

SHAPE E-News

July 2022 Edition



New SHAPE Logo

Congratulations to county employee, Andrea Callahan! Her design was chosen as the new SHAPE logo. It has a holistic wellness theme that the SHAPE County Steering committee liked reflecting that wellness is beyond our bodies and includes our minds and emotions.

Thank you to all who submitted!

Wellness Activities in Livingston County

- Livingston County Summer Scavenger Hunt
 - Take family photos at locations across Livingston County for the chance to win a \$25 Walmart gift card!
 - Take photos at the following locations:
 - A family picnic
 - Near your hometown sign
 - Having some water fun
 - At your favorite Liv.Co. ice cream parlor
 - Stony Brook State Park in Dansville
 - The Francis Bellamy Memorial in Mt. Morris
 - At the Caledonia Library
 - Near a Liv.Co. historical marker
 - Playing a game together
 - The 5 Arch Bridge in Avon
 - Submit photos to gentwistle@casatrinity.org with your name and contact information between June 27-August 29

Be Well in Nunda 5K

Be Well 5K
OR

Be Well Fun 5k Eat n' Run/Walk*

*A fun run/walk where participants eat/drink a surprise snack every K before moving on.

July 9th, 2022
Registration: 7:30-8:30AM
Race Start: 8:30AM

Entry Fee:

\$20 during pre-registration
\$25 day of race

(Kids under 12 are free with a paying adult)

Register [here](#) or visit the Facebook page @BeWellinNunda



Congratulations to Andrea Callahan (right) for her SHAPE logo design!



Although slots are nearly full or may be full,
please log-in for waiting list options.

EMPLOYEE WELLNESS PROGRAM

Schedule your Annual Biometric Screening!

On-site Biometric Screening Schedule:

Murray Hill Campus
July 11, 12, 13

Hamptons Corners
July 14

Geneseo
July 18 & 19

Center for Nursing &
Rehabilitation
July 27



Step 1 Complete your online health survey.

A series of questions about your health and lifestyle – takes less than 15 minutes to complete!

Step 2 Receive your biometric screening.

This quick 20-minute appointment with a registered nurse includes a non-fasting finger stick (no blood draw!) and immediate results. A brief chat with your nurse will help you better understand your current health and next steps.

Measures include:

- Cholesterol levels
- Triglycerides
- Blood glucose
- Blood pressure
- Heart rate
- Abdominal girth
- Weight
- Body Mass Index

Step 3 Earn a \$100 Amazon gift card!

You take care of yourself, we get a healthier, happier workforce. It's a win-win.

Get Started

wellness.urcew.com

UR Medicine Employee Wellness programs are completely confidential. Your personal health information is never shared with your employer or health care plan.

We can help! For assistance or more information, please call (585) 275-6810, Monday through Friday from 8:30 a.m. to 4:30 p.m.

Full Time Permanent Livingston County employees are eligible to participate in UR Medicine Employee Wellness programs. Individuals who complete their Personal Health Assessment, including the online health survey and on-site biometric screening, by July 31, 2022 will receive a \$100 gift card.

Employee Wellness | wellness.urcew.com | (585) 275-6810



Healthy Eating Spotlight

You might not think about lettuce very much. It's leafy and green; what else is there to know? A lot, it turns out!

Different kinds of lettuce bring different qualities to your salad bowl. Iceberg is pale and very crisp; romaine is crunchy and robust; Bibb or Boston lettuce is soft and tender.



Click [here](#) for basic salad recipes and skills, along with fun facts, a taste test, and a salad-themed gardening activity.

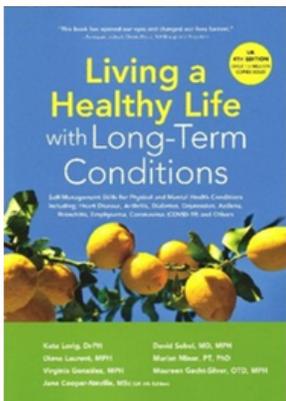
Living a Healthy Life with a Chronic Condition

If you have, or care for someone with a chronic condition, these classes can help with:

- Maintaining and improving strength, flexibility, and balance.
- Communicating effectively with family, friends, and doctors.
- Improved sleep and better nutrition.
- Dealing with problems such as frustration, fatigue, isolation and pain.

You will also receive a "Living a Healthy Life" book upon completion and a relaxation for mind & body CD or download!

Attend the class on July 5, 2022 from 12:30-1:30PM at Wildbriar Estates Senior Center, 17 Wildbriar Drive, Livonia
No registration needed!



Mr. Coyle's Mindfulness Corner

10 Healthy Habits of Happy People

Happiness is the elevated state of being we all desire to achieve. According to Aristotle, everything we do, we do to be happy. Below are healthy habits that seem to be universal for all people who generally feel happy and passionate about their lives, who follow their purpose, and have a positive attitude.



1. They Get Good Quality Sleep
2. They Wake Up Early
3. They Are Lifelong Learners



To read the rest of the tips and get the details, click [here!](#)



Shauna Mandell (DSS SHAPE) put together a great display for Mental Health Month in May!

SHAPE 5K

Thank you to everyone who contributed to the 2022 SHAPE 5K; from those who helped with the planning, to the day-of volunteers, to the participants, we couldn't have done it without all of you!

Congratulations to our winners:



Runners
Emma Beardsley
22 mins., 18 seconds

Walkers
Cory Hyde
51 mins., 30 seconds



Runners
Mike Martin
28 mins., 24 seconds

Walkers
Brittney Hyde
51 mins., 30.1 seconds



Runners
Pete Swarts
29 mins., 24 seconds

Walkers
Blain Taft
55 mins., 37 seconds



Did You Know?

Wellness is not just eating well and exercising, it is being social and learning new things to keep your brain active.

Join the knitting group that started in 2017. They meet on Thursdays at 4:30PM in Room 205 at the Government Center.

New members are always welcome!

OR

Start a club based on your hobbies and have SHAPE help you share!

Liv. Co. Walls

The first-ever county-wide mural festival hosted in New York State will be happening in Livingston County this July. The LivCo Walls Mural Festival will welcome nine international artists to paint large-scale murals in each of the nine villages of Livingston County.

Festival Dates & Locations:

Saturday, July 9th - Avon, Caledonia, Lima

Saturday, July 16th - Geneseo, Leicester, Livonia

Saturday, July 23rd - Dansville, Mount Morris, Nunda

For more information, visit:

www.inspirationstrail.com/muralfestival



Lunch-n-Learn

Lucille Tang, registered dietitian from Cornell Cooperative Extension, will offer drop-in sessions during the lunch hour on:

- August 4th in Geneseo and
- August 8th in Mt. Morris.



Session information, locations, and registration will be shared when available.

Wellness BINGO



The SHAPE Wellness BINGO will be postponed until September!

Keep an eye out for details in the coming months!

Fresh Peach Salad

Recipe [HERE](#)
or go to:
www.acouplecooks.com/peach-salad/



SHAPE Contact Info.

For more SHAPE information, visit:

livingstoncounty.us/632/SHAPE

OR

bit.ly/livcoshape

To contact or get involved, email:
Shape@co.livingston.ny.us