



Highway to Well & Safety-E Times

Spring 2011

Special points of interest:

- Wellness Committee is recruiting Ambassadors.
- Regular exercise is one of the best ways to manage stress.

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MESSAGE FROM JOE PARISI, COUNTY EXECUTIVE

Greetings!

I'm looking forward to working with you as the new Dane County Executive. I'm also proud to return to my roots in county government. Before serving as a state representative for more than 6 years, I was the Dane County Clerk for 8 years.

One of the great things about Dane County are the endless possibilities for fitness and wellness. No matter where you live you're only minutes away from one of the county's many beautiful and accessible biking and hiking trails.

My family and I love getting outside and enjoying all that Dane County has to offer, even if it's just a long walk around our neighborhood. And when I'm at work, I always try to get outside for a quick walk on nicer days, or walk up and down the stairs on not-so-nice days to get a little exercise in.

I hope that you'll take the time to get out and enjoy our home this spring and summer. The months ahead are some of the best and most beautiful the county has to offer.

UPDATED LOCKER ROOM FACILITIES IN THE CITY-COUNTY BUILDING

With the assistance of the County Facilities Management Department, the City County building old outdated locker rooms have been updated. Facilities Management worked in coordination with the County Wellness team to purchase the supplies needed to do the update. The locker rooms were in very poor shape and not highly used by staff. Any County employee who is interested in utilizing the facility is welcome. Each locker room has new lighting, new flooring, showers, and lockers. Each locker room will have 39-40 lockers. The full size lockers will be available to rent per year for \$60.00. The remaining lockers will be used on a first come first served basis and all items must be removed each day. If you are interested in reserving a full size locker or obtaining a key to enter the women's locker room (men's is not locked), please contact Steve Alwin in Facilities Management at 266-4350.

TORNADO SAFETY

KEY TERMS:

TORNADO – A tornado is a violently rotating column of air attached to a thunderstorm AND in contact with the ground. A tornado causes damage on the ground.

FUNNEL CLOUD – A rotating, funnel-shaped cloud extending downward from a thunderstorm base.

NOTE : A tornado can occur before there is a visible funnel cloud. A tornado may not be visible (can't see the rotating air) until enough debris and dirt get swept into the vortex, and/or the visible funnel cloud develops all the way to the ground.

TORNADO WATCH- Conditions are favorable for the development of tornadoes. Remain alert for approaching storms.

TORNADO WARNING - A tornado is imminent (based on weather radar information) or has been sighted by spotters. If a tornado warning is issued for your area - move to your pre-designated place of safety. **SEEK SHELTER IMMEDIATELY!**

SEVERE THUNDERSTORM WATCH

Conditions are favorable for the development of severe thunderstorms with damaging straight-line (downburst) winds and/or large hail.

SEVERE THUNDERSTORM WARNING

Severe thunderstorms with damaging straight-line winds and/or large hail are imminent or are occurring.

WARNING SOURCES:

NOAA WEATHER RADIO ALL-HAZARDS

– Alert, watch and warning information directly from the National Weather Service.

LOCAL BROADCAST MEDIA – Relaying information from the National Weather Service and local meteorological information.

INTERNET – www.crh.noaa.gov/mkx or local media sources.

OUTDOOR WARNING SIRENS – Notify you to seek further information from any of the above sources.

EMAIL / TEXT ALERTS – Learn more at www.countyofdane.com/emergency/warning.aspx

SAFETY TIPS –

Seek shelter in a sturdy building / designated shelter area. In residences, seek shelter in the basement if possible.

If a designated shelter area is not available, move to an interior room / hallway – put as many walls between you and the outside of the building. Stay away from windows!

Get out of vehicles – they can easily be tossed around – do not try to outrun a tornado.

If caught outside – lie flat on the ground and cover your head with your hands. In tornado situations debris likes to settle in roadside ditches or other low spots. If heavy rains are falling in the area, ditches and low spots may quickly flood. Therefore, laying down in a ditch may not be your best choice.

Be aware of flying debris – most deaths and injuries are caused by flying debris.

Do not seek shelter under a highway overpass. Winds blow stronger under the overpass due to the wind-tunnel effect.

BRING A FLASHLIGHT AND PORTABLE RADIO!

Dane County Emergency Management
Dane County, WI

WELLNESS AMBASSADORS

The Wellness team is looking for County employees who would be willing to assist the team with the wellness initiative. Each ambassador would be responsible for being the liaison between the worksite and the wellness team. They will assist in the promotion of Dane County's wellness program. Responsibilities may include:

✓ Assist in the communication of wellness activities at your location (post flyers and send out emails within your location)

✓ Assist in the organization of a wellness fair if it is at your work location.

✓ Assist committee member with activities at your work location:

-Lunch n Learns (May assist in signing up employees or Introducing the speaker.

-Campaigns (Determine topic, assist in administering campaign; Encourage employees to participate; Communicate campaign with employees).

✓ Be knowledgeable of the physical worksite, culture, and current wellness activities.

✓ Encourage employees to participate in the HRA process.

If interested, please contact one of the wellness team members.

**IT'S
YOUR
HEALTH!
OWN IT!**

MAY IS EMPLOYEE HEALTH & FITNESS MONTH

Employee Health & Fitness Month (EHFM) is an international and national observance of health and fitness in the workplace, created by two non-profit organizations, the National Association for Health and Fitness and ACTIVE Life. The goal of EHFM is to promote the benefits of a healthy lifestyle to employers and their employees through worksite health promotion activities and environments.

- Healthy Moments are occasions of healthy eating, physical activity, or personal/environmental health. Examples include: going for a walk; cooking a healthy meal; participating in an exercise class; quitting smoking; scheduling a health assessment and going to the doctor
- Healthy Groups are formed to create a

sustainable activity continuing even beyond the month. Examples include: walking, jogging or cycling interest groups; healthy recipe or healthy lunch groups; sports team

- The Culminating Project is an event or project that promotes health throughout the whole company or community. Examples include: planning a company 5K; planting a community garden; creating a company or family fitness event; adopting a company-wide physical activity standard or policy.

(information from <http://www.physicalfitness.org/nehf.html>)

The Dane County Wellness Team has provided several opportunities throughout the month of May and June for employee's to participate in wellness activities. Employees are also encouraged to take initiative on their own or in a group to become more active during the workday.

Drive with Caution in Highway Work Zones; National Work Zone Safety Week Began April 4th

As we celebrated National Work Zone Safety Week, we must remember that 115 construction workers lost their lives in 2009 (the last year for which figures are available) in road construction zones. Some 667 motorists also lost their lives in highway work zones that same year. Electric utility crews, highway repairmen and many others who work along roadways are in danger when motorists do not acknowledge the orange traffic barrels, flashing arrows and other signals that try to slow traffic.

National Work Zone Safety Week was designed to call attention to the need for heightened awareness of potential tragedy in work zones along both busy and lightly traveled roadways. Electric utility linemen and utility contractors trimming trees along overhead power lines are among the many whose job is made more dangerous because of

inattentive drivers who do not slow down in work zones. The "Teach Learn Care" TLC campaign offered by Safe Electricity urges everyone to make sure their friends and loved ones – and especially inexperienced drivers – are aware of the hazards surrounding street and highway work zones.

"Power poles and electrical equipment line our streets and highways, and narrow roadways often require crews to place their equipment in traffic lanes," said Molly Hall, executive director of Safe Electricity. "Their work activities are often taken for granted but benefit us all, and like everyone, they deserve a safe workplace. Be alert to utility crews and other work zone workers for their safety as well as yours." To help prevent fatalities and

injuries this year, Safe Electricity recommends the following guidelines while driving:

- **Keep a safe distance** between your vehicle and traffic barriers, trucks, construction equipment and workers.
- **Be patient:** Traffic delays are sometimes unavoidable, so try to allow time for unexpected occurrences in your schedule.
- **Obey all signs** and road crew flag instructions.
- **Merge early** and be courteous to other drivers.
- **Use your headlights** at dusk and during inclement weather.
- **Minimize distractions:**

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Avoid activities such as operating a radio or cell phone, or eating while driving.

Many states recently have restricted the use of cell phones in work zones, so be aware of the legislation in your area. Many employers also have restricted the use of cell phones while driving. The most common crash in a roadway work zone is the rear-end collision, so remember to leave at least four car lengths of braking distance between you and the car in front of you. Be prepared to leave more room between you and the car ahead of you if the weather presents hazardous driving conditions.

“When people are traveling between locations, we’re often preoccupied with maintaining a schedule and become impatient with delays,” Hall said. “Unfortunately this may lead us to neglect the most important factor in our lives – our safety. It’s always more important to arrive at a destination alive and unharmed, than on time.” For more information on work zone safety, visit the Federal Highway Administration Web site at <http://www.fhwa.dot.gov>. For more information about the TLC program, visit: <http://www.SafeElectricity.org>.

Source: <http://ehstoday.com/safety/management/drive-caution-highway-work-zones-0404/#>

Quarter 1 Winners

Congratulations to all employees who participated in the Quarter 1 wellness activities. The randomly selected winners for prizes include:

Chuck Hicklin, Administration
Crischilda Chairez, Child Support
Rita Gregory, Clerk of Courts

Alecia Rauch, Sheriff’s Office
Carolyn Clow, Administration

Congratulations to Chuck Hicklin who also scored the most points in Quarter 1.

Winning Teams of the 100 day Lighten Up Challenge

COC Walkers, Total Calories: 111,024.4

Crystal Brumley	Betty Linnerud
Pat Bolch	Eileen Kilbane
Dawn Willison	Jill Schermerhorn
Ann Newman	Mary Ritsche
Rita Gregory	Kerry Widish

Team Co-Ed, Total Weight Loss: 3.13%

Lori Casper
Todd Diring
Melanie Olson
Miles Enger

Participate in the Health Risk Assessment at www.pplusic.com

We are still working on our goal of 30% participation by August 31, 2011. This 30% can include those employees who participated last year (yes, we encourage you to take the HRA to assess your current health each and every calendar year) along with recruiting more employees to participate. It also includes dependents on your plan and retirees.

Please log on and complete this if you haven’t already done so.

www.pplusic.com

With spring comes the motorcycling season!

Elise Schaffer, PIO, Sheriff's office

With warmer weather finally here, and high gas prices that appear to be here to stay – the number of motorcycles on our roadways has increased dramatically. Traffic safety, including motorcycles, is a responsibility we all share. The Dane County Sheriff's Office would like to provide tips for all motorists to consider as we enter the motorcycle season.

For the car and truck drivers on the roads, they need to remember two important things about motorcycles. First, motorcycles are smaller than other vehicles and, therefore, harder to see. This requires extra diligence to make sure drivers are looking for them and recognize them. One of the most common factors in vehicle versus motorcycle crashes is the motorist stating, "I didn't see the motorcycle".

Second, remember the motorcyclist doesn't have the same bubble of protection the driver of a four wheeled vehicle does. If there is a crash, a motorcyclist may have only the clothes he or she is wearing to protect them from injury. So, while you might have a "fender bender" crash with another car or truck, which results only in property damage, almost all crashes involving motorcycles result in some injury to the motorcycle rider.

Here are some tips for motor vehicle operators to keep the roads safer for motorcyclists:

- Whenever practical, yield the right of way to a motorcycle.
- Be especially careful to check your "blind spot" when changing lanes.
- Be diligent in looking for motorcycles at intersections.
- Recognize that while a motorcycle only uses a portion of their lane, they are entitled to the same amount of space a normal vehicle is – and they often use all of that space to move back and forth in their lane to avoid debris, road defects, etc.

For the motorcyclist, they need to realize and accept that they are responsible for their safety. While motorcycles can be relatively easy for people to learn how to ride, to be a safe motorcyclist requires a lot more effort than people realize. Motorcycles are a fun means of transportation and get great gas mileage, but are generally more dangerous than other motor vehicles.

For the experienced motorcyclist, they need to remember that the skills to ride a motorcycle safely are perishable – meaning your riding skills in the spring are not what they were last fall. Combine diminished skills with roadways that still have leftover sand and debris from the winter, and you have a dangerous situation.

Motorcycle riders are encouraged to be aggressive in taking steps to be safe drivers. Commitment to safety should be the first step when someone decides to ride a motorcycle. This requires recognizing that it takes more skill to ride a motorcycle through traffic than it does a car or truck. Being safe requires the rider to recognize the early affects alcohol or drugs have when someone is on two wheels versus four, and how fatigue or distraction can have dire consequences on a motorcycle.

Here are some tips for motorcyclists to consider in their ongoing efforts to be safe on the road:

- Take a motorcycle safety course. If you haven't ridden a motorcycle for a long time, take a course even if you already have your license. If you have been riding for years, consider taking an advanced motorcycle safety course to enhance / refresh your safety skills.
- Make sure your motorcycle is in good condition. Check your tires (proper tire pressure is critical), lights and overall mechanical condition. Mechanical failure on a motorcycle can cause drastically different problems than with a car or truck.
- Take steps to make yourself extra visible to the motorists around you. Wearing reflective or high visibility clothing, lighting and effective use of lane positioning can go a long ways to make sure car and truck drivers see you.
- Wear and use good motorcycle safety protective gear.
- Ride responsibly! Speeding, loss of control, and impaired riding are the leading causes of motorcycle crashes.
- Avoid drinking and riding. Motorcycling requires balance, judgment, coordination and sensitivity to surroundings, all of which can be negatively effected be even relatively small amounts of alcohol.

Having a safe motorcycling season requires effort from all motorists – let's all do our part!

Tips for boaters

No matter how many years you have been around boats, please take a few moments to review these boating tips.

Don't drink alcohol and operate a boat. A study of boating fatalities estimates that a person with a blood alcohol concentration (BAC) .08 and above are ten times more likely to be killed in a boating accident than boat operators with a zero BAC. Alcohol also accounts for a large percentage of boating injuries and property damage.

Be weather wise. Sudden wind shifts, lightning flashes and choppy water all can mean a storm is brewing and heading your way. Check your local forecast prior to leaving.

Tell someone where you are going, who is with you, and how long you'll be away. Submit a float plan.

Don't overload. When you overload you are asking for trouble. Even with flotation, a swamped boat is dangerous. Capsizing and falls overboard account for 70% of boating fatalities. In small craft, when boarding or changing seats, stay low and near the center of the boat. Small craft can capsize easily if weight is not properly distributed.

Ventilate after fueling. Open hatches, run the blower and most important, carefully sniff for gasoline fumes in the fuel and engine compartment before starting your motor.

Wear your personal flotation device. PFDs don't work if you don't wear them. If you've ever

tried to put on a PFD while you were in the water you know how hard it can be – even in calm waters and during daylight hours. It would be much more difficult to attempt in rough waters and at night. Because of this we urge everyone to do the following: Before you cast off in a boat you should find a life jacket and put it on to make sure it fits you properly and is labeled for your specific activity and is U.S. Coast Guard approved. If you choose not to wear it, your life jacket should always be readily available. There must be one PFD aboard of the proper size and type for each person. Read the label for individual sizes. If your motor boat is 16 feet or longer a type IV throwable must be aboard.

Registration and display. Make sure your registration is up to date and properly displayed. Always carry your certificate of number aboard. If your registration is in the mail, have the appropriate paperwork .

Battery. If you have batteries onboard they must be secured to the boat and both terminals must be covered.

Test your navigation lights. Prior to going out on the water, even if you don't plan on staying out past sunset, check both your bow and stern lights and make sure they are in working order. Have spare bulbs for each light and spare fuses on board the boat. Know when sunset is. Carry a boating regulation book with you and check the back of the booklet for the hours of darkness.

Carry a fire extinguisher. If your boat requires a fire extinguisher, it must be accessible, charged and in working order.

Miscellaneous items.

- A. Tool box. Carry a toolbox along containing; screw drivers, pliers, wire cutters, adjustable wrench, electrical tape, duct tape, spare bilge plug, flashlight, fuses and light bulbs.
- B. First aid kit. All you need is the basics and clean water.
- C. Signaling device. A cell phone, radio, distress flag, flares, any means necessary to notify someone if you're in trouble.
- D. Anchor. If you have motor failure, an anchor should be dropped to prevent you from drifting into rocks, a shoreline hazard, or another area in which could damage your boat.
- E. Common sense. Be safe, know your boats limitations as well as your own. Respect other boaters and landowners. Know the state laws as well as county ordinance for each lake your on.

Boat smart and have fun!

Information from WI and Minnesota Dept of Natural Resources

Having a Tough Day? Get Moving! By Lighten Up Challenge

Among the long list of ways that regular physical activity can be beneficial, it should not be overlooked that regular exercise is one of the best ways to manage stress. Exercise has even been shown to help individuals overcome symptoms of depression and anxiety, such as irritability, fatigue, muscle tension and simply feeling overwhelmed. In research studies, those who exercise regularly are consistently shown to have lower levels of emotional distress in addition to better physical health outcomes than those who do not exercise.

Life can be hectic – who doesn't feel like they have more responsibilities than they can handle from time to time? If you feel stressed or deal with any of the above symptoms, aerobic workouts such as walking or jogging can significantly improve your mood. Non-aerobic exercise, like weight lifting, can also boost your spirits, improve sleep and appetite, reduce irritability and anger and produce feelings of mastery and accomplishment. Be sure to check with your healthcare professional before you start any new exercise program.

Remember, you don't always have to make a trip to the gym or plan an entire workout to incorporate physical activity into your day. Take a break from a stressful work day by spending 20 minutes doing something that is relaxing and not work related. Try taking a walk, stretching, reading a book, or doing yoga. These activities can help you keep your energy level up and feel better longer than eating a candy bar, drinking a soda, or eating a bag of chips.

HELP FOR YOUR GRIEVING PET

March 2011 Prevention Magazine

Losing a pet is always difficult for an owner, but it can be equally hard on the household's canine/feline companion. Dogs in particular feel the loss of a fellow pet, as they are pack animals who enjoy being surrounded by friends. In fact, a study from the ASPCA found that two-thirds of dogs show recognizable signs of grieving, such as a decrease in appetite, clinginess, and lethargy. They've also found that some dogs whine and bark more or sleep in unusual places. This type of attention-seeking behavior may happen because the dog has pent-up play energy that he's not able to release with a friend. The good news is that in most cases, these changes resolve in a couple of weeks.

Help your dog recover by spending time together; take longer walks, cuddle more, or devote an extra twenty minutes to throw around a tennis ball. If your pet won't eat, don't tempt her with human comfort food like pizza or ice cream. Instead, stoke their appetite by minimizing stress (no houseguests or changes to her territory) and offering doggy treats. You can leave the former dog's bed and toys for consistency during the transition, but remove the bowl so she doesn't feel a sense of competition for food. Try taking your dog to a dog park. If she looks like she wants to play, schedule some doggy play dates. But if she stays away from other animals, then respect her need for alone time. And even if she's mopey, encourage her to take short walks.

If you're tempted to replace the pet that died, hold off. Waiting two or three months to make new additions in order to give the dog (and you) time to adjust. Your pooch is accustomed to his former companion, so introducing an attention seeking, hyperactive puppy can be physically and emotionally stressful. Even an older, more mellow dog might be taxing, as your pet will feel the need to fight for turf and pecking order.

No one knows how long a dog's memory is, but based on anecdotal evidence, dogs do appear to remember companions for sometime. That said, while the process may take a few weeks or even months, most owners notice a return to normal activity. If grieving signs last longer, bring your pet to the vet to rule out underlying medical problems, the timing of which could be coincidental.

MIND OVER MIDSECTION

April 2011 Prevention Magazine

You may not be able to think yourself thin, but studies suggest that focus and imagination may boost the proven power of diet and exercise.

Keep Your Eyes on the Fries: People who ate lunch while playing a computer game felt less full than those who dined without distractions, according to a new study from the University of Bristol in England.

Contemplate the Possibilities: Study subjects ate less cheese after they first visualized themselves eating the treat for 1 1/2 minutes, according to scientists at Carnegie Mellon University. Repeatedly imagining the experience diminished the craving for that food, the researchers speculate.

Stage A Photo Finish: Tracking your calories can be a potent way of reminding yourself just how much you're eating. But dieters who photographed everything they consumed were able to reflect on what they were going to eat and make healthier choices, reports a study from the University of Wisconsin-- Madison.

Asparagus and Broccoli Soup (<http://www.lightenupchallenge.com>)**Ingredients:**

6 ½ cups low-sodium, light-colored vegetable broth, divided
1 large leek, white and light green parts only, sliced
2 medium Yukon potatoes, cut into 1" pieces
1 lb asparagus, woody stems snapped off, cut into 1" pieces
2 cups broccoli florets, coarsely chopped
2 tablespoons fresh chives, chopped

Directions:

Heat ½ cup of broth in a large pot over medium-high heat. Reduce heat to medium, add leek and cook, stirring often, until tender, about 6 minutes. Add remaining broth and potatoes and bring to a boil. Stir in asparagus and broccoli and return to a boil. Reduce heat to medium-low and simmer gently until vegetables are tender, 15 – 20 minutes. Remove from heat and set aside to cool slightly. When cooled, transfer soup to a blender and puree until smooth. Ladle soup into bowls and garnish with chives.

Nutrition information per serving: 80 calories, 0 total fat, 0 saturated fat, 0 cholesterol, 125 mg sodium (or sodium content of the broth you are using) , 15g total carbohydrate, 3g protein.

Submitted by

Nancy Johnson, Nutritional Health Consultant

Enjoy the Water and Stay Healthy

Swimming and other water-related activities are enjoyable ways to spend a summer day. However, many people have become sick from germs found in contaminated recreational water.

Recreational Water Illnesses (RWIs) are the various illnesses caused by germs spread by swallowing, breathing in mists or having contact with contaminated water in swimming pools, water parks, hot tubs, fountains or other water play areas like spray parks, lakes, rivers, or even oceans.

To ensure a healthy swimming experience every time, some precautions should be followed to prevent illnesses:

Three Steps for all Swimmers

- Don't swim when you have diarrhea.
- Don't swallow pool water.
- Practice good hygiene. Shower with soap before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.

Three Steps for Parents of Young Children

- Take your kids on bathroom breaks and check diapers often.
- Change diapers in a bathroom or a diaper-changing area, instead of near the water.
- Wash your children thoroughly (especially the rear end) with soap and water before they go swimming.

Public Health Madison and Dane County sanitarians conduct monthly inspections at public pools to check safety and water quality issues. For more information, go to [PHMDC pool page](http://www.publichealthmdc.com/environmental/licensed/pools.cfm). (<http://www.publichealthmdc.com/environmental/licensed/pools.cfm>)

All public beaches in Dane County are monitored by Public Health - Madison & Dane County. During the swimming season (Memorial Day - Labor Day), Public Health conducts water quality testing at 13 Madison beaches, the UW Union beach and two Dane County beaches. For more information, go to [PHMDC beach page](http://www.publichealthmdc.com/environmental/water/beaches). <http://www.publichealthmdc.com/environmental/water/beaches>

For more information about healthy swimming visit:
CDC's Healthy Swimming website at www.cdc.gov/healthyswimming
The Environmental Protection Agency's beaches website at www.epa.gov/beaches

MINDFULNESS MEDITATION

The City Employee Assistance Program invites **you** to participate in a one-half hour silent meditation practice weekly.

Join others who practice any type of meditation on:

Wednesday's from 12:15 pm – 12:45 pm.
Location: Madison Municipal Bldg., Room. 313
215 Martin Luther King Jr. Blvd.,

If you have any questions, contact Kathryn Padorr at 264-9289 or kpadorr@cityofmadison.com

No registration is required. However, if you need an interpreter, materials in alternate formats or other accommodations to access this program, please contact the Employee Assistance Program at 266-4961, TTY 266-6548 at least two days prior to the event so that proper arrangements can be made in a timely fashion.

Wellness Team (Please contact us with news or join our team!)

Amy Utzig, Employee Relations, Management 266-9253

Elaine Creager, Clerk of Courts, Joint Council 266-4679

Steve Greiber, DA's Office, WPPA Non Supervisors 284-6909

John Cahill, Sheriff's Office, WPPA Non Supervisors 284-6176

Carlos Pabellon, Corp Counsel, Attorneys Union 266-4335

Jayne Reuter, Register of Deeds Office, Joint Council 267-8810

Kathy Andrusz, Public Health, AFSCME Professionals, 243-0315

Alecia Rauch, WPPA Supervisors, 284-6109

Susan Wildrick, Public Health, SEIU 242-6342

Sarah Karls, Human Services, 2634 Social Workers, 242-6439

Kevin Gundlach, Badger Prairie, Joint Council, gundlach@co.dane.wi.us



MISSION/VISION STATEMENT

The mission of our wellness team is to foster a worksite culture that supports and encourages employees' personal and professional productivity, physical and mental well-being and desire to make healthy lifestyle choices.

Safety Committee

Mark Twombly, Chair, Sheriff, 284-6915

Bill LeGore, Vice Chair, Airport, 246-3389

John Talis, Secretary, Corp Counsel, 266-9006

Greg Brockmeyer, Consolidated Foods, 845-1244

Laura Huttner, Human Services/Facility, 242-6260

Joel Wagner, Sheriff, 284-6149

Dick Loeper, Highway, 266-4011

Dennis McClain, Juvenile Detention, 267-4191

Joe Yaeger, Parks/PW/Lake Mgmt, 575-3375

Kevin Gundlach, BPHCC, gundlach@co.dane.wi.us

Scott Teuscher, Risk Mgmt, 267-1555

Conrad Richer, Parks, 246-5340

Emily Chybowski, Human Services, 261-9878

Mike Fitzgerald, Highway, 575-9521

Dan Lowndes, Risk Mgmt, 266-4134