



Well City
Fond du Lac

Staying Engaged Newsletter

Upcoming Events

Learning Circles

- 9/15: Lutheran Homes & Health Services

- 11/10: Hierl Insurance

Advisory Board Meeting

- 8/13: Lutheran Homes & Health Services

Future Event

Annual Celebration Event - 12/3:
Agnesian-Plaza Level Conference Room

Details Finalized for the 2015 Well City Fond du Lac Celebration Event

If you have not already locked in the date, time and location of the 2015 Well City Fond du Lac Celebration event on your calendar, the time to do it is now! The Event Coordination Committee has been busy planning the event and looks forward to another great turnout to celebrate the progress of Well City members during 2015. See event details below:

Date: December 3, 2015

Time: Breakfast - 7:00-7:30 AM

Program - 7:30-9:00 AM



Location: Agnesian HealthCare Plaza Level Conference Room

To date, ten employers will be recognized for achieving Well Workplace Designation in 2015. If you have any questions on the event, please contact Katie Schwartz at kschwartz@faboh.com or 920-924-3780. We look forward to seeing you there!

Application Review Services Available through the Wellness Council of Wisconsin

Are you getting ready to hit submit on your electronic application or send in the hard copy of your application for the Small Business Award? If so, please remember to reach out to the Wellness Council of Wisconsin (Jessica Raddemann) in advance to take advantage of a complimentary review prior to submitting. A representative from the Wellness Council will gladly look through your application and share feedback so you can submit your application with the utmost confidence of a favorable review and a determination. To access this service, please contact Jessica Raddemann at jraddemann@wellnesscouncilwi.org or 262-696-3655.

Mentoring – The Best Resource We Have to Achieve Well City FDL is Each Other!

As part of the Well City process, all employers who sign up agree to implement the 7-C WELCOA model at their worksite, submit an application for Well Workplace Designation, and mentor at least one other organization through the process. As we approach the 1-year remaining mark, the number of employers who have successfully achieved Well Workplace Designation or those who are well on their way continues to rise. If you fall into this category and are interested in helping out another participating employer, please contact Caitlin Buretta, Project Management/Mentoring Committee Chair at Caitlin.buretta@fdlco.wi.gov. Additionally, if you are new to the initiative or in need of assistance/support in implementing the 7-C WELCOA model or completing the application, also contact Caitlin so we can pair you up with a mentor who can help.

Well City Fond du Lac – Progress update

The clock is ticking down towards the deadline of the Well City Fond du Lac project, which arrives on Wednesday, August 31, 2016 (13 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 ensure the success of the initiative, the Project Management Committee has been tracking our progress towards the 20 and 20 goals and is excited to report out the following movement from April – July.

At the April meeting:

- 4 Employers Achieving Designation (20% of Goal)
- 3433 Employees Represented (58.1% of goal)

As of today:

- 12 Employers Achieving Designation (60% of Goal)
- 5357 Employees Represented (90.8% of goal)

If you have any questions on the information above or need any assistance in achieving Well Workplace Designation, please contact Katie Schwartz at 920-924-3780 or kschwartz@faboh.com. Keep up the great work!

Winners Announced in the FABOH NEHFD Challenge

Congratulations to the following employers for winning their respective divisions in this year's National Employee Health and Fitness Day Employer Challenge. For each size category, a winner was determined based on participation percentage as well points per participant. Other businesses participating in this year's challenge were: Back in Action Rehab, E.P. Direct, Schenck, Guaranty Service Group, UW-Fond du Lac, North Fond du Lac School District, Mid-States Aluminum, and Holiday Automotive.

1-24 Employees:

- **Participation:** (6-way tie) Fond du Lac County Economic Development Corporation (FCEDC), Boys and Girls Club, Fond du Lac Association of Commerce, Fond du Lac Convention and Visitors Bureau, Adult Care Consultants and Wisnet
- **Points Per Participant:** Wisnet

24-125 Employees:

- **Participation:** Jackson Kahl Insurance
- **Points Per Participant:** National Exchange Bank

126-200 Employees:

- **Participation:** Campbellsport School District
- **Points Per Participant:** Lutheran Homes and Health Services

201-500 Employees:

- **Participation:** Society Insurance
- **Points Per Participant:** City of Fond du Lac

500+ Employees:

- **Participation:** Agnesian HealthCare
- **Points Per Participant:** Fond du Lac School District



Sponsorship & Fund Development Committee Update - Exciting News!

Recently Committee Chair, Gary Thorpe, circulated the financial needs identified by the Event Coordination and Marketing Committees to all participants. The initial response has come quickly and generously: \$250 **Sadoff & Rudoy**, \$250 **Society Insurance**, \$250 **Moraine Park Technical College**, \$250 **Mid-States Aluminum** and \$50 **Lutheran Homes and Health Services**. These contributions are in addition to the \$200 donation made by **Jason Guelig Excavating, LLC** that was made earlier this year. Contributions, large or small, are welcomed and greatly appreciated. Thank you to our benefactors!

Recruitment Committee Update

A final approach was made to the last four active employer candidates that have been considering joining the Well City initiative. Unfortunately, none of the four has been able to make the commitment to participate.

Given the time frame required for employers to complete the process to successfully achieve Well Workplace designation, the recruitment phase of the current Well City initiative is now completed.

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 resources for this issue are Free Wellness Challenges:

Wellness Challenges: For the past few years, the Wellness Council of Wisconsin has partnered with **TAVi Health** to bring their members ready-to-implement wellness challenge kits that aim to infuse energy into a health promotion program and engage employees in wellness.

Download your wellness challenge kit today at:

http://www.wellnesscouncilwi.org/Pages/50/Wellness_Challenges.aspx

Update on the Featured Article in the Reporter - Well City Fond du Lac Participants

In case you missed the memo from Advisory Board Chair, Larry Richardson that went out to all Well City Fond du Lac contacts, please see below. Also, please note that if your organization has not yet reserved a month to be featured for the good work done to enhance the health and Well-being of your employees it is not too late. Please email Katie Schwartz at kschwartz@faboh.com to learn more about this opportunity and reserve your month for 2016. In addition to the employers listed below in the memo, the following have also been highlighted since the relationship with the Reporter was established: Society Insurance, Guaranty Service Group, Holiday Automotive, Agnesian HealthCare, Aurora, City of Fond du Lac, NFDL School District and Fond du Lac County.

From: Lawrence R. Richardson, Well City Fond du Lac Advisory Board Chair

An unintended consequence of the recent restructuring of The Reporter and Action Advertiser organizations was the disruption of the Well City Employer of the Month Feature that appeared regularly in The Reporter since September 2014. After eight consecutive monthly appearances, the May 2015 article submitted by Moraine Park Technical College was not published.

After a few phone calls and a couple of discussions, The Reporter is ready to resume the Well City Employer of the Month Feature in July. The MPTC article would be published in July to get us back on track. The anticipated schedule of Well City Featured Employer by month looks like this:

- *July 2015: Moraine Park Technical College*
- *August 2015: Fives Giddings & Lewis*
- *September 2015: Hierl Insurance*
- *October 2015: FCEDC*
- *November 2015: Lutheran Homes and Health Services*
- *December 2015: CitizensFirst Credit Union*

January 2016 and beyond have not yet been determined. We can all look forward to seeing the Employer of the Month Feature again beginning next month. Hopefully we will be able to fill up the first six months of 2016 as well!

Corn with Cilantro-Lime Butter Recipe



Ingredients

- 1/2 cup butter, softened
- 1/4 cup minced fresh cilantro
- 1 tablespoon lime juice
- 1-1/2 teaspoons grated lime peel
- 12 medium ears sweet corn, husks removed
- Grated cotija cheese, optional

Directions

1. In a small bowl, mix butter, cilantro, lime juice and lime peel. Shape into a log; wrap in plastic wrap. Refrigerate 30 minutes or until firm. Wrap each ear of corn with a piece of heavy-duty foil (about 14 in. square).
2. Grill corn, covered, over medium heat 15-20 minutes or until tender, turning occasionally. Meanwhile, cut lime butter into 12 slices. Remove corn from grill. Carefully open foil, allowing steam to escape. Serve corn with butter and, if desired, cheese. Yield: 12 servings.

Nutritional Facts

1 ear of corn with 2 teaspoons butter (calculated without cheese) equals 145 calories, 9 g fat (5 g saturated fat), 20 mg cholesterol, 67 mg sodium, 17 g carbohydrate, 2 g fiber, 3 g protein.