KCC again honored in Detroit as Governor’s Fitness Award finalist

Kellogg Community College Thursday was honored for the College’s efforts in promoting employee health and wellness as one of three finalists for a 2018 Governor’s Fitness Award.

The Governor’s Fitness Awards, sponsored by the Michigan Fitness Foundation and the Governor’s Council on Physical Fitness, Health and Sports, recognize individuals and communities for their commitment to becoming healthier. KCC was recognized with other award nominees at a special Gala Celebration last night in Detroit.

KCC was a finalist in the “Large Healthy Workplace” category of the Healthy Workplace Awards, which includes organizations of 150 to 999 employees. The award is bestowed on organizations with “outstanding programs that help to create best practices for organizations throughout Michigan to replicate,” according to the Governor’s Council and Michigan Fitness Foundation.

The honor is one of several KCC has received in recognition of its employee wellness initiatives over the past two years. The College was one of three finalists in the same Governor’s Fitness Award category in April 2017, and was honored as one of three finalists for the Battle Creek Area Chamber of Commerce’s Choose Health Workplace Wellness Award in May. In October, KCC won a silver Medallion Award from the National Council for Marketing and Public Relations for the College’s quarterly Employee Wellness Newsletter.
Miller Building construction continues on schedule

Construction on the new Miller Physical Education Building continues on schedule on KCC’s North Avenue campus. Basketball hoops and speakers were installed in the gym earlier this month, and installation on the new gym floor is underway. Construction has also started on a second facility behind the main building, which will house extra storage and two batting cages.

The new Miller 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.

Employees get 50% off select Lifelong Learning 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. Remaining discounted classes for the spring are listed below:

- **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.

KCC offering more than two dozen youth summer camps

Registration is open now for more than two dozen youth summer camps offered through the Lifelong Learning Department’s Bruin Youth Programming initiative. The camps, many of which are new to KCC this year, are available for youth ranging in age from 8 to 18 and include camps focused on a variety of topics, including sports.

Information about all camps can be viewed on KCC’s website at www.kellogg.edu/youth. Registration can be completed entirely online!
KCC’s Russ Bortell honored in February

KCC’s own Russ Bortell is retiring this summer after more than 30 years at KCC, during which time he coached several KCC athletics teams. KCC surprised Russ with a recognition ceremony between basketball games in February to honor his contributions to the College.

“Russ is an icon,” KCC athletic director Tom Shaw told the Battle Creek Enquirer. "He’s a person who has impacted KCC for many many years and the lives he’s impacted are uncountable.

Click here to read about the ceremony in the Battle Creek Enquirer and click here to read about it in the Battle Creek Shopper News (page 52).

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 form at 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.

Spring 2018 KCC baseball, softball seasons in full swing

KCC’s Spring 2018 baseball and softball seasons are well underway. All home games are free to attend and are played at Bailey Park in Battle Creek.

For more information about each team, including full team schedules, rosters, statistics and more, visit www.kellogg.edu/baseball or www.kellogg.edu/softball.
Spring/summer race signups

Hopefully the weather improves over the next few weeks, as the spring and summer racing season is starting in full force. Here are just a few upcoming races in the Battle Creek and Kalamazoo areas:

- The Kalamazoo Marathon and other Borgess runs will be held on Sunday, May 6. Visit thekalamazoomarathon.com for details.
- The Cereal City Classic will be held on Saturday, June 9, at the Battle Creek Family YMCA. Visit runsignup.com/cerealcityclassic for details.
- The Battle Creek Half Marathon and 5K will be held on Saturday, June 30. Click here for details.

KCC’s Gavin Homer signs with Penn State

Lakeview High School standout and KCC baseball sophomore Gavin Homer has been recruited to play Division I baseball at Penn State and will begin playing for the team next fall. Congratulations, Gavin!

Click here to read about Homer in a recent Battle Creek Enquirer article.

Pictured above, Homer hits a homer during a recent home game at Bailey Park in Battle Creek.

HelpNet’s Spring 2018 LifeLines newsletter

The Spring 2018 edition of the LifeLines newsletter from KCC’s employee assistance provider HelpNet is available now! Click here to view a PDF of the newsletter, which includes several tips and articles focused on a variety of wellness and healthy lifestyle topics.

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 and click the “Calendar” tab.
Holtyn wellness tip: Spring into fitness

The following is a spring wellness tip from KCC wellness vendor Holtyn & Associates, with info via the Cleveland Clinic:

Let the warmer air and spring buds inspire you to renew your fitness routine!

Research suggests that when muscles are strengthened through exercise, they convert a stress-related hormone called kynurenine into a byproduct called kynurenic acid. Since kynurenine levels are high in people with depression, other mental illnesses, and Alzheimer’s, this conversion may help to explain why exercise is beneficial for brain health. Preliminary research shows that kynurenic acid may also help you burn fat more effectively and squelch harmful inflammation in the body, believed to be a cause of chronic illness.

Lace up some comfortable shoes and hit the sidewalk or a nearby trail. Walking is a fantastic form of exercise, whether you’re a fitness newbie or an old pro. If you’d rather run, bike, or hit the gym, by all means, DO IT.

Work up to about 500 minutes a week of ordinary, getting-from-here-to-there walking plus 150 minutes a week of brisk walking or any other moderate-intensity activity, and two or three strength-training sessions. Be patient with yourself, keep trying, and remember that some is a lot better than none.

For more information from Holtyn, visit www.holtynhpc.com.

Sign up for Holtyn wellness assessments at KCC

It’s time to sign up for your Holtyn wellness assessment, which you can do by logging into your personal account at www.holtynhpc.com. While scheduling, please take a moment to update your online health survey. This is an excellent way for you to track your health improvements and allows for more time to discuss your wellness goals and needs during the assessment. Spring is also a time of new growth and energy. It’s the perfect time to tackle a small change, which can lead to large results. Eat an extra serving of fruit or vegetables, meet a friend for a walk or book discussion, decrease your technology time by 15 minutes a day or add five minutes of prayer or meditation.

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.
Clear Lake Camp house open for rentals

Need to get away to recharge for the weekend? This spring spend a weekend at the Battle Creek Outdoor Education Center’s Winka Lakeside Cottage at Clear Lake Camp. The house includes six single beds in three rooms, two bathrooms, an equipped kitchen and an outdoor fire pit, and costs $150 per night to rent.

For more information, visit [www.clearlakecamp.org/facility.html](http://www.clearlakecamp.org/facility.html), call the OEC at 269-721-8161 or email [oecevents@battle-creek.k12.mi.us](mailto:oecevents@battle-creek.k12.mi.us). Winka is also available to rent throughout the summer.

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, 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](mailto:mckeeh@kellogg.edu) or Tom Shaw at [shawt@kellogg.edu](mailto:shawt@kellogg.edu).