

SHAPE E-NEWS



January 2023 Edition

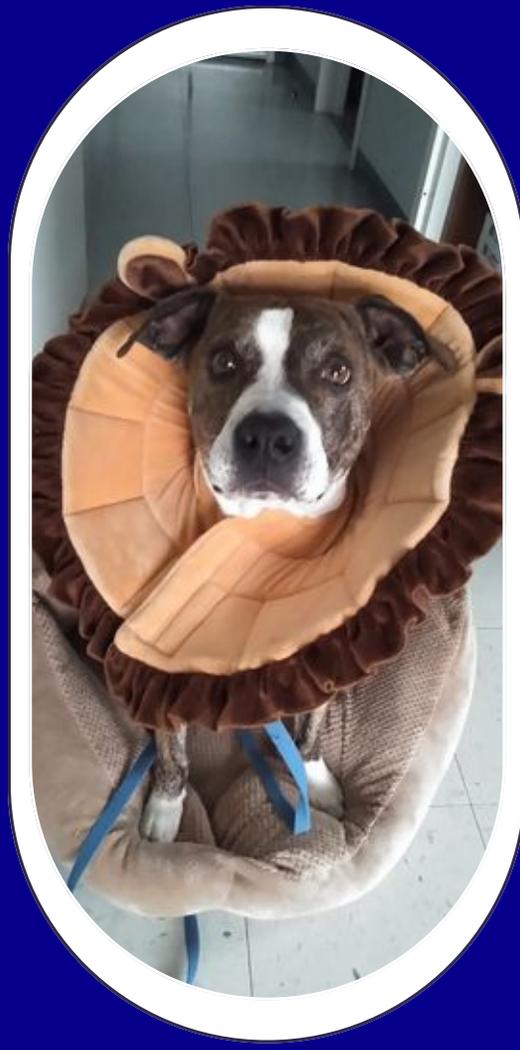
Big POSITIVE News!

Funding was approved for the County SHAPE program for \$50,000. Thanks to our County Administrator, Mr. Coyle and the Board of Supervisors!

In 2023, we will be working on maintenance, de-cluttering, and updating equipment in all county Fitness Rooms based on feedback from the spring 2022 survey.

We also have plans to add basic equipment to more buildings to give employees stress-reducing and exercise-increasing options.

More coming soon!



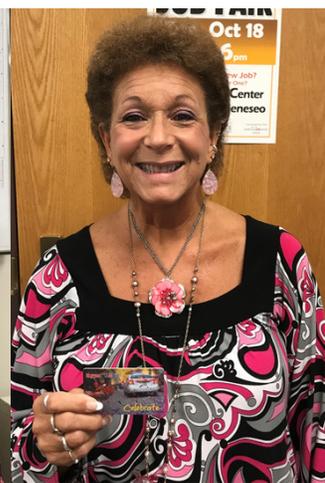
SHAPE BINGO
Winter registration
is **OPEN!**

Work with your
SHAPE
representatives on
Bingo boards!

Previous BINGO
Winners



Becky Schroeder
(Board of Elections)



Helen Terry (Workforce
Development)



Gail Maggio
(CNR)

WELLNESS BINGO:

In September, over 100 employees participated in various health and wellness activities. Based on positive feedback, BINGO is returning

ALL REPRESENTED:

In 2022, we were able to get representatives to join the Steering Committee and share input from each building in the county.

NUTRITION FOCUS:

In April and August, in partnership with Cornell Cooperative Extension, SHAPE hosted two nutrition programs in Mt. Morris and Geneseo.

All recipes, including others shared during the year, are on the [SHAPE website](#).

RE-LAUNCH:

SHAPE restarted the annual County 5K walk/run with many new employees joining the fun!

2022 COUNTY SHAPE HIGHLIGHTS

The SHAPE Advisory Committee (representing all of you) is proud to share our accomplishments:



A voyage into the dark from the Tunnel Tours!



Mr. Coyle hands out prizes at the SHAPE 5K

HARVEST HUTS & BINS:

Both the Government Center and Murray Hill campus employees used the Harvest Huts to share produce!

TUNNEL TOURS:

An incredible **130 employees** took a walking tour of the underground tunnels on Murray Hill. These were led by Central Services in October and November.

MINDFULNESS:

Our County Administrator, Mr. Coyle provided education on mindfulness techniques and benefits to employees in Geneseo and Mt. Morris.

YOGA FOR EMPLOYEES:

SHAPE reps re-started programs all over the County including a weekly yoga program on Murray Hill. Yoga is continuing bi-weekly in 2023.

Coyle's Corner: A Different Perspective

My wife and I walk between 3-4 miles every day, religiously. It's our relax and reenergize time and a pause to reflect on the day and talk about family stuff, work, futures, kids, etc. We take the same route every day. Creatures of habit. One big 3.5 mile loop. If we walk twice in a day, we do the same loop in the morning and then again in the evening.

The other day, we got rebellious and "mixed it up" by walking the same loop but in the opposite direction. Neighbors and fellow walking friends and dog-walkers that we see daily probably thought something was "off".

On the walk, the same houses and neighborhoods we saw from the standard, singular, regular viewpoint were now coming at us from different angles and perspectives. My wife noticed an addition/extra room on a house we had never seen before. We noticed that the length of a lawn looked 2x bigger on "this walk". Another home had a side porch with a swing on it looking south, which we rarely see.

The message here is - it's okay to get out of your comfort zone. Park somewhere different, mix up your morning commute, "keep your mind on its toes" (as a friend used to say, "like a young boy at a urinal") and you will see things from a different perspective. Stop, pause, and contemplate where you are and what you are doing in any given, run-of-the-mill moment to get yourself back to the present.

The same logic applies to the work we do in county government. Reframing your lens on a thorny challenge or issue with a reset, a different set of eyes, a from-scratch/zero-based outlook, or getting new people involved are all recommendations in the realm of perspective change.

Recipe



Venison Chili
from: Lucille Tang,
Cornell Cooperative
Extension.

[This recipe is online
at SHAPE.](#)



**Nutrition Session from
August: Smoothies**

PLANS FOR 2023 – SAVE THE DATES

Winter 2023 SHAPE Bingo!

January 20th – February 17th – County SHAPE Winter Bingo

Click [registration](#) between now and January 20 to join.

Four fun-filled weeks of health and wellness activities for you!

Friday, February 3rd – Wear Red for Heart Health

Submit a photo of you and your staff wearing Red to our Grants and Public Information office (TLclark@co.livingston.ny.us) by the end of that day. The most likes on Facebook by February 6 will win a team prize.

Friday, March 3rd – Wear Blue for Colorectal Cancer Awareness

More information to come.

Thursday, June 8th – Annual County SHAPE 5K Walk/Run

Feedback from your Advisory Board was to also add a 1K walk this year – we will! Join the County *Get Moving Challenge* in May.



(Public Health)



(Treasurer's Office)

Dress in Blue Day 2022

HEALTH & WELLNESS ALL AROUND

Community Garden

Do you work or live in Mt. Morris?

Share your thoughts about having a community garden in Mt. Morris in by taking [this survey](#) by January 20, 2023.



Training & Professional Development

Liv.Co. is investing in YOU!!!

Each month there are programs focused on topics requested by staff.

Upcoming programs include:

- Emotional Intelligence in the Workplace
- Navigating the Employee Assistance Program
- Virtual and free workshops from organizations such as Dale Carnegie, etc.

Stay tuned to emails from coordinator Jackie Woollett at jwoollett@co.livingston.ny.us

Wellness App

Do you have a library card?

If yes, you have all you need to access *thousands* of **free** audiobooks and e-books through the **Libby App!**

The best part? There is **no** sign up. Simply select your library of choice, enter your library card number, and start reading!

<https://libbyapp.com>

Special thanks to employee, Kate Hilfiker, for sharing this resource! ★



Yoga for Employees

- Thursdays
 - Jan. 12 & 26
 - Feb. 9 & 23
 - March 9 & 23
- 4:15-5:00PM
- Building 1 - Auditorium, Mt. Morris campus
- \$8/class
- Instructor: Monica Jarzyna
- If you would like a calendar invite for the classes, email: kruliffson@co.livingston.ny.us



Wellness App

Try Insight Timer!

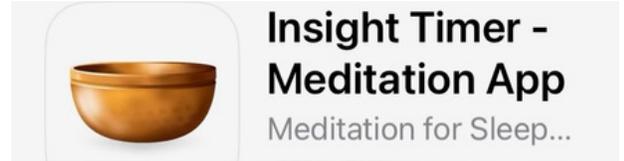
This meditation app has a huge free library of guided meditations sortable by length, experience level, mood, etc.

Thanks to County employee, **Jessie Hand**, for sharing this handy tool!

<https://insighttimer.com>



Who has an app they like for the next SHAPE e-news? Email SHAPE.



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

We are listening...

Since Buffalo Bills player, Damar Hamlin, suffered a cardiac arrest, we heard wishes from county employees for CPR and AED training. Training & Professional Development is looking into training. In the meantime, watch this video for hands only CPR: <https://youtu.be/M4ACYp75mjU>

