



# live well, work well

May/June 2012

Brought to you by: Walworth County

## Safe and Fun in the Sun

May is Skin Cancer Detection and Prevention month, the perfect time to brush up on ways to protect your loved ones, since warmer weather means more time spent soaking up the sun.

Each year, 3.5 million cases of skin cancer are diagnosed, making it the most common form of cancer in the United States. The good news is that skin cancer is easily cured if detected early, so doctors recommend that you perform a monthly self-examination. Here's what to look for:

- A skin growth that increases in size and looks pearly, translucent, tan, brown, black or multicolored.
- Any brown spot (including moles, birthmarks, etc.) that:
  - changes color or texture
  - increases in size or thickness
  - is irregular in outline
  - is larger than ¼ inch
  - appears after age 21.
- A spot or sore that continues to itch, hurt, crust, scab, erode or bleed.
- An open sore that does not heal within three weeks.



Here are a few ways you can protect your skin when spending time outside:

- Generously apply a water-resistant sunscreen of SPF 30 or higher whenever outside, even on cloudy days. Reapply every two hours and after swimming or sweating.
- Wear breathable, protective clothing, such as a long-sleeve shirt, pants, a wide-brimmed hat and sunglasses when possible.
- Seek shade between 10 a.m. and 4 p.m. as the sun's rays are strongest during this time.
- Use extra caution—and extra sun screen—near water, snow and sand which can reflect and intensify the sunlight.
- Avoid tanning beds as the ultraviolet light from them can cause skin cancer and wrinkling.

## Outdoor Exercise

Ready to move your exercise routine outdoors? As the temperature climbs, so does your risk of suffering from a heat-related illness. Review the list below to stay safe as the mercury rises:

- Stay hydrated by drinking plenty of water the day before, the day of, and after your workout.
- Avoid exercising between 10 a.m. and 4 p.m., the hottest period of the day.
- Wear a hat and sunglasses to reduce exposure to the sun.
- Be aware of the symptoms of a heat-related illness and take immediate precautions if you begin to feel faint, dizzy, nauseated, are sweating heavily, or experiencing a weak or rapid heartbeat.

### DID YOU KNOW

Without taking the necessary precautions, exercising in high temperatures can lead to:

- Heat cramps
- Heat exhaustion
- Heatstroke





## Shop Local – Community-Supported Agriculture

Community-supported agriculture (CSA) is a growing trend that allows consumers to buy local, seasonal food directly from a farmer. CSA generally consists of a local farmer offering a certain number of “shares” of his crop to the public. Consumers purchase a share and receive a box full of fresh produce each week throughout the farming season. Here are some of the benefits of CSA membership:

- Members get to eat the freshest produce available, full of flavor and vitamins.
- Because they receive whatever the farm produces, members are exposed to new fruits and vegetables
- Typically, farmers will provide an annual tour of their farm for CSA members.

- Children will often prefer food from “their” farm, eating vegetables they’ve never been known to enjoy.
- All profits go to the farmer, stimulating the local economy.

For more information, visit [www.localharvest.org/csa/](http://www.localharvest.org/csa/).



## Sneaky Nutrition

Have picky eaters at home? If you’re concerned about their nutrition, try these sneaky yet easy tricks to healthier eating:

- Serve smoothies made with non-fat yogurt to get finicky eaters to load up on fruit.
- Fill your spaghetti sauce with minced carrots or other vegetables. It’s a nutritional entrée when spread over whole-wheat pasta.
- Finely dice vegetables or make a veggie puree to add to recipes. Chances are your picky eaters won’t notice these additions but will still receive all the benefits.
- Put antioxidant-rich blueberries in pancakes to give breakfast a fruit boost. Stir flaxseed meal into the batter to boost the nutritional value even further.

## Eating Healthy

Your body needs the right vitamins, minerals and other nutrients to stay in good shape. A healthy diet means you are eating fruits, vegetables, whole grains, low-fat milk products, fish, poultry, lean meats, eggs, beans and nuts. Stay away from cholesterol-laden items, excessive sodium and added sugars. It is also important to avoid trans and saturated fats.

A healthy diet can protect you from heart disease, bone loss, Type 2 diabetes, high blood pressure and some cancers, such as colorectal cancer. Making small changes in your eating habits can make a big difference in your life. Here are some tips and tools to get you started:

- *Keep a food diary.* Knowing what you eat will help you to make changes. Starting today, write down when you eat, as well as what, how much, where and how you feel when you eat (for instance: 3:30 p.m., two cookies, at work, feeling stressed). Identifying your eating habits can help you make changes.
- *Plan ahead.* If you plan your meals for the week, you can save time and money.
- *Shop smart at the grocery store.* The next time you need to go shopping, eat a snack beforehand. Always use a shopping list and choose 100 percent whole wheat or whole grain bread and crackers. Buy a variety of colorful fruits and vegetables.
- *Read the nutrition facts label.* Look at the serving size, and try to keep saturated fat, trans fat, cholesterol and sodium at 5 percent of your recommended daily value (DV) or less. Select foods that have 20 percent or more DV of fiber, iron, calcium, potassium, and vitamins A and C.
- *Eat healthy away from home.* Choose fat-free or low-fat milk, water or diet drinks. Opt for steamed, broiled or grilled dishes, and ask for your dressing or sauce to be “on the side.”
- *Cook at home.* This will save you a lot of money – and calories!

### DID YOU KNOW

A young child may have to try a new food more than 10 times before he or she develops a taste for it.



From the desk of..... *Danielle Ford, RD - WIC Dietitian*

## How to Eat Healthy on Vacation

Many people use a vacation as an excuse to eat whatever they want, however eating multiple high calorie, high fat meals in a row can leave you feeling tired, sick to your stomach, give you constipation or even diarrhea and can obviously lead to weight gain. While it is perfectly fine to indulge yourself a bit on vacation it is still important to eat healthier meals for the majority of the trip. This will help keep you feeling your best and able to enjoy the many fun activities you have planned. To help you have a healthier vacation consider trying the tips below:

1. Pack fruit, vegetables, and other high fiber, low calorie snacks to take with you on the plane or car ride to keep hunger in check and prevent you from diving into high calorie rest stop and airport food.
2. Limit high calorie alcoholic and non-alcoholic drinks such as regular sodas, juices and margaritas. Many mixed drinks can often pack upwards of 500 calories for one drink.
3. Split large meals with another person as this will cut the number of calories and fat you consume in half.
4. Avoid dishes that are deep fried, pan fried, or labeled as "crispy" as these types of cooking methods are high in saturated fat and calories. Also keep creamy sauces and dressings to a minimum.
5. Avoid all you can eat buffets as they are an open invitation for overeating.
6. Try to include some type of exercise every day of your trip. Hiking or bike riding is a great way to get some exercise and see more of your destination at the same time.

Overall, enjoy your vacation but try to make as many healthy choices as possible so you don't end up having more pounds to lose by the end of it.

Summer Vacation





## Food Safety Tips for Grilling

It's grilling season! When planning your next outdoor menu (see kebobs recipe below!), one item you'll definitely want to leave off the plate is foodborne illness—here's how:

- **Wash everything** – Before and after cooking, wash all indoor and outdoor surfaces that will come into contact with food. Be especially careful to wash everything that comes into contact with raw meat or poultry and wash your hands often to prevent contamination.
- **Marinate safely** – If you plan on marinating raw meat, do so in a covered container in a refrigerator, not on the counter. This decreases the risk of bacteria.
- **Keep everything covered** – Cover all food with tin foil while outside. This keeps insects or bacteria from landing on and contaminating your food.

- **Keep hot foods hot** – Grilled food that is finished cooking can be kept hot until serving by moving it to the side of the grill rack. This keeps the food from overcooking and prevents bacteria from forming.



## Cilantro-lime Shrimp Kebabs

Celebrate the weather by dusting off your grill and cooking up these simple, delicious cilantro-lime shrimp kebabs.

16 large shrimp, uncooked, deveined  
the juice of 3 large limes, or about ¼ cup of juice  
2 cloves of garlic, crushed and peeled  
¼ tsp black pepper  
2 tsp olive oil  
2 tbsp fresh cilantro, cleaned and chopped  
10 medium cherry tomatoes, rinsed and dried  
10 white button mushrooms, wiped clean and stems removed

In a glass measuring cup, add the lime juice, garlic, pepper, olive oil, and cilantro and stir. Place the shrimp in a medium bowl and pour the cilantro lime marinade over the shrimp. Let marinate for only 10 to 15 minutes in the refrigerator. Alternate cherry tomatoes, mushrooms and shrimp on four skewers. Grill the skewers over a medium heat for 3 to 4 minutes on each side until the shrimp are just cooked through.

Yield: 2 servings. Each serving provides 160 calories, 6g total fat, 1g saturated fat, 17g carbohydrates, 95mg sodium and 4g fiber.

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



## Simple Spaghetti Sauce

Spread this easy sauce recipe over whole wheat spaghetti noodles for a meal that is both nutritious and delicious.

2 tbsp. olive oil  
2 small onions, chopped  
3 cloves garlic, chopped  
1 ¼ cups zucchini, sliced  
1 tbsp. oregano, dried  
1 tbsp. basil, dried  
1 can (8-oz) tomato sauce  
1 can (6-oz) no-salt-added tomato paste  
2 medium tomatoes, chopped  
1 cup water

In a medium skillet, heat oil. Sauté onions, garlic and zucchini in oil for five minutes on medium heat. Add remaining ingredients and simmer covered for 45 minutes. Serve over spaghetti.

Yield: 6 servings. Each serving of sauce provides 105 calories, 5g total fat, 1g saturated fat, 15g carbohydrates, 260mg sodium and 4g fiber.

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



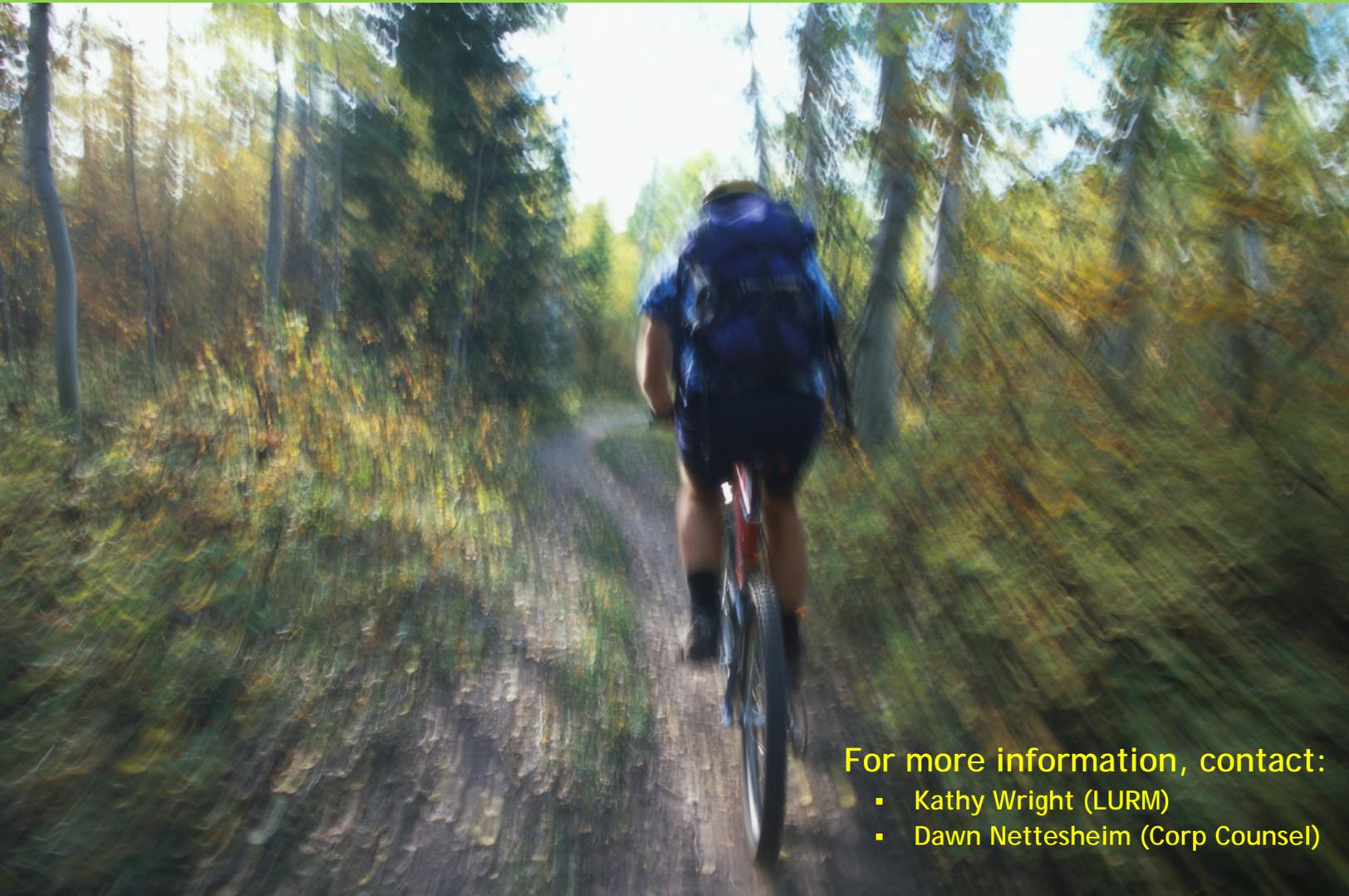
# Ready for fresh air, exercise and fun?

Grab your bike, gear up,

and join the Wednesday bikers on the

## ***WHITE RIVER STATE TRAIL!***

- Wednesday evenings at 5:30 p.m. (*weather permitting*)
- Meet at the Elkhorn trailhead on County Road H.
- 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)

*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!*

# Walworth County Community Garden

Plots Available for Rent!!

Chrissy Wen, Horticulture Educator UW-Extension

Horticulture is defined as the art and science of growing plants, however there is deeper exploration in this definition as we look at the people that are growing the plants and the interactions that are created. Most gardeners innately understand the connection between their mind, body and the garden. The Walworth County Community Garden uses horticulture to create a peaceful environment that provides people a space to explore and nurture the therapeutic benefits of gardening including improving mental, physical, social, and emotional health.



The development of the Walworth County Community Garden began as a result of a county needs assessment that the UW-Extension concluded in 2007 and the land was provided by Walworth County to start the garden

in 2008. It is located off Healy Rd. off County Road NN, between Lakeland Hospital and Lakeland School. It continues to function under the UW-Extension and follows the UW-Extension's mission to provide all Wisconsin people access to university resources and engage in lifelong learning, wherever they live and work. The garden plots are currently rented annually by individuals, friends, and families. A large area of the garden has been



specifically set aside for educational purposes. This space is used by UW-Extension educators as a teaching garden and to demonstrate multiple garden techniques. This space is maintained by the hands of youth including students from Wisconsin School for the Deaf, Lakeland School, and children from Delavan's Community Action Program



(Photo on right). If you are interested in renting a garden plot contact the UW-Extension office at 741-4951. Multiple plot sizes are available to fit your needs.

## **Garden Style Lunch & Learn Program**

Need some green space during your work day? Bring your lunch and enjoy some green space with Chrissy (Regester) Wen, UW-Extension Horticulture Educator, at the Walworth County Community Garden this summer while learning about current garden topics and ask any garden questions you may have! *There's always weeding that can be done too, in case that's your thing!!*

**Dates (*weather permitting*):** May 30, June 6, June 20, July 18, July 25, August 8

**Times:** Come anytime between 11:30am-12:45pm

# WELLNESS MONTHLY Quiz

1. Brain research over the past ten years has shown that your brain does not continue to develop after a certain age.

True  False

2. Which form of exercise is best for eliminating pounding on the joints and also promotes perfect posture?

- a. Rollerblading
- b. Elliptical Machine
- c. Aqua Jogging
- d. Bike Riding

3. 1 out of 5 people over age 35 have gum disease.

True  False

4. Which of the following puts you at risk for developing skin cancer:

- a. Wearing sun block that is less than 45 SPF
- b. Using a sun lamp or tanning bed as alternative
- c. Genetics
- d. All of the above
- e. A and C

5. Vending machines have been around since the 1920s.

True  False

6. Which of following is a recommended good sleep habit for managing fatigue and staying alert? (Choose the best answer)

- a. Eat a light snack if needed
- b. If tossing and turning persists after 30 minutes, get out of bed until sleepy
- c. Take a sleep aid
- d. Drink a cup of green tea
- e. A and B

7. Regarding workplace snacking, which of the following is a way to ensure that your “snack attack” doesn’t get the best of you:

- a. Limit yourself to one snack a day from a vending machine
- b. Try eating something spicy to counteract your urge for sweets
- c. Consume a diet soft drink instead of eating something
- d. Instead of snacking, eat large meals during the course of your day

8. The most common type of skin cancer is melanoma

True  False

(1) False-Your brain continues to be shaped by how it is used. (2) C (3) False (4) E (5) False - The earliest known vending machine dates back to Egypt in 215BC. (6) E (7) B (8) False

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



# Biggest Loser Challenge Results

**Congratulations to all of the following teams for participating in the Biggest Loser Challenge!**

Place	Team #	TEAM NAME	Department	Percentage of Weight Loss
1	12	The Meltaways	Health & Human Services	8.49%
2	8	Large and in Charge	Sheriff's Department/Corrections	7.36%
3	1	Hunger Games	County Clerk	7.00%
4	2	Wii Unfit	Finance	6.69%
5	6	Tons of Fun	Clerk of Courts/Sheriff's Department	5.72%
6	15	The Notsochunkees	District Attorney	5.28%
7	3	Crazy Pickle Lady Brigade	Finance/Sheriff Department	4.72%
8	5	Flab-U-Less Four	District Attorney	4.63%
9	11	The Wicked Spoons	Clerk of Courts	4.41%
10	4	Anything "Butt" Normal	Finance/Volunteer Office	3.86%
11	14	Waist Management	Sheriff's Department/Corrections	3.75%
12	7	Reducing Government Waist	Health & Human Services	3.65%
13	16	Team # 16	UW Extension	2.46%
14	13	L.B. Losing Late Night Ladies	Sheriff's Department/Communications	1.90%
15	9	Record Breakers	Sheriff's Department	0.95%
16	10	Team #10	Lakeland Health Care Center	0.00%

**1<sup>ST</sup> PLACE TEAM** – (left to right) Ann Marie Legutki, Christina Peters, Claudette Melson



**3<sup>RD</sup> PLACE TEAM** – (left to right) Susie Pike, Eric Pike, Nicole Hill, Kim Bushey



**2<sup>ND</sup> PLACE TEAM** – (picture not submitted) Jennifer Kubesheski, Rick Craig, Mario Riley, Howard Sawyers, Greg Sawtelle, Bev Junk

Thank you to our partners throughout Walworth County:



Big Foot Beach State Park



City of **Delavan**

Village of East Troy

**ELKHORN™**



What is your family doing this summer to stay active?

Join the First Annual  
**Get Moving!**  
**Walworth County**

Participate in outdoor walks, games, and play times all summer long while earning prizes!

**UW Extension**  
Cooperative Extension



**MERCY**  
HEALTH SYSTEM

For additional information, visit [www.getmovingwalworthcounty.com](http://www.getmovingwalworthcounty.com) or contact *Get Moving!* Coordinator Jenny Wehmeier at (262) 741-4962 or [jenny.wehmeier@ces.uwex.edu](mailto:jenny.wehmeier@ces.uwex.edu)

Individuals and families are welcome to attend any program throughout Walworth County. The more programs you attend, the greater your chances to win great prizes!

To register, visit [www.getmovingwalworthcounty.com](http://www.getmovingwalworthcounty.com), and bring the registration fee to the kick-off event! Each participant will receive a *Get Moving! Walworth County* welcome packet with a t-shirt and water bottle. Adults and children over the age of eight will receive a pedometer to record steps taken daily.

Adults: \$3

Children ages 4-17: \$1

Children under 3: Free

*One-time fee covers all 2012 Get Moving! Walworth County events*

Programs run rain or shine, unless lightning is spotted or a severe weather warning is issued. Cancellations will be posted to the website [www.getmovingwalworthcounty.com](http://www.getmovingwalworthcounty.com). In these cases, feel free to attend events at other sites.

All participants are required to sign a *Get Moving!* waiver to participate in the program. **Those under 18 will need the permission of their parent or guardian.**

An EEO Affirmative Action employer, the University of Wisconsin-Extension provides equal opportunities in employment and programming including Title IX and ADA requirements. Anyone requiring an interpreter should contact the UW-Extension office at least 48 hours before the program at (262) 741-4951 or 711 Wisconsin Relay.

**Join us on Wednesday, August 29th from 2-6 p.m. at the Walworth County Fair in the Log Cabin for our end of summer celebration and grand prize drawings!**  
(You need not be present to win.)

# CHECK OUT THE *GET* *MOVING!* PROGRAM

## NEAR YOU

### Darien

#### DARIEN WEST PARK

357 West Madison Street  
June 19, July 24, and August 21  
at 2:30 p.m.

### Delavan

#### UPPER SPRINGS PARK

100 West Washington Street  
June 18 and August 20 at  
4:00 p.m.

#### CONGDON PARK

1528 Hobbs Drive  
July 23 at 4:00 p.m.

### East Troy

#### PLAYMORE PARK

3072 Graydon Avenue  
June 12 and August 14 at  
10:00 a.m.

#### MILL POND PARK

2265 Hwy G  
July 17 at 10:00 a.m.

### Elkhorn

#### SUNSET PARK

699 West Walworth Street  
June 11 at 10:30 a.m. or 6:00 p.m.

#### HARRIS PARK

Located off of Wright Street  
and Geneva Street, near  
Jackson Elementary  
July 16 at 10:30 a.m. or 6:00 p.m.

#### MARKET STREET PARK

Market Street & Heather Drive  
August 13 at 10:30 a.m.  
or 6:00 p.m.

### Fontana

#### DUCK POND RECREATIONAL AREA

Wild Duck Road off of Hwy 67  
Numerous hiking trails  
June 23, July 21, and August 4 at  
9:00 a.m.

### Genoa City

#### TOM HOLDEN MEMORIAL NATURE TRAIL

Park at Brookwood Middle  
School, 1020 Hunters Ridge Dr.,  
and meet at trail.  
June 13, July 18, and August 15 at  
4:00 p.m.

### Lake Geneva

#### BIG FOOT BEACH STATE PARK

Meet at Badger High School,  
220 South Street for walk to  
Big Foot Beach State Park.  
June 19, July 24, and August 21  
at 10:00 a.m.

### Sharon

#### GOODLAND MEMORIAL PARK

1049 School Street  
June 25, July 30, and August 27  
at 2:30 p.m.

### Walworth

#### BADGER PARK

Badger Street  
June 21, July 26, and August 23  
at 6:00 p.m.

### Williams Bay

#### KISHWAUKETOE

Slow-paced, guided nature  
walk. Meet at Lions' Field House  
310 Elkhorn Road  
June 15, July 27, and August 24  
at 5:30 p.m.

Looking for more fun family activities  
this summer? Check out the Kids  
Bowl Free Summer Bowling Program!  
Each child receives two FREE games  
of bowling every day all summer.  
Simply visit [www.KidsBowlFree.com](http://www.KidsBowlFree.com)  
to learn more or contact Two  
Seasons Bowl at:

Two Seasons Bowl  
830 N. Wisconsin St.  
Elkhorn, WI 53121  
(262) 723-4047

[www.two-seasons-bowl.com](http://www.two-seasons-bowl.com)



Ice Age Trail Weekly Walks: Hikers  
meet at 4:00 p.m. Tuesdays and at  
10:30 a.m. Wednesdays at the U.S.  
Highway 12 Ice Age National Scenic  
Trail crossing, located about four  
miles east of Whitewater and about a  
quarter-mile east of the intersection  
of U.S. Highway 12 and Sweno Road.  
The parking lot is at the west end of  
Sherwood Forest Road, which is a  
short road that intersects U.S.  
Highway 12 at each end.

*Get Moving!* will be  
hiking the Ice Age  
Trail on Tuesday,  
June 26<sup>th</sup> at 4:00 p.m.  
Join us then, or any  
other week!





## 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>

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/>