



# WALCO Buzzzzzzzz

“ Your Wellness & Benefits Newsletter”

May/June 2011

## EVENT REMINDERS

Inside this issue:

**Event Date: May 21, 2011**

**Pre-Register by: May 6, 2011**

Entry Fees:  
 \$15.00 – Walkers - \$20.00 after May 6  
 \$20.00 – Runners - \$25.00 after May 6  
 \$5.00 – 7-12 Kids - \$10.00 after May 6  
 Kids 6 and under free



For more information contact Employee Benefits at ext 4949 or click the following:  
[http://www.co.walworth.wi.us/Government%20Center/Finance/Payroll\\_Employee\\_Benefits/Wellness\\_Council/2011%205k%20Run-Walk%20Flier%20-%20Final.pdf](http://www.co.walworth.wi.us/Government%20Center/Finance/Payroll_Employee_Benefits/Wellness_Council/2011%205k%20Run-Walk%20Flier%20-%20Final.pdf)

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A 12-week challenge, “Everybody. Everyday.” challenges participants to log all aerobic/sporting activities. Nominate a team captain and find two – six friends/family members to join the team.

This exciting challenge is open to all friends and family of Walworth County Employees. Prizes will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place teams. The challenge begins May 16, 2011 and continues through July 29, 2011. **Deadline for team registration is May 9, 2011.**

For more information contact Employee Benefits at ext 4949 or click the following:  
[http://www.co.walworth.wi.us/Government%20Center/Finance/Payroll\\_Employee\\_Benefits/Wellness\\_Council/2011%20Challenge%20Flier,%20Form-Final.pdf](http://www.co.walworth.wi.us/Government%20Center/Finance/Payroll_Employee_Benefits/Wellness_Council/2011%20Challenge%20Flier,%20Form-Final.pdf)

# Eat healthy on a budget – is that even possible?

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

With a little planning, you don't have to spend a bundle on nutritious food.

With food prices rising, it is easy to believe that eating healthy on a tight budget may be near impossible. The good news is there actually are ways you can eat healthier without spending a fortune. Below are some tips on how to eat well while minding your pocketbook.

## Money-saving fundamentals:

- Don't go shopping on an empty stomach! Make sure you shop after a meal, or after a light snack to help resist temptation.
- Shop the perimeter (outside) of the store first. That's where all of the healthier choices usually are; you'll avoid all the more processed, costly items.
- Before you even walk out the door, sit down, write out a list, and stick to it. Shop once a week, and cut out coupons from the paper for items you typically buy (tip: try not to purchase food items you really don't want or need just because there is a coupon for it).
- Look for sales on fresh fruits and vegetables — stores get a bargain sometimes, and pass that savings on to you.
- Choose a large bag of fruit (like apples or pears), instead of the single, large fruits priced per pound.

## Buy generic and bulk:

Generic brands can provide a great savings when shopping and are often labeled as the store's brands. The nutritional value of the food is the same. Also, keep in mind you can buy tons of great food in bulk that can be stored in your pantry or freezer. Tuna, nuts, olive oil, beans, and other healthy items can be bought in bulk to save money and can go right into your pantry. Frozen chicken breasts, turkey breast, lean beef, fish, etc can go into your freezer, saving you a ton of money while preparing for months ahead. A full pantry and freezer loaded with the essential healthy items is a must.

## Make your own snacks:

There's been an explosion in single-serving snacks from chips to cookies to cereal. Many are available in 100-calorie portions. While portion control is a great thing, you don't need to pay for it. Buy some snack-size re-sealable plastic bags and make your own single-serving packets. Homemade trail mix with nuts and seeds can be very nutritious and cheap to make if you shop for the ingredients in the bulk section of your local grocery store.

## Cook food ahead:

Cook up a batch of food in the beginning of the week and then divide it into zip lock bags. When you are getting ready to leave the house you simply grab a zip lock bag or two and you have all your meals for the day. The crock pot is also an incredible tool for those wanting to eat healthy on a budget and save time. For example, put chicken in the crock pot in the morning and then when you get home at night add some veggies and you have a meal. Take the leftovers and use them for meals later in the week by using the zip lock bag trick.

### **Limit the exotic:**

Go with “standard” colors of vegetables and fruits — green peppers, for example, are not as exotic as yellow, red, or orange, but are a fraction of the cost. Purchase the “exotic” varieties for special occasions only. If you want to eat fresh produce, stick with whole fruits and vegetables, and cut them up yourself. Don’t buy pre-cut produce (very costly!) if you can avoid it. And any leftovers can be put in a plastic bag and frozen for later use.

### **Buy sale items:**

Look for sales, but only if you know what to do with the food! Items like meat and poultry can be divided and frozen for later use for a variety of meals. Shop the warehouses, if you can split the packages with a friend — particularly for perishable foods. That five-pound bag of vegetables doesn’t look very big in a warehouse store, but can hardly fit in many refrigerators.

### **What about restaurant eating?**

Instead of choosing a “value meal” at a fast-food restaurant, downsize to a “kid’s meal” — better portion control, and an option of bottled water (instead of soda) and veggies instead of fries if you choose. Too tired to cook? Buy a rotisserie chicken at the store, and add the side dishes, drinks, and dessert at home.

With a little pre-planning, you can be a healthier eater on a budget. You can enjoy greater variety, avoid deprivation, and gain a shopping strategy that is both easy on your waistline and your wallet.

### *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](mailto:trutkows@co.walworth.wi.us) or call 741-3137 and I will send you an exercise release form.

# WELLNESS MONTHLY Quiz

1. The tomato is native to which region?

- a. The Himalayas
- b. The Carribean
- c. The Americas
- d. The Sahara

2. Asthma causes the inside walls of the mouth to become inflamed.

True       False

3. Don't provide any personal information when you receive an unsolicited offer in person, via mail, via phone or any other communication medium.

True       False

4. By age 75, about one in three men and one in two women engage in no physical activity.

True       False

5. Which of these suggestions is not a recommended way to reduce your stress?

- a. Identify recurring unproductive activity and eliminate it.
- b. Work on key relationships; spend time with those you love.
- c. Distribute household tasks among the family.
- d. Panic.

6. At age 70, Jack Lalanne towed 70 boats holding 70 people across Long Beach Harbor, California while handcuffed and shackled.

True       False

7. Colonists in the United States believed that the tomato was poisonous up until the late 18th century.

True       False

8. Which of these is not one of the 5 dimensions of wellness?

- a. Physical
- b. Intellectual
- c. Emotional
- d. Professional

Answers:

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

## Wellness Classes



### Zumba Classes

Zumba classes will continue to be held on Thursdays from 5:15 p.m. to 6:15 p.m. The classes for the month of May will be May 12<sup>th</sup>, 19<sup>th</sup>, and 26<sup>th</sup>. Room is still available for those classes. The cost for the month of May is \$15.00. Location is at the Government Center (old County Board room)

The instructor would like to continue classes through the summer and needs to guarantee 15 participants for each class. Classes will be run on a month to month basis. The costs each month is \$15.00. Contact extension 4949 with questions.

### 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.



It is time to bust those tennis shoes out of winter storage because spring is just around the corner. Tie up those laces and join the others participating in the Arthritis Foundation Annual Walk in Walworth County to raise funds in the fight against arthritis. **The Walk will take place on Saturday, May 7th, 2011 at the Town of Linn Fire Department.**

**This event is one of over 400 Let's Move Together Arthritis events taking place across the country. Registration begins at 8:30 a.m. Registration is FREE; however, participants are encouraged to raise pledges to fight arthritis and earn pledge prizes.**

This year's local walk honoree is Christine Landers. Chris had her first knee surgery in high school and has had nine major knee surgeries all together. After going from doctor to doctor and having test after test, she was diagnosed with fibromyalgia. Daily pain is still present in her life and the easy every day tasks that many take for granted can be very challenging. Please join Christine on May 7th as she walks in hope for a cure and in memory of her father, who suffered for many years with Rheumatoid Arthritis and passed away earlier this year.

Arthritis affects over 46 million American doctor-diagnosed adults and nearly 300,000 children across the United States. In Wisconsin alone, there are over 1.1 million adults and an estimated 5,400 children who bear the pain of arthritis and chronic joint symptoms. By participating in an Arthritis Walk you will support ongoing research to find a cure and become connected to others inspiring and empowering the people around you who chose to walk despite their challenges.

#### **ABOUT THE ARTHRITIS FOUNDATION**

The Arthritis Foundation is the only nationwide, nonprofit health organization helping people take greater control of arthritis by leading efforts to prevent, control and cure arthritis and related diseases the nation's number one cause of disability. For free arthritis information, contact the Arthritis Foundation at 1-800-242-9945 or on the Web at [www.arthritis.org](http://www.arthritis.org).



**2010 WRS Annual Statement of Benefits**

You should have recently received your 2010 Annual Statement of Benefits. Employee Trust Funds – Wisconsin Retirement provides help to understand your statement. If you have additional questions concerning your statement, please contact Wisconsin Retirement at: 877-533-5020 or visit their website at: [etf.wi.gov](http://etf.wi.gov). The website offers a webcast that explains your statement. The web link for the webcast is: <http://etf.wi.gov/webcasts.htm>, select the video catalog for “Participants”, and click on “Annual Statement of Benefits”. This webcast explains your statement section by section in an easy to understand format.



**May, 2011 Deferred Comp Schedule**

| Location  | Date       | Contact     | Phone | Individual Appointments |
|---|------------|-------------|-------|-------------------------|
| Lakeland Health Care Ctr<br>Admin Conference Room | Wed 5/18   | Switchboard | x3600 | 7:00am-11:00am          |
| Government Center<br>Finance Conf. Room 116-A     | Wed 5/18   | Valerie     | x4949 | 12:00pm-2:20pm          |
| Lakeland School<br>Room 185A                      | Wed 5/18   | Kathy M.    | x4111 | 3:00pm-4:00pm           |
| Law Enforcement Center<br>Media Room              | Thurs 5/19 | Wendy       | x4410 | 7:00am-11:00am          |
| Health & Human Services<br>Conf. Rm. “J”          | Thurs 5/19 | Switchboard | x3200 | 11:30am-2:00pm          |
| Public Works<br>Conference Room                   | Thurs 5/19 | Vicki       | x3114 | 2:30pm-4:00pm           |
| Judicial Center<br>Room 3019                      | Fri 5/20   | Valerie     | X4949 | 8:00am-10:00am          |

*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/>

May & June 2011

Wellness Events



Arthritis Foundation Annual Walk in Walworth County to raise funds in the fight against arthritis

Saturday, May 7th, 2011 at the Town of Linn Fire Department. Registration begins at 8:30 a.m. Registration is FREE; however, participants are encouraged to raise pledges to fight arthritis and earn pledge prizes. Contact 1-800-242-9945 or [www.arthritis.org](http://www.arthritis.org) for more information.

Walworth County Wellness Council

**Get Fit 5k  
2nd Annual Run/Walk  
May 21, 2011**

[http://www.co.walworth.wi.us/Government%20Center/Finance/Payroll\\_Employee\\_Benefits/Wellness\\_Council/2011%205k%20Run-Walk%20Flyer%20-%20Final.pdf](http://www.co.walworth.wi.us/Government%20Center/Finance/Payroll_Employee_Benefits/Wellness_Council/2011%205k%20Run-Walk%20Flyer%20-%20Final.pdf)

Zumba Session

May 12, 29, 26 5:15 p.m.—6:15 p.m., Government Center (old county board room) Contact ext 4949 for more information Summer sessions also available.

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