

FEBRUARY 2024



TO DO

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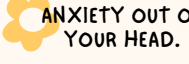



NOTES

YOGA CLASS - FEBRUARY 3RD & 10TH FROM 12:30PM - 1PM. ROOM 207

AURORA EAP LUNCH & LEARN ON 2/11- BALANCE WORK & HOME

VALENTINE'S DAY SCAVENGER HUNT - FEBRUARY 10 - 14 (MUST BE ON CITY'S HEALTH INS TO WIN RAFFLE)

FINANCIAL WELLNESS LUNCH & LEARN ON 2/26 - MAKING A BUDGET - RSVP PREFERRED

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 YOGA CLASS! 12:30 - 1PM ROOM 207 	4	5	6	7 TRY BRAIN DUMPING - GREAT WAY TO GET THE ITEMS THAT ARE CAUSING YOU STRESS AND ANXIETY OUT OF YOUR HEAD. 	8
9	10 YOGA CLASS! 12:30 - 1PM ROOM 207 	11 AURORA EAP LUNCH & LEARN 12PM - 12:30PM VIRTUAL MEETING LINK 	12	13	14 LAST DAY FOR VALENTINE'S DAY SCAVENGER HUNT 	15
16	17	18	19	20	21	22 WELL WISCONSIN - PARTICIPATE IN CLASSES AND WEBINARS TO STAY ACTIVE AND FIND NEW HOBBIES!  
23 HAVE YOU TRIED CHIROPRACTIC CARE?  THIS TYPE OF CARE CAN HELP WITH HEADACHES, POSTURE CHANGES, MUSCLE PAIN, BACK PAIN & MORE	24	25	26 FINANCIAL WELLNESS LUNCH & LEARN 12PM - 1PM ROOM 207 REGISTER HERE 	27	28	



Valentine's Day

SCAVENGER HUNT

Let's celebrate Valentine's Day with a fun and engaging activity! Find the items below around City Hall and take a photo of each item you find. Every 5 points = 2 entries in the Raffle Basket drawing. The employee with most points will receive 3 extra entries in drawing.

February 10 - 14

1 POINT

A Pink flower
Heart candy
Paper heart with
arrow

5 POINTS

A Single red rose
Holding hands
Chocolate Heart

10 POINTS

Heart shaped
cookies
A teddy bear
Valentine's Day
balloons

20 POINTS

Bouquet of roses
Chocolate covered
Strawberry
A picture of cupid

Submit all items to Benefits@cityofracine.org

Winner will be chosen on Monday February 17th

*Must be enrolled on City's Health Insurance to be eligible for raffle prize





Aurora Employee
Assistance Program



2025 Employee Assistance Program (EAP) Lunch and Learn Schedule



Virtual



12:00 PM – 12:30 PM

All sessions are presented by
Aurora EAP

*Registration is not required –
Join session by clicking on
meeting links



Meeting Links

**February 11th – Balancing Work
and Home:** [Link](#)

**May 22nd – From Stress and
Strength:** [Link](#)

**August 12th, 19th, 26th,
September 2nd, 9th, and 16th –
Mindfulness Series:**

[August 12th Link](#)

[August 19th Link](#)

[August 26th Link](#)

[September 2nd Link](#)

[September 9th Link](#)

[September 16th Link](#)

November 13th – Gratitude: [Link](#)



Aurora Employee
Assistance Program



2025 Employee Assistance Program (EAP) Lunch and Learn Schedule

February 11th – Balancing Work and Home

Too many demands, and not enough time? Balancing work and home obligations is a daily challenge. This presentation outlines the basics of work-life balance.

Training objectives include the following:

- Assess personal life balance and identify obstacles to maintaining balance
- Examine the role assertiveness plays in maintaining life balance
- Learn coping strategies for maintaining life balance

May 22nd – From Stress to Strength

For over 50 years, we've been told that stress is bad and must be avoided. What if that's wrong? Turns out, the story of stress is a little more complicated. This training will help you create a plan for turning stress into something useful and good for you.

Objectives for the session include the following:

- Learn how stress can be beneficial and brings meaning to life
- Identify how you already successfully manage stress
- Learn about three distinctly different stress responses
- Learn ways to better manage your stress response

August 12th – September 16th – Mindful Moments

Mindfulness is a simple practice that invites us to focus our attention on the present moment; moving our minds from a state of automatic pilot to being fully present to the moments of our lives, as we live them. Just like physical fitness requires us to take time to strengthen our muscles so that they can be strong when we need them, mindfulness practice helps us to strengthen the mind so that it can be resilient in the face of stress and other life challenges.

This 6-part Lunch and Learn Series will guide participants through the basics of building a personal mindfulness practice. Participants will:

- Learn the foundational principals of a mindfulness practice
- Understand how normal brain functioning impacts our ability to be mindful
- Experience a mindfulness practice each week with guided instruction

November 13th – Gratitude for Life

Adopting an attitude of Gratitude has significant research-based benefits in your personal, emotional, social life, health, and career. In this interactive presentation, we will share takeaway tools for putting gratitude into practice.

Training objectives include the following:

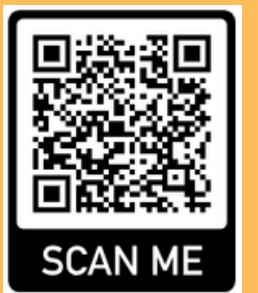
- Define and explore the many advantages of gratitude
- Discuss the correlation of gratitude and happiness
- Identify ways to cultivate gratitude
- Practice gratitude in a real and meaningful way

Financial Wellness

We are excited to announce that we are offering some Financial Wellness lunch & learn sessions coming up, presented by our Financial Empowerment Coordinator, Dina Knibbs.

RSVP is recommended for each session - Register [HERE](#) or by scanning the QR code.

Location - City Hall Room 207



FEBRUARY

26

12PM - 1PM

Making a Budget. It can be done!

MARCH

12

12PM - 1PM

Bank on it - Banking Principles

APRIL

23

12PM - 1PM

Spending & Saving - Keeping Track

MAY

14

12PM - 1PM

Asset Protection - Insurance

JUNE

11

12PM - 1PM

Retirement Planning

JULY

9

12PM - 1PM

Building Wealth - Estate Planning



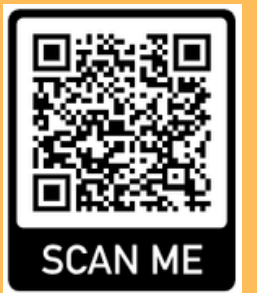
Racine
Financial
Empowerment
Center
*Free One-on-One
Financial Counseling*

Upcoming Sessions

We are excited to announce that we are offering some Financial Wellness sessions coming up, presented by our Financial Empowerment Coordinator, Dina Knibbs.

RSVP is recommended for each session - Register [HERE](#) or by scanning the QR code.

Location - City Hall Room 207



AUGUST

13

12PM - 1PM

Be Prepared for Emergencies

SEPTEMBER

10

12PM - 1PM

Holiday Budgeting

OCTOBER

8

12PM - 1PM

Jeopardy - Recap of sessions. All welcomed!



Racine
Financial
Empowerment
Center
*Free One-on-One
Financial Counseling*

YOGA

JANUARY 6TH
JANUARY 27TH
FEBRUARY 3RD
FEBRUARY 10TH
MARCH 3RD
MARCH 17TH

LOCATION - CITY HALL ROOM 207
ALL EMPLOYEES ARE WELCOMED!



CITY WELLNESS

QUARTER 1 YOGA SCHEDULE

2025





Things We Wish Grown Ups Knew...

Our **Employee Assistance Program** is proud to present a *free* 4-part webinar series that highlights current trends impacting both academic and home-life for school-aged children. Each webinar will be informative and include helpful 'how-to' tips and tricks. We will include information on how our Assistance Programs can support you and your family.

Please Note: These webinars is being offered during family-friendly hours. All presentations will be on **Tuesdays**, offered at both **12:00pm – 12:30pm** and **6:30pm – 7:00pm**. You can register for single presentations **OR** the entire series!

Let Me Do It By Myself. I Need Help!

1/28/2025 12pm & 6:30pm

Presented by She'Leah Fisher, MS, NCC, LPC

Description: This presentation will focus on the developmental stages of children. Knowing these stages can help families understand when to allow age-appropriate independence and when to offer support.

My Phone is My Life. It's Driving Me Crazy!

2/25/2025 12pm & 6:30pm

Co-Presented by Evoanna Vargas, MSW, LCSW
& She'Leah Fisher, MS, NCC, LPC

Description: This presentation will focus on fostering strong family relationships through communication, consistency, and compromise in a digital world.

I Need Sleep. There is No Time!

3/25/2025 12pm & 6:30pm

Presented by Lynn O'Brien, LCSW, LMFT

Description: Research shows that a good night's sleep is vital for maintaining the health and wellbeing of children. This presentation will focus on these health benefits and offer tips for parents to help ensure that their children are getting enough sleep.

Life is Hard.

But I Can Do Hard Things!

4/22/2025 12pm & 6:30pm

Presented by Lynn O'Brien, LCSW, LMFT

Description: This presentation will focus on the importance of helping children develop resilience in the face of a fast-changing world. In addition, parents will learn tips for helping their children manage stress and deal with intense emotions in a healthy way.

**To register, click on any of the above times OR
email EAP.LiveWellBeWell@aah.org**

**If you have questions or to access EAP services,
call 800.236.3231.**



Aurora Employee Assistance Program Work-Life Services

Aurora Employee Assistance Program (EAP) is happy to provide valuable resources for work-life balance needs. Services are provided at no cost to employees and their household family members. We will explain the available services and connect you with one of our work-life balance specialists. We can provide resources and referrals for any of the following common concerns:

Adoption information services

Our specialists can guide you through the adoption process, explaining choices and costs, and provide referrals to adoption agencies, attorneys, community resources and support groups.

Childcare consultation, information and referrals

Our trained childcare specialists will listen to your needs, research options that match your requirements, and verify qualifications and availability before providing you with a list of referrals from which to choose. We also offer information kits on parenting topics such as first-time parents, summer care, and back-to-school planning.

Educational resource assistance: K-12 and higher education

Services include matching families with private and public schools and assisting in choosing the most appropriate options. Assistance is also available in selecting colleges and universities, understanding financial aid options and assisting in scholarship searches.

Elder care consultation, information and referrals

Our knowledgeable elder care specialists will guide you through the vast array of elder care resources and help you find those that are right for you and your loved one – regardless of where they reside.

Financial consultation

Our financial professionals can offer sound, objective advice on a range of issues. These topics include financial coaching, debt management, budgeting, retirement planning, and student loan counseling.

Legal consultation

Our legal services include a free 30-minute telephonic consultation with an attorney. This session generally provides the answers and next-step advice that most individuals need to get started along the legal process. If further legal services are needed, attorney services are offered at a 25% reduced fee. Legal matters may include civil/consumer issues, personal/family issues (including divorce or child custody), personal injury, and real estate, taxes or estate planning. *Employment law is excluded from this benefit.*

Contact Aurora EAP today!

800.236.3231

www.aurora.org/eap



Advocate Health Care®



Aurora Health Care®

Employee Assistance Program (EAP)

Now part of  ADVOCATEHEALTH



My Phone Is My Life... It's Driving Me Crazy!

How many hours a day do you think your children spend on digital devices?

This live webinar presentation will focus on fostering strong family relationships through communication, consistency, and compromise in a digital world.

My Phone is My Life... It's Driving Me Crazy!

2/25/2025 12pm | 6:30pm

Register Now: Click on either of the above times
OR email EAP.LiveWellBeWell@aah.org



Evoanna Vargas, MSW, LCSW
EAP Counselor

Co-Presented by:



She'Leah Fisher, MS, NCC, LPC
Account Executive

For further information or to access EAP services, call 800.236.3231.



Common myths about heart disease

I'm too young to worry about heart disease

Many factors can increase your risk of heart disease, including pregnancy, menopause and family history.

I'll know if I'm having a heart attack because I'll have chest pain

People often don't have symptoms of heart disease until something serious happens.

Heart disease runs in my family, so there's nothing I can do to prevent it

There are things you can do to reduce your risk of heart disease, such as eating a healthy diet, exercising regularly, and getting your cholesterol checked.

I don't need to have my cholesterol checked until I'm middle-aged

The American Heart Association recommends getting your cholesterol checked every five years, starting at age 20.

Smoking only affects the lungs, not the heart

Smoking tobacco is a major cause of heart disease.



Superfood of the Month: Lingonberries

What is it?

The lingonberry is a small evergreen shrub that bears edible fruit. It is native to boreal forest and Arctic tundra throughout the Northern Hemisphere. Their bright red color is appealing, but don't let that fool you: Lingonberries taste sour with a bit of sweetness and might not be something you'd enjoy eating raw.

What do I do with it?

Lingonberries are an ingredient in both sweet and savory foods. They are popular in Nordic diets, and items such as lingonberry jam are a staple in many households. They can also be used in syrups, sauces for meats, condiments, purees and tea.

Why should I eat it?

Lingonberries are a "superfruit," meaning they have a variety of health benefits, including:

- Reducing inflammation
- Preventing obesity
- Preventing and treating brain aging
- Preventing neurodegenerative disorders
- Preventing diseases

Tips for buying and storing

Lingonberries are most often sold frozen in grocery stores since they are rarely eaten fresh due to their tart, acidic flavor.

Lingonberries can be preserved by:

- Freezing them
- Storing dry lingonberries in a sealed container in a dry, dark place



Baked Brie With Lingonberry Jam

INGREDIENTS

- 8-ounce Brie cheese wheel
- 1/4 cup lingonberry jam
- 1/4 cup chopped pecans
- 1 tsp grated orange peel

PREPARATION

1. Preheat oven to 350°F.
2. Using a sharp knife, cut the top rind off of the Brie. Spread the jam over the top of cheese, then the nuts. Sprinkle top with orange peel.
3. Bake in a small, oven proof dish for 20 – 25 minutes, until the cheese is melted and bubbling. Serve hot.

<https://www.mustlovehome.com/baked-brie-with-lingonberry-jam/>