KCC 2nd in 2017 Corporate Cup

Kellogg Community College once again proved itself formidable on the fields of the Corporate Cup in September, with more than 80 employees participating across more than a dozen events and carrying the Bruins to a second place finish overall in our category. Results by event:

- Mixed Doubles Tennis: 2nd place
- Mixed Doubles Basketball: 5th place
- Disc Golf: 4th place
- Foot Golf: 3rd place
- Golf Scramble: 1st place
- Mixed Swim Relay: 5th Place
- Volleyball: 3rd place
- Women’s 1-Mile Run: 2nd place
- Men’s 1-Mile Run: 1st place
- 1-Mile Time Predict Walk: 2nd place
- 10-mile Time Predict Bike: 3rd place
- Women’s 5K Run: 2nd place
- Men’s 5K Run: 1st place
- 5K Time Predict Walk: 3rd place
- Tug of War: 7th place

Thanks to all who participated! See Corporate Cup photos courtesy of Kate DeGraaf and Kevin Rabineau on page two. Go Bruins!
BC Community Run is Oct. 27

The KCC Police Academy will again join area police departments to participate in the annual Law Enforcement Torch Run – this year dubbed the 2017 Battle Creek Community Run – to benefit Special Olympics Michigan. The 3.2-mile running event is open to staff and will begin at 7:50 a.m. Friday, Oct. 27, at the Battle Creek YMCA. Registration will begin at 7:30 a.m. the morning of the event and is $25, with all proceeds going to support the Special Olympics. Registration can also be completed online in advance of the event by visiting www.firstgiving.com/miletr/BattleCreek17. All registered participants will receive a performance-fit T-shirt.

The Torch Run is casually-paced and run in formation from start to finish, led by KCC Police Academy students and finishing at Doris Klaussen Developmental Center, 408 Jameson St., Battle Creek, where participants will be greeted by several Special Olympians. Inline skaters and bicyclists are also welcome.

This will be the sixth year that KCC has been a host location for the run, which will include a police vehicle escort along the entire course route to ensure the participants’ safety in traffic. Bussing will be provided for the return trip to the YMCA.

For more information, contact KCC’s Public Safety Education Director Rob Miller at ext. 2197 or millerro@kellogg.edu.

Employees get 50% off select LL classes

KCC’s Lifelong Learning Department and Wellness Committee are again collaborating to offer KCC employees 50 percent off the fee for select wellness courses. Employees can take up to three of the classes listed below:

- Create an Aromatherapy Medicine Chest, Oct. 9
- Explore the Ketogenic Diet, Oct. 11
- Labyrinths & Walking Meditation, Oct. 17
- Empower Yourself: Challenge the Fear in Your Life, Oct. 23
- A Daily Energy Routine for Busy People, Oct. 25
- Nighty-Night: Yoga Moves to Help You Sleep, Nov. 6
- Yoga for Total Relaxation, Nov. 8-Dec. 13
- You & Your Money: Be Smart, Live Well, Nov. 8-15
- Life Strategies for Sensitive People, Nov. 15

For more information, contact Lifelong Learning at 269-965-4134 or ext. 4134.
Introducing the PPW Power Hour

The Wellness Committee is excited to introduce the PPW Power Hour. The PPW Power Hour was set up to provide the newest addition to our wellness programming, Professional & Personal Wellness of Battle Creek (PPW), a chance to better help KCC employees on their personal wellness paths. Power Hour visits will be spent establishing wellness goals, answering any wellness or nutritional questions, introducing the monthly 10-day challenge, monitoring wellness progress, reminding you of the incentive programs we offer and educating you how to navigate your personal PPW wellness portal. If you work at the EAC, Fehsenfeld, Grahl or RMTC regional centers, specific dates and times have been arranged for PPW to come to your locations, and you will receive details via additional communication. The PPW Power Hour schedule for the fall semester is as follows:

- Friday, Oct. 20:
  - 11 a.m., C 301
  - 2 p.m., OITC 109
- Friday, Nov. 17:
  - 11 a.m., Severin 142
  - 2 p.m., Severin 142
- Monday, Dec. 18:
  - 11 a.m., OITC 109
  - 2 p.m., OITC 109

For more information, contact:

- Doug Grosso, PPW, 269-420-7940
- Shari Deevers, EAC, 517-629-7530
- Colin McCaleb, Fehsenfeld Center, 269-945-1020
- Bobbi Gagnon, Grahl Center, 517-279-3440

Fall into Fitness for a chance to win

KCC’s Wellness Committee and wellness vendor PPW are excited to help you Fall into Fitness in October. Fall into Fitness is a four-week program in which participants track their exercise for entry into weekly drawings for one of four $25 gift cards. Participants must complete at least 90 minutes of exercise each week and enter their time spent exercising into the activity log online at www.properwell.com by Tuesday each week to qualify for the drawings. To register for an account to access your activity log, complete the following steps:

2. Click on Register.
3. Fill out required empty fields (*) and any optional ones you’d like.
4. The company code is KCC.
5. Click Register.
6. Log in with your username and password.

For assistance or more information, contact PPW at 269-660-2568 or email sarah@properwell.com.

Wellness Newsletter wins marketing award

Among the nine Medallion Awards KCC’s PIM Department received from the National Council for Marketing and Public Relations this month was a Silver Medallion Award in the E-Newsletter category for the KCC Employee Wellness Newsletter. KCC’s NCMPR district includes schools in Illinois, Indiana, Michigan, Ohio, Wisconsin and Ontario.
Girls’ Preseason Basketball Camp is Oct. 21, Nov. 4

KCC’s women’s basketball team is holding a Girls’ Preseason Basketball Camp to help middle and high school girls get ready for the upcoming season. The camp is for girls in sixth through 12th grades and will be held from 9 to 11 a.m. Saturdays, Oct. 21 and Nov. 4, at the Battle Creek Central Fieldhouse, 162 Champion St., Battle Creek. Campers can sign up for one or both camp sessions; the cost is $15 per session or $25 for both sessions, with registration open until the day each camp session begins. Sign up can be completed entirely online by visiting www.kccbruinyouth.com.

Women’s volleyball in full swing

KCC’s women’s volleyball teams is having one of their winningest seasons in years, currently sitting on a 15-4 overall record coming into the final weeks of regular season play. The team’s final home match of the season begins at 6:30 p.m. Thursday, Oct. 5, at the Battle Creek Central Fieldhouse, 162 Champion St., Battle Creek, against conference opponent Kalamazoo Valley Community College.

KCC hires Battle Creek native Erin Lane to coach new cross-country teams

KCC is pleased to announce the College has selected Battle Creek native and hometown running star Erin Lane as the head coach of KCC’s new men’s and women’s cross-country teams. Lane was a standout runner at Battle Creek Central and Pennfield high schools and earned a full athletic scholarship to the University of Michigan to run cross-country and track. The administrative director at the Battle Creek Christian Early Learning Center since 2006, Lane was an assistant track and cross-country coach at Olivet College from 2004 to 2006 and has been the track and cross-country coach at Pennfield Middle School since 2016. She also volunteered as a site coordinator and coach for the Girls on the Run community running program for young girls in 2012 and 2013.
Fall 2017 YMCA hours

As the new Miller Physical Education Building continues taking shape on campus, KCC is offering free basic adult memberships for KCC employees at the Battle Creek Family YMCA. Employees will have access to YMCA facilities during all regular YMCA business hours, as well as access KCC equipment on Court 7 in the Multi-Sports Center from 8 a.m. to 1 p.m. Mondays through Thursdays through the fall semester. Signing up for a free YMCA membership is as simple as filling out the form online at www.kellogg.edu/wellness and bringing it to the YMCA, which is located at 182 Capital Ave. NE in Battle Creek.

Wellness incentives continue in 2017

The popular employee wellness incentive program launched last year will continue in 2017, with incentives unchanged from those offered in 2016. As part of the program, KCC employees can complete a prevention physical or biometric screening to receive $50 to $100. Last year’s program had 140 participants, equating to a $14,000 investment from KCC. Employees can participate for the first time or participate again to receive the incentive. Click here to download the required wellness incentive form, or contact HR for more details.

Think pink for breast cancer awareness Oct. 20

Wear It Pink Day at KCC is Friday, Oct. 20, which is also National Mammography Day. Wear pink to support breast cancer awareness and join us at 11:45 a.m. for a group photo on the stairs by the reflecting pools on the North Avenue campus!

Additionally, KCC’S Bruin Bookstore is accepting monetary donations in the Pink Pig in the bookstore through Oct. 31, with donations to be given to the Susan G. Komen breast cancer organization.

Athletics Department collecting socks for donation through Nov. 22

To help those in need this winter to have warm and dry toasty toes, the KCC Athletics Department will be accepting donations of new warm socks for men, women and children through Nov. 22.

A donation box will be located in the Athletics Department office in the lower level of the LRC, and the socks will be distributed the first week of December. For more information, contact Sharon Powell at ext. 2408.
Caught Ya!

"Caught Ya!" recognizes employee success in areas of health and wellness, whether the employees are caught working out, eating right or just having fun with their fellow coworkers. In the above photos from Holly McKee, from left to right, McKee poses after finishing third in her age group in the Cereal City Triathlon in July; Lisa Larson and McKee take a selfie while using their YMCA memberships compliments of KCC; and Shari Deevers and McKee pose at Marshall’s Dark Horse Brewing Company after the Donut Roll biking event in September. The latter event was a 12-mile, family friendly slow roll cycling event held to benefit several community organizations.

Of her Cereal City Triathlon experience, McKee said: “It was a great day to Tri! The Cereal City Triathlon is like family every year. It’s our hometown event and Cereal City Athletics always puts on a great event. The course was well marked and the volunteers were rock stars encouraging and keeping us safe along the way. I was fortunate to coach newer triathletes, with WSI member Katie Bridges and Laurie Oleksa, as part of the Cereal City Triathlon Training program this year. I love the out and back of the bike and run in this event because triathletes are always so encouraging of each other. Because of my Mom’s RUN This Town (MRTT), Cereal City Athletics Adventure Club and WSI connections it felt like I knew everyone on the course, which added to the enjoyment. My swim felt like a struggle but I made it out of the water and to the bike where I was able to set my sights on the riders in front of me and pick a couple off along the way. As part of the Cereal City Athletics Triathlon Training I was able to hear Rob Lillie (Lillie Inspired) discuss the transition from bike to run and give us some tips for easing the process. As I left transition for the run I employed one of his tips and had one of my best runs in a long time – even after a swim and a bike! I felt good coming into the finish and was pleased to end up with a third place age group podium finish.”

Catch a KCC employee doing something healthy? Send a photo and caption to Simon Thalmann at thalmanns@kellogg.edu and you may see it in a future edition of the newsletter!
Wellness at KCC

KCC’s Wellness Program is an initiative to provide and promote opportunities that encourage, educate and support KCC employees to become actively involved in making long-term lifestyle changes. The KCC Wellness Committee consists of employees Kerri Langdon, Mike Luna, Holly McKee, Sharon Powell, Kevin Rabineau, Vicki Rivera, Ali Robertson, Penny Rose, Tom Rose, Lisa Shanks, Tom Shaw, Simon Thalmann and Brooke Woodstock. For more information, contact Holly McKee at mckeeh@kellogg.edu or Tom Shaw at shawt@kellogg.edu.

KCC to register organ donors on campus Oct. 10-11

For the fourth consecutive year, KCC will join Michigan Libraries for Life and Gift of Life Michigan in a statewide initiative to increase membership in the Michigan Organ Donor Registry. KCC library staff will host a Michigan Libraries for Life information and donor registry sign-up table in the LRC from 10 a.m. to 2 p.m. Tuesday and Wednesday, Oct. 10 and 11, to assist students, staff and community members with signing up as organ, eye and tissue donors. KCC has participated in Michigan Libraries for Life since 2014, and no other site registered more donors during the 2014 and 2015 campaigns than KCC’s LRC. Pictured above, KCC library staff pose with an organ donor quilt in the library following the 2015 Michigan Libraries for Life event at KCC.

Kerri Langdon featured in KAR newsletter

KCC’s own Kerri Langdon is profiled in the July/August 2017 edition of The Rundown, a regular newsletter produced by the Kalamazoo Area Runners. Click here to read the profile and the rest of the newsletter on the KAR website.
Calendar/Event Dates

The following is a partial list of upcoming wellness-related events related to KCC. For a more comprehensive list including dozens of campus and community wellness events and activities, add the KCC Wellness Calendar to your Shared Calendars in Outlook. This will allow you to add events to your own calendar and help you organize your personal wellness path in 2017. Contact Tom Shaw at shawt@kellogg.edu for more information.

**OCTOBER**

**Women’s Run Group** 5:30 p.m. Fridays, Battle Creek Family YMCA; contact Holly McKee, mckeeh@kellogg.edu

**Michigan Libraries for Life** 10 a.m. to 2 p.m. Tuesday and Wednesday, Oct. 10 and 11, KCC LRC

**PPW Power Hour** 11 a.m., Friday, Oct. 20, C 301; 2 p.m. OITC 109

**Battle Creek Community Run** 7:50 a.m. Friday, Oct. 27, Battle Creek YMCA; contact Rob Miller, millerro@kellogg.edu

**NOVEMBER**

**Jack’s Bike Trail Ride** 6 p.m. Thursdays, Fort Custer Trailhead; contact Holly McKee, mckeeh@kellogg.edu

**Women’s Run Group** 5:30 p.m. Fridays, Battle Creek Family YMCA; contact Holly McKee, mckeeh@kellogg.edu

**PPW Power Hour** 11 a.m. and 2 p.m. Friday, Nov. 17, Severin 142

**DECEMBER**

**Jack’s Bike Trail Ride** 6 p.m. Thursdays, Fort Custer Trailhead; contact Holly McKee, mckeeh@kellogg.edu

**Women’s Run Group** 5:30 p.m. Fridays, Battle Creek Family YMCA; contact Holly McKee, mckeeh@kellogg.edu

**PPW Power Hour** 11 a.m. and 2 p.m. Monday, Dec. 18, OITC 109

Need to promote a KCC wellness event? Fill out the Wellness Event Promotions Request form at www.kellogg.edu/wellness!