



Webster County CONNECTION

JUNE 2015

A Newsletter for Employees of Webster County, IA

WELCOME NEW EMPLOYEES!

**Please join us
in welcoming:**

Stacy Kraft

RN / Child Care Nurse
Consultant
Public Health

Wellness Activities Continue Through July

The current wellness program “Burst Your Thirst” continues through July 24. Participants, be sure to keep logging in and tracking your activity and water consumption each week to be eligible for prize drawings from LHI! There are only 4 months left in this wellness program cycle. If you haven’t done so already, please complete your Wellness Assessment online by logging in to www.mywellmark.com. This will count as half of your \$100 ISAC gift card incentive. You do not need to have lab results to complete the assessment. Be sure to make an appointment also, for your annual physical, pap smear, mammogram, Zoster vaccine, Prostate screening or colonoscopy prior to Oct. 31st for the other half of your \$100 incentive!



Remember, you **MUST** have registered at www.mywellmark.com and logged into the Wellmark Wellness Center sometime in 2015 to be eligible to earn your 2015 gift cards! Also **NEW** this year, you must **SELF-REPORT** your preventive exam on the website in the Rewards section of the Wellness Center. Just give Amy in HR a call at 573-1148 if you have any issues doing this.

There will be one more wellness program offered, a TAVI program called “Live Out Loud”. Watch for details about this program coming your way in July.

All employees who complete at least 4 wellness programs or activities will be invited to a special wellness celebration event with a comedian, catered meal and prizes on November 16th. Be sure that you do not miss out!!

Schedule of Events

- * 6/27—No Women Left Inside, Brushy Creek, 8am-4:30pm
- * 6/30—Board of Supervisors Meeting, 10am
- * **7/4—Independence Day (County holiday)**
- * 7/11-16—Project Aware, Wapsipinicon River (see <http://iowaprojectaware.com>)
- * 7/24—Burst Your Thirst Wellness Program Ends. Participants, be sure you are logging in and tracking every week!

June-July 2015

Su Mo Tu We Th Fri Sat

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	24	25
26	27	28	29	30	31	

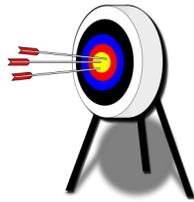
WC Conservation Events

Lots of fun things are happening in the Conservation department this summer, many of which are free or low cost for families! Check out what's happening this month....

No Women Left Inside: Sat. June 27, 8am-4:30pm at Brushy Creek PRC. For women wanting to learn outdoor skills. Cost is \$30. Call 576-4258 for more info.

Night Paddling: Thurs. July 2, 9:00pm at Brushy Creek's South Boat Ramp. Canoes with lights will be provided on a first come, first serve basis. Lights required on vessels you bring.

3D Archery Shoot: July 18 & 19, 8am-3pm. Join the Webster Co. Bowhunters & Archery Assoc. for 3D marksmanship. \$12/shooter.



Night Hike: Tues. July 21, 9:00pm at Dolliver Park South Lodge.

Hunter Safety: July 27, 28, 30—5:30 to 9:00pm, Kennedy Park Heun Shelter. Register online at <http://reservations1.usdirect.com/IowaWeb/> Then stop at Iowa Outdoor Store in Fort Dodge to get the hunter safety manual.



Saturday, July 4th



Service Anniversaries

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

33 years: **Rick Zimmermann**, Secondary Roads
28 years: **Nanette Shelledy**, Child Support Recov.
10 years: **Sheilah Lizer**, Planning & Zoning
John Winninger, Secondary Roads
5 years: **Tony Cloud**, Secondary Roads
1 year: **Chance Copper**, Jail
Mackenzie Jones, Jail Transport

WC Babies!

Ashley Ruge, Public Health, and husband Cole welcomed their son **Elias Ray** on May 10th. He was 19" long and weighed 7 lb. 2 oz.

Lindsay Kavanaugh, Public Health, and husband Andy, welcomed their daughter **Lauren Ann** on June 1st. She was 19" long and weighed 7 lbs. 15 oz.



Congrats!

"Do the things you like to be happier, stronger & more successful. Only so is hard work replaced by dedication." – **Rossana Condoleo**



Webster Warriors Dragon Boat Team Returns

Head out to the Badger Lake Dragon Boat Bash at Kennedy Park on Saturday, August 8th to root for the Webster County Dragon Boat team as they take to the lake! If you are interested in paddling, contact Team Capt. Jamie Johll at 574-3729. Priority given to County Employees on last year's team and other County Employees. If openings remain we will open it up to spouses as well. Two practices have been scheduled: July 14 at 6:45pm and July 22 @ 5:45 PM. For those who don't want to paddle, you can still come out and support the team!