



Webster County CONNECTION

APRIL 2015

A Newsletter for Employees of Webster County, IA

Did You Know?

The Webster County Health Department has CPR and First Aid classes several times a year. The next class is Tuesday, May 19th, 6:30-10pm at the Health Department - 723 1st Ave South (in the basement). Cost is \$35 for CPR, \$25 for First Aid, or \$40 for both classes. Registration forms can be mailed or picked up at the health department. Forms are also available online. Class sizes are limited.



Do You Monkey Around at Snack Time?

It is super simple to grab a bag of chips from the vending machine or pick up a doughnut at the convenience store for a quick snack during the day. High calorie snack options are abundant in today's world.

But what if we could shift our focus away from high calorie, low nutrient snack options and retrain our brain to select tasty and nutritious fruits and veggies instead? Swapping out a not-so-healthy snack for a fruit or veggie once a day could save you calories. Eliminating even a mere 100 calories per day could help you lose ten pounds in only a year!



Eating an abundance of fruits and veggies also reduces your risk for having a heart attack or stroke and increases your fiber intake, which keeps your GI tract healthy.

Are you ready to makeover your snacking habits? If so, make like a monkey and participate in the new and fun **Go Bananas!** wellness challenge.

The Go Bananas! six week challenge inspires players to enjoy fruits and veggies for a snack. Players move along the game card course by swapping out not-so-healthy snacks for fruits and veggies each day.

Go Bananas! kicks off on **Monday, April 20th** and all employees are invited to register for this wellness challenge. FT health insurance participants will earn a \$50 gift card from ISAC and be entered into prize drawings from the wellness committee! Check your email for program materials or visit the County website's Employee Only tab.

Job Openings

Webster County is seeking to fill the following positions:

Public Health RN

Refer job seekers to the county's website for details!

Cache In Trash Out 'Earth Day Celebration'

Earth Day is April 22nd and to celebrate, Webster County Conservation will host "Cache In Trash Out" on Saturday, April 25th at Brushy Creek's Prairie Center from 9:00am—11:00am. Find "treasures", otherwise known as caches, using GPS units. Some GPS's will be available for use. Wear old shoes and work gloves for pulling garlic mustard and picking up trash.

Upcoming May Events:

Planned for May 10 is a Mother's Day Hike at the newly acquired WaNoKi property bordering the Des Moines River. Located just east of Coalville. Take 235th St. to WaNoKi Road.



MidAmerican Energy customers in Iowa are eligible to purchase trees for \$30 each, limited to 2 per household. Pick up day for pre-ordered trees is Thursday, May 14th from 4-6pm at Kennedy Park. Tree species available are: Red Oak, Sugar Maple 'Fall Fiesta', River Birch 'Heritage', Loebner Magnolia 'Leonard Messel', White Pine, and Norway Spruce. Get an order form at: <http://www.webstercountyia.org/Conservation/Forms/PlantSomeShadeOrderForm.pdf>. Return your form by 5/7/15.

Planning for Retirement: Webinar Wed. Apr. 22

Jan Hawkins, with IPERS, will give an overview of the IPERS systems and what you can expect as contributors to the system. Matt Ring, Nationwide Retirement Solutions, will give a basic overview of your retirement needs and investment vehicle options to meet those needs. A question and answer session will follow the presentations. If you are unable to attend, you may later access a recorded version of the webinar on the ISAC website. If you have any specific topics or questions in advance of the webinar that you would like to be covered, please send them to rbennett@iowacounties.org (Rachel Bennett, ISAC).

Visit the following link to register!

<https://attendee.gotowebinar.com/register/3661806191807569922>

WC Babies!

Monica Hamilton, Public Health, and husband Steven, welcomed daughter Valentina Isabel on April 9th. She was 20 inches long and weighed 7.5 lbs.

Congrats!



Service Anniversaries

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

43 years: **Danny Hammersland**, Secondary Roads
 29 years: **Marsha Royster**, Public Health
 27 years: **Kris Rial**, Auditor
 26 years: **Vickie Claude**, Child Support Recovery
 24 years: **Kevin Kruse**, Sheriff Deputy
 23 years: **Karen Hansen**, Conservation
 21 years: **Luke Fleener**, Sheriff Deputy
 18 years: **Peggy Gimer**, Child Support Recovery
 17 years: **Pat Shehan**, Conservation
 8 years: **Jennifer Wuebker**, Public Health
 7 years: **Tim Vannoni**, Secondary Roads
 3 years: **Andy Stanberg**, Conservation
 2 years: **Alyssa Sparks**, Child Support Recovery
Amy Stringer, Sheriff Deputy
Emily Johnson, Jail
Tanya Martinson, Community Services
 1 year: **Shelley Napier**, County Attorney
Laura Hanna, Public Health
Lacey Liska, Public Health
Tyler Powers, Jail



Sun.
May
10th

Schedule of Events

- * 4/21—Board of Supervisors Meeting, 10am
- * 4/22—Earth Day
- * 4/28—Board of Supervisors Meeting, 10am
- * 5/5—Board of Supervisors Meeting, 10am
- * 5/10—Mother's Day
- * 5/12—Board of Supervisors Meeting, 10am
- * 5/16—Armed Forces Day
- * 5/19—Board of Supervisors Meeting, 10am

April—May 2015

Sun	Mo	Tue	We	Th	Fri	Sat
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23