



WALCO Buzzzzzzzz

“ Your Wellness & Benefits Newsletter”

March/April 2010

Inside this issue:

Spring is just around the corner and getting outside and exercising will be an easier task. As everyone moves thru their busy days, exercise can be an easy thing to let "slide". We all know the importance of exercise to our physical health, but exercise vastly improves our mental health as well. When you're done exercising you'll have more self confidence, you'll have a sense of accomplishment, and you'll feel more alive and ready to take on the day. It is just as important to remember the mental benefits as well as the physical benefits.

The Wellness Council would like to encourage each of you to partner up with someone to go for a walk/exercise on your break times, before work, or after work. Having someone there to help motivate yourself can be the difference between success and failure of maintaining your exercise program. Some people need that other person there to help keep us motivated. It's easier to disappoint yourself than it is to disappoint a friend or co-worker. Engage someone else in your exercise routine to add that extra motivator!

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Keep up the good work and good health!

Important Reminder

If you still have money to spend in your 2009 Flexible Medical Account, the deadline to spend this money is **March 15th**.

AND

The deadline for sending in your receipts for reimbursement for your 2009 Flexible Medical Account is **March 31st**.

Please contact Employee Benefits Corporation (EBC) to check your account balance or if you have any questions on your account. Their number is: 1-800-346-2126.

You can also access the EBC website at: www.ebcflex.com to look up your account information and print forms you may need.

Employee Wellness Council Update

The Walworth County Employee Wellness Council met on March 5, 2010. The main topic of discussion was putting together fund raising events.

The Council will be putting the finishing touches on a fund raising 5k Fun Run/Walk event for the whole family scheduled for June 19th, 2010. Our goal is to help raise funds for other wellness related programs and contests. We would like to encourage employee, spouse, kids, and community participation in this event. As more information is finalized in the next month, we will make you aware of the details. Please SAVE THE DATE!!

The Wellness Council will plan on meeting again on April 12, 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!



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>Barbara Mosley</i> | <i>HHS</i> |
| <i>Terese Rutkowski</i> | <i>HHS</i> |



100 Calorie Snack Ideas.....submitted by Terese Rutkowski, MS, RD, CD

Any question regarding this article please contact the WIC program to speak with a registered dietitian at ext. 3146

We are supersizing everything, but particularly snack foods. So even if you eat what you think is one portion, it can really be three portions, and that can definitely derail your diet. One way around the problem: Have your snacks, but keep them to 100 calories or fewer.

If you focus on the calorie count, it can make it much easier to choose a snack and much easier to stick to your diet, and you can't stray too far if you only allow yourself that 100-calorie limit.

Forget the 100 calorie packs that you buy in the store for a high price! You open the package and find a few crumbs and air and you are left still hungry!

Try these more filling economical 100 calorie treats!

- 1 reduced fat cheese stick and 3 reduced fat Triscuits
- 1/3 cup oatmeal (Old Fashioned or steel cut oats) and 2/3 cup water in microwave at 50% power for 3 minutes and 10 seconds. Add Splenda and cinnamon. Yum!
- ½ Tablespoon peanut butter on chocolate rice cake
- 1 slice whole grain bread with 1 slice fat free cheese- microwave for 15 seconds
- ½ whole grain English muffin, 2 Tablespoons Ricotta cheese and sprinkle with Italian seasoning. Broil in oven or toaster oven until bubbly
- Small orange and 1 small dove chocolate
- 2 Tablespoons peanuts
- 50 calorie hot chocolate and 1 T peanuts
- 1 bag 100 calorie microwave popcorn or 3 cups of light popcorn.
- 1 T Natural peanut butter
- 4 large carrots
- 2-1/2 Tablespoons shelled sunflower seeds
- 15 chocolate covered raisins
- 26 grapes
- 4 mini rice cakes with 2 tablespoons low-fat cottage cheese
- Half an apple with 2 teaspoons of peanut butter
- 3 oz fake crab meat (3 crab sticks)
- 1 cup snap peas and 10 baby carrots
- 2 cups strawberries
- ½ cup on the go snack mix (see recipe below)



On the Go Snack Mix:

4 cups Cheerios

2 cups pretzels, oyster crackers or popcorn

½ cup peanuts, raisins, dried cranberries or choc coated candies

Measure into ½ cup serving snack bags and take it to go!

Losing and maintaining weight is all about portion control. Buy yourself a set of measuring cups and spoons and watch your serving sizes.

Lose the SALT – But Not the Flavor

Cutting back on the salt in your diet is one way to help control blood pressure. Many people consume much more salt than their bodies need – on average, at 12 times as much, according to the American Heart Association. If you're used to salty flavors, know that you can shake the salt habit without feeling deprived. Here's how:

- ✦ **Limit** processed foods, which are usually high in sodium. Eat more fruits, vegetables and other low-sodium foods instead.
- ✦ **Drain** and rinse canned vegetables before preparing them. They'll keep a little of their salty flavor, but you'll rinse away about a third of sodium, according to the USDA.
- ✦ **Try** packaged foods labeled as low sodium.
- ✦ **Season** vegetables, poultry, and fish with lemon juice rather than salt.
- ✦ **Try** cooking with salt-free seasonings, such as vinegar and herbs.
- ✦ **Prepare** plain brown or white rice instead of flavored rice mixes. Flavor with herbs or olive oil.
- ✦ **Snack** on "lightly salted" popcorn and pretzels and "no-salt-added" peanuts.

Remember. Try adding these tips gradually to get used to a lower-salt life. You'll eat healthier without sacrificing taste.



Hidden Ways to Help Your Heart

The **good news** about heart disease – America's No. 1 Killer – is that a healthy heart is within everyone's reach. You know some of the rules: Eat less fat, eat more fruits and vegetables; and keep blood pressure and cholesterol levels in check. But there are more ways to boost heart health:

Don't Skip Breakfast. Most heart attacks occur between 7 a.m. and noon – possibly because the cells that help clot, called platelets, are stickiest then. Eating breakfast appears to make platelets less sticky.....and less likely to clump together and block a vital artery.

Lighten up. People who overreact to stressful situations are more likely to have heart trouble. In one study, people whose blood pressure and heart rate jumped the most during frustrating tests were also the ones more likely to have reduced blood flow to the heart.

Meet the "A's." You may have heard about the antioxidants – vitamins A, C and E and beta-carotene that appear to slow plaque formation in the arteries.

Kick Tobacco if you are using it. Smoking affects more than your lungs. Fact is, with a few years of quitting, you'll cut your risk of heart attack by at least half, similar to those who never smoked.

Get off the Couch. Sedentary living – not high cholesterol – is one of the greatest risk factors in heart attack deaths. Just a half hour of moderate physical activity most days of the week can deliver fitness benefits similar to traditional exercise routines.

WOW – Walkers of Walworth.....submitted by Linda Eastburg

WOW coordinated a healthy cooking class at Gooseberries Market on February 16th. These smiling participants attest to the fact that the class was a lot of fun and the food was outstanding. This class will be repeated on March 16th and there are a few spots open. If you are interested, cost of the class is \$35. Checks should be made payable to the Walkers of Walworth and sent to Linda Eastburg in the Veterans Office. Email her at eastburg@co.walworth.wi.us



WOW is raffling this quilt as a fundraiser. Tickets are \$5 each or 3 for \$10. Proceeds will be used to run the future challenges, events and equipment for the soon to be renovated former county board room. Your support would be appreciated. The quilt will be located in various county departments during the next couple weeks. To purchase tickets or to view the quilt in person contact Linda Eastburg in the Veterans office, eastburg@co.walworth.wi.us or Penny True-Dauffenbach in the Clerk of Courts, Penny.True-Dauffenbach@wicourts.gov





Employee Assistance Program - EAP

Another area to remember to utilize in various areas of your wellness is our Employee Assistance Program (EAP). Many people think EAP is only for those times where help is needed due to emotional need or to help you thru a "rough patch". The fact is our EAP program provides many more opportunities to you as an employee and you should take advantage of this resource. You can turn to our EAP vendor for legal advice, financial planning, help finding child care, diet/fitness, and to a coupon clipper. There are many resources for you to utilize. All of your information is confidential with the vendor.

Please take a look at their website to find out the resources available to you at <http://www.horizoncarelink.com/login.aspx>

The username is "Walworth County" and the password is "eap".

You will be surprised what you resources you have available to you as an employee of Walworth County!

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

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/>

March & April 2010

Wellness Events

March & April

Tuesday, March 16

Healthy Cooking Classes

Gooseberries Market, Burlington
Contact Linda Eastburg for more information
eastburg@co.walworth.wi.us

Tuesday, April 13-6:00 to 7:00 p.m.

Preparing to Preserve Workshop

Aram Public Library, Delavan
No Course Registration Fee
Contact UW-Ext at 741-4951 for more information.

Thursday, April 15-3:00 to 4:30 p.m.

Cooking for One or Two

Matheson Memorial Library, Elkhorn
No Fee—however, pre-registration is required.
Deadline for registration is April 9, 2010
(or when class is full)
Contact UW-Ext at 741-4951 for more information.

Future Wellness Events

Walworth County Employee Wellness Fundraiser

5K Run/Walk — Saturday June 19, 2010

Aurora Lakeland Medical Center Farmers Market -

Every Tuesday from 07/13/10 — 09/28/10, 2:00 — 5:00 p.m.

For more information contact Shelby Maier 262-249-4614