

SHAPE



Quarter 1 2019

Newsletter

Welcome to the first edition of the 2019 quarterly newsletter. Along with a new year and a new workplan, you also will see a fresh new design for the newsletter!

The SHAPE committee strives to keep you motivated, and to guide you on your path to overall wellness by providing opportunities to explore.

Not sure what overall wellness means? That's okay! Check out this graphic below to read about the six dimensions!

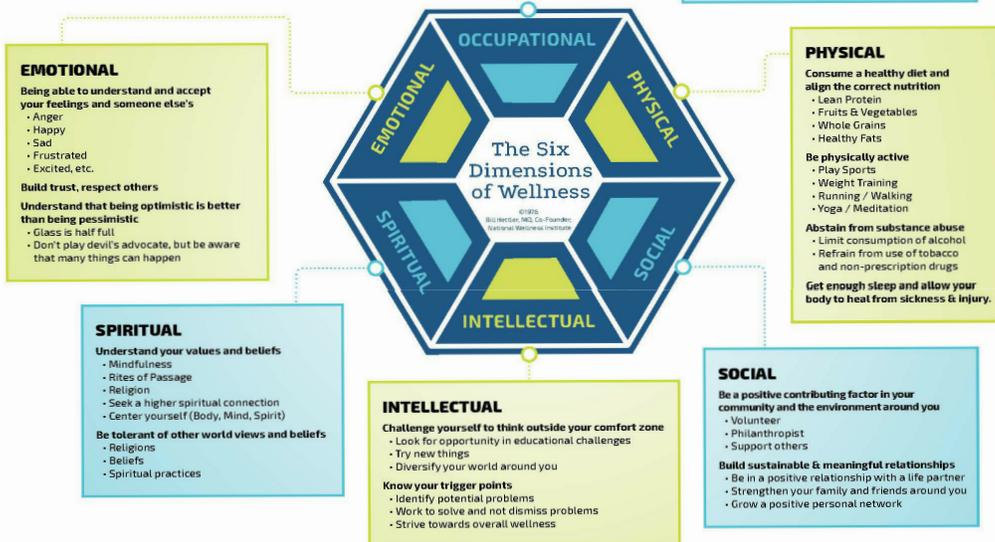
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Want to know what's happening in Livingston? Visit these resources!

- [Events in Livingston County](#)
- [My Livingston Life](#)



DEVELOPING STRONG PEOPLE



5 Healthy Habits to Adopt in 2019

Adapted from an article by Kelly DeMeyere Coursey, MD, at paladinahealth.com



Find enjoyable ways to stay active. The key word is ENJOYABLE. It doesn't have to be hard. About 20 minutes per day is all you need!



Create a healthy and sustainable diet. Start small. Do it gradually. This should be something that you can continue throughout your lifetime.



Develop healthy coping strategies for stress management. If we don't, unhealthy ones like overeating can quickly take over. Try exercise, meditation, journaling, or just "unplug".



Make sleep a priority. Not getting enough sleep can put you at risk for chronic diseases and can lead to anxiety and depression. Develop a bedtime routine and avoid electronics at least one hour before bed.



Be proactive. Mindful and proactive people schedule appointments for check-ups, routine screenings, and discuss concerns.

Italian Sausage Bean Soup

If your ingredients are flavorful, you don't need a lot of fat. One Italian sausage link will do. Once your beans are cooked, this soup takes no time at all.

Ingredients:

Italian sausage link (about 1/4 pound)

1 teaspoon olive oil

1 stalk celery, sliced

1 onion, chopped (about 1 cup)

2 cloves garlic, peeled and crushed

3 cups cooked white beans

4 cups low-sodium chicken broth

1 bay leaf

1 14.5-ounce can diced tomatoes, no salt added

2 cups shredded fresh escarole or spinach

Directions:

Remove the sausage casing. Heat olive oil in the soup pot and add sausage, stirring to break up the meat into small crumbles. Brown the meat and remove some of the sausage fat by blotting with a paper towel. Add onion, celery, and garlic. Saute briefly. Add beans, chicken broth, bay leaf, and tomatoes. Heat thoroughly. Just before serving, add the escarole or spinach. It doesn't have to cook--just wilt and stay a vibrant green. Serves six

Each serving contains about 214 calories, 16 g protein, 5 g fat, 6 mg cholesterol, 32 g carbohydrates, 8 g fiber, and 203 mg sodium.



County Employees Giving Back!



The Government Center collected non-perishables at Thanksgiving. The generosity was overwhelming. Great job to you all!!



The Department of Health's annual "Giving Tree" provides for one Livingston County family through Catholic Charities.



No Shave November raised \$600 for Noyes Cancer Center! Thank you to everyone who participated.



DSS held a fundraiser in August to benefit the MaMa Cindy Soldier Fund run by Cynthia Strasburg. A total of \$422 was raised and donated to be used towards the "Bags of Hope" program for homeless veterans.