Miller construction on schedule

Construction on the new Miller Physical Education Building continues on KCC’s North Avenue campus and the building is on schedule to open by the Fall 2018 semester. Until then, KCC employees can continue taking advantage of free memberships at the Battle Creek Family YMCA. Visit www.kellogg.edu/wellness to download the form needed to sign up.

Annual cross-county ski trip is Jan. 27-28

The KCC Wellness Committee invites all KCC employees to participate in the College’s 10th annual cross-country ski trip to Grayling Jan. 27 and 28. No experience is necessary, just a willingness to exert oneself and not mind the cold a little bit in Michigan’s winter wonderland.

The group will leave KCC by bus at 8 a.m. Saturday, Jan. 27, and will arrive at Cross-Country Ski Headquarters around noon to rent skis or snowshoes (or you can bring your own). The group will leave around 1:30 p.m. Sunday, Jan. 28, and arrive back at KCC by 6 p.m.

The cost for the weekend will be whatever your food costs are; one night at the hotel in Grayling, which is $75 plus tax per room; and ski passes, which are a total of about $18 for the weekend, unless you have to rent equipment. Ski rental is about $26 for the weekend. Seats are limited, so please RSVP to Tom Rose at roset@kellogg.edu as soon as possible to avoid missing out on this fun-filled event.
KCC participates in PPW’s fall trap shooting league

Here’s an update on KCC’s participation in the Professional & Personal Wellness trap shooting league offered to KCC employees this fall, courtesy of Becky Gallimore. From Becky:

There were seven of us from KCC that participated in the PPW trap shooting league. It was a four-week league through the PPW group that ran Sept. 27 through Oct. 18 on Wednesday evenings. There were approximately 40 individuals from different companies that participated. Two person teams competed each week for prizes.

- **Week 1:** Debbie and Timothy Paul tied as 3rd Flight Winners
- **Week 2:** Donna and James Jeffery were 2nd Flight Winners
- **Week 4:** Debbie and Timothy Paul were 3rd Flight Winners

Pictured, from left to right, are KCC participants Becky Gallimore, Steve Gallimore, Donna Jeffery, James Jeffery, Kelli Cowell, Debbie Paul and Timothy Paul.

National Wear Red Day is Feb. 2

National Wear Red Day this year falls on Friday, Feb. 2, and KCC is asking employees to wear red on this date to help raise awareness about heart health. All employees wearing red are invited to join us for a group photo at a to-be-determined location at 11:45 a.m. Feb. 2. Stay tuned for more National Wear Red Day details!

Sprout offering Sprout Box drop-off on North Ave. campus

Battle Creek based food provider Sprout is offering to drop off customizable produce boxes called Sprout Boxes to KCC employees on the College’s North Avenue campus in Battle Creek this fall. Boxes will be dropped off to those participating at 2:30 p.m. Thursdays at the Circle Drive. For more information or to sign up now, visit [www.sproutbc.org/shop](http://www.sproutbc.org/shop).

Feel free to ask KCC employees Cindy Arizmendi, Carole Davis, Kate DeGraaf, Robin Hunter or Anne Yerby about their experiences receiving the boxes this fall!
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:

- **Retirement Planning**, 6-9 p.m. Mondays, 2/5 and 12
- **Stretching for Better Sleep**, 5:30-6:30 p.m. Wednesday, 3/14
- **Let Food Be Your Medicine: Reclaim Your Health**, 6-8 p.m. Wednesday, 3/21
- **Yoga Basics: Spring & Summer Awakening**, 5:30-6:30 p.m. Wednesdays, 3/21-4/25
- **Daily Tools for Empaths**, 6-8:30 p.m. Wednesday, 3/28
- **DIY Yogurt: Homemade is Best**, 6-8 p.m. Thursday, 3/29
- **Hypnotherapy for Weight Loss**, 6-9 p.m. Thursday, 3/29
- **You & Your Money: Be Smart, Live Well**, 6-9 p.m. Tuesday, 4/17
- **Green Cleaning Tips & Recipes**, 6-8 p.m. Wednesday, 4/25
- **Self-Defense Basics**, 6-8 p.m. Wednesday, 5/30

For more information about these or other Lifelong Learning educational opportunities, contact Lifelong Learning at 269-965-4134 or ext. 4134.

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Employee yoga begins Jan. 30

KCC’s Lifelong Learning Department is again offering employee yoga on campus in Battle Creek. Sessions are $35 and run from noon to 1 p.m. on Tuesdays in room 109 of the Ohm Information Technology Center on the following dates:

- **SESSION 1**: Jan. 30-March 6
- **SESSION 2**: March 13-April 24 (no class April 3)

Employees can also take both classes at the reduced rate of $59! For more information, contact Lifelong Learning at 269-965-4134 or ext. 4134.

Wellness incentives continue in 2018

KCC’s popular employee wellness incentive program will continue in 2018. As part of the program, KCC employees can complete a prevention physical or biometric screening to receive $50 to $100. Employees can participate for the first time or again this year to receive the incentive. Download the required form at [www.kellogg.edu/wellness](http://www.kellogg.edu/wellness) or contact HR for details. To complete your Biometric Assessment and with KCC wellness vendor Holtyn & Associates, call 269-720-7582 or contact Becky Argue at bargue@holtynpc.com.
KCC basketball in full swing

KCC’s men’s and women’s basketball seasons are well underway, with each team’s conference play beginning this month. All home games this season will be played at the Battle Creek Central Fieldhouse, 162 Champion St., Battle Creek, as construction continues on the new Miller Building. For a full schedule of men’s and women’s basketball games, visit www.kellogg.edu/athletics.

KCC signs first cross-country recruit

KCC this fall signed the first recruit to the College’s new cross-country program, which will begin competing next fall. Maggie Wood, of Battle Creek, signed a National Letter of Intent in November to run cross-country at KCC and will begin running for the Bruins next season.

A senior at Lakeview High School, Wood has earned All-Region, All-Conference and All-City honors while running with the Spartans. Wood was captain of her high school team this fall; outside of school competition, she’s been the overall female winner of the Cereal City Triathlon for the last two years.

For more information, contact Head Coach Erin Lane at crosscountrycoach@kellogg.edu.

KCC Athletic Trainer inducted into Athletic Trainers’ Hall of Fame

Congratulations to KCC Athletic Trainer Tom Lawrence, who was inducted into the Michigan Athletic Trainers’ Society Hall of Fame this past summer. Lawrence, the head athletic trainer at KCC since 2010, was honored by the MATS during an awards luncheon at Eastern Michigan University in June. He was the only trainer inducted into the MATS Hall of Fame in 2017 and is one of less than 30 inducted into the Hall of Fame since 1990. Lawrence is also a KCC alumnus, graduating from KCC in 1977 before going on to earn a bachelor’s from MSU and a master’s from WMU.
PPW Power Hour continues this spring

KCC wellness vendor Personal & Professional Wellness set up the PPW Power Hour to provide the group with a chance to better help KCC employees on their personal wellness paths. Power Hour visits are spent establishing wellness goals, evaluating progress and providing resources to help KCC employees continue on their wellness paths. Consultants will also check blood pressure and weight if employees would like them to. The PPW Power Hour schedule for the spring semester is as follows:

- Friday, Jan. 19
- Friday, Feb. 23
- Friday, March 23
- Friday, April 20

All PPW Power Hour events will be held at 11 a.m. and 2 p.m. in room 109 of the Ohm Information Technology Center. 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. For more information, contact PPW’s Doug Grosso 269-420-7940.

Holtyn Wellness tip: Buy smaller plates and glasses

Here’s a January wellness tip from wellness vendor Holtyn & Associates: Buy smaller plates and glasses.

The bigger the portion, the more we’ll eat – upward of 30 percent more. Food marketers know this, so they supersize our portions as a way to get us to buy more. But we don’t have to supersize portions at home, and shouldn’t. One researcher found that simply switching from a 12-inch to a 10-inch dinner plate caused people to reduce their consumption by 22 percent. Source: Michael Pollen’s “Food Rules: An Eater’s Manual.” For more information from Holtyn, visit www.holtynhpc.com.

Register with PPW online for wellness resources

Remember to take advantage of the resources online on the website of KCC wellness vendor PPW at www.properwell.com. The site offers several informational tools and resources to help you on your wellness path, along with a calendar of local wellness events. To register for a free account and participate in regular KCC employee wellness challenges, follow the following steps:

2. Click on “Log in,” then click “Register.”
3. Fill out required fields and any optional fields you choose.
4. Company code is KCC. Click “Register.”
5. Log in with your username and password.

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 the “Caught Ya!” section of a future edition of the newsletter!
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.

Habitat’s Women Build event is Jan. 11

Habitat for Humanity’s Hammers & Heels 2018 Women Build event runs 5 to 7 p.m. Thursday, Jan. 11, at Marshall Community Credit Union. See the above postcard or call 269-966-2502 for more information.

Outlook Wellness calendar no longer active

The shared KCC Wellness Calendar in Outlook is no longer active. To view upcoming wellness-related events of interest to KCC employees, log into the PPW website at [www.properwell.com](http://www.properwell.com) and click on the “Calendar” tab.

Wellness at KCC

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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)!