



A good mind. A good heart. A strong fire.

2018 Reasonable Alternative Standards (RAS) Calendar of Events



A good mind. A good heart. A strong fire.

All activities listed below will be awarded one (1) RAS point upon providing proof of attendance in person to EHN
(No emails, inter-office or faxed documents accepted. Must be hand delivered in person to EHN)

RAS Certificates will NOT be reissued

RAS activities must be done on your own time. Registration is required for those noted.

Employee is limited to 1 (one) point per presentation/No duplicate presentations

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
December				
Mindfulness Walk or Showshoeing <i>Registration Required: 490-3803</i>	Oneida Adventures	Tuesday, December 5	12:05 pm - 12:50 pm	Norbert Hill Center
Carbs 101	Prevea Presentation <i>Deb Guenterberg</i>	Wednesday, December 6	7:10 am-7:50 am 12:10 pm-12:50 pm	Employee Services
What Does the Fitness Center Offer For Me? <i>Registration Required: 490-3805</i>	Oneida Family Fitness Center	Wednesday, December 6	7:10 am-7:50 am 12:10 pm-12:50 pm	Oneida Family Fitness Center-Education Room
Mindfulness Walk or Showshoeing <i>Registration Required: 490-3803</i>	Oneida Adventures	Tuesday, December 12	12:05 pm - 12:50 pm	Oneida Community Health Center
Just Move it Oneida (JMIO)	Jingle Walk	Wednesday, December 13	4:00 pm-6:30 pm	Elementary School
Food Labels	Bellin Presentation	Thursday, December 14	7:10 am - 7:50 am	Employee Services
Emergency, Urgent, Retail, Wellness Onsite, Telemed, Family Provider... Which one do I choose?	Oneida Presentation <i>Karen Beke, RN/EHN</i>	Thursday, December 14	12:10 pm - 12:50 pm	Employee Services
Employee Resource Center (ERC) Orientation	Employee Resource Center	Friday, December 15	12:10 pm - 12:50 pm 3:10 pm - 3:50 pm	Employee Services
Mental Wellness Topic: <i>Holiday Healthy Traditions</i>	OBH Education Series <i>Rebecca Green</i>	Monday, December 18	4:30 pm - 5:30 pm	Parish Hall

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
December				
Mindfulness Walk or Showshoeing <i>Registration Required: 490-3803</i>	Oneida Adventures	Tuesday, December 19	12:05 pm - 12:50 pm	Land Management
Understanding the RAS Program	Oneida Presentation <i>Karen Beke, RN/EHN</i>	Wednesday, December 20	12:10 pm - 12:50 pm	Employee Services
Using Crystals in the Workplace <i>Registration Required: 490-3620</i>	EAP Presentation	Wednesday, December 20	12:10 pm - 12:50 pm	Cottage 1240
S.M.A.R.T. Goals	Prevea Presentation <i>Karisa Laskowski</i>	Wednesday, December 27	12:10 pm - 12:50 pm 3:10 pm - 3:50 pm	Employee Services
Health Risk Assessment- <i>Putting the Pieces Together</i>	Oneida Presentation <i>Karen Beke, RN/EHN</i>	Thursday, December 28	3:10 pm - 3:50 pm	Employee Services
January				
Managing Your Money-Financial Wellness	Oneida Presentation <i>Karen Beke, RN/EHN</i>	Wednesday, January 3	3:10 pm - 3:50 pm	Employee Services
Oils for Sleep <i>Registration Required: 490-3620</i>	EAP Presentation <i>Carol Bauman</i>	Tuesday, January 9	12:10 pm - 12:50 pm 3:10 pm - 3:50 pm	Cottage 1240
Winter Blues	Bellin Presentation	Thursday, January 11	3:10 pm - 3:50 pm	Employee Services
Inspire Your Senses with Aromatherapy <i>Registration Required: 496-5260</i>	CEC Presentation <i>Sara Schoenecker</i>	Thursday, January 11	5:00 pm - 6:00 pm	Community Education Center
What's the Skinny on Belly Fat	Prevea Presentation <i>Deb Guenterberg</i>	Monday, January 15	12:10 pm - 12:50 pm 3:10 pm - 3:50 pm	Employee Services
Mental Wellness Topic: <i>Making Your New Year's Resolutions Stick!</i>	OBH Education Series <i>Dr. Trail</i>	Monday, January 15	4:30 pm-5:30 pm	Parish Hall
Just Move it Oneida (JMIO)	New Year Walk	Wednesday, January 17	4:00 pm - 6:30 pm	Elementary School
Clover Your Mouth: <i>Prevent/Treat Sickness</i> <i>Registration Required: 496-5260</i>	CEC Presentation	Thursday, January 18	12:00 pm - 12:45 pm	Community Education Center

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
January				
Identity Theft: <i>Protect & Prevent</i> <i>Registration Required: 496-5260</i>	CEC Presentation <i>Wisc. Bureau of Consumer Protection</i>	Thursday, January 25	12:00 pm - 12:45 pm	Community Education Center
Water Quality & Public Health	Oneida Presentation <i>CWS & Plumbing Dept</i>	Monday, January 29	12:10 pm - 12:50 pm	Employee Services
Winter Blues	Bellin Presentation	Monday, January 29	3:10 pm - 3:50 pm	Employee Services
February				
Essential Oils	Prevea Presentation <i>Deb Guenterberg</i>	Thursday, February 1	12:10 pm - 12:50 pm	Employee Services
Essential Oils	Prevea Presentation <i>Deb Guenterberg</i>	Friday, February 2	12:10 pm - 12:50 pm	Employee Services
Stretching at Your Workplace	Bellin Presentation	Friday, February 2	3:10 pm - 3:50 pm	Employee Services
Clover Your Mouth: <i>Prevent/Treat Sickness</i> <i>Registration Required: 496-5260</i>	CEC Presentation	Tuesday, February 6	5:00 pm - 6:00 pm	Community Education Center
Budgeting <i>Registration Required: 496-5260</i>	CEC Presentation	Wednesday, February 7	4:00 pm - 5:30 pm	Community Education Center
Brain Games	Prevea Presentation <i>Dana Blicharz</i>	Monday, February 12	3:10 pm - 3:50 pm	Employee Services
Stroke	Bellin Presentation	Tuesday, February 13	12:10 pm - 12:50 pm	Employee Services
Journaling <i>Registration Required: 490-3620</i>	EAP Presentation <i>Crystal House</i>	Tuesday, February 13	12:10 pm - 12:50 pm 3:10 pm - 3:50 pm	Cottage 1240
Brain Games	Prevea Presentation <i>Dana Blicharz</i>	Tuesday, February 13	3:10 pm - 3:50 pm	Employee Services
Women's Health	Prevea Presentation <i>Lynette Clancy</i>	Wednesday, February 14	12:10 pm - 12:50 pm 3:10 pm - 3:50 pm	Employee Services

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
February				
Attitude	Oneida Presentation <i>Karen Beke, RN/EHN</i>	Thursday, February 15	12:10 pm - 12:50 pm	Employee Services
Stroke	Bellin Presentation	Thursday, February 15	3:10 pm - 3:50 pm	Employee Services
Mental Wellness Topic: <i>Understanding & Healing from Unresolved Grief & Intergenerational Trauma</i>	OBH Education Series <i>Emma White</i>	Monday, February 19	4:30 pm - 5:30 pm	Parish Hall
Just Move it Oneida (JMIO)	Family Fun Night	Wednesday, February 21	5:00 pm - 7:00 pm	Elementary School
Is That a Deduction? <i>Understanding Your Taxes</i> Registration Required: 496-5260	CEC Presentation <i>Valley Tax Solutions</i>	Wednesday February 21	5:00 pm - 6:00 pm	Community Education Center
Heart Disease: <i>What is heart disease, what causes it, who is at risk & what are possible treatment options</i>	Aurora Presentation <i>Dr. Scott Weslow</i>	Monday, February 26	12:10 pm - 12:50 pm	Employee Services
Emergency, Urgent, Retail, Wellness Onsite, Telemed, Family Provider... Which one do I choose?	Oneida Presentation <i>Karen Beke, RN/EHN</i>	Monday, February 26	3:10 pm - 3:50 pm	Employee Services
March				
When to Seek Treatment in the ER	Aurora Presentation <i>Dr. Laura Vogel-Schwartz, ER Physician</i>	Thursday, March 1	12:10 pm - 12:50 pm	Employee Services
Understanding the RAS Program	Oneida Presentation <i>Karen Beke, RN/EHN</i>	Monday, March 12	3:10 pm - 3:50 pm	Employee Services
Seizures & Epilepsy	Aurora Presentation	Tuesday, March 13	12:10 pm-12:50 pm	Employee Services
Stretching at Your Workplace	Bellin Presentation	Tuesday, March 13	3:10 pm - 3:50 pm	Employee Services

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
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March

Tapping (EFT) Stress <i>Registration Required: 490-3620</i>	EAP Presentation <i>Carol Bauman</i>	Tuesday, March 13	12:10 pm - 12:50 pm 3:10 pm - 3:50 pm	Cottage 1240
Just Move it Oneida (JMIO)	Marching Toward Health	Wednesday, March 14	4:00 pm - 6:30 pm	Elementary School
Nutrition Basics	Bellin Presentation	Thursday, March 15	12:10 pm - 12:50 pm	Employee Services
Mental Wellness Topic: <i>To be Determined</i>	OBH Education Series	Monday, March 19	4:30 pm - 5:30 pm	Parish Hall
Eating for a Balanced Plate <i>Registration Required: 496-5260</i>	CEC Presentation <i>Susan Higgs, Nutritionist</i>	Thursday, March 22	12:10 pm - 12:50 pm	Community Education Center
Health Risk Assessment- <i>Putting the Pieces Together</i>	Oneida Presentation <i>Karen Beke, RN/EHN</i>	Thursday, March 22	3:10 pm - 3:50 pm	Employee Services
Healthy Eating on the Run	Prevea Presentation <i>Deb Guenterberg</i>	Monday, March 26	12:10 pm - 12:50 pm	Employee Services
Healthy Eating on the Run	Prevea Presentation <i>Deb Guenterberg</i>	Wednesday, March 28	12:10 pm - 12:50 pm	Employee Services

April

Budgeting <i>Registration Required: 496-5260</i>	CEC Presentation	Thursday, April 5	4:00 pm - 5:30 pm	Community Education Center
Headaches & Migraines	Aurora Presentation	Friday, April 6	7:10 am - 7:50 am 12:10 pm - 12:50 pm	Employee Services
Food Labels	Bellin Presentation	Thursday, April 12	12:10 pm - 12:50 pm	Employee Services
Managing Your Money-Financial Wellness	Oneida Presentation <i>Karen Beke, RN/EHN</i>	Thursday, April 12	3:10 pm - 3:50 pm	Employee Services

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
April				
Living in Motion: <i>Neck & Back Pain</i>	Prevea Presentation <i>Kristin Schultz</i>	Friday, April 13	12:10 pm - 12:50 pm 3:10 pm - 3:50 pm	Employee Services
Mental Wellness Topic: <i>To be Determined</i>	OBH Education Series	Monday, April 16	4:30 pm - 5:30 pm	Parish Hall
Journaling	Oneida Presentation <i>Betsy Nickel, RN/CHN</i>	Tuesday, April 17	12:10 pm - 12:50 pm	Oneida Community Health Center-Main Conf Rm.
Homebuyer Education <i>Registration Required: 496-5260</i>	CEC Presentation <i>Wisconsin Native Loan Fund</i>	Tuesday, April 17	5:00 pm - 6:00 pm	Community Education Center
Just Move it Oneida (JMIO)	Spring Into Action	Wednesday, April 18	4:00 pm - 6:30 pm	Elementary School
Mindfulness <i>Registration Required: 490-3620</i>	EAP Presentation <i>Crystal House</i>	Thursday, April 19	12:10 pm - 12:50 pm 3:10 pm - 3:50 pm	Cottage 1240
Attitude	Oneida Presentation <i>Karen Beke, RN/EHN</i>	Thursday, April 19	3:10 pm - 3:50 pm	Employee Services
Organic Options	Prevea Presentation <i>Deb Guenterberg</i>	Thursday, April 26	7:10 am - 7:50 am 12:10 pm - 12:50 pm	Employee Services
End of Life Care, Advance Directives, Definition of Palliative Care	Aurora Presentation	Friday, April 27	7:10 am - 7:50 am 12:10 pm - 12:50 pm	Employee Services
May				
Health Risks from Cleaning Chemicals with Natural DIY Cleaning Supply Demo	Oneida Presentation <i>Amy Spears, Environmental</i>	Friday, May 4	7:10 am - 7:50 am 12:10 pm - 12:50 pm 3:10 pm - 3:50 pm	Employee Services
Sleep Disorders	Prevea Presentation <i>Marla VanLanen</i>	Monday, May 7	7:10 am - 7:50 am 12:10 pm - 12:50 pm	Employee Services
Rethink Your Drink-Fruit Infused Water	Bellin Presentation	Tuesday, May 8	7:10 am-7:50 am 12:10 pm - 12:50 pm	Employee Services

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
May				
Tapping (EFT) Pain <i>Registration Required: 490-3620</i>	EAP Presentation <i>Carol Bauman</i>	Tuesday, May 8	12:10 pm - 12:50 pm 3:10 pm - 3:50 pm	Cottage 1240
Edible Weeds	Prevea Presentation <i>Deb Guenterberg</i>	Wednesday, May 9	7:10 am - 7:50 am 12:10 pm - 12:50 pm	Employee Services
Just Move it Oneida (JMIO)	National Employee Health & Fitness	Wednesday, May 16	4:00 pm - 6:30 pm	Elementary School
Mental Wellness Topic: <i>To be Determined</i>	OBH Education Series	Monday, May 21	4:30 pm - 5:30 pm	Parish Hall
Nutrition Basics	Bellin Presentation	Thursday, May 24	7:10 am - 7:50 am	Employee Services
June				
Aging Population Work Out Options & Techniques	Bellin Presentation	Thursday, June 7	7:10 am - 7:50 am	Employee Services
Happy Yoga <i>Registration Required: 490-3620</i>	EAP Presentation <i>Crystal House</i>	Tuesday, June 12	12:10 pm - 12:50 pm 3:10 pm - 3:50 pm	Cottage 1240
Mental Wellness Topic: <i>To be Determined</i>	OBH Education Series	Monday, June 18	4:30 pm - 5:30 pm	Parish Hall
Heartburn & GERD	Aurora Presentation	Tuesday, June 19	7:10 am - 7:50 am 12:10 pm - 12:50 pm	Employee Services
Just Move it Oneida (JMIO)	Kickoff to Summer Fun	Wednesday, June 20	4:00 pm - 6:30 pm	Oneida Lake
Aging Population Work Out Options & Techniques	Bellin Presentation	Friday, June 22	12:10 pm - 12:50 pm	Employee Services
The Dangers of Opiate Abuse & Ways to Help Avoid this Problem	Oneida Presentation <i>Jim Poels, Pharmacy</i>	Tuesday, June 26	12:10 pm - 12:50 pm	Oneida Community Health Center-Main Conf Rm.

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
July				
Mandalas <i>Registration Required: 490-3620</i>	EAP Presentation <i>Carol Bauman</i>	Tuesday, July 10	12:10 pm - 12:50 pm 3:10 pm - 3:50 pm	Cottage 1240
Mental Wellness Topic: <i>To be Determined</i>	OBH Education Series	Monday, July 16	4:30 pm - 5:30 pm	Parish Hall
High Blood Pressure	Bellin Presentation	Tuesday, July 17	7:10 am - 7:50 am 12:10 pm - 12:50 pm	Employee Services
Just Move it Oneida (JMIO)	Summer Walk	Wednesday, July 18	4:00 pm - 6:30 pm	Elementary School
The Dangers of Opiate Abuse & Ways to Help Avoid this Problem	Oneida Presentation <i>Jim Poels, Pharmacy</i>	Thursday, July 26	12:10 pm - 12:50 pm	Oneida Community Health Center-Main Conf Rm.
Bergamot (#6) for Your Health- <i>Harvest & Hike</i> <i>Registration Required: 405-4492</i>	Oneida Presentation <i>Amy Spears, Environmental</i>	Tuesday, July 31	12:10 pm - 12:50 pm 3:10 pm - 3:50 pm	Coyote Run Natural Area-Olson Rd Entrance
August				
Signs & Symtms of Depression Related to Alcohol Use	Aurora Presentation	Wednesday, August 1	7:10 am - 7:50 am 12:10 pm - 12:50 pm	Employee Services
Cholesterol: <i>Good & Bad</i>	Bellin Presentation	Thursday, August 9	7:10 am - 7:50 am	Employee Services
Cholesterol: <i>Good & Bad</i>	Bellin Presentation	Monday, August 13	3:10 pm - 3:50 pm	Employee Services
Adult Coloring to Relieve Stress <i>Registration Required: 490-3620</i>	EAP Presentation <i>Crystal House</i>	Thursday, August 16	12:10 pm - 12:50 pm 3:10 pm - 3:50 pm	Cottage 1240
Mental Wellness Topic: <i>To be Determined</i>	OBH Education Series	Monday, August 20	4:30 pm - 5:30 pm	Parish Hall
Journaling	Oneida Presentation <i>Betsey Nickel, RN/CHN</i>	Tuesday, August 21	12:10 pm - 12:50 pm	Oneida Community Health Center-Main Conf Rm.
Just Move it Oneida (JMIO)	Beat the Heat Walk	Wednesday, August 22	4:00 pm - 6:30 pm	Oneida Lake

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
September				
Sitting Disease II	Oneida Presentation <i>Kristi Giltner, RN/EHN</i>	Wednesday, September 5	12:10 pm - 12:50 pm	Employee Services
Crystals for Work <i>Registration Required: 490-3620</i>	EAP Presentation <i>Carol Bauman</i>	Tuesday, September 11	12:10 pm - 12:50 pm 3:10 pm - 3:50 pm	Cottage 1240
Mental Wellness Topic: <i>To be Determined</i>	OBH Education Series	Monday, September 17	4:30 pm - 5:30 pm	Parish Hall
Just Move it Oneida (JMIO)	Oneida Diabetes Walk	Saturday, September 29	9:00 am - 11:30 am	Elementary School
October				
How Your Health Can Affect Your Eyes	Oneida Presentation <i>Dr. Lisa Slaby</i>	Wednesday, October 3	12:10 pm - 12:50 pm	Oneida Community Health Center-Main Conf Rm.
Breathing <i>Registration Required: 490-3620</i>	EAP Presentation <i>Crystal House</i>	Tuesday, October 9	12:10 pm - 12:50 pm 3:10 pm - 3:50 pm	Cottage 1240
Mental Wellness Topic: <i>To be Determined</i>	OBH Education Series	Monday, October 15	4:30 pm - 5:30 pm	Parish Hall
How Your Health Can Affect Your Eyes	Oneida Presentation <i>Dr. Lisa Slaby</i>	Wednesday, October 17	12:10 pm - 12:50 pm	Employee Services
Sitting Disease II	Oneida Presentation <i>Kristi Giltner, RN/EHN</i>	Thursday, October 18	12:10 pm - 12:50 pm	Employee Services
Just Move it Oneida (JMIO)	Spooktacular Walk	Saturday, October 20	9:00 am - 11:30 am	Elementary School
November				
Smoking Cessation	Bellin Presentation	Thursday, November 8	12:10 pm - 12:50 pm	Employee Services

Activity/Presentation	Type of Activity / Presenter	Date	Time	Location
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November

Smoking Cessation	Bellin Presentation	Friday, November 9	3:10 pm - 3:50 pm	Employee Services
Essential Oils for Stress <i>Registration Required: 490-3620</i>	EAP Presentation <i>Carol Bauman</i>	Tuesday, November 13	12:10 pm - 12:50 pm 3:10 pm - 3:50 pm	Cottage 1240
Just Move it Oneida (JMIO)	Fall Walk	Wednesday, November 14	4:00 pm - 6:30 pm	Elementary School
Mental Wellness Topic: <i>To be Determined</i>	OBH Education Series	Monday, November 19	4:30 pm - 5:30 pm	Parish Hall

RAS Activity Points/Documentation due 4:00 pm Friday November 30, 2018