



# SOUTH SUBURBAN STRONG

## Your Local Wellness Resource

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*South Suburban Chamber of Commerce  
Serving Oak Creek, Franklin and the surrounding communities.*

### START AT THE BEGINNING

By Mary Starr, The Starr Group

Winner of Healthiest Employer 2012, 2013, 2014 with 1-100 employees

As many businesses are making plans to either start or to continue to enhance their corporate wellness programs it is important to go back to the basics. One critical component of a successful wellness program that is often minimized or overlooked altogether is establishing a culture of health. Too many businesses are attempting to “cram” wellness down the throats of their employees without starting by establishing a culture based on trust and a shared vision.

“A culture of health is defined as one in which individuals and their organizations are able to make healthy life choices within a larger social environment that values, provides, and promotes options that are capable of producing health and well-being for everyone regardless of background or environment. Successful health promotion programs are built on a culture of health that supports individuals' efforts to change lifelong health habits by putting in place policies, programs, benefits, management, and environmental practices that intentionally motivate and sustain health improvement.”

This requires more than simply convincing people to take better care of themselves. It requires that the organization where individuals spend the majority of their waking hours creates an environment where healthy choices become the easy choices.

One example may be establish-

ing a Healthy Eating Policy stating that healthy options will be available at all company sponsored events. This would include offering healthy alternatives in the cafeteria or snack machines, ideally for less money than the unhealthy options. Another example would be incorporating a Physical Activity Policy stating that walking meetings are encouraged or that stretch breaks will be included in all meetings that extend beyond one hour. By establishing these practices as policies, you are clearly stating your support for these healthier choices and behaviors.

Company executives who support a culture of health do it because it is the right thing to do and because they care about their employees. They also do it because it creates a stronger organization overall—stronger in terms of revenue, profits and valuation, employee satisfaction, retention and engagement, and overall reputation. These companies treat wellness like quality and safety, prioritizing the resource needs for wellness right next to other essential business priorities. It is hard for a company to be successful in today's competitive marketplace without healthy and productive people.

So whether you truly care about the health of your greatest asset, your employees, or if it is simply about creating a stronger bottom line.....  
**creating a culture of health makes sense!!**

### YMCA WORKPLACE WELLNESS IS HERE TO HELP

Let the Y's Workplace Wellness team customize and develop a wellness program just for your company! There are a variety of services that are engaging, but most of all, convenient because they will bring it to you!

#### WORKPLACE WELLNESS PARTNERSHIPS

- No cost to employer to join
- No minimum number of employees
- Free one-week trial membership
- Employee needs assessment
- Partnership subsidy program will provide your company with a matching subsidy up to \$10 per month
- Free Lunch n' Learn as well as nutrition, education and exercise programs

#### TO ENROLL

Simply contact them to set up a personal appointment at (414) 274-0833.



### Inside this issue:

|                          |   |
|--------------------------|---|
| Start At The Beginning   | 1 |
| Helping People Live Well | 2 |
| Activities Around Town   | 3 |

Welcome to the **South Suburban Strong**, a new quarterly publication from the South Suburban Chamber of Commerce that can be used as a resource for your company's wellness initiatives. All of the highlights and resources are local, and, whenever possible, will help promote wellness activities hosted by chamber members.

We are looking for success stories that your company has had with employee wellness programming as well cost-effective resources from our wellness business members that could help promote employee wellness. Please submit any information for consideration to:

Mary Starr  
mstarr@starrgroup.com



## HEALTHY HOLIDAY RECIPE PEPPERMINT PARFAIT

Prep: 5 min      Cook: 3 min

Ingredients:

1 quart low fat vanilla ice cream  
1/2 cup semisweet choco chips  
1 tsp unsweetened cocoa powder  
Light whipped cream  
1/4 cup finely crushed starlight peppermints

Directions:

1. To make the choco sauce, combine 1/4 cup of ice cream with choco chips, cocoa powder and 1 tbs of water in small saucepan. Warm over low heat until melted.
2. Scoop remaining ice cream into eight bowls and drizzle with choco sauce. Top each serving with light whipped cream and sprinkle with peppermints.

Nutrition Info:

Per Serving: 183 calories, 6 g. total fat (3 g. sat. fat), 31 g. carbs (1 g. fiber), 2 g. protein



## DON'T END UP ON THE NAUGHTY LIST: DO'S AND DON'TS OF THE WORK HOLIDAY PARTY

- Do remember that although office parties are intended as social events to reward employees and raise morale, they remain strictly business events. Do act as though your behavior is being observed every minute (because it probably is).
- Don't pass up the invitation to an office party; not attending could hurt your reputation. And when you attend - do spend at least 30 minutes at the party for appearances. But don't overstay your welcome by partying until the wee hours.
- Do conduct yourself professionally at all times. Don't use the office party as an excuse to blow off steam. It's still a company function, so proper etiquette and decorum matter.
- Don't bring the party lampshade, gag gifts for the boss, or any other crazy stuff you might do at a personal holiday party.
- Do enjoy yourself at the party. Employers spend the big bucks to reward

## HELPING PEOPLE LIVE WELL

By John Ackeret, Aurora Health Care

Winner of Healthiest Employer 2012, 2013, 2014 with 1,000+ employees

At Aurora Health Care, our team of more than 30,000 caregivers across eastern Wisconsin and northern Illinois is driven by a single premise – to help people live well.

Our team across 15 hospitals and more than 150 clinics is guided by Care Management – a core philosophy that improves patient care through prevention, early detection and disease management.

Living Well isn't just something we strive to give our patients, but it's a mantra we ourselves live each day. Earlier this year, the Milwaukee Business Journal named us the first place winner among large employers in the region for the healthiest employer, an honor we've won three years in a row.

Our organization from top down takes tremendous pride in how we help our employees live healthier lives.

We offer something for everyone at every level - from subsidized weight-loss programs and health club memberships, to tobacco cessation support programs, to personalized health coaching and Health Risk Assessments, to an internal video series featuring an Aurora Chef who provides healthy cooking options. Our cafeterias across our facilities

also feature healthier food options daily, with lots of fresh vegetables and healthier snacks. Running clubs and group-organized walks are also very common across our organization, from our teams here at Aurora St. Luke's Medical Center to our teams up in Green Bay at Aurora BayCare Medical Center. These programs and more help people stay engaged, healthy, happy and keep their individual and our overall corporate wellness costs lower.

Our vision is simple, and it's a vision we believe all employers – both large and small – can share in: when you're healthy, you're able to be **your best at home, at work, and in all areas of your life**. That's good for you, your loved ones, for our patients, and for our organization.

As you consider where 2015 will take you and your organization, consider the role living well can play in the lives of your employees and the success of your business. If you don't know where to start, a group like Aurora Employer Solutions can help guide you in the right direction. Or just give me a call at (414) 427-3223 and I'd be happy to give you a tour of our facilities and program.



their employees, so be sure to enjoy the only holiday gift you may be getting from the company.

- Don't pull the nightclub attire from your closet for the event -- and do ask whether the attire for the party is formal or casual. The party is still a business function, so conservative party clothes are a good choice. So, do remember to skip anything too revealing or too flashy. Keep your reputation for good taste intact.
- Do keep your hands to yourself. Don't flirt, and do avoid any other inappropriate behavior. The office party is not the time to end your career with the company by doing something inappropriate or illegal.
- Don't spend all evening talking business. You'll forever have the label as the office bore.

- Do keep all conversations positive and upbeat. Don't spend the evening complaining, bragging, correcting, whining, or ridiculing. And do avoid controversial subjects (such as religion, politics, etc.) and off-color jokes.
- Don't feel you need to drink excessively just because it's an open bar. And don't pig-out at the food buffet either. Moderation is key. You can always eat and drink more after the party.
- Don't assume everyone celebrates the same holiday, so don't go overboard with the "Merry Christmas."
- Do be sure you know exactly who is invited to the party. Spouses or significant others are not always on the guest list for office parties. And if guests are permitted, don't bring an inappropriate person as your guest.
- Don't forget to thank the person responsible for the planning and coordinating of the party. And do consider sending a thank-you note to top management for hosting the party.

**SOUTH SUBURBAN  
CHAMBER OF COMMERCE  
HEALTH & WELLNESS COUNCIL**

The Health and Wellness Council of the SSCC was established in 2013 to address employee wellness among chamber businesses. Since then, the Council facilitated a Workplace Wellness Lunch and Learn Series, a local Healthy Dining Out Week, and now will be providing you with South Suburban Strong, a local quarterly publication dedicated to workplace wellness programming for chamber businesses.

**Mission Statement:**

It is the mission of the South Suburban Chamber's Health and Wellness Council to promote and support wellness amongst our members and the community as a whole by means of providing integrated resources, education and opportunities which will support attainable goals, enhance the health and wellbeing of our members and increase community awareness regarding the importance of choosing a healthy lifestyle.

**GETTING THROUGH THE HOLIDAYS**

From Web MD and drinkaware.ie

Love it or loathe it, there's no escaping the merry-making marathon that is December. And, like any marathon, its best to pace yourself if you want to come out on top. So, read on to find out how to sparkle throughout the season and get the essential tips you need to make the most of the festive season!

- Focus on maintaining weight versus losing this time of year!
- Practice saying "no, thank you." It's okay to turn down invitations or tell a pushy host you don't want seconds.

- Don't arrive hungry; eat something before you go.
- Pass up peanuts, pretzels, chips, and other everyday snacks. Spend your calories on the special treats you really want.
- Wear a form-fitting outfit, with a belt if possible.
- Make socializing, rather than food, the focus of the event.
- Keep your portions in check — to keep calories under control.
- Plan how much alcohol you'll drink. It loosens your inhibitions and contributes to calorie consumption.
- Don't stand near the buffet table. In fact, keep your back to it, so you won't even see it!
- Since it is a celebration, have fun and focus on the conversation, music, and catching up with friends and family.

**SLEIGH DRIVER'S  
Non-Alcoholic Mulled Wine  
From the Conrad Hotel, Dublin**

Take 700ml of blueberry juice, 1 tsp of honey, 100g of mixed frozen berries, and 0.5 tsp of cinnamon to a blender and process until smooth. Pour mixture into a pot then add 1cm of peeled and sliced ginger root, 1 star anise, 2 cloves, and 2 cinnamon sticks. Heat through gently without boiling, and strain and serve.



**EVENTS AROUND TOWN THIS WINTER**

**December 6**

Last Call Marathon & 5K  
Waukesha  
<http://www.silvercirclesportsevents.com/last-call>

**December 6**

Santa Hustle  
Milwaukee  
<http://www.santahustle.com/milwaukee/>



**December 7**

Badgerland Striders Indoor 20K/10K  
Milwaukee  
<http://www.badgerlandstriders.org/home/Races/Indoor20K.htm>

**December 20**

Stuff the Sleigh 5K  
Milwaukee  
<http://stuffthesleigh5k.org/milwaukee/>

**December 31**

Run into the New 10K/5K Year  
West Allis  
<http://www.greatlakesrunningseries.com/>

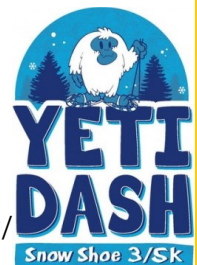


**January 1**

Polar Bear Dash  
South Milwaukee  
<http://www.polarbeardash.com/>

**February 7**

Yeti Dash Snow Shoe 3K/5K  
Cudahy—Warnimont Park  
<http://www.cudahy.k12.wi.us/community/>



**February 8**

Muskego Polar Plunge  
<http://sowi.kintera.org/faf/home/default.asp?ievent=1123036>



**March 21**

Fight for Air Climb  
US Bank, Milwaukee  
<http://www.lung.org/pledge-events/wi/milwaukee-climb-fy15/>