City Connection

Fond du Lac August 2016

WELCOME!

Ryan Masek

Start Date: 07/11/2016

Wastewater Treatment Plant Operator

I graduated in December 2015 from the University of Wisconsin – Stevens Point with a Bachelor's in Fish & Water Resources and two GIS Certificates. I have grown up fishing out of Milwaukee on Lake Michigan. If I am not on the big pond, I am usually fishing in land, trap shooting, or camping whenever I have the time.

Tyler Phillips

Start Date: 8/22/2016

Monitoring/Sampling/Lab Technician

Prior to starting this position, I had been a Long-term Seasonal employee in the Parks Division since April 2016. I earned my Bachelor's degree in Biology and Fisheries Management from the University of Wisconsin – Stevens Point. Previously, I have worked at Wisconsin Lake and Pond Resource as a Pond Management Specialist and McDill Pond Lake Association as an Aquatic Invasive Plant Manager.

Health Risk Assessment

The HRA process includes:

- Height, Weight, and Blood Pressure
- A fasting blood test analysis consisting of a Lipid/glucose panel
- Cotinine blood test (tobacco)
- Optional PSA blood draw test for men over the age of 50
- Completion of Agnesian Know & Go online HRA – Health Risk Assessment survey.
- Open to ALL employees and their spouses, regardless if you participate in the City Health Plan

CITY OF FOND DU LAC WELLNESS *Lighting the Way to a Healthier You*

IMPORTANT DATES:

July 18 – September 12, 2016	Schedule your Health Risk Assessment ***Agnesian Work and Wellness 920-926-5666***
Complete by September 16, 2016	*Health Risk Assessment* **** View your screening results 5-7 days after screening****
Complete by October 3, 2016	*Health Risk Survey* www.knowandgo.org
Available October 10, 2016	*Scorecards* www.knowandgo.org
October 10, 2016 – July 31, 2017	*Health Coaching Sessions* Contact: 926-5678 or 926-5508 *** Coaching session can only be done once a month and deadline for sessions are July 31st.***

National Night Out

On Tuesday August 2nd 2016, Fond du Lac held its National Night Out at the Fond du Lac Fairgrounds. Poice, Fire and Rescue and Flight for Life took part in the annual community building event to promote police-community partnerships and neighborhood camaraderie to the neighborhoods a safer and better place to live.

Officer Bednarek, K9 Officer Hoefer with K9 Brux, and Chief Lamb

Capt Gutzmann and Officer Tuttle with the Bearcat

Learning to be a fireman

Lt. Braun, Officer Jon Williams and CSO Schneider

National Night Out Tug of War – Police versus Fire for Charity

Sparky and Lt Curt Smits

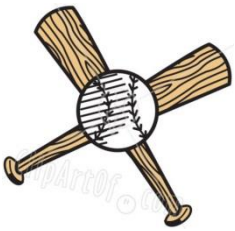
Wounded Warrior Amputee Softball

On August 13th the Wounded Warrior Amputee Softball Team was in Fond du Lac to play against Local Heros.

Police took a donut break during the game!

Team Fire getting ready for defense in their softball game

Team Police using their offensive skills



Thank you!

Kids from the Boys and Girls Club made a sign and stopped in to thank the members of the FDLPD.

The Big Taste Grill

The World's Largest Grill is coming to Fond du Lac to support the Boys & Girls Club on Tuesday August 30th 10:00am – 2:00pm. It will be located in the Fives/Giddings and Lewis Parking Lot, Johnson Street.

Get Up and Go Employer Challenge

Are You Up For the Challenge?

The Wellness Team is offering a chance to increase your physical activity level, earn some great prizes, and help The City win the 2016 FABOH Employer Challenge!

Program Dates: **September 12th – November 4th**

How does the challenge work?

- Earn points by performing and logging the physical activity you do during the eight week challenge using the Know & Go Tracker or manually using the sheets provided.
    - Each minute of physical activity logged = 1 point

Participants will earn:

- **1200 points or more = Name in drawing for Gift Certificate**
- **800 points or more = Name in drawing for Gift Certificate**
- **Participation = Name in drawing for Gift Certificate**

To sign up today use the instructions below:

- Go to www.knowandgo.org
- Click on Agnesian Wellness Business Partners
- Log in using your Username and Password
- For first time users select "Click Here to Sign up"
- Once you are logged into your account you can then sign up for the Get Up & Go Challenge

OR

- Track your points by paper and return to Lisa Wiercinski or Mary Leb by November 9th 2016

Free Fare Day

On Wednesday August 31st, it will be Free Fare Day on all City Transit buses. There will be cookies, water and free gifts to riders, including monthly bus passes, tokens and day passes! Prizes and refreshments will be available from 9:00am to 12:00pm at the corner of Rees and Macy Streets.

ICMA - RC

TYGE OLSON

RETIREMENT PLANS SPECIALIST FROM ICMA - RC

September 20, 2016
October 18, 2016

9:00 AM TO 4:00 PM
To set up an appointment online:
https://www.fdl.wi.gov/departments.iml?DeptID=39&DeptPage=163

Did you know???
10 minutes at a time is fine

We know 150 minutes each week sounds like a lot of time, but you don't have to do it all at once. Not only is it best to spread your activity out during the week, but you can break it up into smaller chunks of time during the day. As long as you're doing your activity at a moderate or vigorous effort for at least 10 minutes at a time.

Resource: www.cdc.gov (Centers for Disease Control and Prevention)

WELLNESS COMMUNICATIONS

This month's Wellness topics include:

- Alzheimer's Disease
- Cholesterol Education
- Food Facts and Fiction
- Health Benefits of Yoga
- Healthy Aging
- Self-Care Relaxation Techniques
- Staying Healthy for Life
- Super Foods for Super Health
- Support Your Local Farmers
- Surviving Cancer
- Metabolism
- Stroke
- Pregnancy Problems
- PTSD
- Know & Go Newsletter; https://ahcwandw.bepurewellness.com/dt/v2/ahcassocindex.asp

These and other topics are available on the city website: https://www.fdl.wi.gov/departments.iml?DeptID=39&DeptPage=167

Milestone Anniversaries

Congratulations to the following employees for reaching these milestones

July and August 2016

25 Years:
Steve Nelson - C&M

20 Years:
Robert Duveneck - Police

15 Years:
Julie Will - C & M
Amy Jost - Police

10 Years:
Ivan Klas - Fleet
Erik Foster - Police
Matthew Bobo - Police
Jerome Treptow - C & M

5 years
Steve McCord - WCTS
Gail Schmuhl - Library
Mike Nolde - WCTS
Jean Schneider - Library