



Upcoming Events

Aug	Advisory Board Meeting Wednesday, August 13 th - 7:30-8:30 am NFDL School District
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-MPTC- RM 0104
Dec	Celebration Event Thursday, December 4 th 7:30 - 8:30 am-Agnesian HealthCare

Staying Engaged Newsletter

CitizensFirst Credit Union and Society Insurance earn Well Workplace awards

Congratulations are in order for both Society Insurance and CitizensFirst Credit Union for becoming the first two Well City Fond du Lac participants to earn their Well-Workplace Awards. CitizensFirst earned a Silver designation while Society earned Gold. With this accomplishment, the Well City Fond du Lac initiative now needs a minimum of 18 more employers who employ at least 5600 employees in zip codes 54935, 54936, and 54937 to reach Well City Status by August of 2016.

The two award winners had the following to say about their accomplishments:

Kevin Ralofsky, CitizensFirst CEO said, *“Our team’s wellbeing is important to us and I am proud of the efforts of our HR team to bring a multi-faceted wellness program to our employees. When employees lead healthy lifestyles, they are typically happier and better able to serve our members.”*

Speaking on behalf of Society Insurance, Krista Arnhoelter, Senior Human Resources Generalist, and Wellness Program Leader had the following to say: *“We try to take a strategic approach to wellness at Society Insurance. We have a strong and dedicated Wellness Committee in place and are fortunate to have support from our senior executives. In the end, the success of our wellness program is a result of our great employees who are interested in and dedicated to wellness. Without their participation and feedback, we wouldn’t be able to offer the large variety of wellness programs that we do.”*

Is a Member of Your Leadership Team Featured on the Well City Fond du Lac Website? It’s not too late...

As part of the homepage of the Well City Fond du Lac website (wellcityfdl.org), leaders of participating companies were asked to provide a professional head shot and testimonial explaining their commitment to Wellness and rationale for participation in the Well City Fond du Lac initiative. To date 18 leaders have shared this information, exemplifying the strong leadership support we have seen from the kick-off of this project. If your organization’s leader is not yet represented, it is not too late. Please send a professional photo and quote to Jeff Butz at jbutz@faboh.com or call 920-924-3780 and we will add this to the website. Our goal is to have representation from all participating employers.

June Learning Circle Recap: The Application

Over 20 participants, representing 13 local employers attended the June 19th Learning Circle held at Lutheran Homes and Health Services to learn more about the Well-Workplace Application and strategies to successfully complete this. Jessica Raddemann and Kate Elliot from the Wellness Council of Wisconsin were the facilitators for the event and also stayed after to review the operating plans for Well City Fond du Lac participants looking for additional guidance. Interested participants who were unable to attend should contact Jessica Raddemann directly at jraddemann@wellnesscouncilwi.org to schedule an individual appointment.

- 🕒 Mark your calendar for the next Learning Circle which will be held on September 18th at Aurora (American Room) from 7:30-8:45 A.M. The topic for the day will be interventions.

National Employee Health and Fitness Day Employer Challenge Winners Announced

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.



From left to right: *Werner Electric Supply-Tom Fechter, Beckie Volbright, and Mike Jirikowic*



From left to right: *FCEDC-Bill Steimel, Jo Ann Giese-Kent, Sarah Spang, Joe Becker; BACK: Steve Jenkins*



From left to right: *Chrissy Boe and Jayne Tettenborn-Agnesian HealthCare; Gary Thorpe-Lutheran Homes and Health Services; Donna Waltenberry and Kristine Kiesow-Fives Giddings & Lewis; Mary Denzin and Leslie Manowske-Fond du Lac Area Association of Commerce; Karissa Schneider-Fond du Lac Boys and Girls Club; Melissa Will (not pictured-Co-Chair Christine Bader)-Aurora Health Care*

Winner Categories

1-50 Employees

Participation: (4-way tie) FCEDC, Boys & Girls Club, Fond du Lac Association of Commerce, & Werner Electric

Points per Participant: Werner Electric

51-200 Employees

Participation: Aurora Health Care

Points per Participant: Lutheran Homes & Health Services

201-500 Employees

Participation: Fives Giddings & Lewis

Points per Participant: Fives Giddings & Lewis

500+ Employees

Participation: Agnesian HealthCare

Points per Participant: Agnesian HealthCare

Other businesses participating in this year's challenge were: Guaranty Service Group Inc., INFO-PRO Mortgage Services Corporation, Guaranty Title Services, E-P Direct, Horicon Bank, UW-Fond du Lac, Sadoff Iron and Metal, Mid-States Aluminum, Society Insurance, City of Fond du Lac, and Holiday Automotive.

The National Employee Health and Fitness Day Employer Challenge serves as a nice warm-up to the 3-month Get Up & Go Challenge which will be held from September 8th – November 21st. Stay tuned for more information on this challenge in August.

Well City Fond du Lac Participants to be Featured in The Fond du Lac Reporter

Don't miss the chance to have your organization's Wellness Program highlighted in The Fond du Lac Reporter. Starting in September, one participating employer will be featured every month as part of a series on the Well City Fond du Lac project. Currently, 14 employers have signed up for this worthwhile opportunity.

To add your organization to the schedule, please contact Katie Schwartz at kschwartz@faboh.com or 920-924-3780. For more information on what should be included in this article, please see the Article Specs below:

Article Specs:

- Must be submitted to the Marketing Committee 3 weeks prior to the date it will be run
- 350-500 word article highlighting your wellness program
- A picture or video that ties to the article
- Preference of when your company would like to be featured
 - Perhaps after special event, etc... when you would have pictures available

Ideas on what should be included in the article:

- **Basic background information about your program such as:**
 - Why did you decide to join the Well City Fond du Lac Initiative?
 - What value do you hope to get out of participating in the Well City Fond du Lac initiative?
 - How long has your wellness program been in place?
 - What is one unique thing that you can share about your wellness program?
 - What resources provided in conjunction with the Well City Fond du Lac Initiative was most valuable to you as you implemented the WELCOA model at your worksite?
- **Intriguing information regarding your program such as:**
 - Personal testimonials from employees who have made significant strides in their health due to the program
 - Aggregate health or behavior outcomes that your wellness program has achieved
 - Interesting/unique events or programs run and pictures highlighting these
 - Onsite Farmers Markets
 - All employee walks
 - Health fairs, etc...
 - Any other information that has a great public appeal

Well City Fond du Lac launches its website:

You may have noticed that the July edition of the Well City Fond du Lac Newsletter you are reading was not delivered in PDF format, but rather via a link to the newly developed, and recently launched Well City Fond du Lac website. The website, which officially launched on July 23, 2014, will serve as both a repository of relevant information for Well City Fond du Lac participants as well as a tool that can be used to educate the community and potential participants. To see all of the great information available on the site go to wellcityfdl.org.

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, which often times are underutilized if used at all. 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:

Free Monthly Health Bulletins:

As a WELCOA member, each month you'll receive four health and wellness bulletins and one related employee quiz. These easy-to-read bulletins are yours to share in paper or electronic format with your employees. Topics covered in these bulletins include general health, safety, personal finance, exercise, nutrition, and more. Your employees will love reading them, and they're guaranteed to save you big dollars because you can make and distribute unlimited copies.

How you can use these:

- Share with employees monthly via hard copy or electronically
- Print and hang in high visibility areas
- Use the articles as an addition to an already established newsletter

Research suggests the first step in creating lasting behavior change is to increase awareness, and the bulletins can assist with this. To access the bulletins go to <http://absoluteadvantage.org/?edition=77>. You will need your WELCOA username and password to retrieve these resources.



Breakfast

Individual oatmeal packets (just add water)
Fresh fruit with Greek yogurt
Eggs or liquid egg whites, Turkey bacon
Grilled grapefruit

Lunch

Bagged salad with dressing
Sandwiches (peanut butter, jams, fresh lunch meat) with whole grain bread
Turkey burgers with whole grain low cal buns

Dinner

Homemade chili made with turkey meat (made ahead of time)
Turkey burgers and baked beans
Nitrate free hot dogs with whole grain low cal buns
Corn on the cob
Gluten free with lots of veggies pizza cooked on grill

Dessert

S'mores (cause really, what's camping without them!)
Banana's and chocolate chips wrapped in tin foil – warmed over fire