



# WALCO Buzzzzzzzz

“ Your Wellness & Benefits Newsletter”

January/February 2010

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Here's hoping your holidays were enjoyable and healthy!

We'd like to congratulate those employees who chose to participate in the health club membership discounts that area businesses have offered to Walworth County employees. We had tremendous participation during the Snap Fitness sign up as well as several new members joining FLAC. We hope each of you will derive benefit and this can either help maintain your health or assist in improving it.

For those of you who may still be interested, we have provided a new link on our webpage detailing each health club who has offered us discounts. Follow this link to see:  
[http://www.co.walworth.wi.us/Finance/Website/Empl%20Benefits/Wellness%20Council/Wellness\\_Council.htm](http://www.co.walworth.wi.us/Finance/Website/Empl%20Benefits/Wellness%20Council/Wellness_Council.htm)

As winter sets in, it gets harder and harder to find ways to maintain your fitness and wellness. We all must get creative. Enclosed are several good articles and dates of things to do to help you keep wellness at your fingertips.

Be Well,

Walworth County Wellness Council



## *Employee Wellness Council Update*

The Walworth County Employee Wellness Council met on December 1, 2009. The topics for discussion were:

- 2009-2010 Operating Plan as adopted by the Walworth County Board of Supervisors, Human Resources Committee
- Discussion on Health Clinics and investigation of "in-house" opportunities for savings
- 2010 Fund Raising Ideas
- 2010 Calendar of Events

By the next newsletter, we will have finalized the Wellness Council's calendar of events for 2010. We hope to provide multiple educational opportunities and event related activities as well. We are trying to organize one large fund raising activity to bring in funds to help support Walworth County's wellness initiative as well as promoting wellness during the event.

The Wellness Council will plan on meeting again in early February 2010. Please contact any of the members that are listed below with ideas or suggestions. Please help us help you by fostering a culture of wellness in your departments and with your fellow co-workers! It will benefit us all to keep each other healthy! Thanks for your participation and support!

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## *Employee Wellness Council Members*

<i>Dale Wilson</i>	<i>Finance/Employee Benefits</i>
<i>Josh Pollock</i>	<i>Finance/Employee Benefits</i>
<i>Valerie Etzel</i>	<i>Finance/Employee Benefits</i>
<i>Ken Brauer</i>	<i>Sheriff's Department</i>
<i>Rich Colbert</i>	<i>IT</i>
<i>John Miller</i>	<i>Public Works</i>
<i>Colleen Lesniak</i>	<i>UW-Extension</i>
<i>Jenny Wehmeier</i>	<i>UW-Extension</i>
<i>Barbara Mosley</i>	<i>HHS</i>
<i>Terese Rutkowski</i>	<i>HHS</i>





**1. Myth: Eating after 8 p.m. causes weight gain.**

**Fact:** It does not matter what time of day you eat. It is what and how much you eat and how much physical activity you do during the whole day that determines whether you gain, lose, or maintain your weight. No matter when you eat, your body will store extra calories as fat.

**2. Myth: Sugar Causes Diabetes**

**Fact:** The most common nutrition myth is probably the misconception that sugar causes diabetes. If you have diabetes, you do need to watch your sugar and carbohydrate intake, to properly manage your blood sugar level. However, if you do not have diabetes, sugar intake will not cause diabetes. So far, a diet high in calories, being overweight and an inactive lifestyle are the main risk factors for Type 2 diabetes.

**3. Myth: High-protein/low-carbohydrate diets are a healthy way to lose weight.**

**Fact:** The concept of high protein/low carbohydrates diets comes from the assumption that starches (carbohydrates) are fattening. This is a nutrition myth because starchy foods (bread, rice, pasta, cereals, beans, fruits, and some vegetables) are low in fat and calories. They become high in fat and calories when eaten in large portion sizes or when covered with high-fat toppings like butter, sour cream, or mayonnaise. In addition, the long-term health effects of a high-protein/low-carbohydrate diet are unknown. But getting most of the daily calories from high-protein foods like meat, eggs, and cheese is not a balanced eating plan. These foods usually increase fat consumption especially saturated fats which may raise heart disease risk. Also this kind of diet contains too few fruits, vegetables, and whole grains, which may lead to constipation due to lack of dietary fiber, and vitamins and minerals deficiencies. A well- balanced diet is still the best option for weight loss.

**4. Myth: You need to exercise for at least 45 minutes at a time to get the full benefit.**

**TRUTH:** Physical activity does not need to be vigorous to provide some benefit. Scientific evidence shows that physical activity done at a moderate-intensity level can produce health benefits. Adults should engage in moderate-intensity physical activities for at least 30 minutes on 5 or more days of the week. The other good news is that research has shown that the activity does not need to be done all at one time. The recommended 30 minutes can be split into 2 - 15 minute intervals and provide you with the same benefits. If people have been sedentary, they can improve their health and well-being with regular, moderate levels of activity each day. Regular physical activity can also be fun. Join a sport or take a walk with a friend. As long as you are moving the majority of your body parts/muscles, you are on the right track!

**5. Myth: Drink at least 8 glasses of water a day**

This is a common myth. Most of this water can be found in prepared foods. In fact there is no evidence at all that consuming an extra 8 glasses of water daily is at all beneficial. In fact, it may be dangerous if taken on top of ordinary food and drink, leading to water intoxication, hyponatraemia and even death. So how much water should you drink? If you have specific medical concerns, talk to your doctor. But if you are healthy, have a beverage with meals and drink when you are thirsty. In other words, heed your thirst signals, enjoy that watermelon, and stop feeling guilty for not guzzling those extra glasses. In general, 8 glasses of TOTAL fluid is what is needed. Water is a good fluid to use for thirst, but don't worry about forcing it.

**6. Myth: No Pain, No Gain.**

"No pain, no gain" is bad, when people start to exercise, there may be some muscle aches and pains, which are normal. But there are other aches and pains, such as joint pain, bone pain, muscle strains, and ligament or tendon strains, which are bad, and you should back off of because they'll get worse if you ignore them. So start slow. Always ease into an exercise plan to avoid injury. The recommendation is if you're healthy and you know it, you can start exercising, but err on the side of being too slow than too fast to avoid injury. The American College of Sports Medicine recommends starting an exercise program slowly and listening to your body and to your doctor.

## Benefits of Stretching during your workday.....



### TOP TEN REASONS TO PERFORM STRETCHING DURING THE WORKDAY

- 1) Increased ability to perform everyday tasks at Work, Home and Play.
- 2) Decreased risk of MSD/ CTD injury's. (MSD-Musculoskeletal Disorders) (CTD-Cumulative trauma disorders)
- 3) Increased quality and quantity of joint synovial fluid (less joint wear and tear), and reduced osteoarthritis joint stiffness and pain
- 4) Improve your body's neuro-muscular coordination, that will improve your body's reaction time, balance, and reduce your risks of falling and/ or having an MSD injury or fracture if you should fall.
- 5) Reduced muscle fatigue and soreness which occurs because your body flushes out the lactic and uric acids which are the by product of your muscles, ligaments and tendons doing work to move your body.
- 6) Improved muscle balance and posture which will reduce your risks of MSD and CTD injuries.
- 7) Decreased risk of joint stiffness and/ or pain to the lower back, neck, shoulders, knees, hips, elbows, wrists and hands.
- 8) Increased blood supply and nutrients to your muscles, tendons and joints which gives your body and mind more ENERGY
- 9) Reduced STRESS...Yeah...What an awesome reason to stretch daily!
- 10) Enhanced enjoyment and quality of your everyday life with your family, friends, co-workers, and hobbies you enjoy!

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### ***Did you know that after the age of 30 your body loses strength and flexibility every year?***

But, it doesn't have to be that way. You have the power of positive daily lifestyle choices to choose daily stretching and strength or Resistance Training 2-3 times per week or more for life. The American workforce's average age is between 45 and 50 years of age and surgery numbers for the lower back, total joint replacement for the knees and hips and shoulder surgery are at an all time high. Research has shown us that it is never too late to improve your strength and flexibility, and prevent your need for total joint replacement, or other surgery's.

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This is an example of a workday stretch. This is an excellent stretch to reduce workers upper back, neck and shoulders fatigue and stress level throughout the workday.



## Employee Self Service

*Haven't had the chance to explore Walworth County's Employee Self Service web site yet? Did you forget how to log in?*

Here's some helpful information on Employee Self Service:

### What can Employee Self Service do for me?

1. View your past paycheck information from 1/1/2009 until present.
2. View W-2 information after they are created (keep in mind this will only be available when 2009 W-2s are done). In future years you will be able to look back at prior year W-2 data at any date.
3. You can review the following data as we have stored it in our database:
  - Your address (important as W-2's are sent here as well as any payroll/benefits related information)
  - Your email address (also important as this is where your payroll advice is being sent if your bargaining unit has agreed to this)
  - View your W-4 withholding information
  - View and change your emergency contacts
  - View and change your telephone number on-line



\*Some people have asked why we cannot allow employee's to update their address and email thru this website. Payroll and Benefits staff must submit many forms to ensure all areas needing your information changed are aware. In order to ensure this is done properly, we ask that you contact us directly to change this information and we will forward any necessary forms to you.

4. View your time off accrual balances as recorded in our payroll software.
5. Access links to various Employee Benefits related websites.
6. Access various forms for Payroll, Benefits, and Human Resources.

### How do I log in?

1. First log on to the Walworth County home page at [www.co.walworth.wi.us](http://www.co.walworth.wi.us).
2. Choose the lower left hand link titled "Employees".
3. You will be asked for a Username and Password. This is a generic Username and password for just accessing Employee Self Service.
  - Username: walcoess
  - Password: walcoess

\*If you have an off-site log in id, you may also use that.
4. You are redirected to another web page and you must select the Employee Self Service option.
5. You should now have the Walworth County Employee Self Service website displayed. Click on Log In.
6. Enter your user name. Your username is your employee number (you do not need to enter preceding zeros. i.e. 379 is entered just that way and not 0379). If you have never logged in to Employee Self Service, your password is temporarily set to the last 4 digits of your Social Security number. Upon logging in you will be required to change the password. If you have logged in before, enter the password you changed it to. If you forgot your password, please send an email to [esssupport@co.walworth.wi.us](mailto:esssupport@co.walworth.wi.us) and we will reset it for you.

You can access this website anywhere you have access to the internet. If there are any questions, please send an e-mail to [esssupport@co.walworth.wi.us](mailto:esssupport@co.walworth.wi.us).

## **Employee Benefit Updates & Reminders**



### **Any Family Changes?**

If you have had a change in your life (marriage, divorce, birth) contact Benefits in the Finance Dept: 262-741-4949 to complete the necessary forms/documentation.

**It is very important you contact Benefits within thirty (30) days of any family changes**

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### **Student Verification**

We are currently in the process of gathering verification information for the Spring 2010 semester. Remember, for the Spring semester we will need the following:

A letter from the school stating that the student is full-time

**or**

A bill or a receipt showing payment toward tuition **AND** the student's schedule showing credits enrolled in

**or**

A copy of the Student Verification Form for the Spring 2010 Semester

If you have any questions or concerns, please email Josh Pollock at [jpollock@co.walworth.wi.us](mailto:jpollock@co.walworth.wi.us) or call 262-741-7964.

If your dependent is not attending school full-time, they may still be eligible to remain on the plan. However, please be aware that there may be tax implications on your paycheck for keeping them on your plan. Please contact Benefits at the number below if you would like more information on this option

**Student verification only applies to dependent children, age 19 and over.**

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**Feel free to forward suggestions, wellness event notices and/or programs.**

**We value your opinion and would appreciate any new ideas!**

### **Contact Information**

Employee Benefits

262-741-4949

### **Website Information**

Walworth County <http://www.co.walworth.wi.us/>

Employee Self Service <http://ess.co.walworth.wi.us/MSS/>

# January & February 2010

## Wellness Events

### January & February

**January 20** - 4:00 to 5:00 p.m.

**Slow Cooker Creations**  
Aram Public Library, Delavan

There is no fee, however, registration is required.

Contact UW-Ext at 741-4951 for more information.

**January 26** - 5:30

**Awards Presentation for WOW Stay on Track Challenge**, HHS Auditorium

Contact Linda Eastburg for more information. [eastburg@co.walworth.wi.us](mailto:eastburg@co.walworth.wi.us)

**February 18** - 5:30 to 6:30 p.m.

**Sensational Soups & Stews**  
Darien Public Library

\$2 registration fee.

Deadline for registration is February 15, 2010 (or when class is full)

Contact UW-Ext at 741-4951 for more information.

## Updates to Past Wellness Events

Results posted as available