



# Webster County CONNECTION

MARCH 2013

A Newsletter for Employees of Webster County, IA

## WELCOME NEW EMPLOYEES

Please join us in  
welcoming new  
SHERIFF DEPUTY:

**Derek Christie**

Derek resides in Dayton with his wife Linsey and 4 month old daughter Harper. He was previously the Loss Prevention & Safety Manager at Younkers in Fort Dodge.

## Did you know?

Webster County currently has 207 employees residing in 27 different zip codes!

Webster County is a combination of two counties: Yell and Risley. Organized 160 years ago, in 1853, the county was named in honor of the American statesman and senator Daniel Webster.

## How Your Health Claims Are Paid



Webster County's health plan is the combination of a high deductible insured plan with Wellmark BCBS (Wellmark) and a self insured fund paid by Webster County and administered by Group Services (Safe-T Fund). This is a brief explanation of how your claims are processed under our plan.

**Submitting Your Claim.** Your Wellmark participating provider submits your claim directly to Wellmark. If a co-pay applies, your medical provider may ask you to pay the co-pay amount at the time you receive services.

**Wellmark Claim Review.** Wellmark will review your claim to confirm it is a covered expense under your health plan and will determine whether the expense is subject to your deductible or coinsurance or if a co-pay applies. Once this determination is made, Wellmark will send you an Explanation of Benefits (EOB). Wellmark will also send this information electronically to Group Services. Please do not make any payment to your provider based on the Wellmark Explanation of Benefits.

**Group Services Claim Review.** Group Services will review the Wellmark information and determine if any payments are to be made through the Webster County Safe-T Fund. Group Services will then also send you an Explanation of Benefits that will show any payments by Wellmark or the Webster County Safe-T Fund as well as any remaining balance that is your responsibility to pay.

**Group Services Payments.** Payments made from the Webster County Safe-T Fund are generally sent directly to the medical provider. The check amount and number will be shown on the Explanation of Benefits you receive from Group Services.

Call Amy Porter in Human Resources (573-1148) if you ever have any questions!

## Online Safety Training Coming Soon



IMWCA (Iowa Municipalities Workers Compensation Association) has partnered with FirstNet Learning to provide online safety training to its members. By June 2013 they will offer 42 courses to members, including the staff of Webster County, all at no additional charge. Webster County has chosen to participate in this program due to the convenience for staff and ability to complete training at your own workstations.

The Safety committee and department heads are making determinations on which courses are required or would be beneficial for each group of employees. Once these determinations are made, employees will be asked to register themselves into the IMWCA Online University. Once all employees are registered, they will be assigned appropriate online training courses and given a deadline for completion. In some cases, department heads may choose to complete a training course with their staff in a group setting. Once courses are completed, course certificates will be documented in employees' personnel files.

Examples of the courses available online are: Bloodborne Pathogens, Electrical Safety, Hazard Communication, MSDS Training, and Office Safety. Stay tuned for further details!



## Get to Know...



**Angie Roderick,**  
**Engineer Office**

Years at Webster Co. = 5

**What chore do you secretly enjoy doing?**

*Grocery shopping.*

**Beach, country or city?**

*City.*

**If you could choose one super power to have, what would it be?**

*Time travel—I would love a few “do overs”!*

**What makes you laugh?**

*Those e-cards you see on facebook, they crack me up—and Duck Dynasty!*

**If you could go on an all-expense paid vacation, where would you go?**

*Fiji islands in the South Pacific*

**What is your all-time favorite snack?**

*Chex Mix—love it!*

**What was your favorite birthday present as a kid?**

*A stuffed animal, it was a white orangutan and like 3 feet tall—I still have him! I was around 11, I think.*



## Service Anniversaries

We would like to recognize the following employees for their years of service to Webster County as of March 2013. We're very fortunate to have all of you! We appreciate your service, loyalty and dedication.

25 years:	<b>Karen Schoon, MIS</b>
20 years:	<b>Angie Vinson, County Assessor</b>
17 years:	<b>Matt Cosgrove, Conservation</b>
15 years:	<b>Christy Nelson, Sheriff Office</b>
13 years:	<b>Duane Heun, Secondary Roads</b>
11 years:	<b>Scott Estergaard, Secondary Roads</b>
10 years:	<b>Ken Hays, Community Services</b>
9 years:	<b>Steve (Wally) Elifrits, Jail</b>
5 years:	<b>LaDon Sams, Secondary Roads</b>
3 years:	<b>Jordan Brackey, County Attorney</b>
2 years:	<b>Josh Van Waes, Sheriff Deputy</b> <b>Elizabeth Householder, Public Health</b>
1 year:	<b>Alex Winninger, Jail</b> <b>Nicole Spencer, Jail</b> <b>Jayci Zakeer, Jail</b>



## Safety Spotlight: Understanding the 3 Day Waiting Period

If you have ever been injured at work and were removed from work by a doctor for more than 3 days, then you have been subject to the “3 day waiting period”. It’s important to understand how the three-day waiting period works. Payment for lost wages (or temporary disability benefits) are due when three conditions have been met:

1. The employee’s claim has been accepted as work-related.
2. The injury results in more than 3 calendar days missed.
3. The time missed is for one of the following: a) the employee has a work status form from Webster County’s designated physician placing the employee off work, or b) the employee has a work status form from Webster County’s designated physician with work restrictions and the employer is unable to accommodate the restrictions resulting in lost time for the employee.



The 3 day waiting period is based on calendar days and the days do not have to be consecutive. Saturdays and Sundays ARE included when figuring the 3 day waiting period regardless of whether the employee works on weekends. The date of injury is NOT included in figuring the 3 day waiting period. Iowa Statutes allow an employee to be paid for a full day of work on the date of injury regardless of what time the employee leaves work. Thus, an employee would not be required to use sick leave or vacation when seeking medical care on the actual date of injury.

For example, an employee is injured on a Wednesday. The injured employee sees a Dr. on the date of injury and the Dr. takes the employee off work until the following Monday. The 3 day waiting period would be Thursday, Friday and Saturday. Workers Compensation would compensate one day of lost time for Sunday.

## Wellness Corner: Colorectal Cancer Awareness Month

March is Colorectal Cancer Awareness Month. Colorectal cancer screening saves lives. If everyone who is 50 years old or older were screened regularly, as many as 60% of deaths from this cancer could be avoided. Among cancers that affect both men and women, colorectal cancer (cancer of the colon or rectum) is the second leading cause of cancer deaths in the US. Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it.

**How Can You Reduce Your Risk?** The risk of getting colorectal cancer increases with age. More than 90% of cases occur in people who are 50 years old or older. But many people are not being screened according to national guidelines. Colorectal cancer screening tests can find precancerous polyps so they can be removed before they turn into cancer. In this way, colorectal cancer is prevented. Screening tests also can find colorectal cancer early, when treatment often leads to a cure.

**What Are the Symptoms of Colorectal Cancer?** Precancerous polyps and colorectal cancer don't always cause symptoms, especially at first. You could have polyps or colorectal cancer and not know it. That is why having a screening test is so important. Symptoms for colorectal cancer may include—Blood in or on the stool (bowel movement). Stomach pain, aches, or cramps that do not go away. Losing weight and you don't know why. These symptoms may be caused by something other than cancer. If you're having any of these symptoms, the only way to know what is causing them is to see your doctor.

**When Should You Begin to Get Screened?** You should begin screening for colorectal cancer soon after turning 50, then keep getting screened regularly until the age of 75. Ask your doctor if you should be screened if you're older than 75. Some people are at a higher risk than others for developing colorectal cancer. Having any of these things may increase your risk—Inflammatory bowel disease. A personal or family history of colorectal polyps or colorectal cancer. Genetic syndromes, like familial adenomatous polyposis or hereditary non-polyposis colorectal cancer (also known as Lynch syndrome). If you think you may be at high risk for colorectal cancer, talk to your Dr. about when and how often to get tested.

**What Are the Screening Tests for Colorectal Cancer?** Several tests are available to screen for colorectal cancer. Some are used alone; others in combination with each other. Talk with your doctor about which tests are best for you. The U.S. Preventive Services Task Force recommends these tests to screen for colorectal cancer— Colonoscopy (every 10 years). High-sensitivity fecal occult blood test (FOBT), stool test, or fecal immunochemical test (FIT) (every year). Sigmoidoscopy (every 5 years).

### **How Can I Pay for Screening Tests?**

Webster County's plan pays 100% of the cost of a colonoscopy, and many other insurance plans and Medicare help pay for colorectal cancer screening.

- [www.cdc.gov/features/colorectalawareness](http://www.cdc.gov/features/colorectalawareness)

## WC Babies!

**Melissa (Michehl) Grell**, Public Health, welcomed daughter Maurynn Jayne on February 19th. She was 18" long and weighed 5 lb. 9  $\frac{3}{4}$  oz.

CONGRATS!!!



## *Congratulations to:*

The office team and Case Management staff at Webster County Community Services, on their successful Chapter 24 survey! Great Job!



# Webster County Calendar

## April 2013

### Schedule of Events

- \* 3/27—Statewide Tornado Drill, 10:00am
- \* 4/1—April Fool's Day
- \* 4/2—Board of Supervisors Meeting, 10am
- \* 4/9—Board of Supervisors Meeting, 10am
- \* 4/15—Kennedy Park Campground Opens!
- \* 4/16—Board of Supervisors Meeting, 10am
- \* 4/23—Board of Supervisors Meeting, 10am
- \* 4/30—Board of Supervisors Meeting, 10am

Sun Mo Tue We Th Fri Sat

Sun	Mo	Tue	We	Th	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## WC Conservation Sponsors HyVee Half & 5K Walk/Run

HyVee, City of Fort Dodge, and Webster County Conservation are sponsors of this year's HyVee Half & 5K. Join them on Sunday, April 21, 2013 at the second annual Hy-Vee Half and 5K Walk/Run for JDRF in the Fort Dodge Hy-Vee's effort to bring awareness and raise money for JDRF. Bring your friends and family to join in the fight against juvenile diabetes. With an event for every age, the entire family is sure to have a great time!

All proceeds from registration fees will go directly toward JDRF. We look forward to seeing you there!

### Schedule of Events:

- 9:00 am – Half marathon starts @ Hy-Vee
- 9:30 am – 5K walk/run starts @ Kennedy Park
- 10:00am – 12 noon – Kid Activities & Entertainment @ Kennedy Park
- 12:00 – 1:00pm – Kid's Fun Run Events



Kid's Fun Run times are approximate. **First race will start promptly at noon and each race will follow immediately after.**

**What are the Entry Fees?** *Half Marathon:* \$60 through March 31, \$65 through April 14, \$70 through April 17, \$85 through April 20. *5 Kilometer:* \$25 through March 31, \$30 through April 14, \$35 through April 17, \$50 through April 20. *Youth Runs - Free!*

**What is the deadline for registration?** Saturday 11:59 pm April 20th is the last date and time for entering the Hy-Vee Half & 5K. All free kid's runs can be registered for through April 21st and at packet pickup.

**Half marathon route:** The half marathon route will be similar to last years event with a different start location – St Edmond's School at the Martin Luther King Drive and 6th Ave North intersection. It will be an open course, consisting of road with concrete and asphalt surfaces, cement trail, gravel, and some grass. Road portions of the course will not be fully blocked off, so please be cautious of traffic. **5K route:** The 5K will take place on the Kennedy Park trail system and park grounds. Runners may encounter rock, mulch, grass, bridges, mud and sand.

For further event information and to register, please visit <http://fdhyveehalf.wordpress.com>.

**Memo to Employees:** Just a final reminder to submit your ISAC Wellness Program Incentive form if you haven't done so already! If you are on Webster County's health plan and had a preventive service such as a routine physical, mammogram, shingles vaccine, or prostate screening between March 2012 and February 2013, you are eligible for a free gift card! Your participation helps keep insurance costs down so the county can continue to offer you the same great benefits at not cost to the employee. Please contact Amy Porter in Human Resources for assistance at 515-573-1148.