



Upcoming Events

Learning Circles~7:30am-8:30 am

March 19th

June 18th

September 17th

December 10th

Advisory Board~7:30am-8:30 am

April 16th

Staying Engaged Newsletter

Well City Fond du Lac Celebrates Workplace Designation

With more than 40 attendees looking on, Society Insurance and CitizensFirst Credit Union were recognized by their Well City Fond du Lac peers for achieving Well Workplace Designation in 2014. The morning program, graciously hosted by Agnesian HealthCare, also included an update on the Well City Fond du Lac project to date displaying each individual company's progress towards completing their application and also the group's overall progress towards achieving the 20 employers and 20% needed to achieve Well City Designation. As part of the presentation the award winners were asked to prepare a short video highlighting some of the unique features of their wellness program and the impact it has had on their employees and worksite culture. The videos were a huge hit with those in attendance!

Well City Advisory Board Chair Larry Richardson had the following to say about the event, "Today is a glorious moment to honor our first two employers (receiving Well Workplace designations) but it's just the start. We look forward to having 20 or more employers achieve Well Workplace designation in the future. This will benefit their employees, family members, and ultimately the community at large."

Well City Fond du Lac - "In the News"

Pick up a copy of the Fond du Lac Reporter and read the fantastic coverage given to the Well City Fond du Lac project and its participants recently. Well City Fond du Lac has benefitted from the additional visibility provided. To view these and other articles written about the Well City Fond du Lac initiative you can visit our website at <http://wellcityfdl.org/releases.php>. Additionally, if your organization has not yet reserved a date to be featured in The Reporter as a Well City Fond du Lac participant, please call Katie Schwartz at 920-924-3780 or email at kschwartz@faboh.com to schedule this today.

Recruitment Committee Needs a Final Push to Secure Additional Participants

Please welcome wisnet.com as the most recent employer to join the Well City initiative. The Recruitment Committee is asking for any potential employers within the zip codes of 54935, 54936, and 54937 to be reached out to, prior to the deadline of April 2015. This deadline was established to ensure that any new employer joining the group would have a minimum of 15 months to plan and implement the results oriented, data driven WELCOA model at their worksite to ensure success. Please contact Aaron Sadoff, Chair of the Well City Fond du Lac Recruitment Committee at asadoff@nfdlschools.org with any potential employers.



“we need your feedback”

We are approximately 16 months into the Well City Fond du Lac initiative. Over that time, new participants have been added and turnover in Wellness Champions and Key Wellness Contacts have occurred. With this in mind, the Project Management/Mentoring Committee and the Training and Resources Committee have joined forces to develop a survey to better understand the needs and interests of those coordinating wellness efforts and how we can best support them in the coming year. The survey is currently being developed with the plan to distribute this to all Wellness Champions and Key Wellness Contacts in early February. Please take the time to share your feedback and preferences with these committees so we can best meet the needs of the group in 2015 and beyond.

2015 Learning Circle Schedule – Save the Date

Take a minute to insure that the 2015 Learning Circle dates and times are saved on your calendar (see below). A Learning Circle is an informational networking session that focuses on topics surrounding the implementation of the proven WELCOA model. The format of these sessions is designed to promote collaboration and sharing amongst participants to maximize value for all who attend. If you have any questions regarding the 2015 Learning Circle Schedule please contact Training and Resources Committee Chair Kya Schnettler at kschnettler@fdlymca.org.

- March 19th 7:30-8:30 AM
- June 18th 7:30-8:30 AM
- September 17th 7:30-8:30 AM
- December 10th 7:30-8:30 AM



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 **SWELL – A Social Networking System designed for WELCOA Nation** - Meet the nation's first social network created exclusively for WELCOA members. Designed to make sure you get connected with some of the most talented health promotion practitioners and business leaders in the country. SWELL is a great tool to keep you connected with other WELCOA members and, together, you'll keep abreast of what's happening in workplace wellness.

Similar to other social networking platforms—but solely for the field of workplace wellness—SWELL is the member benefit that changes the game. With SWELL, you're able to establish relationships, exchange ideas and share resources with the largest community of health promotion professionals in the country.

Start connecting with other Wellness Professionals today by selecting the link below and entering your WELCOA username and password. <http://swell.welcoa.org>



Crock Pot 3 Bean Turkey Chili

Ingredients:

- 1.3 lb (20 oz) fat free ground turkey breast
- 1 small onion, chopped
- 1 (28 oz) can diced tomatoes
- 1 (16 oz) can tomato sauce
- 1 (4.5 oz) can chopped chilies, drained
- 1 (15 oz) can chickpeas, undrained
- 1 (15.5 oz) can black beans, undrained
- 1 (15.5 oz) can small red beans, undrained
- 2 tbsp chili powder

For the Topping:

- 1/2 cup chopped red onion
- 1/2 cup chopped fresh cilantro for topping
- shredded cheddar to top (extra pts)



Directions:

Brown turkey and onion in a medium skillet over medium high heat until cooked through.

Drain any fat remaining and transfer to crock pot. **Add** the beans, chilies, chickpeas tomatoes, tomato sauce and chili powder mixing well.

Cook on high 6-8 hours.

Garnish with onions, cilantro and cheese and enjoy!

Servings: 12 $\frac{1}{3}$ Serving Size: 10.8 oz $\frac{1}{3}$ Old Points: 3 pts $\frac{1}{3}$ Points+: 5 pts
Calories: 206.3 • Fat: 1.4 g • Protein: 16.8 g • Carb: 31.8 g • Fiber: 9.0 g

