



# Webster County CONNECTION

SEPTEMBER 2013

A Newsletter for Employees of Webster County, IA

## WELCOME NEW EMPLOYEES!

### HOME CARE AIDES:

Kayla Davis  
Alisha Edman  
Haley Howell  
Rebecca Thoma  
Courtney Ubben

### CORRECTIONAL OFFICER:

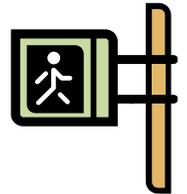
Megan Hefley

### JOB OPENINGS

Webster County has the following position open:

**Social Worker,**  
Public Health

## Get Fit with a “Webster Walk”



The final approved wellness program offered by ISAC and eligible for incentives this year is the “Next Step Challenge” offered through Live Healthy Iowa. Webster County currently has 6 Teams registered for this challenge, with a total of 40 participants! To assist them with their goals, the wellness committee has published a number of “Webster Walks” that are accessible from most Webster County work locations. You can find the walking paths posted throughout county buildings and also on the county website ([www.webstercountyyia.org](http://www.webstercountyyia.org)) under the County Employees Only tab. Look for the link under the heading “Newsletters.” There are 3 walking path options—a 0.5 mile, a 1.1 mile and a 1.6 mile walk.

## Public Health to Offer Flu Shot Clinics

Don’t get stuck in bed with the flu this season! Be proactive and get a flu shot to protect yourself and your co-workers from getting a bug. Webster County Public Health will be offering flu shots to Webster County employees on **Wednesday, October 9th** from 9:00am to 11:00am in the Courthouse Main Floor Conference Room. If you have health insurance through the County’s ISAC / Wellmark plan, please bring a copy of your insurance card with you. If you do not have insurance coverage, there will be a \$20 fee. A Flu Clinic for County employees *and* their family members will be held at the Webster County Public Health Dept. (Northwest Bank Building, 723 1st Ave. S.) on **Wednesday, October 23rd** from 4:00pm to 7:00pm. This clinic is by appointment only, so please call 515-573-4107 to schedule a time.

### Get your Flu Shot!



## Community Services Gives Back

Two things that never go out of style: a favorite pair of blue jeans and giving back to the community! The Case Management staff at the Webster County Community Services office along with the Director of Veterans Affairs make weekly donations in exchange for the ability to wear blue jeans to work on Fridays. Each month a local non-profit organization is chosen by a designated staff member and the total collection for that month is donated accordingly.

Shown here (left to right) are Sarah Feldmann, Case Manager and Joan Lara, Case Management Supervisor, presenting \$200 to Suzanne Schwendeman for the Lord’s Cupboard.





## Get to Know...



**LAURA  
GEIST**  
**Clerk,  
Auditor's Office**

Years at Webster Co. = 6

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

*The Cosby Show*

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

*I would buy Chicago Bears season tickets and also take all my friends on a fabulous vacation.*

**What was the last book you read and would you recommend it?**

*Gone Girl by Gillian Flynn. I would recommend, it's a crazy thriller!*

**Beach, country or city?**

*Beach.*

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

*A few years ago I was sitting in an airport, when Ike Turner sat down by me and would not stop talking to me. He was asking me all sorts of questions. I had no idea who he was, at least not until he gave me a personalized autographed picture of himself. Um... thanks.*

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

*Europe.*

**What makes you laugh?**

*The TV show "The Mindy Project."*

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

*Milk duds.*

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

*My pink and gray huffy ten speed, with a white wicker basket on the front. It was awesome until my brother ran it into a tree and smashed it!*



## Service Anniversaries

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

- 25 years: **Kim Andrews**, Treasurer
- 22 years: **Rick Junkman**, Secondary Roads
- 17 years: **June Weiss**, Public Health  
**Kathy Josten**, Public Health  
**Kathy Stoneburner**, Public Health
- 15 years: **Jason Bahr**, Deputy
- 14 years: **Dawn Gehlhausen**, Public Health
- 12 years: **Margaret Woodruff**, Public Health
- 11 years: **Brian Schmidt**, Friendship Center
- 8 years: **Renee Ryan**, Jail  
**Pam Hickey**, Community Services
- 7 years: **Melissa Nelson**, Jail
- 6 years: **Laura Geist**, Auditor  
**Megan Lamoureux**, Comm. Services
- 4 years: **Steve Harms**, Friendship Center  
**Randy Hoover**, Friendship Center  
**David Kraft**, Jail
- 3 years: **Anita Walstrom**, Auditor  
**Ryan Voster**, Friendship Center
- 2 years: **Jacob Stewart**, Secondary Roads
- 1 year: **Tami Birdsell**, Public Health  
**Lindsay Kavanaugh**, Public Health  
**Jennifer Chance**, Public Health



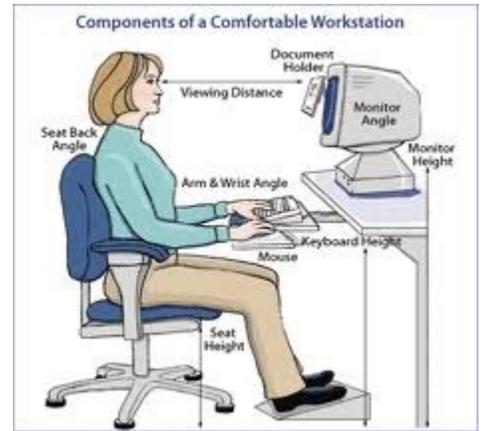
## 90% Wellness Participation Goal Reached

Well, it's official! As of this week, Webster County employees have helped us reach our goal of achieving 90% participation in the ISAC Wellness Programs! Because we have reached that goal, Webster County will receive a MAXIMUM discount of 5% off the 2014-2015 health insurance renewal premiums! Thank you to all of the employees who participated in a program to help achieve this wonderful accomplishment! Because of you, Webster County will see significant savings on its plan renewal.

## Safety Spotlight: Be Ergonomically Correct

Repetitive and prolonged use of a computer keyboard and/or mouse can lead to muscle aches and discomfort. Try to incorporate the following tips into your work style to avoid problems.

- ◆ Sit all the way back in the chair against the backrest. Keep knees equal to, or lower, than hips with feet supported.
- ◆ Keep elbows in open angle with wrists in straight position.
- ◆ Avoid overreaching. Keep the mouse and keyboard within close reach.
- ◆ Center the monitor in front of you at arm's length distance and position the top of the monitor 2 to 3 inches above seated eye level. You should be able to view the screen without turning or tilting your head up or down.
- ◆ Place source documents on a document folder positioned between your monitor and keyboard or place documents on an elevated surface close to your screen.
- ◆ Use good typing technique. Float arms above the keyboard and keep wrist straight while keying. If you use a wrist-rest, use it to support palms when pausing, not keying.
- ◆ Hit the keyboard keys with light force. The average user keys four times harder than necessary.
- ◆ Customize computer settings The screen font, contrast, pointer size, speed and color can be adjusted to maximize comfort and efficiency.
- ◆ Reduce glare. Place monitor away from bright lights and windows. Use an optical glass glare filter when necessary.
- ◆ Take eye breaks and intermittently refocus on distant objects. Try palming eyes in your hands to reduce eye fatigue.
- ◆ Work at a reasonable pace and take frequent stretch breaks. Take 1 or 2 minute breaks every 20-30 minutes, and 5 minute breaks every hour.
- ◆ Life style and physical fitness affect how you feel at work. Stay in shape by stretching and exercising regularly.



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## Public Health Offers Cancer Prevention Study Enrollment

What if you could help save lives from cancer and give people more of their most precious resource—time. The American Cancer Society is promoting a research study called Cancer Prevention Study-3 (CPS-3). The study is open to anyone in the United States and Puerto Rico who is willing to commit to the study long-term—which means completing periodic follow up surveys at home for the next 20-30 years, is between 30 and 65 years old, and has never been diagnosed with cancer (not including basal or squamous cell skin cancer).

The enrollment process involves two steps. One step takes place at a local enrollment event, where you will be asked to read and sign a consent form, complete a brief survey, provide a waist measurement and a small blood sample (taken by a certified phlebotomist). The other step takes place at home, where you will complete a more detailed survey. This survey will ask information on lifestyle, behavioral, and other factors related to your health. Periodically, you will receive a survey at home to update that information.

Enrollment appointments will take place Thurs. Oct. 24th from 4-8pm at the Rec Coliseum, Fri. Oct. 25th from 7-11am at UnityPoint Health Trinity Regional Medical Center (2nd floor Conference Rms. 3 & 4), and on Sat. Oct. 26th from 10am-2pm at Webster County Health Department's conference room. You may schedule your appointment at [www.cps3fordodge.org](http://www.cps3fordodge.org). For more information, visit [cancer.org/cps3](http://cancer.org/cps3) or call 1-888-604-5888.

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## What are Red Shirt Fridays?

You may have noticed a lot of Webster County employees wearing red shirts on Fridays lately. The purpose of "Red Shirt Friday" is to show support and pride for our military servicemen and servicewomen who are deployed. They're letting them know that we're aware of their sacrifice and that we will never forget them ... and they will do this by wearing red every Friday, until they all come home! RED stands for "Remember Everyone Deployed." Pictured at right are Alison Hauser, Trin Lewis, Tami Swanson and Tanya Martinson of Community Services wearing the shirts.



## Schedule of Events

- \* 9/21—Chase the Firefly 5k, Kennedy Park
- \* 9/22—Fall Park Festival, Kennedy Park
- \* 10/1—Board of Supervisors Meeting, 10am
- \* 10/8—Board of Supervisors Meeting, 10am
- \* 10/15—Board of Supervisors Meeting, 10am
- \* 10/16—National Boss' Day
- \* 10/22—Board of Supervisors Meeting, 10am
- \* 10/24—United Nations Day
- \* 10/29—Board of Supervisors Meeting, 10am
- \* 10/31—Halloween

# October 2013

Sun Mon Tue Wed 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		

## Kennedy Park to Host Fall Park Festival

Join the Kennedy Park staff for a fun Fall Park Festival on Sunday, September 22nd!

This is a free event, with several outdoor activities planned from 5-8pm. Outdoor activities include: archery, BB gun shooting, atlatl dart throwing, paddling, geo-caching, a casting contest, hayrack rides, dog training demonstrations and a dragon boat shuttle! A variety of things for the whole family to enjoy. Then head over to Veteran's Memorial Park at 8:00 for a free outdoor movie, "World's Weirdest Animals." Bring the family for a neat experience watching a movie overlooking Badger Lake. Popcorn and drinks will be available for purchase.



### Upcoming October Activities

Oct. 15th—Kennedy Park Campground Closes for the season.

Oct. 17th—Friends Banquet at Kennedy Park Heun Shelter, 5:00pm. Enjoy the food, fellowship and program at the annual banquet for the Friends of Webster County Conservation and graduates of this summer's Adventure Series. There will be a guest speaker.

## Interesting Stuff You Probably Didn't Know

1. The Statue of Liberty's index finger is eight feet long.
2. A 75 year old person will have slept about 23 years.
3. Boeing 747's wing span is longer than the Wright brother's first flight. The Wright brothers invented the airplane.
4. There are as many chickens on earth as there are humans.
5. One type of hummingbird weighs less than a penny.
6. The word "set" has the most number of definitions in the English language.
7. Mosquitos are more attracted to the color blue than any other color.
8. About 75 acres of pizza are eaten in in the U.S. everyday.
9. The largest recorded snowflake was 15 Inch wide and 8 Inch thick. It fell in Montana in 1887.
10. Former president Bill Clinton only sent 2 emails in his entire 8 year presidency.
11. Koalas and humans are the only animals that have finger prints.
12. There are 200,000,000 insects for every one human.
13. It takes more calories to eat a piece of celery than the celery had in it to begin with.
14. Octopus have three hearts.
15. The average person spends two weeks waiting for a traffic light to change.
16. A Blue whale's tongue weighs more than an elephant.
17. You use 14 muscles to smile and 43 to frown. Keep smiling!
18. Bamboo can grow up to 3 ft. in 24 hours.

- [www.citehr.com](http://www.citehr.com)