



SHAPE E-NEWS

April 2023 Edition



Good-bye Winter! Hello Spring!

Join SHAPE in the "Get Moving Challenge" from May 22nd- June 9th! The weather is warming up, so it is the perfect time to get outside and enjoy the sun! Take a nice walk, run, swim, and so much more!

[Check out the SHAPE website!](#)

SHAPE is hosting the annual 1k/5k fun run/walk on June 8th! For Livingston County staff and family. Meet new people and have fun!

REGISTRATION IS OPEN!



**LIVINGSTON COUNTY SHAPE
GET MOVING
CHALLENGE**
MAY 22- JUNE 9



Get outside and get moving. Join SHAPE and track your activity!

www.bit.ly/livcoshape

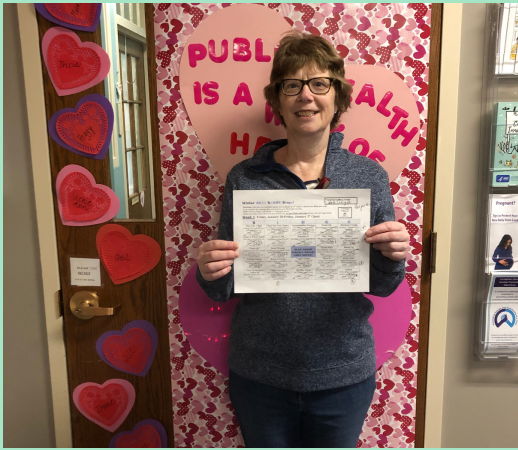


SHAPE 5K

"I signed up for the County SHAPE 5K last year and I am glad I did. The gift baskets and the medals for the kids were a very nice touch and I met new county employees. Because I participated in that event, I signed up for Livonia's Turkey Trot, which would not have happened if it wasn't for that county event."

- Shelby Haynes (CNR)

SHAPE BINGO WINNERS - WINTER 2023



Week 1 Winner:
Deb Coniglio
Department of Health



Week 2 Winner:
Sheila Van Auken
Workforce Development



Week 3 Winner:
Malinda Hilyard
Department of Social
Services



Week 4 Winner:
Ashley Clark
Department of Social
Services



Winners received a
\$25 giftcard to
grocery stores or gas
stations!

Nearly 100
employees played
weekly!

CONGRATULATIONS TO THE WINNERS AND THANKS TO EVERYONE FOR PARTICIPATING!



COYLE'S CORNER

Gratitude

Expressing gratitude is a daily occurrence for me. In the morning ritually, and of course throughout the day.

While I was giving a mindfulness workshop at a conference of city/county managers, a participant asked me two questions:

"How long have you been including gratitude in your daily journaling?"

And I said - "About 8 years."

He then asked me a question that got a few laughs - "Don't you ever run out of stuff to jot down?"

Honestly - I don't. Sometimes I am going back to childhood ("Grateful for my upbringing"). Sometimes it's the weather ("Grateful the recent snowstorm spared our county"). Other times, it may be related to an event at work ("Grateful for the county staff"). And sometimes it is just that I am thankful for my dog's company or a warm home or a car that works and gets me to work.

An overused adage that is actually one of the truer ones in existence is - we have so much to be thankful for. Try jotting down just one thing you are grateful for each day. You won't run out!

Also, please see the attached article, **7 Principles of Meaningful Relationships for Servant Leaders**.

-Ian Coyle, County Administrator



HEALTH & WELLNESS ALL AROUND

Kids Workouts

Are you trying to find a way to be active with your kids?

Check out this [awesome kid's workout video](#) which is a fun way to be engaged and get moving with your family!

Thanks to employee Leeann Pike (Central Services) for sharing this family-friendly physical idea!



Recipe

Vegetable Stir-Fry



This recipe [is](#) online at **SHAPE!**

Recipe from Cornell University Cooperative Extension

Tai Chi



Busy day, but still want to do a short yet relaxing and strengthening activity?

[Check out this 5-minute Tai Chi Video!!](#)

"Who doesn't have 5 minutes?"
– Bingo Participant

Free Yoga Videos

Sharing this month's workout videos on ["Yoga With Adriene's"](#) free YouTube channel!



UPCOMING EVENTS - SAVE THE DATES

Saturday, May 20th: Family Fest* & Safety and Wellness Fair**

9am-2/3pm at Al Lorenz Park in Mt. Morris!

Free admission. Rain or shine. Everyone is welcome!

*Organized by Livingston County employees.

**Organized by Cornell Cooperative Extension and the Genesee Valley Health Partnership.

May 22nd-June 9th: Get Moving Challenge

The weather is warming up! Great time to get outside and get moving!

Thursday, June 8th: Annual County SHAPE 1K/5K Fun Walk/Run

A new route for the walk this year!



Special shout out to SUNY Geneseo Intern, Akanksha Aggarwal and Public Health Assistant, Andrea Mott (Callahan), for their hard work on this e-news!

2023 FIRST PLACE WINNER

**Livingston County
Wear Red &
Photo Contest**

**Most Facebook
Likes: 277**



**Livingston County Sheriff's Office
Communications**

Updates from Human Resources



- **Schedule Your Annual Biometric Screening!**

See the attachment on the next page

- **Dental Open Enrollment** for LCDSC Full Time, CSEA Full Time and NYSNA will be May 1, 2023 through May 5, 2023 with an effective date of July 1, 2023.
- **Vision Open Enrollment** (100% employee paid) for LCDSC Full Time and CSEA Full Time will be May 1, 2023 through May 5, 2023 with an effective date of July 1, 2023.
- **Questions:** Contact Katelyn Gelser at kgelser@co.livingston.ny.us for more information.



Mealtime App

This is a one-stop meal app!

Just "build your meal plans, and it creates a grocery list based on ALL the recipes you chose. It tells you the kitchen tools you need, the ingredients, and the steps. At each step, it tells you the ingredients and measurements without having to return to the main recipe.

Brilliant!" - Bingo Participant

<https://www.mealtime.com>

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



Welcome
spring!



Schedule your Annual Biometric Screening!

On-site Biometric Screening Schedule:

Hamptons Corners
May 1 & 11

Murray Hill
May 2, 8 & 10

Geneseo
May 3, 9, 16

Center for Nursing &
Rehabilitation
May 4, 15



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 and immediate results

(no blood draw!) . A brief chat with your nurse will help you better understand your current health and next steps. Measures include:

- Cholesterol levels•Heart rate
- Triglycerides•Abdominal girth
- Blood glucose•Weight
- Blood pressure•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.

All full-time and part-time permanent Livingston County employees are eligible to participate in UR Medicine Employee Wellness programs. Spouses enrolled in the County health care plan are eligible to participate in the Personal Health Assessment and condition management coaching.



Photo by [Claudio Schwarz](#) | [@purzlbaum](#) on [Unsplash](#)

7 Principles of Meaningful Relationships for Servant Leaders

Everything big in life starts and ends with relationships. School, romance, parenting, traveling — and, yes, work — all rely on our connection with other people and also our connection to ourselves.

A company is a collection of people working toward a shared goal that they couldn't otherwise do on their own. In essence, the foundation of work is relationships.

However, often when we are stuck, especially in work, it is because we interact with others transactionally instead of engaging with them, human to human. And when we are unhappy at work, we might blame it on someone else but the root of the discontent is often within us.

After coaching hundreds of business leaders, I see clearly that the most successful founders, CEOs, and managers actively, intentionally nurture their relationships with the people around them. This is called being a servant leader. To be one, you've got to follow these seven principles for building meaningful connections (pro tip: they also work for thriving in love, learning, and taking care of tiny humans).

7 Principles of Meaningful Relationships

These are your crib notes for building relationships that matter. Keep reading to dig in deeper.

1. Start with yourself. To have healthy external relationships, develop a healthy relationship with yourself internally. You will more readily bounce back from rejections, assess why your staffers are leaving, and be better at your work and more passionate about your passions.



2. Refocus on service. Actively set and reset your mind on serving others. When we actively focus our mindset on serving others, our body language, voices, posture, and language follow. We're able to more easily connect with others on a human level, inspiring more positive feelings.



3. Ask what others need. Serve others how they want to be served. If you are always approaching people in the way that works best for you, there is no space to hear or serve in the ways that they need most. Creating room to really listen — and pivot — will radically change how you lead and how you relate to the people you're leading.



4. Give. Receive. Sometimes say no. A healthy relationship requires reciprocity. If you are in the practice of blocking your team's efforts to support you, or if you turn down an offer to buy you a cappuccino, or dismiss congratulations, then you are actually denying the other person's ability to grow the relationship with you.



5. Empathy is essential. Travel on other people's maps. Each person has their own map for the world. Every one of us navigates that terrain differently. Take some time to be mindful and relate to how others are walking through their experiences. What does it look and feel like to be on their map?



6. Safety first. Pause to consider what creates fear, procrastination, and stalling. Do more than ask how people from marginalized communities and identities are experiencing your workplace, their departments, or jobs. Really listen and invest in responses with care and follow up.



7. Assume positive intent. Even when it is hard. See the positive, not just the behavior. If you can own this perspective and allow it to guide your interactions, you will shift how you see, invest, and honor your team members, especially through "bad" behavior or missteps.



Read the full article here: www.medium.com/reboot-leadership-resiliency/7-principles-of-meaningful-relationships-for-servant-leaders-dd8e66f1d453