

# SHAPE E-NEWS

August 2023 Edition



## SHAPE Bingo is coming back!

Bingo drawings ...B1, G5...easy ways to win!

Health and wellness activities for any work shift or free time!

Weekly Prizes!

September 11-October 1, 2023



Stay tuned to the SHAPE website, your SHAPE rep, or your email for details!

## Meet County SHAPE Rep: Monica Jarzyna

Office for the Aging (OFA)

Monica Jarzyna, Health Promotion and Activity Coordinator at the Office for the Aging (OFA), started this position in April of 2022 but worked as the Activity Director at the Mt. Morris Skilled Nursing Facility for a couple of years until the opening of the Center for Nursing and Rehabilitation.

"I joined the SHAPE committee on day one of my employment with OFA. This year, I have found that staff really like the BINGO, maybe for the prizes, but it's because there are a variety of choices right there to choose from without having to put much thought into it. It has also prompted a few people in my building to share healthy veggie recipes."



"During the day, I try to get a few laps around the circle in front of the OFA office. I also practice yoga a few times a week."



I enjoy the warmer weather and being able to work outside in my yard and go paddle boarding. Last October, my friends and I got out on the water even into November. We dressed up as witches and went out paddling for Halloween."

# Get Moving Winners!

Congrats to the winners and thank you to the participants!



In May & June, we had a weekly average of **72 employees** share their minutes of intention movement for three weeks!



**Week 1 Winner: Jessie Hand (Department of Health)**

**Week 2 Winner: Nicole Copeland (Workforce Dev. & Youth Bureau)**



"It is awesome to see the County promoting mobility and encouraging people to move their bodies."  
- Participant

**Week 3 Winner: Lindsay German (Probation)**



**Grand Prize Winner: Kim Smith (Center for Nursing & Rehabilitation)**

On average, employees did many activities with others; approximately 137 buddies were involved each week in movement: co-workers, neighbors, family, and friends.

**Who motivates YOU?**

"Enjoyed connection with people in my building..."  
-Participant

# Coyle's Corner

Your Brain on Food - [Podcast by Dr. Uma Naidoo, from 10 Percent Happier](#)



Here are my notes from the podcast, but listen yourself for tips helpful to you!

- We are in charge of our food choices every day... "**You have the power at the end of your fork!**"
- **Powerful tools to reduce anxiety:** mindfulness, nutrition, and social connections
  - Fiber is your friend when it comes to **anxiety** - beans (soak and rinse), berries, nuts, seeds, whole grains, fermented foods, avocados, brazil nuts, chickpeas, spices - turmeric (with a pinch of black pepper), and teas (chamomile, lavender).
  - Practice meditation to help with **anxiety**.
  - **Some foods/changes may be negative.** For instance, someone trying to quit soda drinking that moves to diet pop may have accelerated anxiety due to a change in ingredients. Do you feel better or worse with a change? Listen to your body!
- Aim to eat well **80% of the time.**

- **Best foods for depression** - Omega-3 Fatty acids - salmon, chai, and flax seeds, probiotics - plain yogurt, fermented foods, etc.
- **Good everyday foods:** garlic, berries, leeks, onions, and asparagus, and talk to your health care provider.
- It is a good idea to check and test with your health care provider about supplements - such as B9, B12, and D before taking them.
- **10 minutes of direct sunlight (not through a window)** - can provide **80% of** your vitamin D. However, after 10 minutes, put on your **sunscreen** to prevent skin damage.
- **Sleep issues** - foods that have natural melatonin can help with sleep - eggs, fish, walnuts, oats, sunflower seeds, tart cherry juice (watch sugar levels), omega-3 fatty acids, chamomile, soybeans, chickpeas, and quinoa. They help calm our system. Melatonin supplements should be a low dose, short-term, and discussed with your health care provider.
- **Sleep hygiene** - reduce brightness at night, shut off screens to reduce negative effects on natural circadian rhythm.
- Foods to **stave off dementia** - leafy greens, colorful vegetables, berries, nuts, whole grains, beans, poultry, spices - turmeric with black pepper, rosemary, ginger, sage, cinnamon, saffron, and olive oil.
- **Slow and steady changes are best.**
- **ADHD** - Eating **breakfast** is very important. Berries, cherries, kale, and green tea are also helpful, food high in Vitamin C (kiwi and red bell peppers). Some dairy (A1) can be problematic (A2 is better). Artificial sugar is not helpful.
- There was much more including Dr. Naidoo's book, social media, and website on this podcast.



Don't forget, you can have individualized and FREE, and confidential lifestyle coaching through our URCM program.

Below is the contact information:

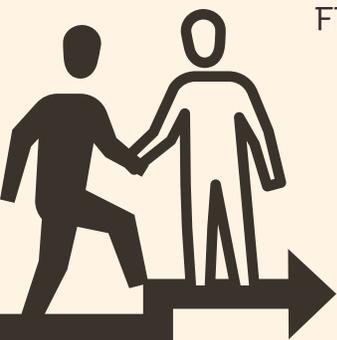
**Phone:** 585-275-6810

**Email:** [urcew@urmc.rochester.edu](mailto:urcew@urmc.rochester.edu)

or log into your wellness account at:

<https://wellness.urcew.com>

You can click "Ask a Coach" and request 1:1 wellness coaching.



Also, join me for some other activities - see the next page!

# Don't forget...



**LIVINGSTON COUNTY SHAPE**  
**1K & 5K**  
FUN WALK/ RUN

**THUR., SEPT. 21, 2023**  
Start: 5:30pm  
Al Lorenz Park Pavilion 4  
(by Playground)  
Mt. Morris

**REGISTRATION:**  
\$15 Individual  
\$25 Family (2 or more)  
Register by Sept. 5 for  
T-shirt and meal  
Register at: [www.bit.ly/livco5K](http://www.bit.ly/livco5K)

**NEW THIS YEAR:**  
1K, new routes, new start  
location, &  
games for kids  
(and adults)

**PRIZES & FOOD**  
6:30pm - boxed meals,  
medals for kids, t-shirts for  
adults, the chance for prizes  
for everyone!

**There is still time to register  
for the 1K/5K...  
by September 5th.**

Join your co-workers, your  
family, and me for exercise  
and social wellness!

Walk or run and have some  
fun!  
- Ian Coyle



## Harvest Huts

Behind DSS -  
Building 1 -  
Mt. Morris



At employee  
entrance - Gov't.  
Ctr. - Geneseo

**FREE PRODUCE:**  
Take what you wish  
Leave what you can  
Open to anyone!



# LEARN & GROW

## Training & Professional Development New Coordinator: Kelly Greenway



What a great first month with the County! Thank you to everyone for being so welcoming and willing to help.

So far I have been working diligently to learn what it is employees are looking for in regards to training and professional development. I appreciate all of the Department Heads who have completed my survey and met with me to discuss their department's needs. Some common themes throughout the County are:

**ERP Training**

**Leadership**

**Customer Service**

If you haven't already, check out the most recent newsletter for some training opportunities in these areas. I plan to update opportunities every two weeks.

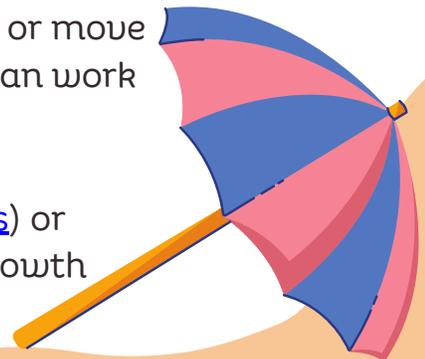
In addition to finding professional development opportunities, I am working with a team of others to get the intranet project up and running. The SHAPE team and I are working together to strategize how we can collaborate to support County employees. Last, but not least, I am working through the implementation process of NeoGov with Human Resources. This is a new program for the County that will help with hiring, onboarding, and tracking professional development. We hope to share it with you in the fall.

### **If you are wondering how the Training and Professional Development Department can help you, ask yourself these questions:**

- Are you interested in a training opportunity but don't have time to look into it? I can help! Send brief info. to me and I will do the leg work!
- Do you have an idea you want to share with others in the County, but aren't sure how to do it? Reach out to me and I can help you plan your process!
- Are you an employee who wants to grow in your current role or move into a different role within the County? Contact me and we can work out a plan together!

You can reach me through email ([kgreenway@co.livingston.ny.us](mailto:kgreenway@co.livingston.ny.us)) or call me at 243-7027. I look forward to watching the continued growth in the County!

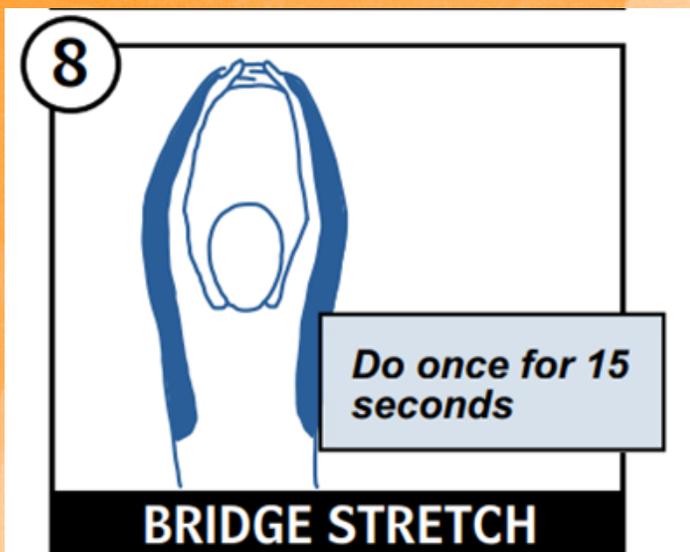
-Kelly Greenway



# Health & Wellness

## Stretch

**Bridge Stretch:** Interlace fingers with your palms pointing toward the sky, straightening the elbows and reaching as far upward as possible with both hands (while keeping your shoulders down).



Download the full, free handout of stretches:

[https://www.barbre-ergonomics.com/files/Stretching\\_Poster\\_4-2020.pdf](https://www.barbre-ergonomics.com/files/Stretching_Poster_4-2020.pdf)

## Recipe

### Summer Squash Medley

(from Cornell Cooperative Extension)

[Recipe at the SHAPE website](#)

Make it, take a photo, and send it to the SHAPE email. Tell us what you think!



## Phone App

Download a free [phone app](#) to help remind you!

Let SHAPE know what you think of one of the apps and we will share in the next enews with others: [shape@co.livingston.ny.us](mailto:shape@co.livingston.ny.us)

# SHAPE Info.

For more SHAPE information, visit:

[livingstoncounty.us/632/SHAPE](http://livingstoncounty.us/632/SHAPE)

OR

[bit.ly/liucoshape](http://bit.ly/liucoshape)

To contact or get involved, email:

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





# UPDATES FROM HR

HUMAN RESOURCES

## Open Enrollment for 2024 benefits: Do your current benefits elections meet your needs?

- All full-time County employees will be invited to participate in our annual open enrollment. New this year, our open enrollment process will become electronic.
- The County will be offering opportunities to elect group health, dental, and voluntary insurance options (accident, critical illness, hospital indemnity, short-term disability, and pet insurance).
- County contributions to these offerings - where applicable - is detailed within union contracts and Board resolutions. More information will be coming directly from the HR Department as we get closer to open enrollment and educational sessions will also be offered.

## Fall URMC Group Programs

- **Revive** will begin September 7 and continue every Thursday for 8 weeks meeting in the Auditorium at Building 1 on Murray Hill from 12 PM-12:50 PM.
- **Weight Loss** starts September 13 and meets every Wednesday for 12 weeks in Room 205/208 at the Government Center from 12 PM-12:50 PM.
- You can sign up to participate in these by emailing [urwell.programs@urmc.rochester.edu](mailto:urwell.programs@urmc.rochester.edu).



## Got Questions? Reach out to the HR Department.

- Do you have a question about your benefits, opportunities for advancement with the County, Civil Service testing, or other employment matters?
- The HR Department is here to serve you!
- Please reach out anytime at [HumanResources@co.livingston.ny.us](mailto:HumanResources@co.livingston.ny.us), by phone at x7570, or stop in to see us!

Did you know that 330 employees participated in the free, confidential biometric screenings in May? The County celebrated your focus on health and gave **\$100 Amazon gift cards!** Thanks to HR for organizing this informative service!





# LIVINGSTON COUNTY EMPLOYEE WELLNESS PROGRAMS



## Don't miss out on FREE Wellness Programs

Livingston County is dedicated to putting your wellbeing first by offering simple, convenient and enjoyable programming.

### Revive:

Modern Life is busy and chaotic, so take time to rest your body and mind.

Thursdays, beginning Sept. 7  
12 - 12:50pm

In-person at Murray Hill Campus

### Weight Loss for Life

Develop the mindset, motivation and skills needed to lose weight now and keep it off forever!

Wednesdays, beginning Sept. 13  
12 - 12:50pm

In-person at Geneseo

### Pause

Hands-on approach to managing stress "in the moment."

Tuesdays beginning Oct. 3  
12 - 12:50pm

Virtual

### Back on Track

Prevent common back pain, reduce back discomfort and minimize your risk for back injury.

Wednesdays, beginning Oct. 25  
Virtual



Complete a Program and be entered to win a \$100 Amazon Gift Card!

Register Today!

Email:  
[URWell.programs@urmc.rochester.edu](mailto:URWell.programs@urmc.rochester.edu)

Call:  
585.275.6810

