



Webster County CONNECTION

MARCH 2015

A Newsletter for Employees of Webster County, IA

WELCOME NEW EMPLOYEES!

JAIL:

Mason Gordon

Transport Officer

Michael Soole

Correctional Officer

Miles of Smiles Wellness Program



Webster County’s latest wellness program “Miles of Smiles” began on March 9th. This four week program focuses on healthy dental and oral hygiene habits such as brushing and flossing daily. If you missed the Eat and Education sessions held on March 3-4, you can still participate in the program by accessing the materials online on the Webster County website. Just click on the County Employees Only tab and find the Wellness Programs link. Everything you need is there, including the tracking log form that you will use to record your daily activity. Complete the tracking log and turn in to Amy Porter in the HR office by Wednesday, April 8th (program is completed on April 5th).

It looks like a healthy smile is infectious as 135 participants have pre-registered and joined the Miles of Smiles wellness incentive campaign! Participants have plenty to smile about as they have learned the importance of committing to brushing their teeth twice per day and flossing once per day. In addition, participants are completing a number of “Smile Booster” activities aimed at further improving dental health. These boosters include scheduling a teeth cleaning, chewing a piece of sugar-free gum after a meal, or replacing high sugar snacks with a healthier alternative.

Good oral hygiene habits have a real impact on our self-esteem and a growing body of research has shown a connection between dental health and our overall health. By paying extra attention to our mouth, we can reduce our risk for health conditions including cardiovascular disease, stroke and bacterial pneumonia. We congratulate all who have stepped up to improve their dental health habits and brushing their way to wellness!

Job Openings

**Park Ranger Intern
(Seasonal)**

**OHV Trail Technician
(Seasonal)**

**Deadline to apply
online: April 10th**

ISAC’s County Day at the Capitol

Several Webster County officials enjoyed ISAC’s County Day at the Capitol on March 11th. Pictured at left with State Representative Helen Miller are (from left): Supervisor Keith Dencklau, County Recorder Lindsay Boeckman, Supervisor Mark Campbell and Supervisor Merrill Leffler.





Get to Know...

**Lindsay
Boeckman**

**Webster County
Recorder**

Years at Webster Co. = 1/4

My family means the world to me and is a huge part of my life. I enjoy watching all sports and the Iowa Hawkeyes. I played soccer in college. I have one dog, a Pugle named Cubbie. I enjoy meeting new people and spending time with friends. I am a member of Young Professionals, am on the ISAC CoSTAR committee and on the ESS Marketing / Communications subcommittee with Iowa Land Records.. I am also serving as the Information Center Chair for RAGBRAI coming through FD in July.

What chore do you secretly enjoy doing?

Vacuuming

Beach, country or city?

Honestly depends on the day. Certain aspects of each I very much enjoy.

Has someone ever given you advice that you passed along to someone else? What was it?

Everything happens for a reason.

What makes you laugh?

Many things make me laugh. I love laughing and honestly most times I start laughing because someone else is laughing!

Who is one person in history you would like to meet?

Anne Frank

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

Friends



Service Anniversaries

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

- 30 years: **Dave Scherff**, Conservation
- 27 years: **Karen Schoon**, MIS
- 22 years: **Angie Vinson**, County Assessor
- 19 years: **Matt Cosgrove**, Conservation
- 17 years: **Christy Nelson**, Sheriff Office
- 15 years: **Duane Heun**, Secondary Roads
- 13 years: **Scott Estergaard**, Secondary Roads
- 12 years: **Ken Hays**, Community Services
- 11 years: **Steve (Wally) Elifrits**, Jail
- 6 years: **LaDon Sams**, Secondary Roads
- 5 years: **Jordan Brackey**, County Attorney
- 4 years: **Josh Van Waes**, Sheriff Deputy
Elizabeth Householder, Public Health
- 3 years: **Jayci Zakeer**, Jail
- 2 years: **Derek Christie**, Sheriff Deputy
Cory Simpson, Jail
Brent Chernik, Jail Transport
Mike Dolata, Jail Transport
Rick Nellis, Jail Transport

Plant Some Shade Program

MidAmerican Energy customers are eligible to purchase select trees for \$30 each (limited to 2 per household). Advanced purchase is required. Trees must be picked up Thursday, May 14, 2015, between 4 and 6 p.m. at Kennedy Park, five miles north of Fort Dodge on Nelson Ave. (P56). Any trees not picked up by 6 p.m. on distribution day will be considered donations to the Webster County Conservation Board. Trees are nonrefundable. Exchanges will not be accepted and plant material is under no warranty and/or guarantee.



Plant Some Shade is a partnership initiative funded by Mid-American Energy and administered by the Iowa DNR - Bureau of Forestry and the Webster County Conservation Board. Visit the county website under Conservation—Forms and Permits for an order form! Trees available: Red Oak, Sugar Maple 'Fall Fiesta', River Birch 'Heritage', Loebner Magnolia 'Leonard Messel', White Pine, and Norway Spruce.

Wellness Corner: Nutrition Help at Wellmark.com

The super heroes of healthy eating — fruits and vegetables — take center stage in March during National Nutrition Month. Studies by the Centers for Disease Control and Prevention show fewer than one in three adults — and even fewer adolescents — eat the recommended amount of vegetables each day.

Good nutrition, regular physical activity and healthy bodies are essential parts of workforce well-being. When these elements come together, they can help decrease the risk of serious health conditions, such as high blood pressure, high cholesterol, diabetes, heart disease, stroke and cancer. Employees who eat right feel right and do right on the job.

How Wellmark can help:

Wellmark's Wellness Center, powered by WebMD, is available for all Webster County health insurance participants. The Wellness Center offers:

- Nutrition resources
- Healthy, delicious recipes
- Online health coaching for nutrition and weight management
- Nutrition trackers to document daily food intake



Employees can use the “Health & Wellness Tools” on www.wellmark.com to check out a host of nutrition-related resources. For example, you can:

- Peruse thousands of healthy, low-cost, and easy recipes, organized by category for everything from after-school snacks to vegetarian and vegan variations;
- Visit The Alternative Health Kitchen and try out the “Recipe Makeover” section;
- Learn how food can help manage common conditions from acne to varicose veins in “The Food Remedies” section;
- Create customized menus;
- Build shopping lists; and
- Participate in programs on healthy eating.

A special edition BLUE 75th anniversary recipe collection booklet has recently been published, containing some delicious and healthy recipes. Several copies are available in the Human Resources office. Please stop by if you would like one, or let me know and I will be sure to get one to you! (Amy Porter, 515-573-1148)

Safety Spotlight: Severe Weather Common in Spring

Spring arrives with greenery and colorful flowers. However, the season can also bring severe weather. The American Red Cross wants everyone to know what steps they can take to stay safe if dangerous weather is predicted for their community.

TORNADOES Spring can be the peak season for tornado activity. Tornadoes occur mostly on warm spring days between 3:00 and 9:00 p.m. However, tornadoes can occur anywhere, at any time of the year, at any time of the day. The Red Cross has safety steps people should take now to be ready if a tornado warning is issued for your neighborhood:

- Download the [free Red Cross tornado app](#) for mobile devices. The tornado app puts everything you need to know to stay safe in a tornado at your fingertips. The app can be downloaded from the iTunes or Google Play stores by searching for American Red Cross.
- Know your community's warning system. Sign up for Webster County alerts at http://entry.inspironlogistics.com/webster_ia/wens.cfm.
- Pick a safe room in your home where family members can gather if a tornado is headed your way. This should be a basement, storm cellar or interior room on the lowest floor with no windows.
- Prepare for strong winds by removing diseased and damaged limbs from trees.
- Move or secure lawn furniture, trash cans, hanging plants or anything else that can be picked up by the wind and become a projectile.
- Know the tornado danger signs – dark, often greenish clouds, a wall cloud, cloud of debris, large hail, a funnel cloud or a roaring noise.

Would you know what to do if a **tornado watch** or **warning** is issued? What's the best thing to do if you are driving and a tornado occurs? You'll find the answers to these questions and more at www.redcross.org.

Webster County Calendar

March—April 2014

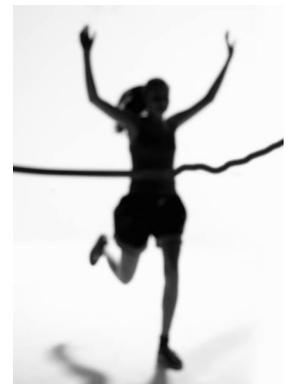
Schedule of Events

- * 3/24—Board of Supervisors Meeting, 10am
- * 3/25—Statewide Tornado Drill, 10:00am
- * 4/1—April Fool's Day
- * 4/3—Good Friday (County offices close 12pm)
- * 3/31—Board of Supervisors Meeting, 10am
- * 4/5—Easter Sunday
- * 4/7—Board of Supervisors Meeting, 10am
- * 4/14—Board of Supervisors Meeting, 10am
- * 4/15—Kennedy Park Campground Opens!

Sun	Mo	Tue	We	Th	Fri	Sat
22	23	24	25	26	27	28
29	30	31	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

WC Conservation Sponsors HyVee Half & 5K Walk/Run

HyVee, City of Fort Dodge, and Webster County Conservation are sponsors of this year's HyVee Half & 5K. Join them on Saturday, April 11, 2015 at the third annual Hy-Vee Half and 5K Walk/Run for JDRF in the Fort Dodge Hy-Vee's effort to bring awareness and raise money for JDRF. Bring your friends and family to join in the fight against juvenile diabetes. With an event for every age, the entire family is sure to have a great time! All proceeds from registration fees will go directly toward JDRF.



Schedule of Events:

- 9:00 am – Half marathon starts @ Rosedale Rapids Aquatic Center
- 9:30 am – 5K walk/run starts @ Kennedy Park
- 12:00 – 1:00pm – Kid's Fun Run Events @ Kennedy Park

Kid's Fun Run times are approximate. **First race will start promptly at noon and each race will follow immediately after.**

What are the Entry Fees? *Half Marathon:* \$50 through March 23, \$60 through April 3. *5 Kilometer:* \$25 through March 23, \$30 through April 3. *Youth Runs* - Free!

What is the deadline for registration? Friday 11:59 pm April 3rd is the last date and time for entering the Hy-Vee Half & 5K online. In person registration will be permitted on the day of, however you would not be guaranteed a shirt or medal.

Half marathon route: The half marathon route will take advantage of the Fort Dodge trail system, almost exclusively. Where our trail system does not connect and runners must utilize roads, please note that this IS an OPEN course. Please run with caution. Runners may encounter mulch, grass, bridges, mud, sand, but primarily asphalt and rock. **5K route:** The 5K will take place on the Kennedy Park trail system and park grounds. Runners may encounter rock, mulch, grass, bridges, mud and sand. For further event information and to register, please visit <http://fdhyveehalf.wordpress.com>.

Webster County Assessor Re-appointed

On February 23rd, 2015, current Webster County Assessor Jeanette Thanupakorn was appointed to the position of Webster County Assessor for another 6 year term. Currently, Ms. Thanupakorn is the 2nd longest serving assessor in Webster County's history. She is also the first, and only, woman to ever serve in this position for Webster County. Congratulations Jeanette!