Balance

Volume 3, Issue 7 December 2013

City of Winona Wellness

Special points of interest:

- **At the Library—Free**
  - Dec 23 at 10:30 AM—variations of the Night Before Christmas
  - On Display in the Art Room on second floor are, "The Origins of a Free Public Library in Winona: Documents from the Vault."
- **Dec 31 at 6 PM in the WSU McCown Gymnasium—Dancing With the Winona Stars** $40. Featuring Mayor Mark Peterson dancing with M.P. and the History Hotties for the Winona County Historical Society; Kevin Kearney with Blue Kids on the Block dancing for Matty's Place; and Michelle Alexander dancing with a partner for Home and Community Options. Good luck! More info at www.dancingwithwinonastarts.com
- Find out more about these and other local events at www.livewellwinona.org

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Calling all kids!

Join the Recreation Staff for a North Pole Party this Saturday. All family and friends are welcome to attend. We ask that if you have a child between the ages of 3 and 5 and will be dropping them off, please contact the Park Rec office at 507-457-8258 so we can ensure enough staff will be available to help. Parents are welcome to drop kids off and use the time to shop, run errands, or complete other tasks for the upcoming holiday.

Good Food and Good Fellowship at November Potluck

By Teresa Stevens

You say "Porchetta," I say "Porketta"...The Wellness Committee wishes to extend a thank you to everyone who participated in the All City Employee Potluck Social on November 20. A special shout out to Myron White who treated us to a savory, moist boneless pork roast of Italian culinary tradition. In addition co-workers from a variety of other city departments shared many wonderfully delicious recipes. If you missed your chance to get to know your co-workers and their culinary talents, mark your calendar for next year...November 19th, 2014...location to be announced closer to the date.

What Would You Say?

Contributions by Andrea Heuser, Julie Fassbender, Michelle Alexander, Jay Rasmussen

We asked a few people some seasonal related questions. How would you answer them? Thanks to everyone for being a good sport and allowing us to share your answers.

The Questions:
Do you love or dread snow?
Do you prefer to give or receive Christmas gifts?
Do you hang mistletoe?
What is your fondest Christmas memory?

Al Thurley, City Council

Memory: Being the only one driving through town on my way to Winona Radio for my on air shift on Christmas morning at 4:30 AM.

Mistletoe: I have hung mistletoe in the past but not currently

Rusty Church, Central Garage

Memory: Sledding with my niece and nephew and step children.

Snow: Dread it, I don't like being cold.

Chris Kramer, Tree Crew

Snow: I love snow, I enjoy plowing snow!

Gifts: I enjoy receiving because it's fun! The most exciting gift I've gotten is a snowboard.

Mistletoe: I put mistletoe in The City of Winona Christmas tree in First Ward Park! Who can find it??

Alex Lossen, Water

Memory: Puking from being tickled too much and having a family-wide Nerf gun fight.

Snow: Love it, what's the point of winter without it?

Gifts: I enjoy giving.

Daryl Anne Stangl, Library

Memory: Tough one- My dad's hand painted wrapping paper.

Snow: LOVE IT!!

Gifts: Prefer giving

Mistletoe: No mistletoe, we don't need an excuse to kiss

Curt Bittle, Fire

Snow: I love snow with moderate temps. That doesn't last very long in Minnesota!

Gifts: Giving; it's the secret to having close friends and family

Mistletoe: No mistletoe, been married too long! My wife won't see this, will she?

Arlan Runningen, Central Garage

Snow: I hate snow! Come to Central Garage at 2:30am during a storm to see why.

Mistletoe: NO! Would you want one hanging over your desk when Mark Olson comes into your office every day??!

Save the Date—Health Expo January 21, 2014!

The WSU Program Planning students in coordination with the Wellness Committee will be hosting a Health Expo on Tuesday, January 21, 2014 from 3 to 6 PM at the Friendship Center.

WHERE	WHAT	WHY
Friendship Center **251 Main Street, Winona** **From 3 to 6 PM**	**Tour of Facility** **Body Composition Testing** **Blood Pressure Screenings** **Informational Speakers** **Door Prizes!**	**An opportunity to see the Active Wellness Center and receive some basic health screenings.** **Consider**

Survey Results

You may recall that a fitness survey was done a couple of months ago. The results of the survey are included with this newsletter. Thank you to the 98 employees who participated.

Welcome Nathan Bleess to the City of Winona. Nathan started November 18 as a Maintenance II employee at Waste Water.

December Anniversaries

Name	Years
Mark Vieth, Fire	17
Mike Biggerstaff, Street	24
Tara Fravel, Engineering	6
Paul Bostrack, Police	22
Rik Johnson, Police	21
Chad Larson, Fire	15
Bridget Klinger, Police	5
Don Dennis, Police	42
Bob Dunn, Water	20
Teresa Stevens, Library	16
Eric Mueller, Police	13
Montana Weber, Finance	25
Charlie Casperson, Fire	16
Mark Allred, Fire	15
Matt Lisowski, Fire	8
Gary Marg, WWTP	20
Larry Winters, WWTP	15
Jessica Wojahn, Finance	1

Beat the Stress this Holiday Season!

Adapted from www.health.com

The shopping, the crowds, the appointments, the lists, the parties, the meal planning, work, the kids, the in-laws, the decorating, and day to day tasks; it's no wonder you're feeling swamped with the holidays just around the corner! Here are 11 ways to help ease that stress you're feeling with the holiday hustle and bustle at your heals!

1. Think positive: negative thinking triggers the body's stress response. An optimistic outlook will help you cope with any challenge that comes your way.

2. Plan a real vacation: easier said than done, BUT, 4-5 days away from work dramatically lowers stress levels. How about a "staycation"? Catch up on movies, read a new book, tackle that pile of magazines you still need to read!

3. Don't overschedule: it's OK to slow down a bit.

4. Fit in exercise: it's the last thing on your mind, but you really do feel better afterwards.

5. Turn up the tunes: research from the University of Maryland shows that hearing music you love can relax blood vessels and increase blood flow. Crank it up!

6. Eat breakfast before you slurp the coffee: caffeine on an empty stomach can cause blood sugar levels to spike, which can cause irritability. No one wants to work beside a crabby paddy!

7. Sunlight: it stimulates the production of serotonin, the feel-good hormone in the body. It also relieves seasonal affective disorder. Open the blinds! Go outside!

8. Sniff a little citrus: researchers found that some citrus fragrances boost well-being and alleviate stress by raising levels of norepinephrine, another hormone that affects mood.

9. Walk: just a half hour will help clear your mind, give you time in the sun, and it's free!

10. Squeeze your palm: huh? Yep- that fleshy place between your index finger and thumb is called the hoku spot in traditional Chinese medicine. Apply pressure there for 30 seconds and this can reduce stress and tension in your upper body.

11. Do less, enjoy more: the holidays are overwhelming. It's OK to say no to contributing to another party, sending out cards, or buying a gift for everyone on your list.

City of Winona Wellness

Contact Deb Beckman at City Hall, Jay Rasmussen at PD or Andrea Heuser at PM with ideas, events and submissions for the newsletter.

My Health* My *Life

We are on the Intranet:
www.cityofwinona-mn.com
Click Intranet at the bottom of the home page

City of Winona Wellness

To promote a culture of wellness through education, example and opportunities.

Committee Members:

Michelle Alexander, Council

Deb Beckman, Benefits

Julie Fassbender, Park and Rec

Andrea Heuser, Park Maintenance

Mark Allred, Fire

Jay Rasmussen, Police

Josh Squires, Police

Teresa Stevens, Library

Holiday Recipe Ideas

Compiled by Andrea Heuser

Ginger Cookies

INGREDIENTS:
2/3 cup molasses or sorghum
1/3 cup softened butter or Spectrum Spread
1/4 cup frozen concentrate apple juice, thawed
1 teaspoon pure vanilla extract
2 egg whites
4 cups unbleached all-purpose flour
1/2 cup sugar
2 teaspoons powdered ginger
1 teaspoon cinnamon
1/4 teaspoon powdered cloves
1/4 teaspoon allspice
1/2 teaspoon salt
1 teaspoon baking soda
1/2 teaspoon baking powder
1/8 teaspoon grated orange zest

GLAZE:
1/4 cup frozen concentrate apple juice, thawed

INSTRUCTIONS:
Preheat the oven to 350°F.

Mix the molasses, butter, apple juice concentrate, and vanilla together in a large bowl. Beat the egg whites in a separate bowl for 3 minutes, and then whisk them into the wet ingredients.

Mix all the dry ingredients together, including the orange zest, in a separate, large bowl. Slowly add the dry ingredients to the wet ingredients, using a wooden spoon to mix everything together until the dough becomes stiff. Knead the dough with clean hands for a couple of minutes, and then divide it in half.

Flatten each half into 2 round disks, wrap them in plastic wrap, and put them in the freezer until they are completely chilled, at least 2 hours, or overnight.

After the dough has thoroughly chilled, roll it out on a floured surface. Sprinkle the dough with a little more flour. Roll it out into 1/8-inch-thick slabs, and then cut it into shapes with a cookie cutter. Using a pastry brush, lightly brush the cut cookie shapes with the apple juice concentrate.

Smear the baking sheet with 1/4 teaspoon of butter and arrange the cookies on top. Bake for 10 - 12 minutes until they turn a light golden brown. Remove the cookies from the oven and let them cool for a few minutes before transferring to a cooling rack.

Santa Hats

Ingredients:
Tooth picks or small skewers
Mini marshmallows
Strawberries (washed and tops cut off)
Bananas (sliced)
Green grapes (washed)

Layer ingredients in this order onto the sticks.

A survey of employee health and wellness at the City of Winona

Carly Homan, Courtney Wenker, Emma Cook, John Schmidtknecht
HERS Department, Winona State University, Winona, MN 55987

Introduction

The city of Winona is located in Southeastern Minnesota. The population targeted during this study was predominantly male and the average age was around 47 years old. There are about 170 employees working for the city in four different areas: Public Works, Administration, Law Enforcement, and Fire Department. The Public Works department is essential to the community and provides services to the city daily.

Administration is narrowed down to city council and mayor, city manager, city attorney, and human resources. The Winona Police Department provides the community with traditional Police services, such as patrol, investigations, evidence technician, narcotics investigations, community service, and school liaison. Winona's Fire Department is active in all phases of the fire/rescue profession. The department responds to over 2,000 calls for help annually.

The City of Winona is expressing interest to its employees to be healthier by utilizing the fitness gym located in the Friendship Center. The goal is to figure out what factors are preventing people from using the resources provided by the city and to promote the fitness center located at the Friendship Center

Methodology

Before data collection began, a meeting was scheduled with the assigned supervisors to obtain background information regarding the project. The members in attendance who were interviewed were the City Manager, Community Services Director, Friendship Center Director, Recreation Program Coordinator/Wellness Team Leader, and the Benefits Coordinator/Wellness Team Leader. A tour of the fitness center located in the Friendship Center was scheduled one week after the initial meeting. Based off of the information provided by the key informant interviewees, specific questions regarding the city employees involvement with health and wellness were developed.

A paper survey was created for those who do not have an employee e-mail address. The Qualtrics survey was sent to any personnel working in administration, public works, police, and fire departments. Out of 170 city employees, results from 92 employees have been received. The survey was sent out Thursday, October 10, 2013. Responses were collected October 10th-25th.

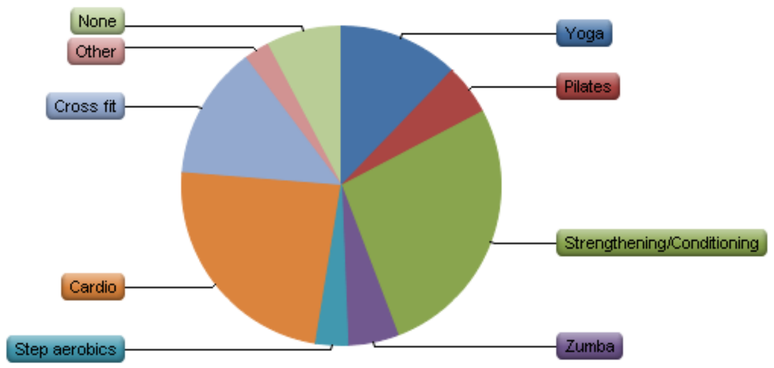
This process had been approved by the Institutional Review Board (IRB) before survey distribution.

Results

According to the survey, 79% of the 92 employees who completed the survey stated that time is the key factor that prevents them from working out at a fitness gym. This is followed by 29% of the employees experiencing a lack of motivation. Over 95% of the city employees spend 6-10 hours a day working the first shift 4-6 days a week. 30% noted that they have current memberships to other work out facilities in town. (Fig. 2) 60% have not used a fitness facility within the last year while 20% have been using fitness facilities within the past two weeks. All of these factors are major threats to the success of the Friendship Center Active Wellness Center.

Remarkably, only 15% of City employees are not interested in fitness classes held at the Friendship Center. The majority of the employees that are interested in classes would prefer classes that pertain to strength and conditioning, cardio, cross-fit, and yoga (Fig.1)

Fig. 1 Which fitness classes interest you the most?



Discussion

A SWOT analysis was performed on our results.

Strengths: High interests in work out classes, weekday hours, majority without workout memberships, and set work weeks.

Weaknesses: Space is limited, lack of equipment knowledge, lack amount of equipment, weekend hours, self time management, and lack of motivation to workout.

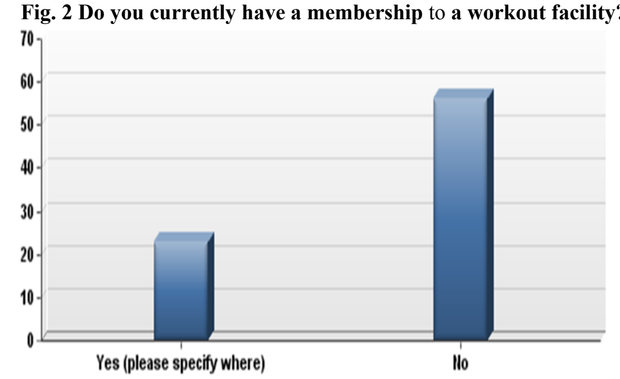
Opportunities: Bring in WSU students to conduct health screenings, more exercise science students/ practicum volunteers, enthusiastic management/ staff, minimal cost, location within downtown, and nice/updated equipment.

Threats: Local gyms/workplace gyms, local fast food , employee work hours, senior center/ friendship center reputation, lack of city employee motivation/knowledge to workout, poor set up of building layout, water stations, lack of locker rooms, poor advertisement, lack of parking, lack of supervision, location within Senior Center.

The outstanding issues that is most prevalent in our results is a lack of time for people to go to a fitness gym and motivation to do so. Another factor is that employees have memberships to other local fitness centers.

Survey results show that the City of Winona needs to increase advertisement for their fitness center. The survey also showed that people were very interested in different types of fitness classes. Having the availability of exercise science students in the gym would encourage the employees to utilize the fitness center. Several of the administrative employees voiced that they felt more comfortable with having someone in the gym to help motivate them and educate the use of the equipment.

Fig. 2 Do you currently have a membership to a workout facility?



Conclusions

After reviewing the results, it was found that time and motivation to work out were the biggest factors that prevent city employees from working out at the fitness gym located in the Friendship Center.

A recommendation that was discussed was to hold an open house health expo to encourage employees about starting to work out and to increase their knowledge about the benefits of exercise. This health expo will be held mid-January.

Overall, in order to increase attendance at the fitness facility, employees need to be educated on the benefits of exercise as well as be aware of the available fitness center hours in order to plan when employees can work out.

Literature cited

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For further information

Please contact *choman09@winona.edu* or *www.cityofwinona.com* for more information on this and related projects.