



live well, work well

October 2012

Brought to you by: Walworth County

Trick-or-Treating Safety

Between bags of candy and spooky celebrations, October 31 is a favorite day for many children and adults. However, the festivities aren't all fun and games for children. This Halloween, protect your little ghost or ghoul by following these safety guidelines.

Preparation

- Make sure the costume your child wears is bright, reflective and fire-resistant. You may also wish to add reflective tape to your child's trick-or-treat bag.
- Consider non-toxic makeup instead of a mask that can limit or block your child's eyesight. Remember to test the makeup in a small area first and remove it before bedtime to prevent irritation.
- Preparing a good meal for your family before trick-or-treating will keep your child from filling up on unexamined candy.

While trick-or-treating

- If trick-or-treating at night, provide flashlights for all children and adults involved.
- An adult should always accompany young children, even if you trust the neighborhood they are in.
- If older children trick-or-treat with a group of friends, plan out the route they will take in advance, and make sure you have the cellphone number of someone in the group.
- Make sure your child follows all normal traffic rules, such as walking on the sidewalk. Never assume right of way, as drivers may not be able to see you or your family.

After trick-or-treating

- Examine all treats for choking hazards and tampering before allowing your child to eat anything. In addition, be wary of any homemade treat that did not come from a close friend or family.
- Too much of anything can be a bad thing—especially candy. Try to ration your child's treats over the next days and weeks.



Applying for college is the first step toward earning a college diploma. The **SupportLinc** program can help you and your family by providing:

- Over 100 articles on college application and college living
- Resource links to helpful sites on college locators, college prep, college testing, financial aid, and much more

Join the webinar on **October 16th** and learn how to prepare for college!

www.support-linc.com

For login information call Employee Benefits at (262)-741-4949

Groove for the Cure



Join the WELL Spa + Salon Fitness Team for a body-rockin' Party in Pink™ Zumbathon® Charity Event and help fund a global search for the cure.

- **Friday, October 19, 2012**
- 6pm-8pm
- Grand Geneva Resort & Spa Fitness Center
- \$20 per person

75% of your ticket fee is donated to the Susan G. Komen for the Cure to fund breast cancer research, education, screening and treatment programs

Be a part of this global movement that is happening in over 150 countries. Silent auction items, 50/50 raffle and games for raffle tickets will also be available.

Special room rates are available for all participants starting at just \$119 per night for Friday and Saturday night (that is 50% off our current rate for the night).

<http://www.zumba.com/partyinpink>



Fall Fitness Tips

Let's face it—with the days growing shorter and the weather turning colder, it's getting harder and harder to keep up good exercise habits. Read on for some tips to help keep you active and feeling fit during fall.

Plan family events – Take advantage of the time the kids aren't in school by planning outdoor family events. Simply walking through a public park with your loved ones will get you out of the house.

Enjoy the scenery – Biking, hiking and jogging outdoors are great during the fall and will allow you to enjoy the weather before winter hits. Just remember to dress in layers and wear reflective clothing, as it gets cold and dark early.

Hit the gym – To supplement your outdoor activity, consider going to the gym. Alternating between outdoor and indoor exercise will keep your workout fresh and, if you live in a colder

climate, prepare you for a winter of indoor exercise.

Make exercise social – The best way to stick to your workout is to find a buddy with similar workout goals. You can motivate each other, whether indoors or out.



Money-saving Freezer Meals

With work and school, errands and extra-curricular activities, it can be nearly impossible to find the time to cook and eat a weekday meal this time of year. With a little planning, you can take the pressure off yourself by making and freezing meals in advance.

Because you can control what you put into each meal, homemade meals can be more nutritious and less expensive than store-bought frozen meals. Read on for tips on how to get the most out of your homemade freezer meals.

The meals to freeze

Soups, stews and chili, popular dishes at this time of the year, will freeze and reheat excellently, but anything with a lot of moisture in it will freeze well.

How to freeze them

It is important to cool a dish before putting it in the freezer. Food that is too warm when placed in the freezer will give off condensation that eventually turns into freezer burn, which can warp the flavor of your dish.

Once cooled to room temperature, place the dish into meal-sized containers or packages, and label and date the packages. If using a plastic or glass container, leave a little room at the top so the food may expand. If using a plastic freezer bag, try to leave as little air in the bag as possible. Store in a freezer kept at zero degrees F or below.

How long to keep them

According to the USDA, cooked meat, soups, stews and casseroles may be stored for 2-3 months; cooked poultry for up to 4 months; and frozen dinners and entrees may be kept frozen for 3 to 4 months.

For more information and a full timetable visit www.fsis.usda.gov/FactSheets/Focus_On_Freezing/index.asp.

Vegetable Succotash

Reshape supper with a light, delicious vegetable-based meal while taking advantage of the last of fresh summer corn, beans and squash. While this recipe can be a light meal in itself, it makes a healthy side to complement any main dish, too.

¼ cup olive oil
1 cup onion, diced
2 garlic cloves, finely chopped
2 cups bell pepper, diced
2 cups zucchini, diced
2 cups yellow summer squash, diced
3 cups lima beans, frozen
3 cups corn kernels, frozen
2 tbsps. fresh sage, coarsely chopped

Heat a skillet over medium-high heat and add the olive oil. Once oil is hot, add the onion and cook until translucent, about 2 minutes. Next, add garlic, bell peppers, zucchini, squash, lima beans and corn, and season as desired. Cook, stirring regularly, until vegetables are tender, about 10 minutes. When finished, stir in sage and serve.

Yield: 8 servings. Each serving provides 170 calories, 8g total fat, 1g saturated fat, 4g protein and 10mg sodium.

Source: www.cdc.gov





Upcoming Wellness Events

***For complete list of events and event details, including directions on how to register for these events, check out the Employee Wellness Council website**

<http://www.co.walworth.wi.us/WellnessCouncil/default.aspx>

Barn Quilt Tour

WHAT: A guided tour by Peg Reedy and Ginny Hall

WHEN: Oct. 3rd 9am – 4pm

WHERE: Board Van Galder Coach, Delavan Park in the lot by the Dollar Tree Store

COST: \$35

Fall Veggie Feast

WHAT: Learn more about preparing vegetables while maintaining their nutritional value and expand your veggie vocabulary.

WHEN: Oct. 9th 2-3pm

WHERE: Matheson Memorial Library

COST: FREE!

The Art of Pressure Canning for Beginners

WHAT: Learn all there is to know about safe and effective methods of pressure canning in this two-night class

WHEN: Oct 17th 6-8pm & Oct 24th 5:30-8:30pm

WHERE: Badger High School, Lake Geneva

COST: \$15

SupportLinc Webinar: How to Prepare for College

WHAT: Applying for college is the first step toward earning a college diploma. Take the mystery out of the admissions process for you and your family members

WHEN: Oct 16th

WHERE:

www.support-linc.com

USERNAME:
walworthcounty

PASSWORD:

linc123

COST: FREE for all Walworth County Employees and their immediate family members

FREE Community Yoga

WHAT: This one-hour class with Megan Wycklendt is for all levels and a way to exercise, distress, and relax your mind and body. You do not need to have your own mat. One will be provided for you.

WHEN: Oct. 19th – Dec 14th on Fridays from 4:45 – 5:45

WHERE: Cravath Lake front Community Building in Whitewater

COST: FREE!

Groove for the Cure

WHAT: Join the WELL Spa + Salon Fitness Team for a body-rockin' Party in Pink Zumbathon Charity Event and help fund a global search for the cure

WHEN: Oct 19th 6 - 8pm

WHERE: Grand Geneva Resort & Spa Fitness Center

COST: \$20 per person

* 75% of your ticket fee is donated to the Susan G. Komen for the Cure

WHOLE GRAIN GOODNESS

WHAT: Learn to critically examine labels and packaging while enjoying whole grain recipes like quinoa, bulgur, couscous, and so much more

WHEN: Nov 6 2-3pm

WHERE: Matheson Memorial Library, Elkhorn

COST: FREE!