



# Webster County CONNECTION

MAY 2013

A Newsletter for Employees of Webster County, IA

## WELCOME NEW EMPLOYEES!

### TRANSPORT OFFICERS:

Rick Nellis  
Terri Redman  
Brent Chernik  
Michael Dolata

### COMM. SERVICES OFFICE MANAGER:

Tanya Martinson

### CORRECTIONAL OFFICERS:

Matt Valentine  
Emily Johnson

### CONSERVATION (SEASONAL):

Reed Russell  
Thayne Vinchattle  
Colton Becker

### HOME HEALTH RN:

Jamie Brown

### FAMILY SUPPORT WORKER:

Lacey Utley

## New Wellness Incentive Program Runs July to November: Kick-off Meetings on June 13th

This year, there will not be a presentation by Wellmark on the ISAC / Wellmark Wellness Incentive programming. They have changed the timeline for the wellness programming to a calendar year basis to match our benefit plan year, and therefore have implemented a short term Wellness Incentive Program for 2013 to run July 1 through November 30.

To kick off the new Wellness Incentive Program, members of the Webster County Wellness Committee will present “Eat and Educate” sessions on **Thursday, June 13th**. A meeting will be held at Kennedy Park’s Heun Shelter at 8:00am for Conservation and Secondary Roads, and lunch meetings will take place in the Courthouse later that day—at 11:45am, 12:30pm and 1:15pm.

**Program Overview:** Insured employee participation in wellness programs will determine county incentive (discounts on 2014-2015 premiums). Employees will have the opportunity to participate in 3 different approved wellness programs. Complete one wellness program to earn a \$75 gift card, or complete two wellness programs to earn TWO \$75 gift cards! *There is no preventative service required this year to obtain incentives!!*

*In order for the County to earn the maximum discount on premiums, we must have at least 90% of insured employees complete just ONE program. This past year, the County achieved 50% participation for a 3% discount, which resulted in a ZERO percent increase in employee premiums. Please help us continue the savings!*

Attend an Eat & Education session on Thursday, June 13th to learn about our first wellness program, “Top of Mind”, and the rest of the program details. See you there!

## Online University Introduction and Accident Reporting Training for all Staff June 4-5

Online University training, combined with Employee Accident Reporting training, will take place Tuesday, June 4th and Wednesday, June 5th in the Courthouse conference room. All county employees (with the exception of Public Health and Secondary Roads crew) must attend, and will be asked to register themselves into the Online University safety training program post-training. For those who cannot complete future online training programs at their own workstations, there will be 2-3 laptops set up in the 4<sup>th</sup> floor Courthouse break room specifically for completing Online University training.



The sessions will introduce the Online University training system and also cover proper procedures regarding reporting of accidents and injuries on-the-job. PLEASE ATTEND ONE SESSION: Tuesday 6/4 at 2:30pm or 3:30pm, Wed. 6/5 at 9:30am, 10:30am, 1:30pm, 2:30pm or 3:30pm. All sessions will be held in the Courthouse 1st floor Conference Room.



## Get to Know...



### Erin Ford

**Naturalist, Webster Co. / DNR**

Years at Webster Co. = 8

Married to Justin with 1 daughter, Adalyn (almost 3) and 2 hunting dogs. We live on an acreage south of town. I enjoy reading and re-purposing flea market finds.

**When you were young, what was your favorite TV show?**

*"Hey, Dude" (LOL), on Nickelodeon*

**What would you do with a million dollars?**

*I'd do the typical—pay everything off and save or donate the rest.*

**What was the last book you read?**

*A Song of Ice and Fire series by George R.R. Martin. There are 5 books, but 2 more are coming.*

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

*Teleportation, so I can travel without having to actually spend time or money getting there.*

**Beach, country or city?**

*The Mountains / Montana.*

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

*Back to Ireland.*

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

*I love ice cream!*

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

*I got an 18" tall ballerina doll I wanted really really badly and I still have it.*



## Service Anniversaries

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

- 47 years: **Bob Lauer**, Secondary Roads
- 32 years: **Kathleen Hay**, Treasurer (MV)
- 24 years: **Shelly Hearn**, Recorder
- 20 years: **LaVonne Pringle**, Child Support Recovery
- 16 years: **Marcia Vote**, Sheriff Office
- 15 years: **Andy McGill**, MIS
- 11 years: **Joan Lara**, Community Services
- 7 years: **Brian Henderson**, Engineer Office  
**Dale Strueker**, Elections
- 6 years: **Darren Herzog**, Conservation
- 4 years: **Brandi Alexander**, Public Health  
**Melissa Grell**, Public Health  
**Jennifer Peterman**, Public Health  
**Paul Keller**, Jail
- 2 years: **Linda Mosley**, Community Services  
**Luke Hubbell**, Secondary Roads
- 1 year: **Alison Hauser**, Community Services  
**Brad Janssen**, Conservation



Sunday, June 16th

## Farewell / Retirement Receptions



**Ricki Osborn Stubbs**, County Attorney, is leaving after many dedicated years of service. Please join us in expressing best wishes for her future on Thursday, May 30, 2-4pm in the Courthouse Conference Room.

**John Moeller**, Engineering Technician, is retiring after 28½ years of service. A retirement reception will be held on Friday, June 14th from 1:30-4:00pm in the Courthouse Conference Room. Congratulations John!

## Safety Spotlight: Distracted Driving

Distracted driving is any activity that could divert a person's attention away from the primary task of driving. Nearly 6000 people die each year in crashes involving a distracted driver and driver distraction is coded in accident reports as the critical cause in 18% of crashes. Looking at something other than the road, listening to something unrelated to driving, handling something other than the wheel and thinking about something other than driving are the 4 types of driver distraction. But, because texting involves 3 of the types, it is by far the most alarming.

Texting—1) while driving is like driving after having 4 beers, 2) results in 330,000 driving injuries each year, 3) makes drivers 23 times more likely to crash, and 4) takes your eyes off the road an average of 5 seconds—at 55 mph, that is like driving the length of a football field—blind. Talking on cell phones isn't safe either—using a cell phone while driving reduces 37% of brain activity associated with driving!

Operating a motor vehicle requires your full attention. When you're behind the wheel, driving is your only job. Keep your eyes on the road and if you must look away, do so quickly. Do not operate or hold cell phones or other electronic devices while driving. Do not send or read emails or texts while driving. Never reach down, pick up items from the floor, open the glove box, or deal with personal items while driving. These distractions can easily lead to a collision.



## Wellness at Work: Stroke Awareness

May is National Stroke Awareness Month. Each one of us is at risk for stroke but your risk level remains partially in your own hands—up to 80 percent of strokes are preventable. Some risk factors, such as age and family history, are uncontrollable. Others, such as tobacco and alcohol use, high cholesterol, diabetes, obesity and heart conditions such as atrial fibrillation are controllable. High blood pressure is a leading cause of stroke and should be checked yearly. Visit [www.stroke.org/risk](http://www.stroke.org/risk) to learn more.

Most people in the U.S. are unaware of the warning signs of a stroke or what to do when one happens. Stroke is an emergency and should be treated as such. A stroke is a brain attack that occurs when a blood clot blocks an artery or a blood vessel breaks, interrupting blood flow to an area of the brain. Brain cells begin to die. Recognizing stroke symptoms can be easy if you remember to think FAST:

**F= Face:** Ask the person to smile. Does one side of the face droop?

**A= Arms:** Ask the person to raise both arms. Does one arm drift downward?

**S= Speech:** Ask the person to repeat a simple phrase. Does the speech sound slurred or strange?

**T= Time:** If you observe any of these signs in a co-worker, friend or relative, it's time to call 9-1-1.

### WC Babies!

Tami Birdsell, Public Health, welcomed son Thomas on April 29th at 7:39am. He was 19" long and weighed 7 lb. 15 oz.

CONGRATS!!!



### Congratulations to:

Brad Janssen, Webster County Conservation Park Ranger, on his graduation from the Iowa Law Enforcement Academy on April 19th!



## Schedule of Events

- \* 6/4—Board of Supervisors Meeting, 10am
- \* 6/11—Board of Supervisors Meeting, 10am
- \* 6/13—Wellness Program Kick-off Meetings
- \* 6/14—Flag Day
- \* 6/15—"No Women Left Inside" event
- \* **6/16—Father's Day**
- \* 6/18—Board of Supervisors Meeting, 10am
- \* 6/21—Summer Begins
- \* 6/25—Board of Supervisors Meeting, 10am

# June 2013

Sun Mon Tue Wed Thu Fri Sat

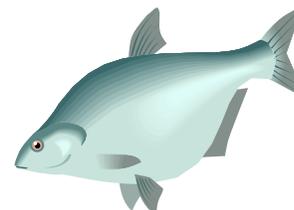
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## No Women Left Inside & Pan Fishing Tourney



Erin Ford with Webster County Conservation is hosting the event “**No Women Left Inside**” on Saturday, June 15th— a great opportunity for women ages 13 and older. NWLI is a fun-filled day at Brushy Creek where you can choose an educational track to learn more about all kinds of outdoor activities. Class choices include: Soap making, Handguns (Permit to Carry class), Photography, Geocaching, Dutch Oven Cooking, Trailer Backing, Wild Edibles, Firearms Skill Builder, Clay Shooting, Canoeing, Self Defense and 3D Archery. Enjoy the outdoors, meet new people, and get hands-on instruction in topics you’ve always wanted to know more about! See the brochure at [www.webstercountya.org](http://www.webstercountya.org) for all the details, or contact Erin Ford at 515-576-4258 for more information.

**It Gets Better at Kennedy!** Head out to Badger Lake at Kennedy Park on Saturday, June 8th for a Pan Fishing Tourney! Registration begins at 1:00pm, with the event running 2pm to 6pm. Cost is \$5 per child, \$10 for adults 18 and over. 50% of the registration fees will go to attending local charity, and the rest goes to cash prizes! Trophies for 4 divisions: Adult, Youth, Child and First Responders. Food, face painting, family friendly fun, local artistry, and prizes!



### Upcoming June Events:

June 1 & 2: Archery Shoot, 8am-3pm at Kennedy Park. Join the Webster Co. Bowhunters & Archery Assoc. for 3-D marksmanship on the Badger Lake Trail. \$12/shooter.

June 8: Fishing Derby, 10am-12pm Brushy Creek Fish Pier. For beginners with a parent. Meet at fish pier point. Equipment, bait, and lunch provided.

June 20: Adventure Series—Cycling, 6-9pm on the Fort Dodge / Webster Co. Trail. Session 1 of 5 in a series. Join Dodger Cyclists for a bike ride and learn biking etiquette, equipment types, etc. \$25 fee or \$40/2 people for series of 5 different sessions. Fee includes all 5 sessions. See brochure at [www.webstercountya.org](http://www.webstercountya.org).

June 22: 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.

June 29: Prairie Hike, 10am at Brushy Creek Prairie Resource Building. Meet at Root Cellar Prairie and join prairie biologist, Bill Johnson, for a bit of prairie history and plant ID.

**Reminder to FT Employees:** Open Enrollment for Webster County Health Insurance ends Thursday, May 30th. Please contact Amy Porter in Human Resources (#573-1148 or [aporter@webstercountya.org](mailto:aporter@webstercountya.org)) if you would like to enroll or if you need to make any changes to your Health coverage for 2013-14. You will be required to sign an election form.