



WALCO Buzzzzzzzz

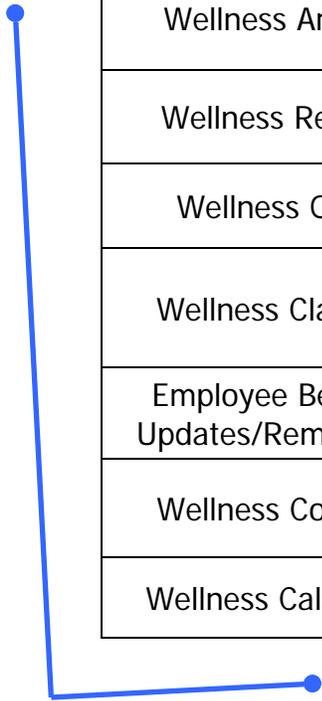
"Your Wellness & Benefits Newsletter"



March/April 2011

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COMING SOON.....

MARK YOUR CALENDARS
REGISTRATION INFORMATION TO FOLLOW



May 21, 2011

Race Location:
Kettle Moraine Nordic Trail

Eat Right With Color

National Nutrition Month - March, 2011

Information Provided by - *Terese Rutkowski, RD* - WIC Supervisor

Eat Right With Color is the 2011 National Nutrition Month[®] theme. The American Dietetic Association encourages you to add color and nutrients to your meals.

Food variety supplies different nutrients. To maximize the nutritional value of your meal, include healthful choices in a variety of colors.

Here are some ways to brighten up your plate in every season with this quick color guide.

Green produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks. Try avocado, apples, grapes, honeydew, kiwi, artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach.

Orange and **deep yellow** fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers. Try apricots, cantaloupe, grapefruit, mango, papaya, peach, pineapple, carrots, yellow pepper, yellow corn and sweet potatoes.

Purple and **blue** options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks. Try blackberries, blueberries, plums, raisins, eggplant, purple cabbage, purple-fleshed potatoes.

Red indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks. Try cherries, cranberries, pomegranate, red/pink grapefruit, red grapes, watermelon, beets, red onions, red peppers, red potatoes, rhubarb and tomatoes.

White, **tan** and **brown** foods sometimes contain nutrients that may promote heart health and reduce cancer risks. Try: banana, brown pear, dates, white peaches, cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potato and white corn.

Choose a variety of colors when shopping for seasonal fruits and vegetables. For additional options in the color palette, choose frozen or dried fruits and vegetables available throughout the years.

Instead of grilled chicken and mashed potatoes, consider painting a more colorful plate, such as grilled chicken topped with salsa, mashed sweet potato, asparagus and spinach salad with orange slices. A colorful meal is not only visually appealing, but it also contains a variety of nutrients and is quite flavorful.

WIC has Nutrition experts including two Registered Dietitians (RDs). If you have a question or would like some recipes give us a call at x 3146. Visit eatright.org for some great nutrition information.

Try this recipe:

Colorful Oven Vegetables
~ 10 servings ~

Ingredients:

4-5 T. olive oil
1/2 tsp. dried thyme
1/4 to 1/2 tsp. salt
1/4 tsp. pepper
2 cup broccoli florets
3 cup cauliflower
3 small zucchinis
6 medium carrots, julienned
3 small sweet onions, quartered
1 large red pepper, sliced

Directions:

Place olive oil in a shallow 3 qt. baking dish; Stir in thyme, salt and pepper. Add the vegetables and toss to coat.

Cover and bake for 25-30 minutes at 400 degrees or until vegetables are crisp-tender.



Exercise Classes

From the Desk of - Terese Rutkowski, WIC Supervisor

The Walworth County Department of Health and Human Services has an informal group of about 20 women exercising on most lunch hours in the auditorium. We work out to walking tapes and one group has started to do Zumba DVDs. We feel better, have more energy, are losing weight and are more productive on our job!

We work out from 11:45 to 12:15 on days when the auditorium is available. If you would like to join us send me an e-mail at trutkows@co.walworth.wi.us or call 741-3137 and I will send you an exercise release form.

WELLNESS MONTHLY Quiz

1. Which of the following is NOT a good way to maintain healthy relationships at your workplace?
 - a. Communication.
 - b. Willingness to compromise.
 - c. Avoid stating your wants and needs to others.
 - d. Dealing with conflict.

2. On average, each of us eats only a pound and a half of vegetables per week.
True False

3. A good tip when buying an item to benefit a specific cause, is asking how much money will actually be donated to the charity and how much will go to the fundraiser.
True False

4. Knowing and abiding by your company's policy regarding co-worker relationships is always a good rule of thumb.
True False

5. Which of the following is recommended to maintain an ergonomically-neutral position at your workstation?
 - a. Relax shoulders.
 - b. Keep wrists and hands lined up with forearms
 - c. Keep computer monitor at or just below eye level and at least 20 inches away.
 - d. All of the above.

6. It is recommended that you should have 4 to 5 servings daily of the milk, yogurt, cheese group.
True False

7. To burn off the 150 calories in a 12 oz. soft drink, you would need to walk for 15 minutes (about 1500 steps).
True False

8. Which of the following is NOT considered a benefit of renting a home?
 - a. Moving is more feasible.
 - b. You can decorate and upgrade as desired.
 - c. You don't have to pay for repairs.
 - d. Any money you save can be invested elsewhere.

Wellness Council of America
www.welcoa.org

Answers:

(1) c (2) true (3) true (4) true (5) d
(6) false (7) false (8) b

Wellness Classes

Zumba Classes

The former county board room has been renovated and is available for exercise. Zumba classes are being held in that room on Tuesdays from 5:15 p.m. to 6:15 p.m. We are happy to report that class is filled with 25 employees. This class was subsidized by the Walworth County Wellness Council to make it more affordable and attractive to employees.

Video Exercise Classes

If you are interested in exercising to video tapes, there is an informal group that is meeting in the former board room on Mondays and Wednesdays from 5:15 TO 6:15 p.m. If you are interested in participating in this group, please contact Kathy Wright in Land Use Resource Management or Dawn Nettesheim in the Corporation Counsel's office.

There will also be an informal group exercising between 12:00 and 1:00 p.m. on Tuesdays and Thursdays in the same room. If you are interested in participating in this group, please contact Colleen Lesniak in the Volunteer Office.

Room Reservations

If you have a group that wants to get together and use this room, you need to contact either Tammy Werblow or Suzanne Harrington in the Administration Office to get your group scheduled.

Equipment Use

The Walkers of Walworth have purchased hand weights, exercise mats, resistance bands and steps for step aerobics. The money to purchase this equipment came from WOW fundraisers and a donation from Local Union 1925B. This equipment is stored in two large bins in the hallway outside the board room close to where the Information Technology Department used to be located. These bins are locked but you can get access to this equipment by contacting one of the following people:

Sue Finster	Reg of Deeds Room 102	Ext 4233
Colleen Lesniak	Volunteer Office Room 113	Ext 4223
Kathy Wright	LURM Room 222	Ext 7911
Linda Gregurich	Finance Room 116	Ext 4376
Trina Adams	Finance Room 116	Ext 4374
Dale Wilson	Finance Room 116	Ext 7965

They will see that the bins are unlocked for you but it will be your responsibility to see that they are locked prior to leaving the area.

The taxpayers have gone to some expense to provide us this opportunity and the best way to show our appreciation for that is to use this room.



Did you know:

Serve You is the company that became Walworth County's new Pharmacy Benefit Manager as of January 1, 2011. A Pharmacy Benefit Manager is responsible for processing prescription drug claims for participants on the county's health plan. You can contact Serve You at the following:

1-800-759-3203

OR

<http://www.serve-you-rx.com/>

Once you are on the website, you can click on "Plan Members". On the left side of the Plan Members page, click on 'Access Member Portal'. Click on 'Click here to access the site' and follow the instructions on how to set up a password and user ID so you can access your prescription information on Serve You. If you have any problems accessing the site, please contact Serve You directly at the 800 number listed above.



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

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/>

March & April 2011

Wellness Events

March & April 2011

Dry Beans in Your Diet -

Tuesday March 10, 2011, 1 p.m. - 2 p.m.
\$4.00 Registration fee - contact UW Extension office at 741-4951.

http://walworth.uwex.edu/files/2011/01/East_Troy_March_2011.pdf

Smart Gardening Day -

March 19, 2011 8:30 a.m. - 3:00 p.m.
Contact UW Extension office at 741-4951 more information.

8 Week Zumba Session

Each Tuesday starting January 4, 2011
5:15 p.m.—6:15 p.m.
Contact Dale Wilson at ext 7965 or
dwilson@co.walworth.wi.us

Slow Cooker Creations -

April 14, 2011. 1 p.m. - 2 p.m.
\$4.00 Registration fee - contact UW Extension office at 741-4951.

http://walworth.uwex.edu/files/2011/01/East_Troy_April_14_2011.pdf

WOW - Video Exercise Classes -

Monday & Wednesdays, 5:15 p.m. - 6:15 p.m., Classes will be held in at the Government Center in the lower level conference room (old county board room).
Contact Dawn Nettesheim, Kathy Wright or Colleen Lesniak for more information on Tuesday and Thursday classes.

Future Wellness Events

Walworth County Wellness Council
Get Fit 5k
2nd Annual Run/Walk
May 21, 2011