

SHAPE E-News

October 2022 Edition



Livingston County Bicentennial GeoTrail

Geocaching is an outdoor activity in which participants use a smartphone or other navigational method to seek geocaches hidden at specific locations. Geocachers can sign the logbook in the cache and trade souvenirs before replacing the cache where it was found.

[What is geocaching?](#)

Geocaching.com

Livingston County hosts a special trail of historical locations all over the county!

For more information on geocaching or the Livingston County Bicentennial GeoTrail, visit:
www.livingstoncounty.us/1280/Bicentennial-GeoTrail



Learn more from our own staff: Marty DeMarte, IT or County Historian, Holly Watson

SHAPE County Advisory Board

The SHAPE County Advisory Board has many new members. Find your SHAPE representative(s) [here](#). There are new ideas and plans in motion such as:

- Offering a 1 mile family fun walk/run along with the SHAPE 5K
- Celebrating peers doing positive wellness behavior
- Fitness Center work
- County SHAPE annual challenges
- Healthy Meeting practices
- Sharing other ideas from your departments!

Need Fall Recipes?

Did you know that apples are the second most valuable fruit grown in the United States?

For more fun facts and recipes to try this fall, visit:
www.applesfromny.com/recipes/



Thanks to Dana Henry from Central Services for sharing!

Department or Family Ideas!

Yoga on the Hill

Yoga

DSS Building 1 -
Auditorium
Thurs.: 4:15-4:45pm
Open to County employees
Continues thru Oct. 27
\$7/session
Instructor:
Monica Jaryna

Thanks to SHAPE rep. at DSS,
Shauna Mandell, for organizing.

More Yoga

Experienced students,
or physically active
beginners:
Tues. Oct. 4, 18, 25
4:30-5:45pm
Building 4, Murray Hill
\$10/class

To register, call Genesee
Valley Council on the Arts:
(585) 243-6785
or email Holly
hollyberryred@aol.com

GRATITUDE NATURE SCAVENGER HUNT

LOOK FOR SOMETHING IN NATURE THAT...

- MAKES YOU SMILE
- IS YOUR FAVORITE COLOR
- SMELLS LOVELY
- MAKES A PRETTY SOUND
- YOU ARE THANKFUL FOR
- IS FUN TO PLAY WITH
- WOULD MAKE A FRIEND HAPPY
- IS INTERESTING TO LOOK AT
- IS THE PERFECT RESTING SPOT

ALLNATURALADVENTURES.COM

Make a Healthy Smoothie

Lucille Tang, from Cornell Cooperative Extension provided exciting and educational nutrition sessions and recipes in August for County employees:

Make Your Own Smoothies and Infused Water recipes are on-line at SHAPE.



GVHP Health Flash

Looking for a quick glance at health-related news, announcements, and events in the local community - get a monthly Health Flash by subscribing at GVHP

SHAPE BINGO Update:



145 registrants
95-115 weekly participants
80% of players achieved at least one BINGO per week!

Weekly winners of \$25 gas/grocery cards were:

- Becky Schroeder - Board of Elections
- Chelsea Wilkins and Gail Maggio - Center for Nursing and Rehabilitation
- And one more drawn in October

Many new BINGO square ideas were submitted for next time.

Reusable boards are available for departments/families to use any time!

Human Resources (HR) Update



This year's biometric screenings had a 49% increase from 2021 with 220 employees getting screened. Thanks for the \$100 Amazon gift cards!

Share Your Talents

Do you have a special skill or hobby to share with others?

SHAPE learned of employee wellness programs at local schools. Employees share their talents with others. We can too!

For example, organize a:

- Wellness book club
- Apple picking event
- Hiking club
- Yard or house plant exchange
- Wooden sign painting session
- Card-making gathering
- Glass-etching workshop
- Planksgiving challenge
- Beach volleyball team
- Basic home-fix-it class

Let's get the wheels in motion for a one-time or multi-week activity. Please contact SHAPE for support!

Know Any Good Apps?

For the next e-news, share a phone app that you like (free or low-cost) that might benefit others with health/wellness goals.

Submissions can be emailed to SHAPE.



Some nostalgic SHAPE BINGO fun at Al Lorenz Park in Mount Morris!

Left to Right: Gloria Reynolds (DSS), Becky Turybury, Becky's granddaughter, Hadley, and Heidi Spaulding (DSS)

SHAPE Bingo

Employees in Motion!

Bingo Squares included:
Getting fresh air, taking stairs, 10
minute walk with a co-worker.



Nicole Utberg and Hayley
Krutchen, DMV



Deb Hockenberry and Kim DuBois,
Highway Department



Ashley Lantz and Allison McDaniel,
DSS

The Govt. Ctr. SHAPE team added
frogs and butterflies for employees
to find while outside.



Kristine Secor and Mindy Seely
Government Center

Do You Know About Your Benefits?

In the SHAPE e-news, we will share benefits including: EAP, union benefits, & HR benefits. This edition, we are highlighting a health insurance benefit:

1:1 Coaching for Weight Management

- Work with a coach to understand your own personal barriers to weight loss.
- Find the most effective ways to adjust and enhance your lifestyle.
- You pick the time and we'll meet you there - by phone or video call!

Login to wellness.urcew.com
Call (585) 275-6810

Email:
urwell.programs@urmc.rochester.edu



SHAPE BINGO: Healthy snack with a co-worker.
Jordan Zapf and Brittany Cushman from the District Attorney's Office

More SHAPE BINGO fun!
Pictured: Grant Cox (ITS) and Megan Sokolow (Records Management)



Coyle's Corner

Join fellow employees as Mr. Coyle shares how to be more present in every day life.

- Thursday, October 13, 2022 - Geneseo, Room 205-208, 10:30-11am
- Thursday, October 13, 2022 - Mt. Morris, Building 1 - Auditorium, 3-3:30pm

Register for a session by scanning this code or visit:

www.livingstoncounty.us/632/SHAPE-Events-and-More

BE KIND
TO YOUR
MIND



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

Allergies, Cold, Flu or COVID-19?

All share many symptoms, but there are key differences. If you have these symptoms, contact your provider. Testing and treatment may be necessary.



SYMPTOMS

	ALLERGIES 	COLD 	INFLUENZA 	COVID-19 
Length of Symptoms	Several Weeks	Less than 14 Days	7-14 Days	7-25 Days
Body Aches	X	✓	✓	Sometimes
Chills	X	Less Common	✓	Sometimes
Cough	✓	✓	✓	Sometimes
Fatigue/Weakness	Sometimes	✓	✓	Common
Fever	X	Less Common	✓	Sometimes
Headaches	✓	Less Common	✓	Sometimes
Loss of Taste or Smell	Sometimes	Sometimes	Sometimes	✓
Nasal Congestion	✓	✓	✓	Less Common
Runny Nose	✓	✓	✓	Less Common
Sneezing	✓	✓	✓	Sometimes
Sore Throat	Sometimes	✓	✓	Sometimes
Shortness of Breath	Sometimes	Less Common	✓	Sometimes
Vomiting/Diarrhea	X	Sometimes	Sometimes	Sometimes

COVID-19 symptoms vary by individual.

New COVID-19 Boosters and Flu Vaccines:

The new bivalent booster provides additional immunity against the original COVID-19 strain and also protects against the newer Omicron variants.

Pfizer's updated booster shot is recommended for individuals 12 and older.

Moderna's updated booster shot is recommended for adults 18 and older.

The CDC recommends new booster and Flu vaccines administered together, when possible.

For more information, visit [Livingston County Department of Health](#) or the [CDC](#).