



Well City
Fond du Lac

Staying Engaged Newsletter

Attention 2015 Well Workplace Award Winners!!!

As part of the 2015 Celebration Event which will be held December 3rd, we are again asking those who achieved Well Workplace designation to create a short video highlighting their wellness program. These videos will be included in the agenda for the Celebration Event and should follow the guidelines below.

- The video should be approximately 30 seconds in length
- The video does not need to be professionally made
- The video can be fun, serious, or a combination of both – (Think what you would like to see at the event for others)
- If possible, please have the video housed in a place that is easily accessible/linkable (You tube, your website, etc...)

Please note that the 30 second guideline is not a hard and fast rule (as you may remember some videos ran long last year), but rather a general guideline to help ensure there is time for all videos to be viewed. If you think your video will run significantly longer than 30 seconds, we ask that you please contact Katie Schwartz at kschwartz@faboh.com or 920-924-3780 to let her know. Please submit all videos to Katie by no later than Friday, November 20th so they can be combined for viewing the week of the 3rd.

If you have any questions or concerns regarding the video or if we can be of assistance, please feel free to let us know by contacting Jeff Butz at jbutz@faboh.com.

Well City Fond du Lac Celebration Breakfast Details!

When: Thursday, December 3rd from 7:30-9:00 AM

Where: Plaza Level Conference Room at Agnesian HealthCare.

At this event, we will be recognizing the participants who have achieved their Well Workplace Designation in 2015 (13 to date), provide an update on the progress of the initiative, and rally together as we enter into the final 8 months of the project. Official invites for this event will be mailed in mid to late October so please keep an eye out for these at your worksite.

Upcoming Events

Learning Circle – Topic:
“Start, Stop or Continue”

Tuesday, November 10th 7:30
– 8:30 am – Hierl Insurance

Celebration Event

Thursday, December 3rd
7:30 – 9:00 am – Agnesian
HealthCare

Mark your Calendars for the Upcoming Learning Circle Opportunities

Start, Stop, Continue...Best Practices on how to sustain the use of the proven WELCOA Model at your worksite

- Tuesday, November 10th, 2015

Hierl Insurance
325 Trowbridge Drive
Fond du Lac
7:30 – 8:45 A.M.



Small Business Learning Circle – Topic TBD

- Wednesday, January 27th, 2016

Hierl Insurance
2:00-3:00 P.M.

RECENTLY UPDATED

Well City Fond du Lac Website

Thanks to the assistance of the Well City Fond du Lac Marketing Committee, the Well City Fond du Lac website <http://wellcityfdl.org/index.php> was recently updated. Please take a few minutes to review the updated content as well as any areas in which specific information regarding your organization may exist (CEO profiles etc.).

While we caught a handful of necessary changes, we are often times not aware of title or personnel changes that could be happening within your organization. Please send any changes to Jeff Butz at jbutz@faboh.com.



Well City Fond du Lac Participants featured in the Fond du Lac Reporter

To date, twelve Well City Fond du Lac contributors have been featured in the monthly Fond du Lac Reporter article and another seven are scheduled to appear in the coming months. (See table below) If you have yet to reserve your month to be featured, please contact Katie Schwartz (kschwartz@faboh.com) to reserve your month today, as slots are filling up quickly. To view some examples of articles already published, visit the Well City Fond du Lac website at <http://wellcityfdl.org/releases.php>.

Business Name	Article in Reporter
<i>Society Insurance</i>	<i>September 2014</i>
<i>Guaranty Service Group</i>	<i>October 2014</i>
<i>Holiday Automotive</i>	<i>November 2014</i>
<i>Agnesian HealthCare</i>	<i>December 2014</i>
<i>Aurora Health Care</i>	<i>January 2015</i>
<i>City of Fond du Lac</i>	<i>February 2015</i>
<i>North Fond du Lac School District</i>	<i>March 2015</i>
<i>Fond du Lac County</i>	<i>April 2015</i>
<i>Moraine Park Technical College</i>	<i>July 2015</i>
<i>Fives Giddings & Lewis</i>	<i>Aug 2015</i>
<i>Hierl Insurance</i>	<i>Sept 2015</i>
<i>FABOH</i>	<i>Oct 2015</i>
Lutheran Homes & Health Services	Nov 2015
Verve Credit Union	Dec 2015
Mid-States Aluminum	Jan 2016
Fond du Lac YMCA	Feb 2016
Jackson Kahl Insurance	Mar 2016
Fond du Lac School District	Apr 2016
FCEDC	May 2015

Two Resources to Help You Achieve Designation

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 head into the final calendar year of the project, 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.

Continued...

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.

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. To access this service, please contact Jessica Raddemann at jraddemann@wellnesscouncilwi.org or 262-696-3655.

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 the WELCOA Institute.

WELCOA Institute (Select link below to access now, be sure to have your username and password ready to login):

<https://institute.welcoa.org/?shw=newest#nav-tabs>

Training and education are lifelong pursuits. WELCOA Members gain access to the best training through an online video-based platform—the WELCOA Institute.

Advance in your career and be recognized for your accomplishments with these comprehensive training programs. WELCOA Certified and WELCOA Faculty professionals are the most sought-after wellness and health promotion professionals across the nation!

- Become **WELCOA Certified**—approximately 6 hours of course completion
- Gain your **WELCOA Faculty Designation**—approximately 24 hours of course completion

Continued... With the WELCOA Institute, Members can:

- Select from more than 20 topics
- Gain immediate access to courses relevant to health promotion, wellness and HR professionals
- Learn from national experts in areas such as:
 - Employee Engagement
 - Structuring Wellness Incentives
 - Wellness Program Metrics
 - Strategic Wellness Programs
 - Stress Management and more
- Complete Certification programs and training on your own time
- Earn Continuing Education Credits (CEUs) for other professional associations
- Train from anywhere
- Customize your learning agenda
- Gain recognition online
- Share your achievements and digital badges with others

Sponsorship & Fund Development Committee Update:

Once again we would like to recognize the employers that have already provided financial support to the Well City Fond du Lac initiative: **Jason Guelig Excavating, Mid-States Aluminum, Lutheran Home and Health Services, Moraine Park Technical College, Sadoff & Rudoy and Society Insurance.** The generosity and commitment displayed is greatly appreciated.

A second “ask” has been made to employers that have not yet provided financial support for the initiative. Because we are already closing in on the goal of 20 employers representing at least 20% of the employed work force needed for Fond du Lac to apply for Well City Designation, we anticipate and look forward to planning the celebration for the achievement of Well City designation for our community. We understand that discretionary spending is usually limited, but we ask your thoughtful consideration when deciding how much you would like to contribute to this important Fond du Lac Business Community effort.

Lastly, it is important to remember the numerous in-kind contributions that have been made in support of this project. Meeting space, coffee and water, breakfast foods and snacks . . . thank you to all that have been generous with your support!

Recruitment Committee Update:

A very pleasant outcome to report . . . shortly after the July 2015 edition of the Staying Engaged Newsletter was finalized and distributed, interest in the Well City initiative was expressed by two additional employers.

After informational meetings were completed, both made the commitment to join the Well City effort.

Therefore, the Well City Fond du Lac initiative welcomes two new participants: Buechel Stone and Fox Valley Savings Bank. Both of these organizations will participate in the small employer category. More importantly (perhaps most impressively) both are already well on their way to achieving Well Workplace recognition prior to August 31, 2016, the project deadline.

TOP 10 HEALTHY TREATS:

1. PUMPKIN SEEDS
2. CARROTS
3. CELERY STICKS WITH PEANUT BUTTER
4. RAW AND ORGANIC DARK CHOCOLATE THAT IS AT LEAST 70% CACAO
5. A TOOTHBRUSH (A CHILD-SIZED TOOTHBRUSH WITH SOFT BRISTLES MAKES AN UNCOMMON BUT HEALTHY HALLOWEEN TREAT, PARTICULARLY FOR CHILDREN FACED WITH DIABETES OR OTHER CONDITIONS THAT RESTRICT THEIR SUGAR INTAKE).
6. ORGANIC TRAIL MIX
7. DATES (YOU CAN FILL THEM WITH NUTS OR PECANS)
8. DRIED FIGS (THEY ARE CHEWY AND TASTE DELICIOUS)
9. DRIED GOJI BERRIES
10. RAW CASHEWS

