



Wellness Matters



SUMMIT ESC's WELLNESS PROGRAM

Energize, Socialize, Come Alive!

Second Quarter 2021 Focus- Spring Renewal

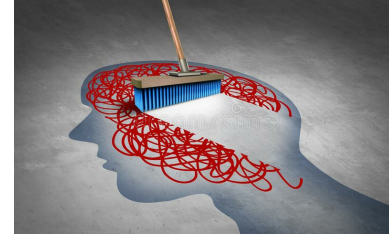
In This Issue...

- Internal Spring Cleaning
- Yoga
- Gardening
- Tips for Organizing
- Earth Day
- Summit County Resources
- Paint & Party
- Summit ESC Cookbook
- Earth Day & Recycling
- Wellness Year-End Review
- Helpful Websites for Healthy Recipes

Internal Spring Cleaning to Prepare for Growth

This time of renewal is frequently used to

engage in “spring cleaning,” putting away our winter clothing. Getting rid of the clutter, to make space for the new. But what about the clutter in our heads and bodies that gets in the way of the new?



This can also be a time to clean your “internal house” and create space for emotional renewal. Just as we accumulate clutter, we also accumulate emotional baggage: hurts, frustrations, and other feelings that sit just beneath the surface of our awareness. Click [here](#) to read more.

Adapted from Psychology Today



A New Yoga Class!

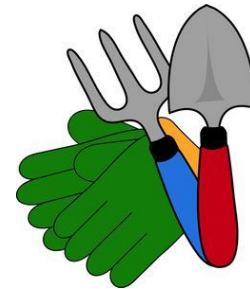
Make time to do something healthy for yourself. Join our very own Kristy Lantz as she leads Yoga class. Click [here](#) to access the new video.

Click [here](#) to access all of her videos.

Planting a Vegetable Garden

"To plant a garden is to believe in tomorrow." -Audrey Hepburn

Everyone loves good food, and food grown in your own vegetable garden is simply the best. You just need a few essential elements for a successful vegetable garden: a properly sized site with a good selection of veggies, fertile soil, and plenty of sun. And to keep your vegetable garden productive, you can use a few easy methods to prevent pests and other problems.



Click [here](#) for more information to help you plant a successful vegetable garden.

"Spring adds new life and new beauty to all that is." - Jessica Harrelson



TIPS on How to Organize & Declutter Your Paperwork at Home

What do many homes and offices have in common? Piles of clutter. Somewhere in the corner, on the table, or in a closet is likely a pile of paper, full of bills, memos, reminders, and more bills!

Better Homes & Gardens provides some helpful tips and suggestions on ways you can decrease and get rid of those unwanted piles of paper. From creating a streamlined system, to filing items and recycling unnecessary documents, this

article will help you choose the system that works best for you, [Click here to read more.](#)

"Clutter is nothing more than postponed decisions"



Earth Day is April 22nd! This day marks the anniversary of the modern environmental movement that began in 1970. Earth day allows us to celebrate nature, raises our awareness about the current state and problems in our environment, and identifies resources to help us sustain our planet.

Do you know what "Plogging" is? It stands for picking up while jogging. To find out more things that you can do to help the environment, visit the Earth Day website [Click here to read more](#)

"The earth is what we all have in common."

Summit County Resources

- **FREE Document Shredding** - River Valley Paper free paper shredding day on the first Saturday of the month from 8 a.m. to 12 p.m. at 131 N Summit St in Akron
<https://www.rivervalleypaper.com/recycling/>
- **Secure Shred Bags for purchase** River Valley Paper offers 24-hour shredding with the purchase of secure shred bags. These bags can be purchased at River Valley Paper (131 N Summit St. Akron) Monday through Friday, 8 am -1 pm. for \$10.00. Each bag holds approximately 15 pounds of paper. Fill the bag at home, seal it and drop your shred bag in the locked bin located outside the facility.
- **Summit ReWorks - Community Shredding for Summit County** ReWorks holds document shredding and recycling events at locations throughout Summit County, one Saturday each month from May through October.
<https://www.summitreworks.com/230/Document-Shredding-Recycling>



Household Hazardous Waste Recycling -Summit REWORKS

1201 Graham Road, Stow <https://www.summitreworks.com/>



- Household hazardous waste (HHW) includes household products such as:
 - Batteries
 - Cleaners
 - Oil-Based Paints
 - Oils
 - Pesticides
 - Look for items labeled with these keywords - *Caution, Corrosive, Danger, Flammable, or Poison*
- Acceptable materials for HHWC <https://www.summitreworks.com/249/Acceptable-Materials>

Living with Less

What is minimalist living?

Though minimalism can be defined in many different ways, there's typically one common unifying theme to the movement: a philosophy of living simply or living with less. "Minimalism is the intentional promotion of the things we most value in life by removing anything that distracts us from it," says Joshua Becker, the writer of the Becoming Minimalist blog and author of *The Minimalist Home: A Room-by-Room Guide to a Decluttered, Refocused Life*.

Minimalism can be applied to many areas of our lives — our schedules, our relationships, and more — but a central part of minimalist living is often the home. When thinking about how a minimalist home looks like, you might first think of white, open spaces and bare walls — but the truth is that every person can practice minimalism differently, says Becker. "A minimalist home is very intentional," he explains. "Each possession is there for a reason." As such, minimalist living typically involves decluttering, organizing, and "minimizing" your home — all in order to lead a simpler, more purposeful lifestyle. Click [here](#) to read more about the benefits of minimalism and tips to get started.

Adapted from [Goodhousekeeping.com](#)

Paint & Party



The Wellness Committee would like to invite you to an evening of fun and relaxation! Join us on Friday, April 23rd at 4:30 at Bellacino's in Stow on their outdoor patio. We will be painting and firing tiles. It would make a lovely gift for Mother's Day or a great keepsake for yourself! (Food and beverages will be available to order from Bellacino's menu.)

Click [here](#) to sign up!

Questions? Please contact Sara Skraba at saras@summitesc.org

Slim Down Challenge Results

1st place winner- won \$252 and lost a total of 7.93%

of total body weight

2nd place winner- won \$126 and lost 6.87% of total body weight

3rd place winner- won \$42 and lost 5.65% of total body weight



Total weight loss of 13 participants was 117.7 pounds!

Congratulations to all!

Summit ESC Cookbook

The Summit ESC Wellness Committee will launch a digital cookbook full of your recipes. Stay tuned for more information.



Wellness Committee Year in Review

Here's What Your Wellness Committee Has Been Up To:

- Hosted a Fall Hiking Spree challenge. Anyone who completed the Summit Metro Parks hiking spree was entered into a prize drawing.
- Hosted Pink-Out day to bring awareness to breast cancer.
- Brought you Yoga classes with Kristy Lantz.
- Hosted a Financial Wellness seminar.
- Brought you workday stretches from Physical Therapist, Greg Thomas.
- Hosted a Slim Down Challenge.
- Brought you Nutritional Nuggets- a 4 part series about nutrition from a registered dietician.
- Hosted GO RED for Heart Health day to bring awareness to heart disease and stroke.
- Created the ESC Cookbook.
- Hosted Paint & Party.
- Created the Wellness Google Drive to share resources.

We're looking forward to bringing your more health & wellness next year!

Google Drive!

The Wellness Committee created a Google Drive to share all

things wellness. You can find
this class and much more [here](#).

*You may have to request access



Helpful Websites for Healthy Recipes

- <https://www.foodnetwork.com/healthy>
- <https://www.cleaneatingmag.com/recipes>
- <https://www.cookinglight.com/food/recipe-finder>
- <https://www.delish.com/healthy-recipes/>
- <http://www.eatingwell.com/recipes/>
- <https://www.goodhousekeeping.com/food-recipes/healthy/>
- <https://www.verywellfit.com/recipes-4157077>
- <https://www.diabetesfoodhub.org/all-recipes.html>
- <https://healthyeating.nhlbi.nih.gov/default.aspx>



If you have a favorite recipe website, please share it [here](#).

