



Webster County CONNECTION

APRIL 2013

A Newsletter for Employees of Webster County, IA

WELCOME NEW EMPLOYEES!

Please join us in
welcoming

**CORRECTIONAL
OFFICERS:**

**Brandi Weinzetl
Cory Simpson**

TYPIST (CSRU):

Alyssa Sparks

SHERIFF DEPUTY:

Amy Stringer

Job Openings

Webster County is seeking to fill the following positions:

Family Support Worker,
Public Health

Class C Equipment Operator,
Secondary Roads

Correctional Officer
(PT), Jail

Refer job seekers to the county's website for details!

What You Can Claim From Your FSA

If you enrolled in a Wellmark Flexible Spending Account beginning January 1, you are probably starting to think about sending in a claim for reimbursement on some out-of-pocket expenses incurred so far this year. Below is a list of expenses eligible for reimbursement through your Medical and/or Dependent Care Flexible Spending Accounts (FSA):

Medical Reimbursement Accounts

Any expense that's considered a deductible medical expense by the IRS and isn't paid for by your insurance can be reimbursed through your FSA. Examples include:

- \$ Fees paid to doctors, dentists, surgeons, chiropractors, and mental health providers
- \$ Fees for hospital services, X-rays, and labs
- \$ Health plan copayments and deductibles
- \$ Prescription drugs or drug copays
- \$ OTC drugs - only those with Rx or physician letter
- \$ Acupuncture treatments
- \$ Inpatient treatment at a center for alcohol or drug addiction
- \$ Smoking-cessation programs and drugs prescribed to help nicotine withdrawal
- \$ Birth control
- \$ Non-elective cosmetic surgery
- \$ Contact lenses and eyeglasses
- \$ Orthodontia
- \$ Over-the-counter (OTC) items, such as bandages & first aid kits



Dependent Care Reimbursement Account

Any expense that's considered a deductible dependent care expense by the Internal Revenue Service can be reimbursed through your FSA. Examples include:

- \$ Daycare expenses for children under age 13
- \$ Before and after school care for children under age 13
- \$ Adult daycare expenses for a disabled spouse or IRS tax dependent
- \$ Daycare deposits and registration fees are reimbursable after the child starts attending the daycare
- \$ Summer day camps for children under age 13 (includes educational and recreational programs)
- \$ Transportation furnished by daycare providers

Some dependent care expenses do not qualify for reimbursement: Payments to a spouse or parent of a qualified individual, educational fees/tuition, overnight camps, care not related to work, and transportation furnished by parents.

Visit www.wellmark.com/flex to learn more, get forms or to manage your account. Reimbursement claim forms and a full list of eligible expenses are always available on the County Employees tab at www.webstercountyia.org!



Get to Know...



Wendy Teske, **County Attorney Office**

Years at Webster Co. = 14.5

Married to Dan with 2 kids:
McKinna, 15 and Brody, 13.

What chore do you secretly enjoy doing?

Weeding my flowers, it's the best stress reliever for me.

Name someone who has been a role model in your life and why?

My mother. She told me everything happens for a reason good and bad, but you just have to make the best of it. It always seems to work out in the end.

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

The power to create a pill to cure all cancers.

What makes you laugh?

Me. I never take myself seriously and if you can't laugh at yourself, you have issues.

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

Hawaii.

What is your all-time favorite snack?

Dips.

What was your favorite birthday present as a kid?

A jump rope.



Service Anniversaries

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

41 years:	Danny Hammersland , Secondary Roads
27 years:	Marsha Royster , Public Health
25 years:	Kris Rial , Auditor
24 years:	Vickie Claude , Child Support Recovery
22 years:	Kevin Kruse , Sheriff Deputy
21 years:	Karen Hansen , Conservation
19 years:	Luke Fleener , Sheriff Deputy
16 years:	Peggy Gimer , Child Support Recovery Ricki Osborn Stubbs , County Attorney
15 years:	Pat Shehan , Conservation
8 years:	Robin Hoover , Community Services
6 years:	Jennifer Wuebker , Public Health Dianne Kahl , Child Support Recovery
5 years:	Tim Vannoni , Secondary Roads Connie Nabholz , Community Services Robert Constable , Community Services
1 year:	Andy Stanberg , Conservation



Sun.
May
12th

Wellness Corner: Keep a Stress Management Arsenal Handy

It only makes sense to have a set of different strategies for coping with stress. Rather than hoping stress will dissipate, turn to strategies that keep you on the offense, facing it head on. Experiment with these different approaches and make them part of your personal plan:

- (1) **Avoid it.** Simply put, avoid stress by choosing (or not choosing) certain behaviors to steer clear of it. Working on your tax returns early instead of on April 14 is a good example.
- (2) **Change the view.** Physically alter your environment—go outside, switch rooms, take a drive.
- (3) **Change "the filter."** The filter is how you decide to view a stressful incident. Got a flat tire? Make it a positive opportunity to show your teenager how to change it.
- (4) **Choose a different tool.** Instead of heading for the refrigerator to manage stress, try a walk, breathing exercises, a hot bath, or even a cup of chamomile tea and calm music.
- (5) **Use countermeasures.** Get more sleep, improve your diet, exercise, or meditate. Countermeasures help you fight fire with fire by improving your stamina or ability to cope with stress. - *Daniel Feerst, MSW, LISW-CP, workexcel.com*



Safety Spotlight: Rushing Can Hurt - by Dr. Isabel Perry, The Safety Doctor

We've all been in a situation where we were in a hurry, didn't pay close attention to what we were doing, and ended up with an injury. Hurrying on the job can cause both minor accidents and life-threatening injuries. You may hurry dozens of times without incident, until finally it happens - an accident. The old adage, "Haste makes waste," is all too true.

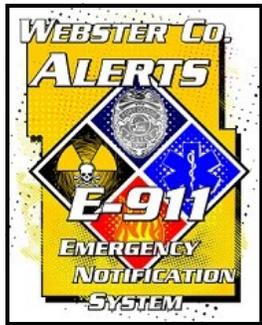
Have you done any of these?

- ⇒ Used the wrong ladder because the one you needed wasn't close by?
- ⇒ Climbed a ladder with tools stuck in your pockets or in your hand because you didn't have a tool belt?
- ⇒ Reached a little further on the ladder rather than get down and move it?
- ⇒ Climbed up the side of a bin or shelving unit instead of getting a ladder?
- ⇒ Not worn safety glasses because the job would only take a few minutes?
- ⇒ Used a dull saw blade for just one more cut?
- ⇒ Removed a guard to repair your machine, and not gotten around to putting it back?
- ⇒ Cut the grounding prong off a three-way ground wire plug because you didn't have an adapter?
- ⇒ Used a wrench instead of a hammer because your toolbox was not close?
- ⇒ Not unplugged a power tool before making adjustments, because you'd only have to plug it in again?
- ⇒ Given a forklift truck just a little more "pedal" so you could get one more load in before lunch?
- ⇒ Not slowed down at a blind corner because you never saw anyone there before?



I'm sure you can come up with a dozen more examples of shortcuts you've taken, or seen co-workers take, to get the job done more quickly. Sometimes nothing happens, sometimes there are near misses, until finally there is a real accident and you, or someone you work or live with, gets hurt. Yes, someone you live with; what we do at work carries over into what we do at home. Our children follow our example. If we take shortcuts, they will do the same thing, assuming it's all right because they saw us do it. Practice safety everywhere. The example you set may save your life, or the life of someone you love.

Dr. Isabel Perry is an internationally-known safety expert, motivational speaker, author and safety educator. Based in Orlando, Florida, she can be reached at 407-291-1209 or via e-mail at Isabel@TheSafetyDoctor.com.



Register for Webster County Emergency Alerts

Webster County uses an emergency notification system that may alert you by landline phone, cell phone voice or text message and/or as an e-mail to your e-mail address. Webster alerts are messages that may alert you of an emergency situation, may ask you to take appropriate action, or both. The National Weather Service will automatically send severe weather warnings to affected areas of the county and Emergency Services (911) will be able to send other emergency or important messages also. Text messages will be short (only 160 characters long). This is a free notification service, although your cell phone service provider may charge you for receiving text messages. Landline phones will automatically be entered in the system but any cell phones or email addresses must be registered.

WEB SITE FOR REGISTRATION: http://entry.inspironlogistics.com/webster_ia/wens.cfm

Why Should I register? While Webster County uses a number of emergency notification methods to notify you of an emergency, using Webster Co. Alerts could save you critical time depending upon your location.

Can I register through Webster Co. Alerts to receive just an e-mail? No, in the Webster Co. Alerts system, you must register a telephone number to register an e-mail address. You cannot register an e-mail address alone.

Why text messages? Attempting to call everyone could take hours. This is an important factor, especially during a time sensitive emergency. Webster Co. Alerts will be short and meant to make registrants aware that there is an emergency.

Under what circumstances will I receive Webster Co. Alerts? Webster Co. Alerts are used during emergencies that threaten life safety and/or may severely impact the citizens of Webster County. These alerts may include severe weather alerts, Homeland Security alerts, evacuation alerts and other alerts that could affect you or your family.

How do I update my contact info or unsubscribe? At any time, you can simply return to the Webster County website and click the unsubscribe button to stop receiving messages. If your contact information has changed, follow the instructions above to unsubscribe the information that has changed. You must then register again with your new contact information.

Webster County Calendar

May 2013

Schedule of Events

- * 5/7—Board of Supervisors Meeting, 10am
- * 5/12—Mother's Day
- * 5/14—Board of Supervisors Meeting, 10am
- * 5/18—Armed Forces Day
- * 5/21—Board of Supervisors Meeting, 10am
- * **5/27—Memorial Day (County Holiday)**
- * 5/28—Board of Supervisors Meeting, 10am

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Spring Park Festival & Earth Day Celebration

Earth Day is April 22nd and to celebrate, Webster County Conservation has some fun events planned for Sunday, April 21st! As part of their Spring Park Festival and Earth Day Celebration, several hands-on family events are planned at Kennedy Park. Bring the whole family and enjoy the outdoors! Meet at the Kennedy Park Heun Shelter.

- 2:00-4:00 pm: **FLINT KNAPPING**—Special guest Pat Hashman will demonstrate how spear points were made and allow others to try too! **ARCHERY**—Target shooting with a bow and arrow. **ATLATL DART THROWING**—Ancient spear throwing with special tool.
- 4:30-5:30pm: **BIKE & HIKE**—Bike the new Bike Trail starting at Kennedy or.... Take a guided nature hike!
NATURE ACTIVITIES—Special activities for children.
- 6:00-7:00pm: **CHILI & ICE CREAM**—Free will donation will get you a bowl of chili AND vanilla ice cream with “made in the park” maple syrup topping. Don’t miss the Maple Syrup Demo and Kids Activities!
- 7:00pm: **NIGHT PRAIRIE BURN**—Meet at Bob Heun Shelter, then travel to North side of lake.



Sponsored by Friends of Webster County Conservation.

Upcoming May Events:

- May 4 and 25: Paddling the Lizard or DM River, 1:00pm. Route to be determined. Call for reservations.
- May 9: Plant Some Shade, 3:00pm-6:00pm at Kennedy Park. Pick up day for pre-ordered trees for Mid-American Energy customers. See www.midamericanenergy.com.
- May 11: Duane Bill's Fishing Derby, 1:00pm-4:00pm at Kennedy Park. Bring the family for fishing fun and prizes.
- May 24: Moonlight Paddling, 9:00pm at Brushy Creek, south boat ramp. Canoes with lights will be provided on a first come, first serve basis. Lights required on vessels you bring.



Memo to Employees: The Webster County Public Health and the Webster County Emergency Management Departments have moved! They are now located at 723 1st Ave So, in the lower level of the Northwest Bank building.