



WALCO Buzzzzzzzz

“ Your Wellness & Benefits Newsletter”

July/August 2010

On June 26, 2010, the Walworth County Employee Wellness Council held its first annual Get Fit 5k at the Kettle Moraine Nordic Trails. Even with all the rain experienced in the week leading up to the event, all participants and volunteers were able to stay dry.....except for the "moisture" from the heat! In all, we had 89 registered participants that day:

- 26 - Runners
- 50 - 5K Walkers
- 13 - Kids Route Walkers

Our top overall time for the runners goes to Chris Ponteri who ran the 3.3 miles in 21 minutes and 3 seconds! Below are the medal winners for the different age brackets:

Age Group	Place	Name	Finish Time
11 year old	First	Gage Wood	32:11:00
13-18	First	Alex Fauls	28:12:00
19-24	First	Anna Serafin	27:42:00
25-30	First	John Kelley	21:43:00
	Second	Justin Igl	26:14:00
	Third	Melinda Pedersen	28:08:00
31-40	First	Kevin Warneke	23:40:00
	Second	Chris Riek	26:55:00
	Third	Angela Bastian	27:17:00
41-50	First	Chris Ponteri	21:03:00
	Second	Vicki Taylor	32:10:00
	Third	Kristi Schiller	33:03:00
51 & Up	First	Neil Frauenfelder	23:18:00
	Second	Dave Haberman	26:18:00
	Third	Greg Igl	30:15:00

Inside this issue:

5k Event Pictures	2
Employee Wellness Council	3
Wellness Quiz	4
Wellness Article	5
Employee Benefit Updates/Reminders	6
Wellness Calendar	7

Congrats to all of our winners!! We felt the first event was a success and we plan on hosting the event again next year. We are hoping to hold the event in May to avoid the heat and to hopefully steer clear of any summer plans people may have.

We would like to thank our sponsors as well. A big thanks to the following sponsors and volunteers:

Amateur Radio Emergency Service (Hams Radio)	Lauderdale LaGrange Fire Department
Aramark Correctional Services	Rhyme Business Products
Aropa Designs	Sentry of Elkhorn
Auxiant	The Horton Group
Health Payment Systems	

Countless individual volunteers (you know who you are!!)

Without the help and support of all these people our event would not be possible. A big THANK YOU from the Walworth County Employee Wellness Council.

The proceeds from the event will be directed by the Wellness Council to support our mission to help improve our overall employee wellness. Hope to see you all next year! Please pass along any ideas to one of the wellness council representatives for improvement to our event or for future ideas.

5k Run/Walk Pictures – June 26, 2010



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>

***8th Annual Elkhorn Kiwanis
Fit for Life Run/Walk***

August 7, 2010

If anyone is interested in signing up for the 5 mile or 2 mile run, or the 2 mile walk, please contact Dawn Nettesheim at ext. 7229 or dnettesheim@co.walworth.wi.us. The entry fee is \$20 per person, but groups of 8 or more will lower the entry fee to \$15 per person. For more information regarding the event, please go to www.fitforliferun.com.



1. A 5.3 ounce serving of asparagus provides _____ of the recommended daily allowance for folican.
 - a. 20%
 - b. 40%
 - c. 60%
 - d. 80%

2. Stretching helps prevent age-related height loss.
 - a. True
 - b. False

3. Americans are now consuming almost 100 more calories a day compared to 20 years ago.
 - a. True
 - b. False

4. For those under 50, the “weakest leg” for retirement income is_____?
 - a. Employer-sponsored retirement benefits
 - b. Social Security and Medicare benefits.
 - c. Personal Savings.

5. Beginning to talk about your feelings of loss and sadness is one of the most important steps in moving toward normal mental health.
 - a. True
 - b. False

6. Buying used exercise equipment can be great way to make regular exercise more affordable.
 - a. True
 - b. False

7. If you’re still hungry after cutting your portion sizes, filling up on fruits and vegetables can also cut your cancer risk.
 - a. True
 - b. False

8. Which of these strategies is not a good tip for eating smaller portions?
 - a. Order a small size fry instead of the large size.
 - b. Get half your meal in a “to-go” box for later meal.
 - c. Share an entrée with a friend.
 - d. Eat snacks (such as chips) right out of the bag.

Loosen Up

6 great Reasons to Stretch

“You know you need to improve your flexibility when you truly believe a good stretch is fully extending the footrest on your favorite recliner.”

In the simplest terms, there are two primary reasons to stretch. 1) It's good for the body, and 2) It's good for the mind. But let's take a closer look at why we must stretch...

➤ *Stretching will make you stand taller.*

Stretching helps to prevent age-related height loss. In addition, stretching can help maintain proper joint alignment, leading to a more erect posture at any age.

➤ *Stretching will make you feel better.*

Stretching is an excellent way to relax and reduce stress. Many people stretch with intensity, holding extreme, overextended positions. But proper stretching at a lower intensity can be a therapeutic way to relax and naturally vent anxiety.

➤ *Stretching decreases the chance and/or severity of injury.*

Stretching makes our tissues more elastic and less likely to tear or strain. It's not the cure-all to injury, but it is one of the most important injury prevention measures you can take.

➤ *Stretching helps relieve age-related muscle stiffness.*

As we age, muscle stiffness makes it more difficult to perform routine daily tasks. Regular stretching can combat age-related stiffness by helping to keep our muscles and other tissues elastic.

➤ *Stretching focuses the mind.*

By spending time stretching before a workout or competition, we can prepare mentally for upcoming physical activity. This allows us to focus on the task ahead and commit ourselves to a specific goal, be it competitive or personal.

➤ *Stretching could save your life.*

It's true, stretching prepares the body for the increased demands of physical activity by elevating the heart rate and increasing blood flow. This can prevent a stroke or heart attack caused by an immediate strain on the heart and circulatory system.



Walworth County has chosen the SupportLinc Employee Assistance Program (EAP), a CuraLinc Healthcare service, to provide support, resources and information to you and your family. These services are provided confidentially and at no cost to you. SupportLinc offers assessments, short-term counseling and professional referrals for life's everyday problems.

Please take a look at their website to find out the resources available to you at:

www.support-linc.com

Username - walworthcounty (no spaces)

Password - linc123 (no spaces)

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/>



July & August 2010

Wellness Events

July & August

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

<http://www.uwex.edu/ces/cty/walworth/>

Raising Healthy Eating

Thursdays, June 17-August 5, 2010

1:30 p.m. — 3:00 p.m.

Contact UW Ext at 741-4951 for information

<http://www.uwex.edu/ces/cty/walworth/>

Tomatoes & Salsa

Tuesday, August 10, 2010

6:00 to 7:30 p.m.

Contact — Angela Meyers

Matheson Memorial Library

101 N. Wisconsin Street

Elkhorn, WI 53121 - 262-723-2678

8th Annual Elkhorn Kiwanis Fit for Life Run/Walk

August 7, 2010

Contact Nettesheim at ext 7229 or

dnettesheim@co.walworth.wi.us The entry fee is

\$20 per person, groups of 8 or more 415 per person.

For more information visit

www.fitforliferun.com

Let's Salsa: Canning Tomatoes and Salsas for Beginners

August 3 & 24, 2010

Big Foot Union High School, Walworth

Classroom Instruction:

Tuesday, August 3rd, 6:00 to 7:30 p.m.

Hands On Salsa Preparation:

Tuesday, August 24th, 5:30-8:30 p.m.

Contact UW Ext at 741-4951 for information

<http://www.uwex.edu/ces/cty/walworth/>

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**