



# Webster County CONNECTION

MAY 2014

A Newsletter for Employees of Webster County, IA

## WELCOME NEW EMPLOYEES!

Please join us in welcoming:

**Laura Hanna**  
Home Health RN  
Public Health

**Lacey Liska**  
Home Health RN  
Public Health

**Barb O'Connor**  
ARNP  
Public Health

**Tyler Powers**  
Correctional Officer  
Jail

**Corey Wood**  
Correctional Officer  
Jail

**Hannah Larson**  
Correctional Officer  
Jail

## “6 Degrees” Wellness Program Begins in June

Have you ever had a lack of balance in your life? Do you feel like your lifestyle could use an adjustment? If so, please join us for the Six Degrees wellness incentive campaign. This six-week campaign is all about balance and seeks to help you become more mindful of each dimension of wellness and how each interacts with and affects the others.



There are six wellness dimensions including physical, emotional, spiritual, social, occupational, and intellectual. Each dimension contributes to an individual’s sense of well-being and each affects and overlaps with the others. Neglecting any one wellness dimension for any length of time has adverse effects on overall health and well being. On the flip side, strengthening any one dimension through lifestyle changes is certain to have a positive impact on the other dimensions.

Six Degrees officially begins on June 16th. Please watch for materials from your wellness committee prior to the start date. Each week you will have a goal of completing a specific number of activities in the area of emphasis. Additionally, you will be asked to record one way the emphasis dimension had an impact on another dimension. To assist you, an example of how you track your success is included on the introduction sheet of your participant packet. Return your tracking sheet to the campaign coordinator each week.

Health participants: Completing this program will earn you \$50 towards your potential \$250 gift card from ISAC!

## Online University Workplace Violence Course

All employees have at least two courses that were assigned to them as of January 1st, which must be completed by June 30th, 2014. The website address for Online University is: <http://firstnetcampus.com/IMWCA/entities/IMWCA/logon.htm>.



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In addition, IMWCA has added a Workplace Violence course to their core curriculum. This course will be assigned to ALL Webster County employees once it has been released (approximately June 1st). This course will also be due by June 30th. Please do NOT attempt to re-register yourself at Online University if you have forgotten your User Name and / or password. Instead, please follow the instructions on the screen or call Amy Porter in Human Resources at 573-1148 to retrieve your User ID and / or password. Thank you!



## Get to Know...

### Amy Porter

#### Director of HR

Years at Webster Co. = 1½

Married to Roger with 3 children: Alaina—12, Aidan—10 and Lucy—7, and 2 dogs: Tobey and Oliver. We enjoy traveling with the kids' sports teams, watching funny movies and camping.

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

*Three's Company, Who's the Boss? and Star Trek: The Next Generation*

#### What makes you laugh?

*My kids, my husband, and just... life.*

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

*"Why She Left Us" by David Dennis. No! The ending was absolutely horrible!*

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

*The ability to locate missing things.*

#### Beach, country or city?

*All three, depending on my mood.*

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

*Several countries in Europe, but especially Italy.*

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

*Gummy bears.*

#### Favorite birthday present as a kid?

*I remember going nuts over a Coca-Cola brand bag my Dad got me. Apparently that was an 80's thing!*



## Service Anniversaries

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

48 years:	<b>Bob Lauer</b> , Secondary Roads
33 years:	<b>Kathleen Hay</b> , Treasurer (MV)
25 years:	<b>Shelly Hearn</b> , Recorder
21 years:	<b>LaVonne Pringle</b> , Child Support Recovery
17 years:	<b>Marcia Vote</b> , Sheriff Office
16 years:	<b>Andy McGill</b> , MIS
12 years:	<b>Joan Lara</b> , Community Services
8 years:	<b>Brian Henderson</b> , Engineer Office
	<b>Dale Strueker</b> , Elections
7 years:	<b>Darren Herzog</b> , Conservation
5 years:	<b>Brandi Alexander</b> , Public Health
	<b>Melissa Grell</b> , Public Health
	<b>Jennifer Peterman</b> , Public Health
	<b>Paul Keller</b> , Jail
3 years:	<b>Luke Hubbell</b> , Secondary Roads
2 years:	<b>Alison Hauser</b> , Community Services
	<b>Brad Janssen</b> , Conservation
1 year:	<b>Mike Schreiber</b> , Secondary Roads
	<b>Lacey Utley</b> , Public Health



Sunday, June 15th

## WC Babies!

**Luke Fleener**, Sheriff Deputy, and wife **Kris**, welcomed daughter **Sabrina Jo** on April 20th. She weighed 5 lb. 12 oz. **CONGRATS!!!**



## Safety Spotlight: Extension Cord Safety

The U.S. Consumer Product Safety Commission estimates that each year, about 4,000 injuries associated with electric extension cords are treated in hospital emergency rooms. About half of the injuries involve fractures, lacerations, contusions or sprains from people tripping over extension cords. CPSC also estimates that about 3,300 residential fires originate in extension cords each year due to short circuits, overloading, damage or misuse. Use extension cords only when necessary and only on a temporary basis. Do not use extension cords in place of permanent wiring.

\*Do not remove the prongs of an electrical plug. If plug prongs are missing, loose, or bent, replace the entire plug.

\*Do not use an adapter or extension cord to defeat a standard grounding device. (e.g., Only place three-prong plugs in three-prong outlets; do not alter them to fit in a two-prong outlet.)

\*Use extension cords that are the correct size or rating for the equipment in use. The diameter of the extension cord should be the same or greater than the cord of the equipment in use.

\*Only use cords rated for outdoor use when using a cord outside.

\*Do not run cords above ceiling tiles or through walls.

\*Keep electrical cords away from areas where they may be pinched and areas where they may pose a tripping or fire hazard.

\*Always inspect the cord prior to use to ensure the insulation isn't cut or damaged. Discard damaged cords, cords that become hot, or cords with exposed wiring.

\*Never unplug an extension cord by pulling on the cord; pull on the plug.



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## Wellness at Work: Want Less Stress? Try These 6 Tips

Each of the following tools for realistic stress management will help you with the personal and professional stressors you face during your career. If you can focus on these six, every day, you will see important differences in your energy level, enthusiasm and relationships, and improvements in your work and overall mental and physical health.

**Breathe:** Stress-related breathing is short, shallow and rapid. Stress-managed breathing is long, deep and slow. Without good oxygen control, your body shifts into fight-or-flight mode. Breathe in a methodical cycle: inhale, hold briefly, exhale, hold briefly, inhale, hold, etc.

**Relax:** This does not mean put your feet up with a drink and watch TV. Using focused relaxation for stress control means finding a minimum of 10 minutes each day, in a safe place, to close your eyes and do one thing: breathe slowly, counting from 100 down to 1 (OK, so that's two things).

**Exercise:** Running a marathon or joining Crossfit is not necessary to get beneficial, stress-relieving exercise. Just walk. Daily. For about 30 minutes. Walking is easier on your joints, burns calories if you move along at a good pace (about 130 steps per minute), and is a great social activity to connect with your spouse or partner, friends, colleagues or your dog. Exercise helps you get better sleep, burns your excess stress energy from the day, and supports your heart and lungs.

**Diet:** Out with the bad carbs (diet and regular sodas, candy, bagels, white rice, pasta, fries) and in with the lean proteins, more veggies, complex carbohydrates, fruits, nuts, more water and vitamins. Food is a drug, and it changes your mood for the good or the bad (caffeine, liquor, sugar, fats). Small changes make a big difference over time, like cutting portion sizes, avoiding most fast foods, drinking two glasses of water before each meal, avoiding carbs after dinner and adding more fiber. Your body needs fuel but it needs the right kinds of fuel. What you eat makes a difference in how you think, feel and even how you sleep.

**Sleep:** We are a sleep-deprived culture. Lack of sleep affects your hormones (which can give you belly fat), judgment, concentration and interactions with people. If you feel tired all the time, resolve to get more and better sleep than you do now. We sleep in 90-minute cycles. If you can adjust when you go to bed so that you wake up at the end of a 90-minute cycle, you'll feel better. Make your bedroom dark, quiet and cool. The bedroom should be a place of peace.

**Attitude:** You can manage your personal and professional stress when you are relentlessly positive. People who see the worst in everyone and in everything are no fun to be around. Not all the world is bad. Those same people who always see their glass (or their checking account) as half-empty rather than half-full bring everyone around them down.



- Steve Albrecht, PHR, [www.shrm.org](http://www.shrm.org)

## Schedule of Events

- \* 6/3—Board of Supervisors Meeting, 10am
- \* 6/10—Board of Supervisors Meeting, 10am
- \* 6/14—Flag Day
- \* **6/15—Father's Day**
- \* 6/17—Board of Supervisors Meeting, 10am
- \* 6/21—"No Women Left Inside" event
- \* 6/21—Summer Begins
- \* 6/24—Board of Supervisors Meeting, 10am

# June 2014

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					

## No Women Left Inside & Pan Fishing Tourney



Erin Ford with Webster County Conservation is hosting the event “**No Women Left Inside**” on Saturday, June 21st— a great opportunity for women ages 13 and older. NWLI is a fun-filled women only event at Brushy Creek where you can try different outdoor skills and activities. Class choices include: Soap making, Photography, Geocaching, Dutch Oven Cooking, Trailer Backing, Wild Edibles, Clay Shooting, Canoeing, Green Cleaning, Self Defense, Bow Hunting 101, Composting 101 and Basic Survival Skills. Enjoy the outdoors, meet new people, and get hands-on instruction in topics you’ve always wanted to know more about! For more information or to request a brochure, contact Erin Ford at [eford@webstercountyaia.org](mailto:eford@webstercountyaia.org) or call 515-576-4258.

### Upcoming June Events:

May 31 & June 1: 3-D Archery Shoot, 8—3 Sat.& 8-noon Sun. at Kennedy Park. Join the Webster Co. Bowhunters & Archery Assoc. for 3-D marksmanship on the Badger Lake Trail. \$12/shooter.

June 6,7,8 : Free Fishing Weekend

June 7: Fishing Derby, 10:00am-noon at Brushy Creek fish pier. For beginners with a parent. Meet at fish pier point. Equipment, bait, and lunch provided.

June 12: 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 18: Paddling Practice, 5-7 pm at Kennedy Park boat ramp. Informal time to practice your paddling techniques. Equipment and some instruction will be provided.

June 21: Women in the Outdoors, 8 am—4:30 pm at Brushy Creek SRA.

June 28 Archaeology on the DM River, 1:00 pm, Deception Hollow to Skillet Creek. Call Karen Hansen for reservations or more information. Special program on Archaeology is planned for this outing with paddling to follow.

**Reminder to FT Employees:** The Open Enrollment period to submit changes to your Webster County Health Insurance plan ended as of Thursday, May 29th. Please contact Amy Porter in Human Resources (#573-1148 or [aporter@webstercountyaia.org](mailto:aporter@webstercountyaia.org)) immediately if you would like to enroll or if you need to make any changes to your Health coverage for 2014-15. You will be required to sign an election or change form. Thank you!

