



# Webster County CONNECTION

FEBRUARY 2013

A Newsletter for Employees of Webster County, IA

**WELCOME  
NEW  
EMPLOYEES!**

COMMUNITY  
SERVICES:

**Kelsey Riley**  
Case Manager

## The Full Scoop on Wellness Program 2015

Please join the Wellness Committee as they kick off the 2015 Wellness Program year with Eat and Educate sessions featuring information on Dental Hygiene. Angie Halfwassen from Public Health will give presentations to help you get started on the first TAVI wellness program offered this year—”MILES OF SMILES”.

Register for **Tuesday, March 3rd at 11:00, 11:45 or 12:30** in the Courthouse Conference Room. Or attend on **Wed. March 4th at 8:00** at Kennedy Park Heun Shelter. You must register to attend by calling Amy at 573-1148 or emailing [aporter@webstercountya.org](mailto:aporter@webstercountya.org) with choice of date/time. The Miles of Smiles program will run March 9th-April 5th. Materials will be available at the session and also on the Webster County website.



**Program Overview:** Insured employee participation in wellness programs will determine county incentive (discounts on 2016-2017 premiums). Employees will have the opportunity to participate in up to 7 different approved wellness program activities valued at 1 point each. To earn the maximum discount of 5% on premiums, Webster County employees would need to earn an average of 3.5 points each.

**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 (**NEW this year:** Employees can ONLY self-report their exam through Wellmark.com’s Wellness Center) AND ...
- ◆ Completion of Wellness Assessment through Wellmark.com (Wellmark Wellness Center) = \$100 gift card for completing both an exam and an assessment
- ◆ Completion of Activity Programs—Tavi programs (Live Out Loud “LOL”, Go Bananas, Miles of Smiles), Live Healthy Iowa, Burst Your Thirst = \$50 gift card for each, maximum of \$150 total.

Maximum gift card allowance is \$250.00. Gift cards will be awarded as programs are completed and submitted to Wellmark.

**Don’t forget about Rewards Tracking:** Don’t forget about the ability to track your earned rewards at Wellmark.com’s Wellness Center!

**\*\*Need another reason to participate?** As an additional reward for assisting Webster County in attempting to qualify for a 5% discount on premiums, eligible employees who complete at least **FOUR (4)** of the approved wellness activities and programs will be invited to attend a VIP Wellness Banquet in November featuring a catered meal, entertainment and **PRIZES!!!**

**ALL NEEDED MATERIALS for current programs and activities will be available at [www.webstercountya.org](http://www.webstercountya.org) under the County Employees Only tab.** Please contact Amy Porter in Human Resources (573-1148) if you have any questions!

**Daylight Savings  
Time Begins on  
Sun. March 8th!**

**Don’t forget to set  
your clocks forward  
1 hr. at 2:00am.**



Time to  
Spring Ahead

# Spring Cleaning Safety

Spring is not just a great time to clear your office of dust bunnies and vacuum around your desk; it is also a good time to eliminate safety hazards in your work area. Cleaning with safety in mind will make your work area look neater and reduce your risk of injury on the job.



## Workplace Clutter

Having a lot of clutter makes it difficult to find what you need when you need it. Clutter is also a safety hazard. Cluttered work areas increase the risk of fires and slip-and-fall accidents, so take this opportunity to eliminate clutter wherever possible. Move items away from exits, remove tripping hazards, throw away unneeded items and file needed papers.

## Chemical Safety

If you have ever used a photocopier or a cleaning product at work, then you have used chemicals in the workplace. If these chemicals are not used and stored properly, they can cause fires. Improper use may also lead to skin exposure or inhalation of toxic fumes. During spring cleaning, make sure all chemicals are stored properly. Refer to the material safety data sheet for each product to determine the proper way to store or dispose of cleaning fluids and other chemicals. Avoid storing chemicals in direct sunlight or near other heat sources, as this may cause chemical degradation. Be sure to wear gloves when rearranging chemicals in a storage area, as skin exposure can cause irritation and chemical burns.

## Surface Disinfection

In 2012, researchers from San Diego State University revealed that offices may be contaminated with more than 500 types of bacteria. The researchers looked for bacteria on computer mice, desktop surfaces, chairs, computer keyboards and telephones in 90 offices. They found that a number of the bacteria they identified are associated with the digestive tract. If you want to eliminate bacteria from hard surfaces in your office, spend some time cleaning them with disinfecting wipes.

## Equipment Safety

Broken equipment poses a hazard to anyone who uses it, so take the time to determine if any equipment needs to be repaired. Once you identify equipment in need of service, schedule a repair appointment or send a work order to your on-site maintenance department. If it will take several days or weeks for someone to repair a piece of broken equipment, make sure it has a sign that warns people against using it. *- globalpost.com*

# Service Anniversaries

We would like to recognize the following employees for their years of service to Webster County as of February 2015. We're very fortunate to have all of you! We appreciate your service, loyalty and dedication.

- 27 years: **Caroline Steinberg**, Treasurer (MV)
- 16 years: **Gary Gillespie**, Secondary Roads
- 13 years: **Randy Will**, County Engineer
- 12 years: **Randy Hofbauer**, Secondary Roads
- 6 years: **Joseph Gregory**, Secondary Roads  
**James Kilen**, Secondary Roads
- 4 years: **Tami Swanson**, Community Services
- 3 years: **Sara Lewis**, Treasurer
- 2 years: **April Wicklein**, County Attorney  
**Dan Lewandowski**, Veterans Affairs
- 1 year: **Allyson Been**, Public Health

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## Schedule of Events

- \* 2/24—Board of Supervisors Meeting, 10am
- \* 3/3—Board of Supervisors Meeting, 10am
- \* 3/8—Daylight Savings Time Begins, 2am
- \* 3/10—Board of Supervisors Meeting, 10am
- \* 3/17—St. Patrick's Day
- \* 3/17—Board of Supervisors Meeting, 10am
- \* 3/20—Spring Begins
- \* 3/24—Board of Supervisors Meeting, 10am