

Walworth County



# WALCO Buzzzzzzzz

"Your Wellness & Benefits Newsletter"

September/October 2011



## CONGRATULATIONS

TO ALL PARTICIPANTS OF OUR 2011 CHALLENGE

Final Rank	Team Name	Team Members	Cumulative Miles	Cumulative Average Miles
1	The Untouchables	4	1387.40	346.85
2	Worthless Walkers	6	2015.45	335.91
3	Holy Walkamolies	6	1874.40	312.40
4	CU at the Finish Line	6	1857.35	309.56
5	No More Couch Potatos	3	824.90	274.97
6	SAS: Serious about Slimming	4	1051.75	262.94
7	Team Speedy	6	1511.45	251.91
8	Weapons of Mass Reduction	6	1400.85	233.48
9	CIB = "Clowns In Brown"	5	1142.50	228.50
10	Walk 'Til We Drop	4	753.20	188.30
11	It's Never Too Late	2	374.00	187.00
12	Team Dale	6	955.40	159.23
13	Reducing Government Waist	5	877.60	146.27
14	PATBA - Peoples Attempting to be Active	5	567.30	113.46
15	Team Mianna	2	223.35	111.68

### Inside this issue:

Team Rosters	2
Healthy Recipe - Website Info	2
Wellness Article	3
Wellness Quiz	4
Wellness Article	5
Strong Women	6&7
Employee Benefits	8
Wellness Council	9
Wellness Calendar	10

## Team Rosters

<u>The Untouchables</u> Kristi Schiller Margo Grabner Dorothy Morgan Dawn Thiele	<u>No More Couch Potatos</u> Beth McErlean Sue Landreman Peg Reedy  <u>SAS : Serious about Slimming</u> Sandy O'Dierno Sharon Annen Bernie Janiszewski Anne Simpson  <u>Team SPEEDY</u> Dan Dailey Teresa Dailey Ruth LaLoggin Sheila Peters Craig Stauffer Cory McGuire  <u>Weapons of Mass Reduction</u> Pat Crement Andrea Fruth Wendy Kujawa Tiffany Rice Amy Sachs Mary Weidert  <u>CIB's = "Clowns in Brown"</u> Bev Junk Brian Wurwin Diane Goodman Jennifer Bannigan Bryan Johnston	<u>Walk 'til We Drop</u> Jackie Hagedon Dela Race Penny True-Dauffenbach Kristy Secord  <u>It's Never Too Late</u> Nicki Andersen Nolan Andersen  <u>Team Dale</u> Dale Wilson Valerie Etzel Josh Pollock Jessica Lanser Amanda, Lagle Tammy Werblow  <u>Reducing Government Waist</u> Beth Walsh Adriana Cano Janis Ellefsen Heather Recklies Sue Schuler  <u>PATBA (People Attempting To Be Active)</u> Julie Juranek Michael Juranek Lori Lacosse Lori Muzatko Cheri Stoffel  <u>Team Mianna</u> Dianna Wojcik Mia Anderson-Inman
<u>Worthless Walkers</u> Lisa Broll Stu Bieber Mel Davis Liza Drake Sonia Hill Vonnie Wolf  <u>Holy Walkamolies</u> Terese Rutkowski Ruth Gillless Laura Zelinski Nelida Madrigal Mary Schroeder Denise Millett  <u>CU at the Finish Line</u> Kate Willett Trina Adams Linda Gregurich Colleen Lesniak Dawn Nettesheim Kathy Wright		

### Black Beans with Corn & Tomatoes

Need a side dish or quick dip? This versatile dish is great with grilled chicken fajitas and black tortilla chips.

- 1 - 15-ounce can black beans
- 1 - cup frozen corn, thawed (or fresh cooked corn off the cob)
- 1 - cup cut fresh tomatoes
- 1 - clove garlic, minced
- 1 - tsp chopped fresh parsley (optional)
- 1/2 - tsp chili powder
- 1/8 - tsp cayenne pepper or more to taste

1. Drain and rinse beans.
2. In a bowl, combine beans, corn, tomatoes, and garlic.
3. Add parsley, pepper, and chili powder.
4. Combine and serve.

(Makes 4 servings.)

For more recipes go to <http://www.choosemyplate.gov/>

# 10 Tips to Improve Your Memory

Having trouble remembering appointments, items you need at the grocery store, or where you put your keys? Everyone has moments when something slips their mind. If this has been happening to you with increasing frequency, try doing a few easy brain exercises each day to help improve memory.

Luckily, mental workouts can be just as effective for your brain as physical workouts are for your body.

Start with the first tip and then add one more idea each day to help improve your memory:

- 1. Focus on what you're trying to remember.** Take time to think about what you need to remember, whether it's a list of names, chores, or items to buy. Spending a few moments actively processing your thoughts can make it easier to recall what you need to remember in the future.
- 2. Link your list.** Try to remember several things or ideas at once by linking them together in your mind. If you want to memorize your grocery list, for instance, connect the items you need together with a specific image or action in your head. Imagine you're in your laundry room holding a container of detergent, then walk into your kitchen to get some bread and milk, then move to the bathroom to replenish the toilet paper.
- 3. Personalize your list.** Organize lists into short, manageable sections, and try to connect items to something that's easier for you to remember. Improve memory by linking lists of numbers, for example, to personally relevant dates like your birthday or interesting historical dates.
- 4. Create a visual image.** If you're trying to remember someone's name, visualize an object that will help remind you in the future. Think of summer for a woman named June or a cat for someone named Catherine.
- 5. Create an acronym.** Train your brain to remember items in a specific sequence by creating a word to represent the objects. Try using the first letter of each item on your shopping list to form a word. For instance, MOST can stand for milk, oranges, soap, toilet paper.
- 6. Use all of your senses to help improve memory.** Afraid you're going to forget your next hair appointment or dinner with a friend? Verbally list your appointments out loud and then think about the softness of your hair after a salon visit and the aroma of the food at your favorite restaurant to help solidify the dates in your mind.
- 7. Write it down.** Even if you don't actually use your list or a note to remind you of an appointment, simply writing the information down will help your brain retain it.
- 8. Create a rhyme.** How did you learn the alphabet or the number of days in each month when you were little? You probably learned them with the help of a song or rhyme. Try doing the same thing with names, appointments, and lists.
- 9. Make it manageable.** Organize a long list into shorter lists that are easier to remember. Instead of trying to remember a dozen different items, create four mini-lists with only three things you need to remember from each.
- 10. Be positive.** Don't doubt yourself — our brains can often do more than we realize. Regularly practice these tips to help improve memory, and you'll be amazed by how much more you can remember.

# WELLNESS MONTHLY Quiz

1. Which of the following is not a recommended tip for disaster preparedness provided by the American Red Cross?

- a. Make an evacuation plan.
- b. Build a disaster supply kit that includes a 3-day supply of necessities for each family member.
- c. Check your disaster supply kit once a year.
- d. Learn what disasters or emergencies may occur where you live, work and play.

2. Which of the following is a recommended part of your regular diet?

- a. Decrease your intake of omega-3 fatty acids.
- b. Eat less vegetable protein such as soybeans.
- c. Increase your consumption of foods made with white flour and sugar.
- d. Try to eat 40 grams of fiber a day.

3. In addition to stress management, emotional health involves being attentive to your thoughts, feelings and behaviors, whether positive or negative.

- True       False

4. A credit report documents your entire credit history from the past 3 years.

- True       False

5. A recommended item to have in a disaster preparedness kit is a collection of important family documents.

- True       False

6. Intellectual wellness is a prize to be won after a long race.

- True       False

7. It takes 15 minutes to burn 150 calories shoveling snow.

- True       False

8. A healthier alternative to cream in your coffee is:

- a. butter in your coffee.
- b. bacon after your coffee.
- c. brownies with your coffee.
- d. 2% or skim milk in your coffee.

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

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

## September is Prostate Cancer Awareness Month

Prostate cancer is a malignant (cancerous) tumor that begins growing in the prostate gland. It can spread from the prostate to nearby lymph nodes (small glands located throughout the body that collect and transport lymph, a fluid that carries cells that can help fight infection and disease), bones, or other organs. This spread is called metastasis (the spread of cancer cells to distant areas of the body). A male sex hormone called testosterone can stimulate the growth of hormone-dependent prostate cancer cells.

Prostate cancer is the second leading cause of cancer death in men. There is good news which is that survival rates have improved; the 5-year survival rate for all stages of prostate cancer has increased from 67% to almost 100%. Contact your medical doctor about getting a PSA test if you are over 50 years old - early diagnosis is one of the keys to a high survival rate.

### Prostate Cancer Key Points

- Prostate-specific antigen (PSA) is a protein produced by the cells of the prostate gland. The PSA test measures the level of PSA in the blood.
- The U.S. Food and Drug Administration (FDA) has approved the use of the PSA test along with a digital rectal exam to help detect prostate cancer in men age 50 and older. The FDA has also approved the PSA test to monitor patients with a history of prostate cancer to see if the cancer has recurred.
- Doctors' recommendations for PSA screening vary.
- The higher a man's PSA level, the more likely it is that cancer is present, but there are other possible reasons for an elevated PSA level.
- Doctors take several factors into account for men who have a rising PSA after treatment for prostate cancer.

### Prostate Cancer / Enlarged Prostate Key Symptoms

If you are experiencing any of these symptoms, you should contact your medical doctor for a PSA test:

- Getting up two or more times a night to urinate
- Interruption of urinary flow (stopping and starting)
- Frequent urination
- Blood in the urine
- Pain or burning during urination



Only your doctor can definitely diagnose prostate cancer symptom. That is why it is important when you are a man over the age of 50, to have a regular prostate exam on a yearly basis. It is best to catch any problems well before they start, and this is one way you can ensure that.

### Prostate Cancer Risk Factors

The initial step in prostate cancer prevention is simply to understand that you may be at risk of getting the condition and to understand precisely what the various risk factors are.

There is no doubt that men with a family history of prostate cancer are at greater risk and that the risk for somebody with one close relative having the disease is roughly twice that of somebody without any family history. With two close relatives the risk increases to approximately five times that of somebody without any family history and with three close relatives the risk reaches a staggering 97%.

One problem here is that many men are unaware of their family history, often because many grandfathers, fathers or brothers have died as a result of other illnesses without ever being aware of the fact that they had prostate cancer. This happens because prostate cancer will frequently develop late in life and can be a very slow growing form of cancer. As a result there is a very good chance that individuals will develop other conditions at the same time as their prostate cancer and it is these other conditions which ultimately result in their death.

Accordingly, if you do not know your family history, then a good point at which to start is to try to check things out if at all possible. If this is not possible, then it is probably best to err on the side of caution and to believe that you might be at risk rather than simply assume that you are in the clear.

Another very important factor is that of race. African American men for instance are at higher risk than Hispanic men who, in turn, are at greater risk than Caucasian men. The risk for an African American man is roughly 60% higher than that for a Caucasian man.

Yet another risk factor is diet and men who live in Western countries such as the UK or the US are at higher risk as a result of the high levels of fat in many Western diets. Here at last is a risk factor, which you can actually do something about, and reducing the fat in your diet and eating such things as more fresh fruit and vegetables can reduce your risk quite considerably. Diets rich in animal fats might increase the risk of developing prostate cancer, so theoretically decreasing the amount of animal fat in the diet might decrease the risk of developing prostate cancer. Active clinical trials are ongoing focusing on the issues of dietary modification as a way of prostate cancer prevention. Some of the ongoing studies might answer the question if food low in animal fats and high in fruits and vegetables would ultimately decrease the risk of prostate cancer. Some recent studies have shown that dietary products and diets rich in calcium might increase the risk of developing prostate cancer. Future studies may answer the question with regard to benefit of dietary modification in the context of prostate cancer.

**Classes will meet at the Walworth  
County Government Center,  
100 West Walworth Street  
in Elkhorn.**

**Informational Meeting  
(REQUIRED)**

**Tuesday, August 30, 2011; 12-1 p.m.  
(Call to pre-register)**

**Personal Assessment Day**

**Tuesday, September 20, 2011  
8:00 a.m.-12:00 p.m.  
(by appointment time)**

**Classes Held:**

**October 4-December 15, 2011  
Tuesdays & Thursdays 12-1 p.m.**

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

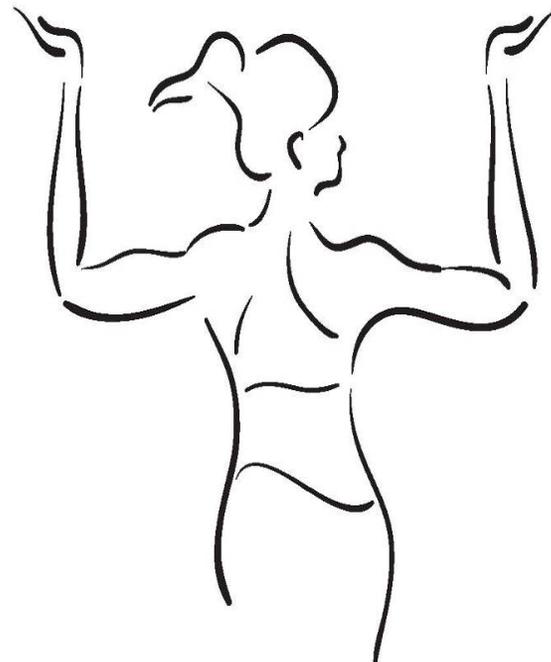
**Certified Instructor:  
Colleen Lesniak**

**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, balance activities, and nutrition education.*



**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

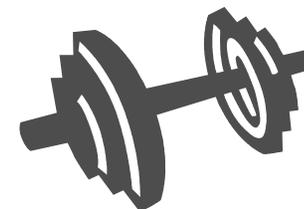
**UW**  
**Extension**

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.**

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

Summer is winding down and students are getting ready to go back to school. Support Linc is Walworth County's Employee Assistance Program (EAP). Remember that EAP services are there to help in many ways.

There is a section of the website devoted entirely to Parenting. Support Linc provides tips for parents to help students transition back to school. There are articles about helping your children with homework, to online webinars about parenting that are available for you. If you hover over the Parenting tab, click on the section that interests you, and you will be able to find many subjects offered from single parenting to adoption to homeschooling.

EAP is a free service offered to Walworth County employees and their family members.

Visit the SupportLinc website at [www.support-linc.com](http://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](http://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**

**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/>

## September & October 2011

### Wellness Events

#### **Very Veggie**

September 15, 2011; 1-2 p.m.  
East Troy Village Hall, 2015 Energy  
Drive, East Troy, WI

#### **Very Veggie**

October 25, 2011 1 - 2 p.m.  
Matteson Memorial Library,  
Elkhorn, WI

#### **Whitewater Wellness (W3) 5K Run**

October 1, 2011 – Cravath Lake  
front Arch, Whitewater, WI  
For more information call Whitewater  
Park & Rec or visit  
[www.w3wellness.org](http://www.w3wellness.org)

#### **Strong Women – Healthy Hearts**

Wednesdays & Fridays, October 19<sup>th</sup>-  
December 21<sup>st</sup>, 2011; 9:30-10:30 a.m.

Informational Meeting: Fridays, Sep-  
tember 16<sup>th</sup> or 23<sup>rd</sup> 9:30-10:30 a.m.  
(select one)

Assessment Day: Friday, October 7,  
2011 (appointment time)  
Walworth County Government Center,  
Elkhorn

#### **Zumba Session**

Oct 6 - Dec 15th 5:15 p.m.—6:15  
p.m., Government Center (old county  
board room) Contact ext 4949 for more  
information