



# WALCO Buzzzzzzzz

“Your Wellness & Benefits Newsletter”

November/December 2011

## Bored With Your Workout?

It happens to everyone: the same workout routine every day gets boring, and then it becomes tougher than ever to motivate yourself to work out at all. Here are some tips to break out of that rut:

- ✚ Sign up for a fitness class or buy a new workout DVD – try something you’ve never done before.
- ✚ If you only do cardio now, add a couple days of weight training each week.
- ✚ Do an activity you wouldn’t consider “exercise,” like dancing, playing outside with your kids or gardening.

Add intervals to your cardio. For instance, if you currently jog, alternate one minute of faster jogging with one minute of slow jogging or fast walking.

## Applesauce Pancakes



- 1 ¼ cups low-fat milk
- 2 large eggs
- ¼ cup vegetable oil
- 2 cups canned applesauce (1 lb., 2 oz.)
- 3 cups all-purpose flour
- 2 tbsp. baking powder
- 1 tsp. salt
- ¼ cup sugar
- ¼ tsp. ground cinnamon

Combine milk, eggs, oil and applesauce. Mix on low speed for one minute until blended. Sift in flour, baking powder, salt, sugar and cinnamon. Mix on low until combined and then on medium for an additional minute. Scoop ¼ cup portions onto lightly oiled griddle heated to 375 degrees F. Cook until surface of pancake is covered with bubbles and bottom is lightly browned (about two minutes). Turn and cook until lightly browned on other side, about one minute. Makes about 25 pancakes, with 121 calories in each.

Source: [www.health.gov](http://www.health.gov)

### Inside this Issue

Wellness Article	2
Wellness Quiz	3
Strong Women	4 & 5
IHS Quick Check	6
Crock Pot Creations	7
HHS Fitness Class & Employee Benefits	8
Wellness Council	9
Wellness Calendar	10

### DID YOU KNOW

Though a fitness routine can yield quick results, progress often dwindles the longer you stick with it. That’s because your body becomes used to your routine and doesn’t have to work as hard to complete it. Variety can help you maximize results and overall health!

In the United States, someone has a heart attack every 34 seconds according to the Centers for Disease Control and Prevention. What better time than February, American Heart Month, to take control of your heart health? Determine if you're at risk for heart disease. Answer the following questions and tally your points in this heart disease risk quiz:

**What is your blood pressure?**

- Below 120/80 (+0)
- Between 120/80 and 140/90 (+1)
- Above 140/90 (+3)
- Don't know (+1)

**What is your cholesterol?**

- HDL above 50, LDL below 130, triglycerides less than 150 (+0)
- Any of the following: HDL below 50, LDL above 130, triglycerides above 150 (+2)
- Don't know (+1)

**How often do you eat fried foods?**

- Once a month (+1)
- Several times a month (+2)
- Never (+0)

**Does anyone in your family have heart disease?**

- Yes, my mother did before age 65 or my father before age 55 (+2)
- No (+0)
- Don't know (+1)

**On a typical weekend night, you:**

- Have one glass of alcohol (+1)
- Have more than one glass of alcohol (+2)
- Don't drink alcohol (+0)

**How many cigarettes have you smoked this week?**

- None (+0)
- A few (+3)
- Half a pack or more a day (+8)

**How many colors were in your last meal?**

- 1 – ex: chicken and rice (+2)
- 2-4 – ex: some vegetables (+1)
- 4 or more – ex: salad and assorted vegetables (+0)

**How do you feel after climbing three flights of stairs?**

- Fine or even energized (+0)
- Winded (+1)
- I hardly ever climb stairs (+2)

**What is your body mass index (BMI)?**

- 18.5 – 24.9 (+0)
- 25 – 29.9 (+1)
- 30 or above (+2)



**Results**

*0-2:* You are on the right track to preventing heart disease. Exercise, eating right and not smoking can prevent about 80 percent of heart disease.

*3-7:* Even a few harmful habits can increase your risk of developing heart disease. Simply knowing your risk factors is important, especially if you need to reduce your cholesterol or blood pressure.

*8 or higher:* Get to the doctor. Make the commitment to one healthy behavior change, such as quitting smoking or exercising.

# WELLNESS MONTHLY Quiz

1. One way to reduce stress is to:

- a. make connections with family and friends.
- b. do activities you enjoy
- c. keep track of what changes your moods.
- d. All of the above.

2. There are many ways to reduce medical mistakes. One such way is to:

- a. never ask about tests and procedures.
- b. only check your prescriptions once.
- c. let the healthcare workers worry about washing their own hands.
- d. make sure your healthcare provider knows about all medications you are taking.

3. Stress is never positive.

- True       False

4. You should see your doctor if your fever is 101.5° F or higher.

- True       False

5. Paying for holiday gifts with cash is a good way to avoid overspending because it reminds you of what your limits should be.

- True       False

6. To get a good deal, the best time to buy a car is sometime in the Spring or Summer.

- True       False

7. To improve your sleep, keep the TV and work documents outside your sleeping quarters.

- True       False

8. For optimal sleep quality, the most desirable temperature of the bedroom is:

- a. 60°-65° Fahrenheit (16°-18° Celsius)
- b. 55°-60° Fahrenheit (13°-16° Celsius)
- c. 65°-70° Fahrenheit (18°-21° Celsius)
- d. 70°-75° Fahrenheit (21°-24° Celsius)

(1) D (2) D (3) False - (Some stresses are extremely positive, ex. birth of a child, get married) (4) True (5) True (6) False - (Try Dec or Jan for the best deals) (7) True (8) A

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

**Tuesday/Thursday 12 pm classes will meet at the Walworth County Government Center (WCGC) 100 West Walworth Street, Elkhorn.**

**Tuesday/Thursday 4:45 pm class will meet at the Lakeland Health Care Center (LHCC), 1922 County Road NN, Elkhorn.**

**Required Informational Meeting (WCGC)**

**Thurs., December 8, 2011, 4:45 pm**

**Personal Assessment Day (WCGC)  
Wednesday, January 4, 2012  
9:00 am-12:00 pm or 4:30-6 pm  
(by appointment time)**

**Classes Held:**

**January 9-March 22, 2012  
(Choose One)**

**Tuesday & Thursday 12-1 pm  
Tuesday & Thursday 4:45-5:45 pm**

**Class Fee: \$25 per person  
\$20 for repeat participants  
(Scholarships available)**

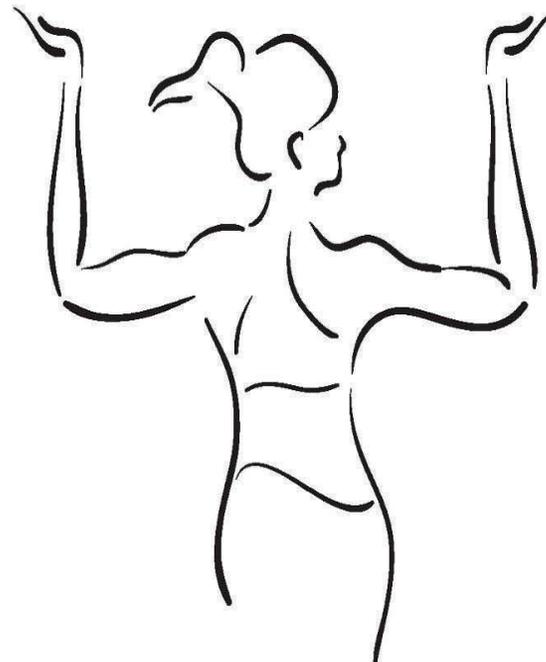
**Certified Instructor:  
Colleen Lesniak**

**To learn more or to register,  
please call (262) 741-4962.**

*An EEO Affirmative Action employer, the University of Wisconsin - Extension provides equal opportunities in employment and programming including Title IX and ADA requirements.*

**STRONG WOMEN  
STRONG BONES™**

**LIFTING WOMEN TO BETTER HEALTH**



**STRONG WOMEN**

**AN EVIDENCE-BASED  
STRENGTH TRAINING  
PROGRAM DEVELOPED BY  
THE HANCOCK CENTER  
AT THE FRIEDMAN  
SCHOOL OF NUTRITION  
SCIENCE AND POLICY AT  
TUFTS UNIVERSITY**

## WHAT IS THE STRONG WOMEN, STRONG BONES™ PROGRAM?

*The Strong Women, Strong Bones™*

*Program is a weekly exercise program for men and women of all ages.*

*Each class includes progressive weight training, flexibility, and balance activities.*



**To learn more or to register, please call (262) 741-4962.**

The Strong Women Program was developed by Miriam Nelson, Ph.D., an associate professor at the Friedman School of Nutrition Science and Policy at Tufts University. Studies at Tufts University have shown that one of the best ways to keep muscles healthy and strong is through exercise called strength training-sometimes known as weight lifting or resistance training.

## RESEARCH SHOWS THAT A PROGRAM OF STRENGTH TRAINING

- Improves bone density
- Reduces falls
- Improves arthritis symptoms
- Increases flexibility
- Increases strength

## BENEFITS MENTAL HEALTH

- Improves mood & attitude
- Decreases depression
- Allows you to sleep more soundly
- Increases energy level
- Socially, allows you to enjoy others company & build a new circle of friends

**UW**  
**Extension**

Jenny Wehmeier , Strong Women Coordinator/Family Living Educator  
UW Extension Walworth County  
100 West Walworth Street  
Elkhorn, WI 53121  
Phone: (262) 741-4962  
Email: [Jenny.wehmeier@ces.uwex.edu](mailto:Jenny.wehmeier@ces.uwex.edu)

*These exercises are safe and effective for women and men of all ages, including those who are not in perfect health.*

*People with health concerns such as arthritis, heart disease, osteoporosis, diabetes, obesity, and back pain often benefit the most from an exercise program that includes lifting weights a few times each week.*

*The Strong Women Class meets twice weekly for one hour over a 12 week period.*



### THE ONLY EQUIPMENT NEEDED:

- Dumbbells
- Ankle weight
- Exercise mat

**NO MATTER HOW OLD YOU ARE, YOU DO NOT HAVE TO GET WEAKER WITH AGE. STRENGTH TRAINING CAN HELP YOU STAY VITAL, STRONG AND INDEPENDENT THROUGHOUT YOUR LIFE.**

## Interactive Health Solutions Quick Check

***The goal of the QuickCheck is to help participants stay compliant with their Interactive Health Index goals.***

Here are details on the QuickCheck:

- Offered to all participants who have screened in the prior year's health evaluations at no cost.
- Participants receive post card communications 6 months post screening date.
- A Two-week window is offered to schedule an appointment.
- QuickCheck's are only available through a Test On Demand lab facility.
- Participants must call IHS Customer Service to schedule an appointment at 800-840-6100 and ask for QuickCheck.
- Each participant will receive a lab report which looks at the following metrics:
  - Fasting Glucose
  - Total Cholesterol
  - Triglycerides
  - HDL Cholesterol
  - LDL Cholesterol
- We DO NOT calculate a new IHI score as we do not capture blood pressure or smoking status. The intent is to give participants an opportunity to check their lab values against previous lab results.
- QuickCheck lab results will also be available online.

# LUNCH & LEARN: Slow Cooker Creations



Although the weather outside might be getting colder, your stomach will be satisfied with our hot slow cooker creations. Join us for an informational workshop and tasty treats! We will discuss the do's and don'ts of crock pot cookery, helpful hints in selecting a crock pot recipes, and enjoy the tastes and smells of some dishes created by your UW-Extension Family Living Educator, Jenny Wehmeier. Registration for this class is \$3 and includes a variety of delicious recipes to sample! An excellent way to lunch and learn!

Tuesday,  
November  
22nd from 12-1 pm  
Government Center,  
Room 214

OR

Tuesday,  
November 29th  
from 12-1 pm  
HHS Auditorium

Registration and payment of \$3 due to UW-Extension by November 15.  
Checks made payable to UW-Extension.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

I would like to attend on:

\_\_\_\_\_ Tuesday, Novmeber 22

\_\_\_\_\_ Tuesday, November 29

Sponsored by the Walworth County Wellness Committee and **UW Extension**

An EEO Affirmative Action employer, the University of Wisconsin - Extension provides equal opportunities in employment and programming including Title IX and ADA requirements.

The Walworth County Wellness Council has provided 5 exercise DVD's for use by the Walworth County HHS employees.

The DVD's can be checked out for use at lunchtime, before or after work. They can be checked out at the east receptionist desk.

If you would like information on how to check these out or information on joining the lunch exercise group, contact Terese Rutkowski from the WIC program at extension 3137. You will need to fill out an exercise release form if you have not already. We are going to try and exercise from 11:45 to 12:15 on days the auditorium is available.



---

### **Employee Benefit Updates & Reminders**



#### **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/>

## November & December 2011

### Wellness Events

#### Slow Cooker Creations

Tuesday, November 22, 2011, 12-1 p.m. Government Center, Room 214

Tuesday November 29, 2011, 12-1 p.m. HHS Auditorium



#### Strong Women – Healthy Hearts

Tuesday & Thursday, January 10th - March 22, 2012; 12 – 1:00 p.m. OR 4:45 p.m. - 6:00 p.m. (select one time)

Required Informational Meeting:  
Thursday December 26, 2011, 4:45 p.m.

Personal Assessment Day: Wednesday, January 4, 2012 (appointment time) 9 a.m. - 12 p.m. or 4:30 - 6 p.m. Walworth County Government Center, Elkhorn

