



Webster County CONNECTION

JUNE 2013

A Newsletter for Employees of Webster County, IA

WELCOME NEW EMPLOYEES!

CLASS C EQUIP- MENT OPERATOR:

Michael Schreiber

CHILD CARE NURSE CONSULTANT:

Heather Lovain

CARE COORDINATOR:

Carmen Castro

JOB OPENINGS

Webster County is seeking to fill the following positions:

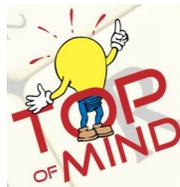
Dietitian, Public Health
Deadline to apply: 6/28

Correctional Officer (Female), Jail
Deadline to apply: 7/5

Typist Advanced, Child Support Recovery Unit (2 positions available)
Deadline to apply: 7/5

Refer to the county's website for details!

Earn \$85 in Gift Cards: "Top of Mind" Wellness Program Begins 7/1—Goal of 90%



The new wellness incentive program period for 2014 begins July 1 and runs through November 30. This is because Wellmark / ISAC is changing the incentive program period to a calendar year, to match our benefit plan year.

Employees will have the opportunity to participate in 3 wellness programs during this time period. Insured participants will be able to earn up to two \$75 gift cards (by participating in at least two programs). Additional incentives, such as \$10 Family Video gift card for the Top of Mind program, will be offered by Webster County's wellness committee.

The first program is called "Top of Mind" and focuses on brain wellness and stress management. Activities within the 4-week program relate to Memory, Problem Solving, Social Connectedness, and Creativity. It is the shortest wellness program offered, and runs July 1-28.

In order for Webster County to achieve the highest level of discount on our health insurance premiums in 2014, we need 90% of insured employees to participate in JUST ONE WELLNESS PROGRAM between July-November 2013. This is a very simple program, with nothing to submit to Wellmark. Participants receive a packet of material and a log sheet to track activities completed. Sample activities to complete each week include: completing crossword or Sudoku puzzles, enjoying a concert with friends, hosting a barbeque, memorizing family birthdays or phone numbers, and coloring a picture with a child.

Webster County missed achieving a 5% discount on 2013 premiums by only 10 employees. Please help us achieve the 90% goal this year! Top of Mind packets are available in the Human Resources office (from Amy Porter) or by email. Contact Amy at 573-1148 or aporter@webstercountyia.org for a packet or if you have any questions. Thank you!

Supervisors Adopt No Smoking Resolution

The Webster County Board of Supervisors approved a (resolution) prohibiting smoking on county property on June 11, 2013. The resolution states that "Webster County shall adhere to and enforce the SmokeFree Air Act by prohibiting smoking on County property and outdoor areas, which includes but is not limited to: County Buildings, County owned sidewalks and parking lots, Areas immediately adjacent to County buildings, and County owned vehicles." The policy also states that "not included in this resolution pursuant to the SmokeFree Air Act" are the course of play at a golf course, and Individual campsites and/or campfires.

This policy is effective July 1, 2013 and pertains to all employees, customers and visitors of Webster County properties. A copy of this policy will be delivered to each employee with his/her paycheck on June 28 to ensure that all employees are aware of the new policy. The policy will also be available on the W:/ (Webster) drive, and on the Webster County website.





Get to Know...

Angie Halfwassen

Dental Hygienist and I-Smile Coordinator

Years at Webster Co. = 6

Married to Keith, with 2 sons Christian (freshman at Drake this fall) and Logan (4th grade). I enjoy running, gardening, reading and spending time with family and friends.



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

The Dukes of Hazzard. It was so influential, I had to try a powder puff cruiser car race a few years ago, where one person steers and runs the brake while a 2nd person runs the gas. It was a blast!

What chore do you secretly enjoy doing?

I love to cook and bake, then share the results.

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

My numerous friends & family that have battled cancer. Their fighting spirit is motivational & helps me to keep my struggles in perspective.

Beach, country or city?

All 3 in the right proportions!

What is the weirdest thing that's ever happened to you?

Recently at my son's graduation reception, we unknowingly reunited my step sister-in-law and my son's girlfriend's mom, who were college roommates at Iowa State.

Do you currently serve as a volunteer?

Our family, in lieu of birthday and Christmas gifts to each other, chooses a group to help a couple of times per year. We've helped Hope Ministries with Make a Bed, Keep Them Fed, local families experiencing a loss, whatever is needed at the time.



Service Anniversaries

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

- 31 years: **Rick Zimmermann**, Secondary Roads
- 26 years: **Nanette Shelledy**, Child Support Recov.
- 8 years: **Sheilah Lizer**, Planning & Zoning
- John Winninger**, Secondary Roads
- 3 years: **Tony Cloud**, Secondary Roads
- 2 years: **Emily Peterson**, Public Health



Thursday, July 4th



First Dragon Boat Team for Webster County

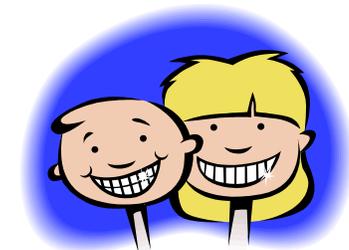
Head out to the Badger Lake Dragon Boat Bash at Kennedy Park on Saturday, August 3rd to root for the first ever Webster County Dragon Boat team as they take to the lake! Employees from several departments including Public Health, Treasurer, Auditor, Engineer / Sec. Roads, MIS, Community Services, Court Admin. and HR will be rowing their way to the finish line. Party subs and non-alcoholic beverages will be provided by the Vending Committee. Support Team volunteers or alternate rowers are welcome! Contact Team Capt. Jamie Johll at 574-3729.

Safety Spotlight: Working in the Heat

Workers who are exposed to extreme heat or work in hot environments may be at risk of heat stress. Exposure to extreme heat can result in occupational illnesses and injuries. Heat stress can result in heat stroke, heat exhaustion, heat cramps or heat rashes. Heat can also increase the risk of injuries in workers as it may result in sweaty palms, fogged-up safety glasses and dizziness. Burns may also occur as a result of accidental contact with hot surfaces or steam.

Workers should avoid exposure to extreme heat, sun exposure and high humidity when possible. When these exposures cannot be avoided, workers should take the following steps to prevent heat stress:

- Wear light-colored, loose-fitting, breathable clothing such as cotton. Avoid non-breathing synthetic clothing.
- Gradually build up to heavy work. Schedule heavy work during the coolest parts of the day.
- Take more breaks in extreme heat & humidity. Take breaks in the shade or a cool area when possible.
- Drink water frequently. Drink enough so that you never become thirsty (approx. 1 cup every 15-20 minutes). Avoid drinks with large amounts of caffeine or sugar.
- Be aware that protective clothing or personal protective equipment may increase the risk of heat stress.
- Monitor your physical condition and that of your co-workers.



Wellness at Work: Hawk-i Dental Only

Webster County Public Health staff members Jamie Saxton (Hawk-i Coordinator) and Angie Halfwassen (I-Smile Coordinator) would like you to know about a Dental-only option through Iowa's hawk-i program, for children who have health insurance but may not have dental coverage. The hawk-i dental program covers these and other services: cleanings and check-ups, fluoride treatments, sealants, fillings and crowns, and medical-

ly necessary orthodontia (prior approval is required). The current plan providing coverage for hawk-i enrollees is Delta Dental of Iowa (participants receive a Delta Dental card). To qualify, a child must live in Iowa and: be under 19 years old, be a citizen of the US or a qualified alien, be in a family that meets the hawk-i income limits, not be the dependent of a State of Iowa employee and not qualify for Medicaid.

According to the Dental Only coverage income limit chart, a family of four earning up to \$31,322 would qualify for free coverage while a family of four earning between \$58,876—\$70,650 would qualify for coverage at just \$20 per month.

Does your child qualify? Contact Jamie Saxton at the Webster Co. Public Health Dept. at jsaxton@webstercountyaia.org or 515-573-4107 or visit the Hawk-i website at http://www.hawk-i.org/en_US/dentalonly.html.

Online University Courses Now Available

Employees were asked to attend training sessions earlier this month to be introduced to the Online University safety training program. All employees (with the exception of a department doing group training) have now been registered into the system and can begin working on safety training courses. Six courses have been assigned to all Webster County employees for completion by December 31st. One course, Hazard Communication, must be completed by December 1st due to new regulations this year. Additional courses may be assigned throughout the remainder of this year to certain departments by supervisor request or according to OSHA regulations.

Laptops specifically for the purpose of completing Online University training courses have been set up in the 4th floor breakroom of the Courthouse. These laptops will be available for employee use any time the courthouse is open for business, and may be used by any employee needing a separate or more private workspace for completing training.

Another set of training courses will be assigned employees January—June of 2014.

Schedule of Events

- * 7/2—Board of Supervisors Meeting, 10am
- * 7/4—**Independence Day (County holiday)**
- * 7/9—Board of Supervisors Meeting, 10am
- * 7/11 & 12—Project Aware in Webster Co.
- * 7/16—Board of Supervisors Meeting, 10am
- * 7/23—Board of Supervisors Meeting, 10am
- * 7/30—Board of Supervisors Meeting, 10am

July 2013

Sun Mo Tue We Thu 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	31			

Project Aware Educational Programs Open to Public

Project AWARE (A Watershed Awareness River Expedition), the Iowa Department of Natural Resources' annual volunteer river cleanup event, will be held July 6-13 on the Des Moines River from Algona to Lehigh in north central Iowa. In addition to the river cleanup, educational programs will be held each evening. The programs are free and open to the public. If interested in attending, please bring a lawnchair. Scheduled programs include the following near or in Webster Co:

Tues. July 9 @ 7:30pm (Joe Sheldon Park, Humboldt, lower campground area): "Life and Legacy of Frank Gotch—an Iowa Icon" by Mike Chapman, and "The Civilian Conservation Corps (CCC) - Then and Now" by Chris Severson

Wed. July 10 (Joe Sheldon Park, Humboldt, lower campground area): "Tacitus Hussey" by John Wenck @ 4:30pm, "Cedar Strip Canoe Building" by Jim Dodd and "Iowa DNR Water Trails Program" by Iowa DNR Staff @ 7:30pm

Thurs. July 11 @ 7:30pm (Dolliver State Park Group Camp): "Woodland Scavenger Hunt and Interpretive Hike" by Karen Hansen and "The Des Moines River & Establishment of Fort Dodge—Iowa's Last Frontier Military Fort" by Al Nelson

Fri. July 12 @ 7:30pm (Dolliver State Park Group Camp): "Critters & Characters—Putting on a History Play" by Michael Loots and "Wildflower Watching—Lichen Looking—Insect Inspecting in Parks, Preserves & Peaceful Places" by John Pearson

Additional information about evening programs and Project AWARE can be found at www.iowaprojectaware.com or by contacting Lynette Seigley at 319-560-6862.



Upcoming July Events at Webster County Conservation:

July 13 & 15: 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.

July 18: Adventure Series—Paddling, 6-9pm (location TBA). Session 2 of 5 in a series. Experience kayaking on beautiful Brushy Creek Lake. Learn tips about flat-water paddling and places to paddle in the area. See brochure at <http://www.webstercountya.org/Conservation/Publications/2013-AdventureSeries.pdf>.

July 19: 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.

Don't miss the Adventure Race on Saturday, August 17th! Test your wayfinding and endurance in biking, kayaking and running at this informal triathlon at the Brushy Creek Recreation Area. Pre-registration is required. Race information packets can be found at www.webstercountya.org.