security to help protect you. MFA (Multifactor Authentication) is used with your work e-mail. It is also used when trying to gain access to your records, such as bank accounts and credit cards. Multi-Factor Evidence is something you know (i.e. password or PIN), have (i.e. smart card or token) or are (i.e. fingerprint). Think of it like a deadbolt on a door, which is an added feature to secure your home.

Talk to your IT department to learn more. Taking these extra steps in securing your data is worth it!

## CONNECTING MIND, BODY & SOUL

Costco Connection | January 2024

### Small Steps by Dr. Amit Sood, CEO of Resilient Option

Dr. Sood describes resilience as being the core strength one has and uses to lift the load of life, leveraging the brain's ability to change itself with experience.

There are five mico-practices Dr. Amit Sood shares with us that helps build resilience:

- As you wake up, think about what or who you're grateful for and send silent gratitude to that person(s).
- Sending silent well wishes to someone you're connecting with helps uplift you, especially if you do this throughout the day.
- Focus on being present instead of being mentally elsewhere.
- Throughout your day focus on noticing one new thing.
- Be sure to greet one person daily as though you have not seen them in months, with joy and enthusiasm.

### Manage Your Mind by Tamara Judge, Psychology Consultant at Keystone Coaching in England

Tamara Judge lives with rheumatoid arthritis and specializes in helping others use resilience strategies to handle pain. The techniques she uses, include:

- To focus on the present, use mindfulness to help you focus on when you use your sense by tuning into your surroundings. "Learning to redirect your thoughts can train your brain to stop focusing on the pain and help shift your perspective, building resilience," says Judge.
- Become more aware of your body's sensations, including pain, without reacting negatively to them by using meditation as a tool. "This awareness, along with deep breathing, can lead to reduced suffering and better pain management," Judge notes.
- Cognitive behavioral therapy is known to change thought patterns and behaviors related to pain.

# 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 started today, you have until mid-December to earn.

**Get up to \$600 if on the single plan and the family plan allows up to \$1,100.**

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

\*Please make sure all PCP forms and routine visits are submitted  
prior to the end of the Quarter in order to receive your Points/Rewards.



## Healthy RECIPE

Salmon Garlic Butter Pasta

-Source: Costco | MultiX



Servings: 2

### Ingredients and measurements

- 4 oz preferred medium size pasta
- 2 (6 oz) Salmon Fillets
- Salt and Pepper, to taste
- ½ cup Flour
- 1 Tbsp Olive Oil
- 2 Tbsp Butter
- ½ cup Chicken Broth
- 4 Garlic Cloves, minced
- 1 Tbsp Lemon Juice
- Parmesan Cheese, grated

Cook pasta as directed on the packing, drain once cooked. Sprinkle the salt and pepper on the salmon then add a light coat of flour. Add oil and butter to a skillet while on medium-high heat. Once hot, add salmon and cook for 2 minutes per side or until it reaches an internal temperature of 145 F. After the salmon has been cooked, remove, and set aside.

Add chicken broth (or broth of choice), the minced garlic and lemon juice in the skillet while on medium and let simmer for 1 minute. Take the salmon and break the fillets into little pieces then add to sauce and cook for 3 minutes.

Add pasta to the skillet then toss and add parsley and Parmesan cheese.

## 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)



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.