KCC to partner with local vendor PPW for employee wellness events

Kellogg Community College has hired local wellness vendor Professional & Personal Wellness to help plan and execute employee wellness events and provide wellness education and services through the current academic year.

KCC Athletic Director and Employee Wellness Committee Chair Tom Shaw said PPW’s services will allow Wellness Committee members to take on more of an advisory and support role as opposed to planning and executing events themselves, with committee members helping to spread the word about events and coordinating with PPW on campus technicalities like room reservations.

“Our employee wellness will be very focused,” Shaw said. “We’re going to get back to the grassroots fun stuff, and PPW will be the experts.”

Continued in “Wellness vendor,” page 2
KCC earns state, local honors for Employee Wellness Program

KCC this spring was honored for the College’s efforts in promoting employee health and wellness with major award nominations at the state and local levels.

In April, KCC was honored as one of three finalists in the Healthy Workplace Award category of the 2017 Governor’s Fitness Awards. In May, the College was recognized as one of three finalists for the Battle Creek Area Chamber of Commerce’s Choose Health Workplace Wellness Award.

The Governor’s Fitness Awards recognize individuals and communities for their commitment to becoming healthier. The Choose Health Award is among the Battle Creek Area Chamber’s Annual Business Excellence Awards, which recognize organizations “for the contributions they make to the growth and prosperity of the local economy,” according to the Chamber.

Pictured above, KCC employees and representatives from Holtyn & Associates, LCC, attend a Gala Celebration honoring Governor’s Fitness Award nominees in Detroit in April.

“Wellness vendor,” continued from page 1

PPW founder Doug Grosso said PPW staff will spend 60 hours per year on campus, including at the regional centers, to interact with employees, talk about programming and to help employees set wellness and quality of life goals. PPW services will include a full calendar of events including 10-day challenges and goal programs with contests and incentives offered each month, as well as access to a robust website including event and activity listings, resources and more at https://properwell.com.

(A portion of PPW’s proposed program calendar is included in the calendar at the end of this newsletter.)

“We want to be known here on campus as the fun people,” Grosso said. “We want to encourage people and be where they are.”

KCC will retain the services of Holtyn & Associates, LCC, which will continue to provide health resources for employees, including one-on-one health assessments each semester.

More information about PPW’s role in employee wellness at KCC will be available at the College’s upcoming General Session.
Corporate Cup 2017

Corporate Cup 2017 is Sept. 11-16! Contact the following event captains if you’re interested in participating:

- Mixed Doubles Tennis (Charles Bard)
- Doubles Disc Golf (Graham Smith)
- Foot Golf (Jason Little)
- 3-Person Golf (Rick Scott)
- Mixed Bball Shootout (Brian Murphy)
- 200-Yard Mixed Swim Relay (Holly McKee)
- Co-Ed Volleyball (Tom VanWeinen; call the Athletic Department at ext. 4151)
- Mile/5K Run (Kevin Rabineau)
- Mile/5K Time Predict Walk (Catherine James or Kate DeGraaf)
- 10-Mile Time Predict Bike (Tom Rose)
- Tug-of-War (Rob Miller)

2017 Wellness Incentive

Lifelong Learning to offer fall wellness discounts

KCC wellness incentives to 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.

The Lifelong Learning Department will continue offering discounts on select wellness classes this fall. A list of qualifying classes should be available in the General Session folder at www.kellogg.edu/sessions next month!
Garden with KCC during Community Garden Days

A community garden update from the Kellogg Community College Service-Learning Facebook page:

“The community garden is flourishing with all the rain and sun! Join us for Community Garden Days starting every Tuesday and Thursday for the rest of July and August!

“Every Thursday starting on July 13 from 1 to 2 p.m. and every Tuesday starting on July 18 from 11 a.m. to noon you are welcome to come out and serve with students and colleagues. We have many weeds to pull or you can just come out and enjoy a peaceful walk. When you get there, there will be a student worker named Karl who would love the extra help.

“Come join in on the fun! Contact Service-Learning Manager Kate DeGraaf at degraafk@kellogg.edu if you have any questions.”

Want to join in? KCC’s community garden is located behind the library on the College’s North Avenue campus, at 450 North Ave. in Battle Creek. Happy gardening!

Food safety tips for BBQs and picnics from Holtyn

The following July wellness tips from Holtyn & Associates, LLC, cover food safety for barbecues and picnics. According to Holtyn, you can keep your food from spoiling by following these safety tips from the U.S. Department of Agriculture:

1. Wash hands, utensils, containers and work surfaces before handling food to prevent harmful bacteria from spreading.

2. Marinate foods in advance, in the refrigerator using a glass or plastic food-safe container.

3. Foods that need to be kept cold include raw meat, poultry and seafood; deli and luncheon meats or sandwiches; summer salads; cut fruit and vegetables; and perishable dairy products.

4. Separate raw meats, poultry and seafood from ready-to-eat foods including fruits, vegetables, salads, cheeses and desserts. Use separate coolers, plates and utensils.

5. Keep cold food in an insulated cooler with plenty of ice or frozen gel packs. Transport the cooler in the passenger area of your car, not in the hot trunk. At the picnic site, cover the cooler with a blanket and place it in the shade.

6. Throw out leftovers that have been sitting out for more than an hour. Store the rest in a cooler that still has ice. If all the ice has melted, throw away the food.
Caught Ya!

"Caught Ya!" recognizes employee success in areas of health and wellness, whether the employees are caught working out, eating healthy or just having fun. In the above photo from Holly McKee, KCC employees McKee, Tim Bond, Kate DeGraaf and Eric Greene pose for a photo prior to the start of the second annual Battle Creek Half Marathon on July 1. Bond took second in his age group, and Greene served as a pacemaker for the 9:30 pace-per-mile group.

Catch a KCC employee doing something healthy? Send a photo and caption to Simon Thalmann at thalmans@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 Kassie Dunham, Kay Keck, Kerri Langdon, Mike Luna, Holly McKee, Sharon Powell, Kevin Rabineau, Vicki Rivera, Ali Robertson, Penny Rose, Tom Rose, Lisa Shanks, Tom Shaw, Simon Thalmann, Michelle Wilson and Brooke Woodstock. For more information, contact Holly McKee at mckeeh@kellogg.edu or Tom Shaw at shawt@kellogg.edu.
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.

<table>
<thead>
<tr>
<th>JULY</th>
<th>AUGUST</th>
<th>SEPTEMBER</th>
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<tbody>
<tr>
<td><strong>PPW Theme:</strong></td>
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<td>Water</td>
<td>Vegetables</td>
<td>Balance</td>
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<td><strong>PPW 10-Day</strong></td>
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<td><strong>PPW 10-Day</strong></td>
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<tr>
<td>Challenge: Drink</td>
<td>Challenge: Eat a</td>
<td>Challenge: Do a</td>
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<td>half your body weight in ounces of water</td>
<td>different vegetable every day</td>
<td>balance exercise every day</td>
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<td><strong>PPW Goal Program:</strong></td>
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<td>Pickleball</td>
<td>Shuffleboard</td>
<td>Shuffleboard, Trap</td>
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<td><strong>Strut for the Strays</strong></td>
<td><strong>Women’s Run</strong></td>
<td><strong>Women’s Run</strong></td>
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<td><strong>5K Run/Walk</strong></td>
<td>Group 5:30 p.m.</td>
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<td>8:30 a.m. July 22, Humane Society of South Central Michigan; sign up at <a href="https://runsignup.com/Race/MI/BattleCreek/StrutfortheStrays">https://runsignup.com/Race/MI/BattleCreek/StrutfortheStrays</a></td>
<td>Fridays, Battle Creek Family YMCA; contact Holly McKee, <a href="mailto:mckeeh@kellogg.edu">mckeeh@kellogg.edu</a></td>
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<td><strong>Cereal City</strong></td>
<td><strong>Cereal City KIDS</strong></td>
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<td><strong>Triathlon/Duathlon</strong></td>
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<td>8 a.m. July 29, Willard Beach Park, Battle Creek; sign up at <a href="https://runsignup.com/CerealCityTri">https://runsignup.com/CerealCityTri</a></td>
<td>9 a.m. Aug. 26, Willard Beach Park, Battle Creek; sign up at <a href="https://runsignup.com/CerealCityKids">https://runsignup.com/CerealCityKids</a></td>
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Need to promote a KCC wellness event? Fill out the Wellness Event Promotions Request form at [www.kellogg.edu/wellness](http://www.kellogg.edu/wellness)!