



Staying Engaged Newsletter



Upcoming Events

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| Jan | Advisory Board Meeting Thursday, January 23 rd – 7:30-8:30 am FDL YMCA |
| Mar | Learning Circle Thursday, March 20 th – 7:30 – 8:30 am Moraine Park Technical College |
| Apr | Advisory Board Meeting Thursday, April 17 th – 7:30- 8:30 am TBD |
| June | Learning Circle Thursday, June 19 th – 7:30 – 8:30 am Lutheran Homes & Health Services |
| 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 | Learning Circle Thursday, December 11 th – 7:30 – 8:30 am Agnesian HealthCare |

+ Monthly Quote

When 'i' is
replaced By 'we'

Even
'illness'
Becomes
'Wellness'

Well City Fond du Lac Committees

The Well City Fond du Lac project is now in full motion forward with all but one of our sub-committees activated. Listed below are the chairs for each committee. If you or someone within your organization is interested in sharing your time or talent with one of the committees please call Katie Schwartz at 920-924-3780 or email kschwartz@faboh.com.

Chairs for each Committee:

- **Marketing and Communications**
Jennifer Walters-Aurora Health Care
- **Training and Resources**
Jayne Tettenborn-Agnesian HealthCare
- **Project Management/Mentoring**
Caitlin Buretta-In Balance LLC
- **Event Planning Committee**
Scheduled to meet in January
- **Fundraising and Sponsorship**
Gary Thorpe-Lutheran Homes & Health
Services/Marian Sheridan-FDL School
District
- **Recruitment**
Aaron Sadoff-NFDL School District

Data Mining

The evaluation component for Well City Fond du Lac is beginning to take form. Larry Reynolds, from Data Mining Research Consultants LLC, recently reviewed the aggregate reports submitted by participants. Based on his review, his suggestion is to proceed forward in evaluating the overall project based on low, moderate and high biometric values at baseline and then at project completion for the following measurements.

- Systolic Blood Pressure
- Diastolic Blood pressure
- Glucose
- HDL Cholesterol
- LDL Cholesterol
- BMI

Please keep an eye out for additional communications regarding collecting this important baseline data from your worksite.

Well City Fond du Lac Kick-off Event



On Tuesday, November 12th, 2013 the Well City Fond du Lac initiative officially kicked off in style with an event held at the Fond du Lac City County Building. Over 25 attendees heard messages on the importance of successful worksite wellness programs to the community from Larry Richardson-FABOH's Executive Director, Sister Mary Mollison-Chair of the Healthy Fond du Lac 2020 initiative, City Manager-Joe Moore and Jessica Raddemann-Executive Director of the Wellness Council of Wisconsin. The Well City Fond du Lac initiative has a deadline of August 31, 2016 for 20 employers (representing at least 20% of the workforce population in zip codes 54935, 54936 and 54937) to achieve Well Workplace designation.

Well Workplace University

Well Workplace University was held at Moraine Park Technical College on Tuesday, October 1st, 2013. Over 20 participants from 16 companies involved in the Well City Fond du Lac project learned how to implement the data driven, results oriented WELCOA model at their worksite. Attending this training is a mandatory step in the Well City Fond du Lac process. If you were unable to attend this training, please note Well Workplace University will be offered again on October 7th, 2014 and can also be done via webinar at no cost with your WELCOA membership. For more information, please call Katie Schwartz at 920-924-3780. A special thanks to Moraine Park Technical College for providing the room and a healthy lunch for participants that day!

Wellness Council of Wisconsin – Resource Highlight – Well Workplace Award Application Orientation

PROGRAM INFORMATION

During this 60 minute orientation, learn more about the Well Workplace Awards initiative and how your organization can join the ranks of America's Healthiest Companies. The orientation call will address the award application process and provide you with preparation tools and training. This interactive session will allow participants to ask questions and review FAQ's. If you are thinking about applying or want to learn more about the Well Workplace Award, this session is for you.

- Visit the Wellness Council of Wisconsin Website to see current and future dates at <http://www.wellnesscouncilwi.org/Default.aspx>



The Marketing and Communications Committee has been hard at work putting together the Well City Fond du Lac Website that will be used to share communications throughout the program. Keep an eye out for this new addition early in 2014.

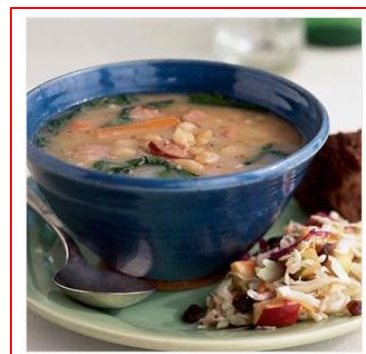
North Woods Bean Soup

Ingredients

Cooking spray
1 cup baby carrots, halved
1 cup chopped onion
2 garlic cloves, minced
7 ounces turkey kielbasa, halved lengthwise and cut in to ½-inch pieces
4 cups fat-free, less-sodium chicken broth
½ tsp dried Italian seasoning
½ tsp black pepper
2 (15.8-ounce) cans Great Northern beans, drained and rinsed
1 (6-ounce) bag fresh baby spinach leaves

Nutritional Facts:

Calories: 227
Fat: 3.9 g
Protein: 18.1 g
Fiber: 6.7 g



Preparation

Heat a large saucepan coated with cooking spray over medium-high heat. Add carrots, onion, garlic, and kielbasa; sauté 3 minutes, stirring occasionally. Reduce heat to medium; cook 5 minutes. Add the broth, Italian seasoning, pepper, and beans. Bring to a boil, reduce heat, and simmer 5 minutes.

Place two cups of soup in a food processor or blender, and process until smooth. Return the pureed mixture to pan. Simmer an additional 5 minutes. Remove soup from heat; add spinach, stirring until spinach wilts.

Source: Cooking Light – January 2012/3