



Staying Engaged Newsletter



Well City Fond du Lac Spotlight

The Well City Fond du Lac initiative has kicked off and is moving full speed ahead in its quest to make the Fond du Lac workforce one of the healthiest in America.

Our goal of assisting a minimum of 20 employers, representing at least 20 percent of the Fond du Lac workforce, in achieving Well Workplace designation through the Wellness Council of America (WELCOA), is well underway. This is an important and exciting initiative for the Fond du Lac Business Community, and we want to share the successes of our participating employers each month, so you, the reader, can get to know a bit more about each company and their commitment to improving the health and well-being of their employees.

This issue we are featuring Society Insurance, who has had a wellness program in place for eight years, and added a wellness committee in mid-2012. Society hopes to submit their application for Well Workplace designation in April 2014. On behalf of Society Insurance, Krista Arnhoelter provided the following answers in response to the questions below:

Why did you join the Well City Initiative, and what value do you hope to gain?

At Society Insurance, we are committed to offering our employees a strong benefits package and a robust Wellness Program. We feel the health and wellness of our employees plays a critical role in the effectiveness of the company. The Well City Initiative has, and will continue to allow us to improve the health of our employees by making our wellness program even stronger. In addition, we feel this initiative will help with economic development and the retention and attraction of talent.

Upcoming Events

June	Learning Circle Thursday, June 19 th - 7:30-8:30 am Lutheran Homes and Health Services
Aug	Advisory Board Meeting Thursday, August 13 th - 7:30 - 8:30 am TBD
Sept	Learning Circle Thursday, September 18 th - 7:30 - 8:30 am Aurora Health Care
Oct	Well Workplace University Tuesday, October 7 th - All day training - Moraine Park Technical College RM 0104
Dec	Celebration Event Thursday, December 4 th 7:30 - 8:30 am TBD

As you were implementing the WELCOA model at your work place, which Well City Fond du Lac resources did you find most valuable? Jeff Butz from FABOH has been a great resource each year in informing and advising us on how to make our program in line with the WELCOA Model. I have also found the WELCOA website, the learning circle meetings, and conversations with Jessica from WELCOA to be very helpful.

What is one unique thing that you can share about your wellness program?

One unique program that we offer is an onsite farmers market each week, May through October, for our employees. Having it onsite makes it convenient for our employees to purchase nutritional foods on a regular basis that they may otherwise have never tried.

What changes to your wellness program has implementing the WELCOA model led to?

We see the importance of having a results-based wellness program. Implementing the WELCOA model has made us better at evaluating outcomes from various wellness initiatives. Collecting the right data after each initiative and then evaluating these outcomes helps us plan for the following year and improve our program where needed. This ensures that we are offering the programs that our employees want and need.

Well City Fond du Lac Welcomes Three New Participants

The Recruitment Committee has been busy at work since the kick-off of the Well City Fond du Lac initiative in August of last year reaching out to many local employers. This work has recently started to pay off as we are pleased to announce the addition of three new participants to the Well City Fond du Lac initiative. Please welcome the following employers:

- Fond du Lac County Economic Development Corporation (FCEDC)
- Horicon Bank
- Marian University

This brings the total number of employers participating in the initiative to 24. In order to achieve Well City designation, a minimum of 20 employers who collectively employ at least 20% of the Fond du Lac work force must achieve Well Workplace designation. If you know of an employer currently not participating in Well City Fond du Lac who may be interested, please email Aaron Sadoff, Chair of the Recruitment Committee at asadoff@nfdl.k12.wi.us.

Well City Fond du Lac Website in Progress



The Well City Fond du Lac website is near completion. Stay tuned for an announcement of an official launch of the site.

Well City Fond du Lac Progress

Tracking and Reporting Tool Approved by the Project Management Committee:

During the February meeting of the Project Management Committee, the group approved a 3-slide tracking tool that will be used to track and communicate the overall progress of the Well City Fond du Lac initiative to participating employers and the community throughout the initiative. Specifically, the tool will track:

- Progress towards completion of the 7 Benchmarks of Success for employers with greater than 50 employees
- Progress towards implementing the 10 steps for employers with less than 50 employees
- Progress towards the 20 employers achieving Well Workplace designation
- Progress towards the 20% goal

Requests for progress updates will be sent to participants 2-3 times annually, with this information being reported out to the Advisory Board. Your assistance in sharing this information in a timely matter will be appreciated. For more information on this tool please contact Caitlin Buretta, Chair of the Project Management Committee at Caitlin.buretta@fdlco.wi.us.

Well City Fond du Lac Baseline Biometric Data Recently Shared with Advisory Board

Larry Reynolds of Data Mining Research Consultants was in attendance at the April 17th Advisory Board meeting to present the group with the findings of the recently compiled baseline data from participating Well City Fond du Lac participants. To date all 18 employers submitted data to be included in the baseline measurement. The baseline data looks at high, medium and low risk individuals in each of the following areas: Blood Glucose, Systolic Blood Pressure, Diastolic Blood Pressure, HDL Cholesterol, LDL Cholesterol, and Body Mass Index (BMI).

At the end of the 3-year initiative, this data will be collected again and compared with the baseline measurements to determine the impact. If you would like a copy of the baseline measurements or for more information please contact Jeff Butz at jbutz@faboh.com or 920-924-3780.

Sign-Up Today for the 2014 National Employee Health and Fitness Day Employer Challenge

The Employer Challenge is a physical activity competition amongst Fond du Lac County employers aimed at raising awareness of the importance of physical activity and a healthy lifestyle. Participating organizations will compete against those of similar size to determine which can log the most points per participant and have the highest participation percentage. Community bragging rights will be on the line!

The Challenge will be held May 19-23rd with winners being announced during the week of June 5th. Implementation toolkits have been created to minimize resources needed to participate in the challenge. In addition, as an added bonus, FABOH has arranged for all participants to have access to many community Fitness Centers, at no cost, during the week of the Challenge.

*Participation in the Employer Challenge will enable Well City Fond du Lac participating employers to meet one of the requirements necessary to achieve Well Workplace designation.

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 which offers many helpful resources. 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:

Archived Webinars

Through hours and hours of WELCOA's past training webinars, you can learn more about the art and science of creating results-oriented workplace wellness programs.

How you can use these:

Whether you are implementing the 7-Benchmarks of Success or the 10-Steps for Small Businesses, you will find webinars filled with ideas and best practices you can use to ensure successful implementation. In addition, there are also webinars that address a wide variety of other more specific topics crucial to the success of your program. Topics such as: Maximizing Employee Engagement, Selecting the Right Wellness Vendor for your organization, and Evaluating Your Wellness Program are just a few webinars available on demand for you to use to train yourself, or your entire wellness team. To access these webinars go to: <http://www.absoluteadvantage.org/index.php?loggedout=true> and log in.

Sour Cream-Dill Potato Salad

Ingredients

¾ Pound Potatoes
½ Cup Diced Cucumbers
2 Tablespoons Reduced-Fat Sour Cream
1 ½ Tablespoons Plain Fat-Free Greek Yogurt
1 ½ Teaspoons Chopped Fresh Dill
¼ Teaspoon Kosher Salt
¼ Teaspoon Fresh Ground Black Pepper

Nutritional Information

Amount per serving

Calories: 50
Fat: 0.7g
Saturated fat: 0.4g
Sodium: 87mg



Preparation

1. Place a saucepan filled two-thirds with water over high heat. Cut potatoes into 1-inch pieces. Add potatoes to pan; cover and bring to a boil. Reduce heat to medium-high; cook 5 minutes or until tender. Drain.
2. Combine cucumber, sour cream, yogurt, dill, salt, and pepper in a large bowl. Add drained potatoes to cucumber mixture, and toss gently to coat.

Source: *Cooking Light Website*