



Webster County CONNECTION



FEBRUARY 2013

A Newsletter for Employees of Webster County, IA

**WELCOME
NEW
EMPLOYEES!**

PUBLIC HEALTH:

Valerie Kittleson
Public Health RN

Allyson Been
Billing Clerk

**Daylight Savings
Time Begins on
Sun. March 9th!
Don't forget to set
your clocks forward
1 hr. at 2:00am.**



**Time to
Spring Ahead**

Wellness Program 2014 Runs Now Thru Oct.

The Wellness Committee and Amy Gould from Wellmark presented “Snack and Educate” sessions on Jan. 15th to kick off the new Wellness Program and Live Healthy Iowa. All insured employees are required to view the PowerPoint presentation explaining this year’s program components—please see your email if you have not yet watched it.

Program Overview: Insured employee participation in wellness programs will determine county incentive (discounts on 2015-2016 premiums). Employees will have the opportunity to participate in up to 6 different approved wellness program activities valued at 1 point each. For each point earned by Oct. 31, the employee will receive \$50. Employees can complete up to 5 activities (points) to each a maximum \$250 gift card.

Employee Options: The employee can choose to participate in any of the following activities to receive incentives:

- ◆ Completion of preventive exam with physician. Test options include: Annual Preventive Physical, Mammogram, Prostate Exam, Zoster Vaccine, Colonoscopy or Gynecological / Pap Smear Exam
- ◆ Completion of Wellness Assessment through Wellmark.com website
- ◆ Completion of Activity Programs—Tavi programs (Tasty Twist and 6 Degrees), Live Healthy Iowa, County Walking Path Program

There will be one gift card distribution for all program components in early December. Employees must be active on the payroll to receive a card. ISAC will be purchasing and distributing the cards.

NEW Incentive Tracking: Wellmark has a new feature on their website called the Wellmark Wellness Center, and will track individual completion of activities and participation lists received by the Webster County Wellness Committee. Participation on the site is voluntary.

In order for the County to earn the maximum discount on premiums, we must have every insured employee earn an average of 3.5 points! So the Wellness Committee is asking each insured employee to try their best to complete at least 4 of the 6 activities offered. This past year, the County achieved 90% participation for a maximum 5% discount, which resulted in huge savings on employee premiums. Please help us continue the savings!

ALL NEEDED MATERIALS for current programs and activities are available at www.webstercountyiowa.org under the County Employees Only tab. Please contact Amy Porter in Human Resources (573-1148) if you have any questions!

“People ask me what I do in winter when there's no baseball. I'll tell you what I do. I stare out the window and wait for spring.” - Rogers Hornsby, MLB player from 1915-1937



Get to Know...



Clark Fletcher, Chairman, Board of Supervisors

Years at Webster Co. = 3

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

M.A.S.H.

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

Wisdom!

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

My father—he continues to be a great example of a father, son, husband and man.

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

Whitewater paddling in Costa Rica.

What is your all-time favorite snack?

Apples.

What chore do you secretly enjoy doing?

Mowing the yard.

Name a person in history you would like to meet.

Meriweather Lewis (as in Lewis & Clark)

What makes you laugh?

Bob Singer

What would you do with a million dollars?

Buy more canoes!

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

“Iron Lake” by William Krueger. I really recommend “Winter Dance” by Gary Paulson!

What was your favorite birthday present as a kid?

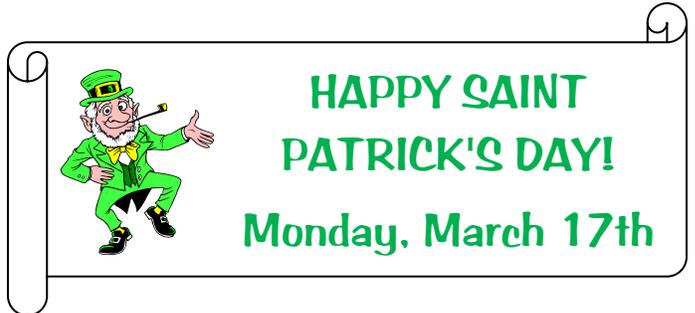
Didn't have to do the dishes during our birthday week!



Service Anniversaries

We would like to recognize the following employees for their years of service to Webster County as of February 2014. We're very fortunate to have all of you! We appreciate your service, loyalty and dedication.

- 26 years: **Caroline Steinberg**, Treasurer (MV)
- 15 years: **Gary Gillespie**, Secondary Roads
- 13 years: **Deanne Olson**, Treasurer (Tax)
- 12 years: **Randy Will**, County Engineer
- 11 years: **Randy Hofbauer**, Secondary Roads
- 5 years: **Joseph Gregory**, Secondary Roads
James Kilen, Secondary Roads
- 3 years: **Tami Swanson**, Community Services
- 2 years: **Adam Struve**, Jail
Sara Schoon, Treasurer
- 1 year: **April Wicklein**, County Attorney
Dan Lewandowski, Veterans Affairs



Online University Courses

New courses have been assigned to all Webster County employees as of January 1st. These courses are due to be completed by June 30, 2014. Two courses have been assigned county-wide: “Lockout/Tag out” and “Slips, Trips and Falls”. Select departments have also been assigned a “General Ergonomics” course.

A “Workplace Violence” course will be released in June by IMWCA and will be assigned to all employees when it is available.

Be sure to login soon to begin working on your courses. Please DO NOT register again if you have forgotten your user name and/or password. If you have forgotten your user name and/or password, please contact Amy Porter in Human Resources at 515-573-1148.

Safety Spotlight: Carbon Monoxide Poisoning



Carbon monoxide is an colorless, tasteless, odorless gas that causes hundreds of deaths in the U.S. each year, sometimes killing entire families while they sleep. Several more thousand are injured. CO is a chemical produced from the incomplete burning of natural gas or other products containing carbon. The following items may produce carbon monoxide: anything that burns coal, gasoline, kerosene, oil, propane or wood, automobile engines, charcoal grills, indoor and portable heating systems, portable propane heaters, stoves (indoor and camp stoves) and water heaters that use natural gas.

When you breathe in carbon monoxide, the poison replaces the oxygen in your bloodstream. Your heart, brain, and body will become starved of oxygen. Symptoms vary from person to person. Those at high risk include young children, the elderly, persons with lung or heart disease, people at high altitudes and smokers. Symptoms may include: breathing problems, chest pain, coma, confusion, convulsions, dizziness, drowsiness, fainting, headache, hyperactivity, irritability, low blood pressure, muscle weakness, rapid or abnormal heart beat, nausea or vomiting and unconsciousness.

If a person breathes in the poison, immediately move him or her to fresh air. Seek immediate medial help.

PREVENTION: Install a carbon monoxide detector on each floor of your home. Place an additional detector near any major gas-burning appliances (such as a furnace or water heater). Many CO poisonings occur in the winter months when furnaces and heaters are being used and windows are closed. Be sure appliances are inspected regularly.

Blue 365: Exclusive Discounts for Wellmark Members

Blue365[®] takes you beyond your health care coverage by offering easy access to trusted health and wellness resources 365 days a year. As a member, you can take advantage of discounts and savings on health care resources, healthy living programs, recreation, and travel. You will also have access to helpful information for dependents or parents in need of caregivers, and resources for your financial well-being. Check out the Blue365 discounts today!



You can get great deals on products and services just for being a Wellmark consumer!

Jenny Craig: Free 30 day trial Jenny As You Go, 30% off enrollment fee for Jenny All Access.

Nutrisystem: Enjoy a 12% discount on Nutrisystem 28-day program orders.

Experian: 20% off the retail list price for ProtectMyID monitoring services.

Sprint—10% discount on eligible plans when signing a 2 year agreement.

Qualsight LASIK—Save 40-50% off the overall national average price for LASIK. Call for locations.

Reebok—20% discount and free shipping from online store.

Fairmont Hotels & Resorts—10% discount on rate and \$50 food and beverage credit.

Beltone Hearing Aids—Complimentary hearing screenings and 25% discount on all Beltone hearing aid models, fitting and orientation.

This is not an all-inclusive list. Many more deals are offered, and discounts and services are constantly changing.

FREQUENTLY ASKED QUESTIONS:

Q: WHAT IS BLUE365?

A. Blue365 offers you access to savings on products and services for healthy lifestyles. These products and services do not overlap with covered benefits under Wellmark Blue Cross and Blue Shield, any applicable federal health care program, or Medicare.

Q: CAN ANYONE PARTICIPATE IN BLUE365?

A. Blue365 is part of every member's plan benefits with Wellmark Blue Cross and Blue Shield.

Q: HOW DO I JOIN BLUE365?

A. It is very simple. All you have to do is go to Blue365Deals.com/WellmarkBCBS, register on the website and you are all set to enjoy the great health and wellness deals.

February—March 2014

Schedule of Events

- * 2/25—Board of Supervisors Meeting, 10am
- * 3/4—Board of Supervisors Meeting, 10am
- * 3/9—Daylight Savings Time Begins
- * 3/11—Board of Supervisors Meeting, 10am
- * 3/17—St. Patrick's Day
- * 3/18—Board of Supervisors Meeting, 10am
- * 3/20—Spring Begins
- * 3/25—Board of Supervisors Meeting, 10am

Sun Mon Tue Wed Thu Fri Sat

23	24	25	26	27	28	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					

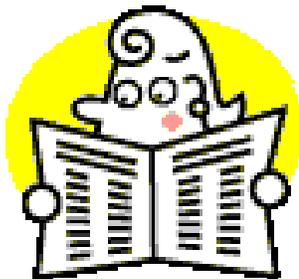
Public Health Seeking Volunteers

Several of the elderly and handicapped members of our community have been unfortunate to have lost the warm daily meals delivered to their door through the Meals on Wheels program. To help meet their needs, the Webster County Public Health department is seeking help from volunteers to continue this service. To make this goal a reality, we need help! Volunteers can serve daily, weekly or even monthly from approximately 11am to noon. Specific duties include picking up prepared food trays, driving to homes with a mapped out route of 6-8 clients, and delivering a fresh warm meal to those in need. Volunteers are responsible for their own transportation.



If you are interested or know someone who is interested in becoming a Meals on Wheels volunteer, or you would like more information, please contact Jamie Saxton at the Webster County Public Health department, 515-573-4107. By embracing the spirit of giving, we can make this a community of togetherness. Thank you for your consideration.

Newsletter Submissions and Ideas Welcome!



This is YOUR newsletter, and we want the newsletter to be a great resource for all employees. If there is anything special or newsworthy going on in your department, please share! Likewise, if you have experienced any personal joys or achievements recently, let us know! The employee newsletter is a great place to congratulate co-workers on a marriage, graduation, or new baby. Photos are always welcome, but not necessary. It's also a great location to publicly thank someone or give a special shout-out to someone here at work who has helped you out. Suggestions on newsletter topics are encouraged too! Please forward any information that you would like to see featured in the employee newsletter to Amy Porter, Human Resources.

Webster County Fun Facts—Did You Know?

- Webster County employees come to work from 29 different zip codes.
- Webster County employees range in age from 20 years old to 70 years old.
- Webster County's workforce is 52% female and 48% male.
- The Webster County Courthouse has been listed on the National Register of Historic Places since 1981.