



SHAPE E-NEWS

SUPPORTING HEALTH AWARENESS OF EMPLOYEES

Greetings!

January 2022

My name is Kim Ruliffson and I am excited to be the new Public Health Specialist joining the Department of Health (DOH). I grew up in the Geneseo area. I worked for 5 years at Catholic Charities of Liv. Co. and 16 years in North Dakota including years in worksite wellness and community health and wellness.

I will oversee the County's SHAPE program and look forward to meeting the committees and providing helpful resources.



Community Corner

Livingston County Wellness Events –

Many opportunities to hike, ski, and snowshoe at Letchworth State Park.

Cancer Thriving & Surviving - For cancer patients, survivors and caregivers

- 6-week Zoom series, starts Jan. 26, 1 - 3:30pm
- For more info, contact Sarah Merritt, UofR Medicine 585-738-5539 or sarah_merritt@urmc.Rochester.edu

 (585) 243-7279

 kruliffson@co.livingston.ny.us

Join our winter challenge....

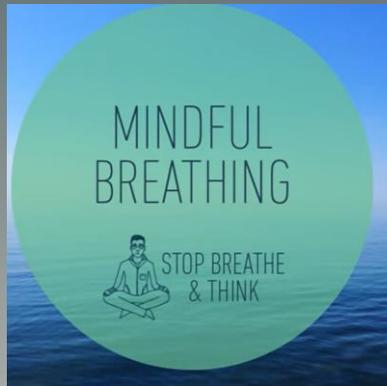
Take 20 seconds a day



Who has 20 seconds a day? YOU do!

January 17 – February 21 (holiday to holiday)

Feel too busy to take a break? Let's try just 20 seconds each workday to re-focus, reduce stress, and learn that you can make time in a day to take care of you! All county employees can join one day, one week, or all 4 weeks.



Try this 3-minute mindful breathing and see if you can release some stress?

<https://www.youtube.com/watch?v=S Efs5TJZ6Nk>

Results of what you would like to see with SHAPE:

88 employees completed the annual SHAPE survey

- Wellness workshops & behavior change programs
- Fun events - #1 5K run/walk, #2 Olympic style event
- 1 page SHAPE overview handout/resource for new employees
- Co-worker successes
- Workplace resiliency
- Policy interventions & environmental changes
- To learn how the county supports our work
- Understanding of the EAP program

SHAPE CONT.

SUPPORTING HEALTH AWARENESS OF EMPLOYEES

Let's Celebrate...

Here are some fun National Holidays.
Make a plan in your office!

- **Jan. 18 – National Day of Racial Healing**
- **Jan. 28 – National Have Fun @ Work Day!**
- **Feb. 4 – National Wear Red Day for heart health awareness.**



Share a photo of what you did in the office to celebrate any of these days: kruliffson@co.livingston.ny.us

▶ **Heart Healthy Minestrone, ~ 6 servings**

Thanks to Melanie Plank, Nutritionist at the Dept. of Health

Ingredients

- 2 Tbsp. olive oil
- 1 onion, diced
- 3-4 cloves garlic, minced
- 2-3 carrots, peeled and diced
- 32oz vegetable broth
- (2) 15.5oz cans diced tomatoes
- 15.5oz can cannelloni beans
- 1 zucchini, diced
- 1 tsp. Italian seasoning
- sea salt and pepper to taste
- 1/3 C. uncooked elbow macaroni
- 1 bunch baby spinach, torn
- Hot pepper sauce to taste
- Coarsely chopped basil to taste
- Garnish: shredded Parmesan cheese

Directions:

- Heat oil in large soup pot over medium-high heat.
- Add onion, garlic, and carrots
- Sauté about 5 minutes, or until onions are translucent
- Add broth, tomatoes (not drained) and beans, zucchini, basil and seasonings
- Reduce heat to low; cover and simmer for 10 minutes
- Stir in uncooked macaroni; simmer and cook for additional 10 minutes
- Add spinach, cover and simmer for 10 minutes
- Season to taste
- Simmer, covered for 20 minutes.
- Serve with garnish of sprinkled cheese

Source: Rush-Hour Recipes, Gooseberry Patch



Are the Buffalo Bills on the way to the "SOUP-ER BOWL"?

Give it ALL a try!

Try the soup, play the 20 second challenge, try the 3 min. breathing, or do a national day activity and send me an email (with a photo) for a chance to win a one \$25 gift card to Wegmans or Tops.

[**kruliffson@co.livingston.ny.us**](mailto:kruliffson@co.livingston.ny.us)

*** For the 20 second challenge, your tracker will work to get you entered. No photo needed. Each week you play, gets you another chance in the drawing.**

What you asked for in your SHAPE newsletters:

- Learning and seeing photos of SHAPE programs in buildings/departments
- Healthy and easy recipes
- Knowing local/community wellness events
- Easy healthy ideas for busy people
- Healthy equipment – sit/stand desk, ergonomic chairs
- Mental health awareness (esp. with pandemic) and focus on holistic wellness

SHAPE - Supporting Health Awareness of Employees - 20 Second A Day Challenge!

For all Livingston County employees

TRACKER

The goal is to focus on 20 seconds every workday to MAKE time for self-care and stress management.

Mark the week you are playing. Join anytime - even one week.

Week 1 (Jan. 17-21)
Week 2 (Jan. 24-28)

Week 3 (Jan. 31-Feb. 4)
Week 4 (Feb. 7 - 11)

Name: _____

Dept.: _____

Print 4 or save on your computer and mark each challenge you tried that week in any of the categories below. You can email (kruliffson@co.livingston.ny.us or mail Building 1 - Room 334). Send at the end of the challenge. There is no right or wrong way to do this....it is just for fun!



✓	✓	20 Second Challenge	✓	✓	20 Second Challenge	✓	✓	Other ideas for 20 sec. challenges? Add them in
		At your work area or anywhere, take three deep breaths			Do 20 seconds of stretching			Do something fun today!
		Go outside or to a window look at something in the distance - count for 20 seconds. Blink a couple of times too for eye health.			Bring a pair of sneakers to work and use to take a walk this week on a break or lunch			Write down 1 reason you are grateful
		Take one minute to close your eyes and focus on the present (what you hear, see, feel, or smell, etc.)			Find an accountability partner (someone you respect) to hold you to do some self care for 20 seconds today			Look at the clouds for 20 seconds
		Instead of telling a co-worker you are too busy, tell them you are making 20 seconds for yourself today and do that!			While sitting, spell out the alphabet with your toes (right foot)			Other: (share what you did so we can add more in the future)
		Take 20 seconds to stretch your neck - slowly side to side, and slowly up and down			While sitting, spell out the alphabet with your toes (left foot)			Other:
		Take a quick walk and see how far you get in 20 seconds.			Eat without using electronics for 20 seconds			Other:
		Put your arms up, bring to side and do this slowly for 20 seconds			Write 1 positive intention of how to make this day great.			Other:
		If you sit for your job, stand for 20 seconds. If you stand in your job, sit for 20 seconds.			Write down one personal goal you would like to get done in February and the steps to do it			Other: