



WALCO Buzzzzzzzz

“ Your Wellness & Benefits Newsletter”

July/August 2011

Inside this issue:

On May 21, 2011, the Walworth County Employee Wellness Council held its second annual Get Fit 5k at the Kettle Moraine Nordic Trails. The weather was perfect that day and moving the event from June to May seemed to work better. The course was in great condition and from the most experienced runner to the person out for a leisurely stroll.....everyone seemed to have a great time. The tremendous volunteer help again this year made the event go very smooth. A big thanks to all who volunteered and the participants. We hope to see you all again next year! In all, we had 82 registered participants that day:

- 46 - Runners
- 36 - 5K Walkers

Our top overall time for the runners goes to Chris Ponteri who ran the 3.3 miles in 21 minutes and 40 seconds! Below are the medal winners for the different age brackets:

Age Group	Place	Name	Finish Time
12 year old	First	William Gamroth	29:24:00
13-18	First	Tyler Fridley	28:31:00
	Second	Christian Fritz-Klaus	29:14:00
	Third	Sarah Vivian	31:28:00
19-24	First	Jennifer Taylor	24:35:00
	Second	Laura Igl	33:42:00
	Third	Mallory Plucinski	43:21:00
25-30	First	Justin Igl	25:31:00
	Second	Zeke Wiedenfeld	30:13:00
	Third	Haley Rea	30:15:00
31-40	First	Rob Slauson	22:46:00
	Second	Kevin Warneke	23:09:00
	Third	Roy Carlson	24:15:00
41-50	First	Chris Ponteri	21:40:00
	Second	Jeff Recknagel	23:42:00
	Third	Tim Gamroth	25:28:00
51 & Up	First	Neil Frauenfelder	22:19:00
	Second	Dave Haberman	25:21:00
	Third	Greg Miller	30:25:00

5k Event Pictures	2
Wellness Article	3
Recipe	4
Wellness Quiz	5
Employee Benefits Updates/Reminders	6
Bike Group	7
Wellness Council	8

We would like to thank our sponsors as well

Amateur Radio Emergency Service (Hams Radio)	Lauderdale LaGrange Fire Department
Aramark Correctional Services	Rhyme Business Products
Aropa Designs	Daniels Sentry of Elkhorn
Auxiant	Mt. Olympus Water & Theme Park, Wisconsin Dells
Health Payment Systems	East Troy Choice Mixed Martial Arts
Serve you	Curalinc
Interactive Health Solutions, Inc	Nationwide Retirement Solutions
Grand Geneva Resort	Lake Geneva YMCA
Piggly Wiggly – Delavan	FLAC
Countless individual volunteers (you know who you are!!)	

5k Run/Walk Pictures – May 21, 2011



Picking Perkier Produce

When shopping for vegetables, look for color and crispness.

Although you can usually find most vegetables year-round, they are usually at their best quality (and price!) at the peak of their season. Avoid produce that looks wilted or bruised, even if it is offered at a discounted price. If you have questions about what each vegetable or fruit should look like, the US Department of Agriculture's Agricultural Marketing Service has a set of publications that list exactly what to look for. They are available at <http://www.ams.usda.gov/howtobuy/>.

It might be tempting to fill up your cart with fresh produce, but think about how much you will actually have time to eat. Try these tips to increase your fruit and vegetable intake while saving time (and money!):

- **Try grab-and-go fruits**, such as apples or bananas, that don't require any kind of preparation.
- **Look for pre-washed, pre-cut vegetables**, such as bagged salad mix or baby carrots.
- **Buy in bulk, but beware.** Buying in bulk is not always better. For example, if you know your family won't eat more than four potatoes, buying an entire bag because it's the better value really won't save you any money. You'll end up spending more for the bigger bag, then just throwing it away.



Preparation Tips For Your Produce

Begin with clean hands. Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.

- ✓ Cut away any damaged or bruised areas on fresh fruits and vegetables before preparing and/or eating. Produce that looks rotten should be discarded.
- ✓ All produce should be thoroughly washed before eating. This includes produce grown conventionally or organically at home, or produce that is purchased from a grocery store or farmer's market. Wash fruits and vegetables under running water just before eating, cutting or cooking.
- ✓ Even if you plan to peel the produce before eating, it is still important to wash it first.
- ✓ Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended.
- ✓ Scrub firm produce, such as melons and cucumbers, with a clean produce brush.
- ✓ Drying produce with a clean cloth towel or paper towel may further reduce bacteria that may be present.

What About Pre-washed Produce?

- ✓ Many pre-cut, bagged produce items like lettuce are pre-washed. If so, it will be stated on the packaging. This pre-washed, bagged produce can be used without further washing.
- ✓ As an extra measure of caution, you can wash the produce again just before you use it. Pre-cut or pre-washed produce in open bags should be washed before using.

Source: www.fda.gov

Wellness Council of America
17002 Marcy Street, Suite 140 | Omaha, NE 68118
Phone: 402.827.3590 | Fax: 402.827.3594
www.welcoa.org



ginger-lime salmon



Measure: Ingredients:

1½ lbs.	salmon fillet, cut in 4 pieces
2	limes
1-inch	section fresh ginger root, peeled and thinly sliced
4 tbsp.	plant-sterol margarine, well-chilled
2 tbsp.	shallots, minced
2 tbsp.	rice vinegar
½ tbsp.	dill (optional)
2 tsp.	reduced-sodium soy sauce
⅛ tsp.	celery seed

Preparation:

Preheat the oven to 450°. Place the salmon in the center of a large piece of foil. Lay half the ginger slices on top of the salmon. Cut 2 strips of lemon zest from one of the limes. Set them aside and thinly slice the lime. Place two lime slices on top of each piece of salmon. Seal the foil, making a packet. Bake for 15 minutes.

Place the remaining ginger, the strips of lime zest, shallots, vinegar, soy sauce and celery seed in a medium saucepan and set over high heat. When the liquid has boiled down to two tablespoons, reduce the heat to low. Whisk the cold margarine, 1 tablespoon at a time, into the pan.

Slice the second lime. Open the packet of salmon. Discard the cooked lime and ginger. Set each piece of salmon on a dinner plate. Spoon some of the shallot sauce over the salmon. Top with two fresh slices of lime, sprinkle with dill (optional) and serve immediately.

Number of Servings: 6

Nutrition Analysis: *Calories 273, Fat 15g (Sat. 2g), Cholesterol 65mg, Protein 31g, Sodium 193mg, Carbohydrate 3g*

Forbidden Rice and Vegetables

Ingredients

1½ cups	forbidden black rice	¼ cup	pecans, pan-toasted
3 cups	water	¼ cup	green onion, thinly sliced
2 cups	vegetables of choice, finely chopped	2 tbsp.	sesame oil
¾ cup	low-fat honey-dijon salad dressing	¼ tsp.	cayenne pepper
		¼ tsp.	black pepper

Directions: Place rice and water in a medium pot. Cover with a tight-fitting lid. Bring to a boil, then reduce heat and simmer 30 minutes. Don't peek! Stir cooked rice to break up clumps. Set aside to cool in a large bowl. Meanwhile, cook the vegetables in the two tablespoons of sesame oil. Cool. Combine the vegetables with half of the salad dressing. Add vegetables to cooked rice and stir gently, adding the remainder of the dressing. Mix in toasted pecans and green onions. Season to taste with cayenne and black peppers. Serve chilled or at room temperature.

Nutrition: *Calories: 210, Total Fat: 9, Cholesterol 0mg, Sodium 157mg, Carbohydrate 31g, Protein 5g*

Number of servings: 8



Wellness Council of America
17002 Marcy Street, Suite 140 | Omaha, NE 68118
Phone: 402.827.3590 | Fax: 402.827.3594
www.welcoa.org

WELLNESS MONTHLY Quiz

1. Which of the following is NOT a recommended tip when washing your produce?
 - a. Quickly wash your produce with mild soap and tap water.
 - b. Scrub firm produce (melons, cucumbers) with a clean produce brush.
 - c. Prior to peeling the produce before eating, it is still important to wash it first.
 - d. Drying produce with a clean cloth towel or paper towel may further reduce bacteria.

2. In 2000 alone, shoppers saved \$1.6 billion by using coupons.
 True False

3. The typical American consumes 3 hamburgers and 4 orders of fries every week.
 True False

4. It is estimated that each alcoholic affects the lives of at least four other people.
 True False

5. The best time to handle a tough conflict at work is when the other person is late for a meeting.
 True False

6. Approximately _____ of individuals age 65 and older fall at least once a year. Agility training could help prevent falls.
 - a. 10%
 - b. 20%
 - c. 30%
 - d. 40%

7. A sunscreen with a sun protection factor of at least 15 blocks 15 percent of UV rays.
 True False

8. Which of the following is a good tip to avoid overdrawing your checking account?
 - a. Budget for overdraft fees.
 - b. Have your paycheck made as an instant deposit.
 - c. Try to remember all of your transactions and current balance.
 - d. Take the time to balance your checkbook.

Wellness Council of America
17002 Marcy Street, Suite 140 | Omaha, NE 68118
Phone: 402.827.3590 | Fax: 402.827.3594
www.welcoa.org

(1) A (2) False (3) True (4) True (5) False (6) C (7)
False (8) D

Employee Benefit Updates & Reminders

And remember, as a Walworth County employee, you are provided with access to the SupportLinc Employee Assistance Program (EAP). This valuable benefit offers professional and confidential assistance to you and your immediate family members.

Your benefits through the SupportLinc EAP include (but are not limited to) the following:

- ✚ Counseling**
Up to three (3) sessions with a licensed clinician near your home or place of work.
- ✚ Legal Services**
Free telephonic or (30-minute) face-to-face consultation with a local attorney.
- ✚ Elder Care Services**
Resources and referrals for elder and adult care facilities, home health agencies, assisted living facilities, social and recreational programs, and long-distance caregiving
- ✚ Financial Services**
Expert financial planning and consultation from licensed financial counselors
- ✚ Additional Services**
Resources and referrals for pet care, relocation, automotive repair, couponing and much more!

Visit the SupportLinc website at www.support-linc.com for a complete listing of available services, or call toll-free 888-881-LINC (5462). Services are available 24 hours a day, 7 days a week.

SupportLinc EAP Services:
Toll-Free Phone Number: 888-881-LINC (5462)
Website: www.support-linc.com
Web Username: walworthcounty
Web Password: linc123

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

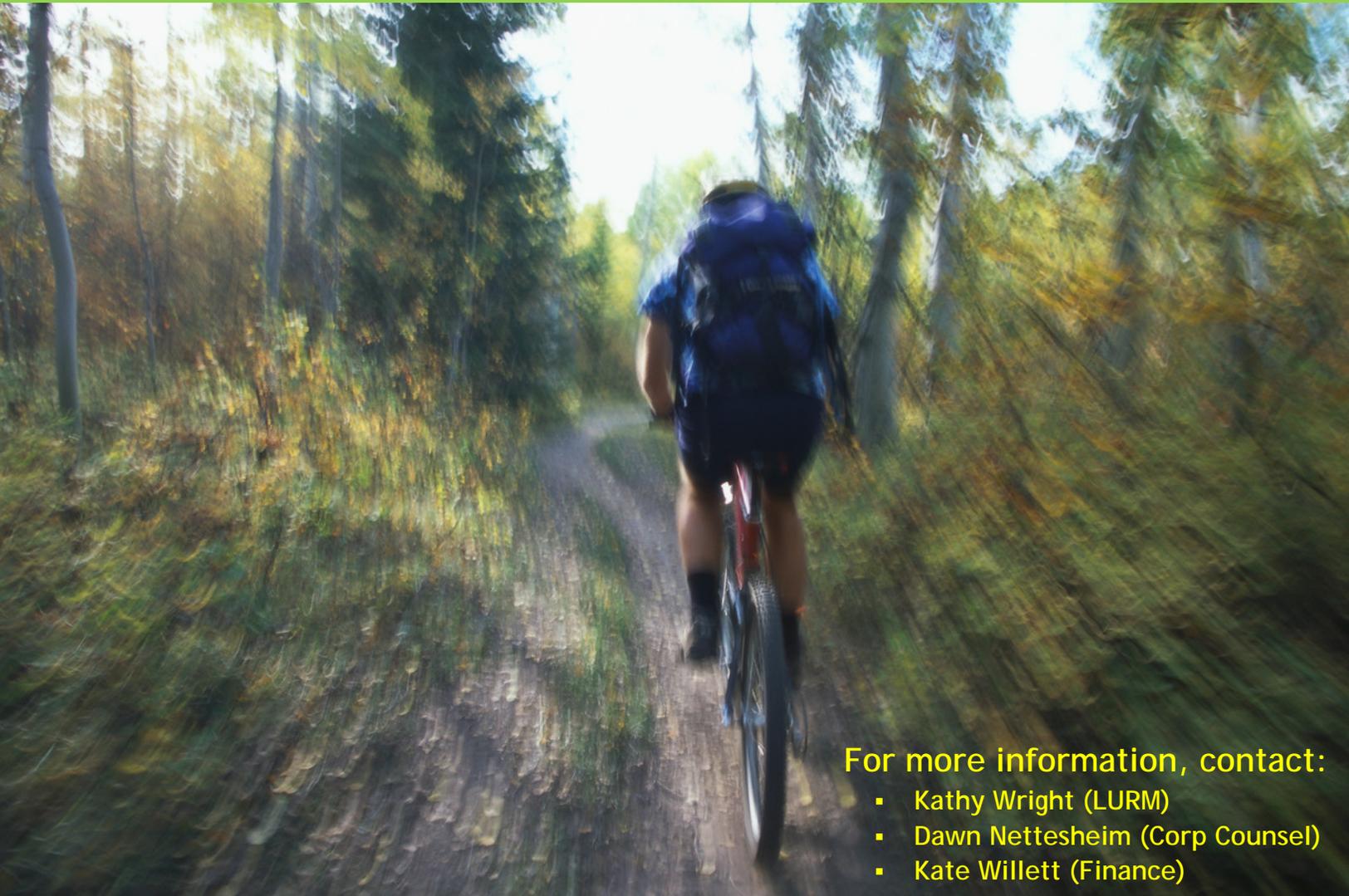
Ready for fresh air, exercise and fun?

Grab your bike, gear up,

and join the Wednesday bikers *(formerly the Wednesday after-work video exercise group)* on the

WHITE RIVER STATE TRAIL!

- Wednesday evenings at 5:15 p.m. *(weather permitting)*
- Meet at the Elkhorn trailhead.
- You'll need to buy a [State Trail Pass](#). Both day and annual passes are available.



For more information, contact:

- Kathy Wright (LURM)
- Dawn Nettesheim (Corp Counsel)
- Kate Willett (Finance)

*The White River State Trail is 11.5 miles from the Elkhorn to Burlington trailheads.
Bikers are welcome to join us for any portion of the ride.*

Our pace varies from 10-15 mph but don't worry ... we'll adjust for any less-experienced bikers!

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>Terese Rutkowski</i>	<i>HHS</i>

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/>