



Well City  
Fond du Lac  
**Staying Engaged Newsletter**

**Upcoming Events**

**Learning Circles**

- 6/16: Moraine Park
- 9/15: Lutheran Homes & Health Services
- 11/10: Hierl Insurance

**Advisory Board Meeting**

- 8/13: Lutheran Homes & Health Services

**Getting Maximum Value from Your WELCOA Membership**

As part of the process of joining Well City Fond du Lac, each participating employer purchased a WELCOA membership that offers many helpful resources, which often times are underutilized. To assist Well City Fond du Lac participants in getting the most out of their investment, we will be highlighting one resource in each newsletter throughout the 3-year project. The highlighted resource for this issue is:

**WELCOA Trainings & Certifications**

Build your professional credentials and advance in your career with best-in-class training and by selecting from more than a dozen training and Certification opportunities on these topics:

- Wellness Program Best Practices: Strategies for Building a Results-Oriented Wellness Program Using WELCOA's Seven Benchmarks (Two Levels: Beginner and Advanced)
- Employee Engagement: Principles to foster long-term engagement that results in behavior change
- Legal: Best practices for compliance within the legal environment of wellness including the Affordable Care Act
- Program Evaluation: Next steps for evaluating your wellness program and communicating program value to Leadership
- Fitness: Strategies for extending fitness program reach beyond employees to their families
- Nutrition: Increasing the impact of nutrition programs by incorporating employees' family members
- Stress & Sleep: Sleep habits and stress are main drivers of employee health—learn how to design programs that result in total well-being
- Creating High Performing Organizational Cultures: Using purpose to increase wellness program impact.

Select below link to sign up today:

<https://www.welcoa.org/services/learn/certification-schedule/>

**Well Workplace University Training Available Online**

Has the Wellness Champion for your organization completed the mandatory Well Workplace University Training? Do you have other wellness team members that would benefit from learning the Art and Science of building a Results-Oriented Wellness Program?

If so, please see below for more information regarding the content offered as well as the dates and times of this important training opportunity. This training is included at no cost with your WELCOA membership. To register today, select the below link:

<https://www.welcoa.org/services/learn/certification-schedule/>

**All new content!** There is both an art and science to designing and delivering a results-oriented workplace wellness initiative. In this four-part certification, you will be immersed in WELCOA's Seven Benchmark approach to building great wellness programs. You will learn how to:

- Capture senior level support
- Create cohesive wellness teams
- Collect the right wellness program data
- Carefully craft an operating plan
- Choose appropriate interventions
- Create a supportive environment
- Carefully evaluate outcomes



As a result of attending the certification series, you will gain the knowledge, confidence and materials necessary to be successful. This certification program is perfect for practitioners seeking a more strategic approach to wellness as well as those who are just getting started in the field.

This Wellness Certification is approved for Human Resource Certification Institute (HRCI) HR/General recertification credit hours towards PHR, SPHR and GPHR.

**Upcoming Opportunities:**

- Wednesdays, July 8, 15, 22, 29 (2:00-3:30 PM)
- Wednesdays, September 9, 16, 23, 30 (2:00-3:30 PM)
- Tuesdays, November 3, 10, 17, 24 (2:00-3:30 PM)



## 2015 Learning Circle Schedule Finalized

Thank you to everyone who completed the Learning Circle survey earlier this year. The feedback provided was used to update the 2015 Learning Circle schedule listed below. Additionally, Jessica Raddemann from the Wellness Council of Wisconsin has agreed to stay after each of these sessions for one hour to answer questions regarding wellness programming or the application. Please double check your calendar today to ensure that these dates and times are reserved.

<b>Date:</b> <u>6/16/15</u> <b>Time:</b> 7:30-8:30 A.M. <b>Location:</b> Moraine Park Technical College <b>Topic:</b> Engagement	<b>Date:</b> <u>9/15/15</u> <b>Time:</b> 7:30-8:30 A.M. <b>Location:</b> Lutheran Homes and Health Services (Macy Street location) <b>Topic:</b> Computer Lab - WELCOA Application	<b>Date:</b> <u>11/10/15</u> <b>Time:</b> 7:30-8:30 A.M. <b>Location:</b> Hierl Insurance <b>Topic:</b> Marketing and Communication
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### Fundraising / Sponsorship Committee:

The Well City Fond du Lac initiative received a \$200 cash contribution from Jason Guelig Excavating . . . thank you Jason Guelig Excavating!

“In-Kind” contributions to the Well City Fond du Lac initiative have been aggregated and are now present on the Well City website.

The Event Coordination Committee has developed a budget for the December 3<sup>rd</sup> Celebration Event. Fundraising to support this year-end event will begin soon.

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### Recruitment Committee:

Well City Fond du Lac continues to welcome interested employers that wish to join this important business community initiative. The Recruitment Committee is currently reaching out to employers that had initially requested a delay before needing to make the decision to participate.

If you know of an employer that should be approached with regard to participating in the Well City Fond du Lac initiative, please pass that information along to Larry Richardson at FABOH at 920-924-3780 or [lrichardson@faboh.com](mailto:lrichardson@faboh.com).

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### Well City Fond du Lac – Progress to date

The clock is ticking down towards the deadline of the Well City Fond du Lac project, which arrives on Wednesday, August 31, 2016 (16 short months away). At that time, in order for the project to be successful, a minimum of 20 employers, representing 20% of the population (5900 employees) in zip codes 54935, 54936, and 54937 will need to achieve Well Workplace Designation. In an effort to track progress towards these milestones, the Project Management Committee has established a 3-slide PowerPoint deck to display individual employer progress towards achieving Well Workplace designation as well as progress towards the 20 company and 20% thresholds. These slides, which were recently updated to share with the Advisory Board, will be updated quarterly throughout the duration of the project. To view the current progress of the group and/or your own organization, please select the following link: <http://wellcityfdl.org/docs/Percentage-Complete-Chart-April-2015.pptx>. If you have any questions on the slide deck or need any assistance in achieving Well Workplace Designation, please contact Katie Schwartz at 920-924-3780 or [kschwartz@faboh.com](mailto:kschwartz@faboh.com).

## 2015 National Employee Health and Fitness Day Employer Challenge

Are you up for the Challenge?

In order to promote the importance of healthy employees and prepare employers for upcoming challenges associated with Well City Fond du Lac, FABOH is challenging your organization to participate in the 2015 National Employee Health and Fitness Day Employer Challenge.

### Program Dates:

- May 18-22

### Who is Eligible?

- All Employers in Fond du Lac County

### How does the challenge work?

- Participating employers compete against similar sized organizations to see which employer can accumulate the most points per participant during the week.
- Participating employees earn points by performing and logging the following activities:
  - Cardiovascular Exercise - 1 point per minute
  - Resistance Training - 1 point per minute
  - Stretching - 1 point per minute
  - Bonus point activities = 5 points each
    - Ride bike to work
    - Hold a walking meeting
    - Use one of the partnering fitness centers for free
    - Stretch at your workstation at least 2x during the day
    - Park farther away in the parking lot today
    - Take the stairs
    - Learn what Y5210 stands for and live it for a day

### Winners:

- Employers with the most points per participant in each category size will be recognized in addition to the employers who have the highest participation percentage. Winners in all categories will be promoted via press release to local media outlets.

**\*\*All participants will have access to utilize participating Fitness Centers at no cost during the week (While FABOH is pleased to identify resources for participants in the Employer Challenge, such identification should not be considered an endorsement)**

**\*\*A turn-key tool kit will be available for all participating employers to help them maximize their point totals**

For more information or to sign your organization up today, please call or email: Katie Schwartz at 920-924-3780 or [kschwartz@faboh.com](mailto:kschwartz@faboh.com).

## Well City Fond du Lac Website – Recently Updated

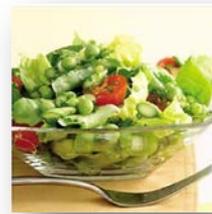
Thanks to the leadership of the Well City Fond du Lac Marketing Committee, the Well City Fond du Lac website <http://wellcityfdl.org/index.php> was recently updated.

Please take a few minutes to review the updated content as well as any areas in which specific information regarding your organization may exist (CEO profiles etc.). While we caught a handful of necessary changes, we are often times not aware of title or personnel changes that could be happening within your organization. Please send any changes to Jeff Butz at [jbutz@faboh.com](mailto:jbutz@faboh.com).

## Discounts Available on Fitbit Products

Aurora Healthcare has offered to pass their discount on Fitbit products along to any Well City Fond du Lac participant interested in purchasing these devices for employees. If you are interested in placing an order, please contact Jen Walters at [jennifer.walters@aurora.org](mailto:jennifer.walters@aurora.org). For specific product information and prices, please click the link below: <http://wellcityfdl.org/docs/FITBIT-Flier.pdf>

## EatingWell WHERE GOOD TASTE MEETS GOOD HEALTH Green Salad with Asparagus and Peas



### INGREDIENTS

- 2 teaspoons freshly grated lemon zest
- ¼ cup lemon juice
- ¼ cup canola oil or extra-virgin olive oil
- 1 teaspoon sugar
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 heads Boston or Bibb lettuce, torn in to bite-size pieces
- 2 cups very thinly sliced fresh asparagus (about 1 bunch)
- 2 cups shelled fresh peas (about 3 pounds unshelled)
- 1 pint grape or cherry tomatoes, halved
- 2 tablespoons minced fresh chives, or scallion greens

### PREPARATION

Combine lemon zest and juice, oil, sugar and pepper in a large salad bowl. Add lettuce, asparagus, peas, tomatoes and chives (or scallion greens); toss to coat

### NUTRITION

**Per serving (2 cups-makes 8 servings):** 113 calories; 7 g fat (1g sat fat, 4 g mono); 0 mg cholesterol; 3 g protein; 3 g fiber; 152 mg sodium; 339 mg potassium

**Nutrition Bonus:** Vitamin A & C (45% daily value), Folate (19% dv)  
Carbohydrates: ½

Exchanges: 2 vegetable, 1 ½ fat