



live well, work well

September 2012

Brought to you by: Walworth County's Employee Wellness Council



September is Whole Grains Month! Do you know what a whole grain is? According to the Whole Grains Council, for a grain or food to be considered a whole grain, the entire grain seed must be included in the product.

DID YOU KNOW

The following are generally considered examples of whole grains when consumed in a form that includes the entire kernel:

- Amaranth
- Barley
- Buckwheat
- Corn
- Millet
- Oats
- Quinoa
- Rice
- Rye
- Sorghum
- Teff
- Triticale
- Wheat
- Wild rice

Whole grains offer unique health benefits that refined grains do not. Studies show that eating whole grains lowers the risk of several chronic diseases including heart disease, type 2 diabetes, asthma, inflammatory disease, gum disease and colorectal cancer.

September is Whole Grains Month, and the perfect time to incorporate whole grains into your diet. To get started, consider purchasing products advertised as 100 percent *whole grain*, *whole wheat* or *stoneground whole*.

*For more information on whole grains as well as whole grain recipes, log on to www.wholegrainscouncil.org

Sometimes, personal and work-related problems can seem overwhelming. Usually, we can handle life's challenges on our own. But, occasionally, these problems reach a level that impairs our work, our home life, and our general sense of well-being.

When this happens, consider calling the SupportLinc Employee Assistance Program (or EAP) for help. SupportLinc is a free program, separate from your insurance, and paid for by your employer, which provides confidential resources to restore and strengthen your health, productivity, and quality of life.

SupportLinc is designed to assist you and your family members with a full range of services when personal or work-related problems arise. SupportLinc's services include resources for personal growth, work-life balance, wellness, parenting, healthy living, and much more!



The program is available to **all Walworth county employees, as well as your immediate family members – including spouses, children and other dependents.** If a child under the age of 18 wants to use the SupportLinc program, we ask that a custodial parent or legal guardian call the EAP first.

Call SupportLinc Toll-Free:
888-881-5462

Website:
www.support-linc.com

Username: **walworth**
Password: **linc123**



Avoid the Back-to-School Blues

The annual transition from summer vacation back to school is a difficult time for most children, but it can be an equally stressful period for parents. If you're like most, you may be worried about how your kids will transition to a new grade. Read on for some practical things you can do to prepare your child for the school year—and set your mind at ease.

- **Re-establish routines** – By setting a regular bedtime and mealtime for your children, you prepare them for the structured schedule they will need to follow at school. Begin the routine a few weeks in advance, so they are wide awake for breakfast on the first day of school.
- **Freeze a few dinners** – Keep a couple of meals in your freezer for the first few weeks of school. This way you won't have to stress about cooking and will have more time to spend with your kids.
- **Create a homework space** – Designate and clear a special area where your children will be able to do their homework in peace. During the weeks leading up to school, consider offering crafts or projects they can do area to help them get used to working there.
- **Attend parent-teacher night** – Take the time to visit with your children's teachers so you know what to expect in the coming year.
- **Clear your own schedule** – As the big day approaches, be prepared to spend time with your children when they need it. Postpone any business trips or major projects until the school year is underway so that you can be there for your children when they want to talk about how they feel.



- **Be enthusiastic** – The best thing you can do for your children is to be excited about the new school year. When you are confident, your children will be confident, too.

While preparing your children for the first day of school can really help their transition, it is only part of the equation. Especially during the first few weeks, set aside time each night to talk about how your children are feeling about school and positively reinforce the experiences they've had—this will help your children adjust to their new grade.

MY TRIATHLON CHALLENGE **Sept. 16th – Nov. 10th**

Brought to you by the *Walworth County Employee Wellness Council*, the My Triathlon Challenge challenges you to get moving for at least 90 minutes a week.



Activities will be tracked, and participants will be entered into a bi-weekly drawing for great prizes! For challenge details, check out the attachment to the newsletter or contact the employee benefits at 262.741.4949

Baked Chicken With Apples and Barley

A slight sweet glaze from the marmalade balances nicely with the curried chicken on a bed of barley with colored pepper "confetti."



INGREDIENTS

1 tablespoon olive oil
1/2 cup chopped onion
1/2 cup chopped red bell pepper
1/2 cup chopped green bell pepper
1 clove garlic, finely chopped
1 medium tart green apple, chopped
1-2 tablespoons curry powder
1 cup whole grain barley kernels
2-1/2 cups chicken broth
4 boneless, skinless chicken breasts
1/2 teaspoon garlic salt (or a little minced garlic)
3 tablespoons orange marmalade or apricot jam

INSTRUCTIONS

1. Heat oil in large skillet; sauté onion, bell peppers and garlic 5 minutes, stirring occasionally.
2. Add chopped apple and curry powder; sauté 4 minutes longer.
3. Stir in barley and chicken broth; bring to boil. Reduce heat and simmer 20-25 minutes.
4. Pour barley mixture into large baking dish or casserole. Arrange chicken breasts over barley and season with garlic salt. Cover and bake in 375° F oven for 45 minutes. Remove cover; brush chicken with marmalade. Continue to bake, uncovered, 15 minutes longer. Remove from oven and let stand 5 minutes before serving.

Recipe courtesy of **National Barley Foods Council**

Nutrition Facts: Calories - 431,
Protein - 34g , Fat - 8g,
Carbohydrates - 59g, Cholesterol -
68mg, Fiber - 9g, Sodium - 850mg
makes: 4 servings



Upcoming Wellness Events

Strong Women Strong Bones

WHAT: An evidence-based strength training program developed by the Hancock Center at the Friedman School of Nutrition Science and Policy at Tufts University

WHEN: Sept. 6 – Dec. 13th Class times are as follows:

- Mon & Wed 8:30 – 9:30 am
OR
- Mon & Wed 5 – 6 pm
OR
- Tues & Thurs 12 – 1 pm

WHERE: Walworth County Government Center, 100 W Walworth St., Elkhorn

COST: \$25 for newcomers, \$20 for returning participants

REGISTER: Contact Jenny Wehmeier at 262.741.4962 or at jenny.wehmeier@ces.uwex.edu

My Triathlon Challenge

WHAT: Compete in your own mini-triathlon! A triathlon is an endurance sports event consisting of swimming, biking, and running various distances. Not everyone is ready to go out and compete in a triathlon tomorrow. Therefore, all participants will have the flexibility to design their own personal "My Triathlon".

WHEN: Sept. 16th – Nov. 10th

COST: Free!

REGISTER: See flyer for details or contact Employee Benefits at 262.741.4949 or at srehbaum@co.walworth.wi.us

**Brought to you by the Walworth County Employee Wellness Council*

Freezing Fruits, Vegetables, and Home Prepared Meals

WHAT: Learn the basics to preserve the flavor and quality of your fruits, vegetables, and home prepared meals.

WHEN: Sept. 20th 1-2 pm

WHERE: Starin Park Community Building, 504 West Starin Road, Whitewater

COST: \$3

REGISTER: Contact Jenny Wehmeier at 262.741.4962 or at jenny.wehmeier@ces.uwex.edu for registration information

Strong Women Healthy Hearts Plus

WHAT: A fun, hands-on approach to make positive changes by eating better, moving more, and improving your health and well-being through walking.

WHEN: Sept. 21 – Dec. 14
Wednesdays & Fridays, 10-11 a.m.

WHERE: Walworth County Government Center, 100 W Walworth St., Elkhorn

COST: \$25 for newcomers, \$20 for returning participants
**Participants are required to have an Omron pedometer and exercise band. Both can be purchased from the Extension office for an additional fee of \$25 for a pedometer and \$10 for an exercise band*

REGISTER: Contact Jenny Wehmeier at 262.741.4962 or at jenny.wehmeier@ces.uwex.edu

Wednesday Bikers

WHAT: Join the Wednesday Bikers on the White River State Trail

WHEN: Wednesdays at 5:30 pm

WHERE: Meet at Elkhorn Trailhead on County H

COST: Must purchase a State Trail pass. Day passes and Annual passes are available

REGISTER: Contact Kathy Wright at 262.741.7911 or at kwright@co.walworth.wi.us OR contact Dawn Nettesheim at 262.741.7229 or at dnettesheim@co.walworth.wi.us

Be Active Today! 5k & Fitkid Shuffle

WHAT: Working for Whitewater's Wellness, your local coalition for better health, would like to invite you to the 3rd Annual 5K and Fitkid Shuffle. Run, walk, or jog through the Whitewater trails with family and friends. All are welcome and encouraged to *Be Active Today!*

WHEN: Sept. 22nd 6:30 am - 11 am

WHERE: Cravath Lakefront, Whitewater

COST: 17 & under: \$10 preregistration; \$15 day of event

18 & older: \$20 preregistration, \$25 day of event

REGISTER: Go to <http://health365events.com/event/pxs5y/be-active-today-5k-and-fitkid-shuffle>
<http://www.w3wellness.org/calendar/>