



# WALCO Buzzzzzzzz

"Your Wellness & Benefits Newsletter"

May/June 2010

## OPEN TO THE COMMUNITY

### **"Get Fit 5K" Family Fun Run/Walk June 26, 2010**

Pre-register by June 11, 2010

\$10.00 - Walkers - \$15.00 after June 11

\$15.00 - Runners - \$20.00 after June 11

\$5.00 - 6-12 Kids - \$10.00 after June 11

Kids 6 and under free

Free t-shirts to the first 150 registered Participants

For more information contact

Valerie Etzel at [vetzel@co.walworth.wi.us](mailto:vetzel@co.walworth.wi.us)

Dale Wilson at [dwilson@co.walworth.wi.us](mailto:dwilson@co.walworth.wi.us)

Phone 262-741-4949

Visit the following link for the registration form.

[http://www.co.walworth.wi.us/walco.nsf/aa617c761ff04a488625770a004999dd/\\$FILE/getfit5k.pdf](http://www.co.walworth.wi.us/walco.nsf/aa617c761ff04a488625770a004999dd/$FILE/getfit5k.pdf)

### Inside this issue:

Employee Wellness Council	2
Allergy Facts	3
Wellness Articles	4
WOW – Walkers	5
Employee Benefit Updates/Reminders	6
Wellness Calendar	7



**Employee Wellness Council Members**

*Dale Wilson*

*Finance/Employee Benefits*

*Josh Pollock*

*Finance/Employee Benefits*

*Valerie Etzel*

*Finance/Employee Benefits*

*Ken Brauer*

*Sheriff's Department*

*Rich Colbert*

*IT*

*John Miller*

*Public Works*

*Colleen Lesniak*

*UW-Extension*

*Barbara Mosley*

*HHS*

*Terese Rutkowski*

*HHS*



## **Fitness Boot Camp**

5:30 a.m. - 6:30 a.m. (summer hours)

Walworth County Gymnastics Center  
Elkhorn

Body weight work out (example: push ups, sit ups, jumping jacks). This is a total body work out every class – it will help you lose inches and build muscle mass.

6 weeks of unlimited sessions for \$60

Please call Amy Limones at (262) 728-3232 for more information.

# 5 Amazing Allergy Facts

## Sensitive to pollen?

- 1 Wash your hair before bedtime.  
**Reason:** You'll remove any pollen and keep it from settling on pillows and bedding. Also, Avoid irritants such as tobacco smoke, automobile exhaust, hair spray and perfume; wash your hands frequently; plan outdoor activities when pollen counts are low.
- 2 The best time to take an antihistamine which helps block allergic reactions is before symptoms start. **Just remember:** Some allergy medications can cause sleepiness. So never take one when safety requires you to be alert. **Suggestion:** Ask your health care provider about antihistamines that cause less drowsiness.
- 3 Dust Mites love to nest in area rugs and make you sneeze and itch. **If you're allergic, Australian researchers offer a simple solution:** Place area rugs outdoors in direct sunlight for few hours until they become warm and dry. **Result:** Mites dry up and die.
- 4 Moving to another location is no guarantee of allergy relief. **Why:** People usually develop allergies to their new region's pollens and molds within a few years of moving. **Plus:** Most allergy-provoking grasses are widespread throughout the world.
- 5 As many as 20% of Americans believe they have a **food allergy**, but true food allergies are actually rare. What most people consider **food allergies** are usually signs of digestive problems, food poisoning or stress.



# Simple Tips to Slimmer Waists

Everyone knows that eating right and exercising are the keys to weight control. But here are some less obvious tips to make your efforts pay off fast.

**Eat Breakfast.** It's true – regular meals and occasional low-calorie snacks help prevent the “famine-then-feast” syndrome. Great start: Fill up first thing with energizing high-fiber cereal, whole-grain bread and fruit.

**Post a list of small projects on the refrigerator.** Then, whenever you're bored and tempted to snack, tackle an item from your list. Result: the distraction will help you ride out crave attacks.

**Serve yourself half the amount** you usually eat if you tend to eat everything in front of you. Make less food look like more by using smaller plates.

**Keep burning fat and calories** with regular aerobic exercise such as walking, biking, swimming or rowing. **Advantage:** Aerobics can raise your metabolism both during the workout and for hours afterward, the longer the session the better.

**Bite into a pickle or a lemon.** **Advantages:** Neither have any calories to speak of, and the sour taste may curb your appetite. Don't have either? Try brushing your teeth.

**Take time to enjoy your food.** It takes about 20 minutes for your brain to receive the signal that you're full. **Slow your meal:** put your fork down between bites; chew slowly; and savor each flavor and texture.

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## How to Boost Your Brainpower

Do you sometimes feel as if your brain is running on empty? Here's how to keep it in shape so you can pump up your problem solving abilities, fight forgetfulness and think more clearly:

### **Practice mentally.**

Studies of athletes indicate that ski run between competitions can boost performance. **Possible reason:** Mental rehearsals may build mental “muscle” by sparking the brain connections needed during the real thing.

**Focus your attention.** To **help remember “where”:** If you tend to misplace your car keys, for example, say to yourself, “I'm placing the keys on the shelf by the hallway mirror.”

**To help remember “when”:** Note the weather, the day's headline news or what you're wearing at the time of performing a task.

**Use it or Lose it.** Research suggests that as you age, you can reverse a decline in thinking abilities by becoming more mentally active. **Smart moves:** Learn a new language, study a new subject, play games like checkers, and do crosswords and other puzzles.

**Keep fit.** Evidence shows that people in their 70s and 80s who stay healthy can expand their brainpower and easily match the mental abilities of a 30 year old. **Helpful:** Keep physically active, manage stress and maintain a positive attitude.

## WOW – Walkers of Walworth INTERCOUNTY CHALLENGE

For more information please contact Linda Eastburg at ext 4222 or eastburg@co.walworth.wi.us

The time of year has rolled around again for the inter-county challenge. For the past two years we have done this challenge with Racine County but this year they are working on a Welcoa Well Workplace award and couldn't fit our challenge into their summer schedule.

Therefore, we are doing a challenge with Waukesha County this year. The grounds rules have changed a bit so be sure to look this over.

We will form small teams this year. Teams may consist of 2 to 6 members. Each team will select a captain and a team name. The captain will be responsible for reporting the team's numbers to Linda Eastburg every Tuesday before 5:00 p.m. *ANY TEAM THAT DOES NOT REPORT IN A TIMELY MANNER WILL NOT HAVE THEIR NUMBERS RECORDED FOR THE WEEK.* All teams must register with Linda Eastburg by JUNE 1<sup>ST</sup>.

The challenge is based on the premise that 20 minutes of aerobic exercise equals 1 mile. You may do any kind of aerobic exercise that you choose. Some examples would be walking, biking, step aerobics, elliptical, cycling, etc. You can mix up activities if you wish you keep it from getting monotonous. Any activity that gets your heart rate up and keeps it up for the full 20 minutes can be done.

Each team member will have a goal to do 100 minutes (5 miles) of aerobic activity a week. The team goal would be the number of members' times 100 minutes. For example, a 5 member team would have a goal of 500 minutes (25 miles).

We will map our progress by "walking" the Wisconsin State Parks and Recreation Areas. We'll see that each team gets a map so that you can plot your miles against other Walworth County teams and as a whole we can plot them against Waukesha County.

This challenge will last for ten weeks beginning June 6<sup>th</sup> and ending August 14<sup>th</sup>. The week runs from Sunday to Saturday.

The county with the largest percentage of teams who have made their goal each and every week will determine the winner. The winning county will be awarded the traveling trophy that is currently in our possession.

The Walkers of Walworth will award prizes as follows:

At the end of 5 weeks:

Each member of the team that is in first place	\$15 Gift Certificate
Each member of the team that is in second place	\$10 Gift Certificate
Each member of the team that is in third place	\$ 5 Gift Certificate

At the end of 10 weeks:

Each member of the team that is in first place	\$30 Gift Certificate
Each member of the team that is in second place	\$20 Gift Certificate
Each member of the team that is in third place	\$10 Gift Certificate

We will be purchasing gift certificates from Gooseberries Market, a local spa, and a local sporting goods store. Each member may indicate to us which of these three places they would like their certificate to come from. Certificates will not be awarded until the challenge has ended.

Also, each individual participant that turns in miles for each week of the challenge will have their name entered into a drawing for a collection of health related items. Each team captain will be responsible for keeping track of their members who reach this requirement.

We are hoping that this challenge will encourage more participation as you may do the kind of exercise that you personally enjoy. We would like to see AT LEAST 100 employees and managers sign up.



**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 resources you have available to you as an employee of Walworth County!

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**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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**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/>

# May & June 2010

## Wellness Events

### May & June

#### Preparing to Preserve Workshop

**Tuesday, May 13 – 1 p.m. - 2:00 p.m.**  
East Troy Lions Public Library  
No Course Registration Fee  
Contact UW-Ext at 741-4951 for registration details.

#### Dry Beans In Your Diet

**Tuesday, May 18 3 p.m. - 4 p.m.**  
UW-Ext - Walworth Co Gov't Center Rm 214  
\$2 Fee, Registration Deadline May 11, 2010  
Contact UW Ext at 741-4951 for registration details

#### Preparing to Preserve Workshop

**Tuesday, June 1 –3 p.m. - 4:30 p.m.**  
Matheson Memorial Library - Elkhorn  
No Course Registration Fee, Contact UW-Ext at 741-4951 for registration details.

#### Employee Wellness 5K Run/Walk

**Saturday June 26, 2010 - Race Time 9:00 a.m.**  
For more information contact Valerie Etzel at [vetzel@co.walworth.wi.us](mailto:vetzel@co.walworth.wi.us) or Dale Wilson at [dwilson@co.walworth.wi.us](mailto:dwilson@co.walworth.wi.us), 262-741-4949  
[www.co.walworth.wi.us](http://www.co.walworth.wi.us)

#### FAMILY FUN MORNINGS! Beginner ZUMBA & Family Snack Time

**Tuesdays, June 15-August 31, 2010**  
**9:00 a.m.— 10:00 a.m.**  
Classes are \$1 per person (\$5 max per family).  
Kids under 2 FREE. No preregistration is required  
Contact UW Ext at 741-4951 for information.

#### Jams and Jellies 101

Classroom Instruction:  
**Tuesday, June 22 – 6:00 - 7:30 p.m.**  
Hands on Jam & Jelly Making Class:  
**Wednesday, June 30 – 5:30 - 8:30 p.m.**  
Badger High School, Room 321, Lake Geneva  
Course registration fee \$45. Contact UW-Ext at 741-4951 for registration details.

## Future Wellness Events

**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**