



Step Into Fall with Employee Wellness

Upcoming Events

Dec Celebration Event
Thursday, December 4th
7:30 – 8:30 am – Agnesian HealthCare

Learning Circle
Thursday, December 11th
7:30 – 8:30 am – Agnesian HealthCare, Plaza Level Conference Room

Staying Engaged Newsletter

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. The membership offers many helpful resources, but 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:

Incentive Campaigns:

Found on the Absolute Advantage webpage, these incentive campaigns provide you with how-to's (blueprints) for implementing crucial health promotion initiatives into your organization. Packed with info, these blueprints cover timely topics and lead you through from concept to delivery. To access the campaigns:

- Go to <http://www.absoluteadvantage.org>
- Log in using your user name and password
- Select Incentive Campaigns on the bottom right under Member Benefits
- Select the campaign you would like to run to access the blueprint and materials



2014 Get Up & Go Employer Challenge Kicks Off:

The Get Up & Go Employer Challenge kicked off its second year on September 8th with 12 Fond du Lac County employers and over 1700 employees participating. This challenge, coordinated by FABOH, is available to all employers in Fond du Lac County, but was originally established to support those who are participating in the Well City Fond du Lac initiative. As part of the challenge,

participating employers provide incentives for employees to participate and log their physical activity. The minutes are logged, aggregated and then used in a formula with participation percentage to determine winners in each division (determined by number of employees). To ease the burden of administering the challenge FABOH has laid out turnkey implementation plans and has also arranged for participants to be able to log minutes electronically using the FABOH Exercise Tracker or Know & Go Tracker. The challenge runs until November 21st, good luck to all participants!



We Need Your Update!

During the week of October 13th, Katie Schwartz will be reaching out to all Well City Fond du Lac participants to collect information on the current status of their organization's progress towards completing the Well Workplace Application. For those with 50+ employees, she will be asking for a screen shot of the percentage completed from the online WELCOA application, as well as an updated estimate of when the organization plans to submit its application and current headcount in the designated area codes. For those with less than 50 employees, using the 10 Steps model, she will be asking how many of the 10 steps have been completed (10% for each) as well as for an updated application submission date and headcount. This information will be aggregated and shared with the entire group at the December 4th Celebration Event. Thank you in advance for supplying this information!

September Learning Circle Recap - Interventions:

Ten participating employers were represented at the most recent Learning Circle held Thursday, September 18th at Aurora Healthcare. Krista Arnhoelter from Society Insurance presented on their Weight Loss intervention, Tracy Patrouille, from Holiday Automotive shared information on their Self-Care Program, and Chrissy Boe, from Agnesian HealthCare presented on a physical activity intervention that was implemented. Jessica Raddemann from the Wellness Council of Wisconsin then led a discussion on the other two intervention areas required by WELCOA (Stress management and Tobacco) sharing best practices she has seen from around the State and leading a discussion with the group.

The remaining time was allotted for participants to share their most prized intervention(s) with their groups and network with other participants. As a follow-up to the event, participants will receive program documents shared by the presenters as well as the notes captured from the discussion facilitated by Jessica.

Next Learning Circle – Save the Date – Thursday, December 11th Agnesian HealthCare Plaza Level Conference Room – Topic TBD.

2015 Learning Circle Dates

- March 19, 2015
- June 18, 2015
- September 17, 2015
- December 10, 2015



Well City Fond du Lac Celebration Breakfast Event Scheduled For December 4th

Mark your calendars now to attend the first Well City Fond du Lac Celebration event scheduled for December 4th from 7:30-8:30 AM at the Plaza Level Conference Room at Agnesian HealthCare. At this event, we will be recognizing the participants that have achieved Well Workplace Designation in 2014, provide an update on the progress made to date including the 20 companies needed, the 20% goal, as well as individual company progress, and rally together to get the ball rolling on a successful second year in 2015. Official invitations for this event will be mailed in mid to late October so please keep an eye out for these at your worksite. We look forward to seeing everyone at the event!

Well City Fond du Lac Welcomes Four New Participants

The recruitment committee has been busy since the kick-off of the Well City Fond du Lac initiative in August of 2013 reaching out to many local employers. All of this work has continuously been paying off as we are pleased to announce the addition of four new participants in the Well City Fond du Lac initiative. Please welcome the following employers:

- ✓ Adult Care Consultants
- ✓ St. Mary's Springs Academy
- ✓ Action Reporter Media
- ✓ Fond du Lac Convention and Visitor's Bureau

This brings the total number of employers participating in Well City Fond du Lac to 28 and the employee count to approximately 6,700. To achieve Well City designation, a minimum of 20 employers who collectively employ at least 5900 employees 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 Participants To Be featured In The Fond du Lac Reporter

In case you missed it, the Well City Fond du Lac Initiative was highlighted recently on the front page of the Fond du Lac Reporter, recognizing the completion of year 1 and the accomplishments made by participants thus far. Please see link below:

<http://www.fdlreporter.com/story/news/local/2014/08/30/city-fdl-completes-first-year-wellness-project/14861429/>

This article served as a kick-off to an ongoing monthly feature that will highlight a participating Well City Fond du Lac employer. The participating employer feature will be included on the second Wednesday of each month until all interested employers have been highlighted. If you have not yet reserved a month to have your organization highlighted, please contact Katie Schwartz at kschwartz@faboh.com for more information.



Pumpkin-Honey Beer Quick Bread

Yield: 2 loaves, 14 servings per loaf (serving size: 1 slice)

Ingredients

| | |
|--|--|
| 14.6 ounces all-purpose flour (about 3 1/4 cups) | 2 1/2 cups sugar |
| 2 teaspoons salt | 2/3 cup canola oil |
| 2 teaspoons baking soda | 2/3 cup honey beer (at room temperature) |
| 1 teaspoon baking powder | 1/2 cup egg substitute |
| 1 teaspoon ground cinnamon | 2 large eggs |
| 1 teaspoon pumpkin pie spice | 1 (15-ounce) can pumpkin |
| 1/2 cup water | Cooking spray |
| 1/3 cup ground flaxseed | |

Egg Substitute:

For 1 Egg Replacement:
✓ 1 tbsp. Ground Chia Seeds
✓ 3 tbsp. water
Let sit for 5 minutes

Healthy Ingredient Hints:

- ✓ Use Whole Wheat Flour verse All-Purpose White Flour
- ✓ Add Chia Seeds for added Fiber (about a tablespoon)
- ✓ Use Sea or Kosher Salt verses Regular Salt
- ✓ Use Raw Sugar verses Granulated Sugar
- ✓ Use Raw Honey verses Regular Honey
- ✓ Use Fresh Pumpkin verses Canned

Nutritional Information

Amount per serving

| |
|---------------------------|
| Calories: 194 |
| Calories from fat: 30% |
| Fat: 6.5g |
| Saturated fat: 0.6g |
| Monounsaturated fat: 3.4g |
| Polyunsaturated fat: 2.1g |
| Protein: 2.9g |
| Carbohydrate: 31.3g |
| Fiber: 1.3g |
| Cholesterol: 15mg |
| Iron: 1.2mg |
| Sodium: 287mg |
| Calcium: 27mg |

Rich in vitamins and minerals!

Packed with Protein!

Supports eye, heart and kidney health!



Recipe Source: *Cooking Light*, November 2008 Edition

Preparation

1. Preheat oven to 350°.
2. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, salt, and next 4 ingredients (through pumpkin pie spice) in a medium bowl; stir with a whisk.
3. Combine 1/2 cup water and flaxseed.
4. Place sugar and next 4 ingredients (through eggs) in a large bowl; beat with a mixer at medium-high speed until well blended. Add flaxseed mixture and pumpkin; beat at low speed just until blended. Add flour mixture; beat just until combined. Divide batter between 2 (9 x 5-inch) loaf pans coated with cooking spray. Bake at 350° for 1 hour and 10 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pans. Cool completely on wire rack.