

# KMIP Komments

January 2011



# KMIP

Kettle Moraine Insurance Professionals

## Letter from Jessica Greisch & Natasha Lambrecht

Can you believe that it is already 2011? We are now in our second decade of the new century that seemed to have started just yesterday. Many of us are reflecting on the past year and how we can improve for the new one that has just started. Common resolutions have been spoken throughout the world this past week – quit smoking, lose weight, manage finances more efficiently, get more organized, etc. All of these are worthy changes; however, they are quickly forgotten as the year goes on. With this day and age of technology and speed, a good, and more importantly, attainable, resolution to make is to improve your memory.

At the December meeting our speaker, Roger Seip, gave two tips for remembering names when you first meet new people. The first tip, as simple as it sounds, is just to slow down and listen when you are introduced. We have so much on our minds when we meet someone new, and we are already thinking of what we will say next; names get heard and forgotten a second later. The second tip is to repeat the name back to the person. As we all learned in school, repetition is the best way to learn.

For more information on Roger’s complete memory training workshop, which guarantees that you will increase your ability to recall information a minimum of 300%, go to [www.deliverfreedom.com](http://www.deliverfreedom.com). We all sat in awe as Roger showed us this amazing recall ability at the December meeting.

These two tips are a good start at working on the resolution to improve your memory, and a wonderful place to begin this is at the next meeting. During the networking time, seek out an unfamiliar face and introduce yourself; challenge yourself to learn and remember the names of at least 3 new people.

**Have a happy and healthy new year!**

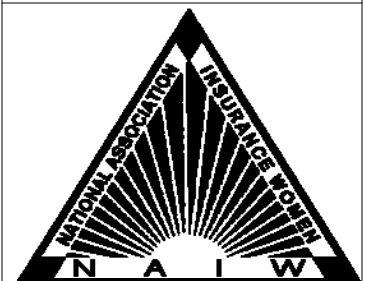
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Please submit any articles of interest, classes completed or designations earned for publication in the newsletter via email to [nlambrecht@wbmi.com](mailto:nlambrecht@wbmi.com) or [awulf@wbmi.com](mailto:awulf@wbmi.com)



*“To provide all members with a comfortable & encouraging environment, with opportunities to learn, share, and grow through education and networking”*



## Calendar of Events

|          |                              |                   |
|----------|------------------------------|-------------------|
| Jan 19   | Monthly Mtg-Work Comp        | West Bend         |
| Feb 7    | KMIP Board Meeting (4:45 pm) | WB, Conf Room 271 |
| Feb 16   | Monthly Mtg-Social Media     | West Bend         |
| Apr 7-10 | Region V Conference          | Rockford, IL      |

We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day.  
-Edith Lovejoy Pierce

Please help us promote this month's meeting to encourage fellow associates and agents to join us for the **Workers Compensation and Return to Work** program. It should be a very interesting program and a great opportunity to promote our organization. We included more information about what the doctor will be discussing to help persuade more guests to come. We appreciate your help!! See the invitation on the next page!!

## Officers 2010-2011

|                 |   |
|-----------------|---|
| President:      | Amy Baier<br><a href="mailto:ABaier@wbmi.com">ABaier@wbmi.com</a>               |
| Vice President: | Joan Kuhn<br><a href="mailto:JKuhn@wbmi.com">JKuhn@wbmi.com</a>                 |
| Treasurer:      | Meri Lou Chambers<br><a href="mailto:MChambers@wbmi.com">MChambers@wbmi.com</a> |
| Secretary:      | Karrie Isken<br><a href="mailto:KIsken@wbmi.com">KIsken@wbmi.com</a>            |
| Board Members:  | Jen Weiterman<br>Fran Clawson<br>Mary Wittman                                   |
| WEBSITE:        | <a href="http://www.kmipwi.org">www.kmipwi.org</a>                              |



Making resolutions is a cleansing ritual of self assessment and repentance that demands personal honesty and, ultimately, reinforces humility. Breaking them is part of the cycle.

- Eric Zorn



# KMIP

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PRESENTS:

**DR. JASPAL S. ARORA, MD, MPH**

**Board certified in Occupational Medicine**

**And Fellowship American College of Occupational**

**And Environmental Medicine**

**Challenges in Workers Compensation Injuries**

**Focus on Return to Work Concerns**

**January 19, 2011**

Discussion to include:

1. Does MD
  - consistently ask the injured worker if light duty is available
  - complete a RTW slip after each appointment
  - understand temporary/permanent aggravations of pre-existing conditions
  - always get a history from the injured worker on how injury occurred & when
  - comment in office notes if the mechanism of injury correlates with the injury sustained or if it doesn't make sense
2. What can employers do to start a return to work program
3. Review the return to work report
4. How can a nurse case manager be involved in a claim
5. Importance of RTW and how employers should have a RTW program

Presentation will be held at:

West Bend Mutual Insurance Co.

Prairie Center

1900 S 18<sup>th</sup> Avenue

West Bend, WI

Cost - \$18.00 which includes dinner

(No cost if attending presentation only, but RSVP is still requested.)

**RSVP to Mary Wittmann ([mwittmann@wbmi.com](mailto:mwittmann@wbmi.com)) by January 12, 2011**

Networking and Cash Bar: 5:00 pm—5:45 pm

Dinner: 5:45 pm – 6:30 pm

Presentation: 6:30 pm – 7:30 pm

*If you respond that you are attending the dinner and do not attend, you will still be charged for the cost of the meal.*

|                |  |  |
|----------------|--|--|
| Dinner buffet: | Field green salad with dried fruit and gala apples   | Assorted dinner rolls & butter                 |
|                | Chicken Parmesan – Breaded chicken breast topped with mozzarella, served with marinara sauce |  |
|                | Baked Tilapia with lemon caper sauce   | Penne pasta with shallot herb butter           |
|                | Fresh vegetable medley   | Individual chocolate strawberry trifle dessert |
|                |  | Coffee, soda, & water                          |

I know we have many talented bakers in KMIP. We are still planning on having a bake sale on 2/16 at West Bend so get out your recipes and start planning what you will make. We will collect the baked goods at the February meeting on the 15th for the sale. Thanks for your participation and for making this a successful fund raising year.



“Another fresh new year is here...  
Another year to live!  
To banish worry, doubt and fear,  
To love and laugh and give!

This bright new year is given me  
To live each day with zest...  
To daily grow and try to be  
My highest and my best!

I have the opportunity  
Once more to right some wrongs  
To pray for peace, to plant a tree,  
And sign more joyful songs!”  
- William Arthur Ward

## Driver took muscle relaxers just hours before fatal crash

Safety NewsAlert May 27, 2010 by Fred Hosier

Do you require employees in safety-sensitive jobs to report whether they use certain prescription medications? You may want to pass this story along to them as a reminder why it's so important that they comply with your company's policy.

A city of Jeffersonville, IN, employee had taken two prescription pain medications just seven hours before the garbage packer he was driving was involved in a five-vehicle [crash that killed a teenager](#).

Roger Crum Jr. was taking Lortab and Flexeril for lower back pain. At first he told investigators he took the meds only at night.

But later Crum admitted he took the pills between 4:30 and 5:00 a.m. on the morning of the crash. The pile-up happened at 11:30 a.m.

When Crum's vehicle struck a small car, it killed its driver, 19-year-old Bethany Burrier. Three others were hospitalized. Crum was treated at the scene for minor injuries.

A city report notes the FDA says Lortab can cause light-headedness, dizziness and sedation and can impair thinking and physical abilities for driving. Flexeril also comes with a warning about driving.

Jeffersonville officials were apparently unaware that Crum took the drugs. The city has a policy that requires its drivers to report taking prescribed medications to their supervisors.





# NEW CELL PHONE APP COULD HELP CURB TEXTING WHILE DRIVING

WISTV.com; May 11, 2010 By Hannah Horne

COLUMBIA, SC (WIS) - If you are the parent of a teen driver, you probably worry about what they are doing behind the wheel.

You can't be in the car every moment they are driving, but if you are worried they are texting while driving, there may be a solution.

There are a million products out there aimed to keep you and your teen driver safe behind the wheel. From GPS tracking devices on cars and trucks to a new device called "Cell Safety."

It's an app for your cell phone, and once it's downloaded it disables texting capabilities while in a vehicle going faster than 10 miles an hour. Text messages can't be sent or received until the vehicle stops, but do you buy into it?

Once the car is stopped, you may have to wait as long as 90 seconds before you can start texting.

"It's probably a good idea," said driver Erik Johnson. "It's a lot different then talking on a phone because you actually have to see what your doing and your actually having a conversation with people on the phone and I think it really stupid for people to text."

The technology is available across the country. It costs about \$12 per month and a lot people think that it will spread beyond teens to adults as well.

It's not the only product of it's kind, but some believe products like it could help curb the texting and driving habit, and keep us safer on the roads.

