



Webster County CONNECTION

AUGUST 2015

A Newsletter for Employees of Webster County, IA

WELCOME NEW EMPLOYEES!

Please join us
in welcoming the
following employees
to the Webster
County Jail:

Brent Carpenter
Transport Officer

Chris Taylor
Correctional Officer

Emaria Hickey
Transport Officer

Mackenzie Conrad
Correctional Officer

Webster County's Final Wellness Program

It is a fast-paced world that we live in today. Meetings, voice mails, deadlines, laundry, carpools, grocery shopping, text messages...our task lists are packed full of important items to complete.

As a result, we often fail to take a little time to LOL - That's LIVE Out Loud! And LOL'ing means making time to do the things that put us in a great state of mind. Activities like exercise, connecting with friends, working on a hobby, or playing with our children go a long way in establishing an LOL lifestyle.

In an effort to promote more LOL'ing, Webster County kicked off the **LOL: Live Out Loud** wellness challenge with three Eat and Educate sessions last week. The program officially began on Monday, August 17th and will end on September 27th.

This unique and inspiring program challenges you to make a habit of taking time each day to engage in a little bit of LOL activity. It is guaranteed to be fun and will make a positive impact on your overall health and well-being!

Taking a break from the daily grind in order to enjoy some LOL'ing provides many positive benefits! Engaging in enjoyable activities outside of your daily routine re-energizes your mind and body and boosts your mood and outlook.

During the challenge, you will earn 50 points each day for completing an LOL activity, and 50 points each day you complete 30 minutes of cardiovascular exercise. Hit the goal of 3,000 points by the end of the challenge and turn in your completed scorecard for a chance to win a prize drawing!

All FT employees currently participating in Webster County's health plan are eligible to receive a \$50 gift card from ISAC upon completion of this program (provided they haven't earned the maximum three already). All materials for this program can be found on the Webster County website under the County Employees Only tab. Happy LOL'ing!



Webster Warriors Take Third in Division

The Webster County Warriors Dragon Boat Team did the county proud on Saturday, August 8th at the CJ Bio America Badger Lake Dragon Boat Bash at Kennedy Park. The team participated in time trials in the morning, and began racing in the afternoon. Placed in the C Division, the Warriors placed third with a time of 1.933! Placing first was Lysine Lizards J with a time of 1.908 and coming in second was Wightman Waterworks with a time of 1.931. So close! Special thanks to the Webster County Vending Committee and to all of the county employees who came out to support the Warriors in their third year of Dragon Boat racing.



WC Babies!

Dani Sibbitt, Public Health, and Brandon Grady welcomed their daughter Brielle Elaine on July 29th. Brielle weighed 7 lb. 1/2 oz. and was 19 in. long.

Congrats!




Service Anniversaries

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

- 42 years: **Michael Vandi**, Secondary Roads
- 41 years: **Kim Smith**, Assessor
- 25 years: **Randy Sheker**, Secondary Roads
- 21 years: **Brenda Angstrom**, Treasurer (MV)
- 19 years: **Rod Strait**, Sheriff Dept.
- 16 years: **David Lee**, Secondary Roads
Rod Warehime, Secondary Roads
- 15 years: **Carol Gillette**, Community Services
Janet Gadbury, Community Services
- 10 years: **Carolyn Clark**, Treasurer (MV)
- 9 years: **Mike Kenyon**, Sheriff Dept.
- 8 years: **Doreen Pliner**, Auditor
- 7 years: **Jen Sheda**, Public Health
Brian Nellis, Jail
Shawna Dencklau, Jail
- 6 years: **Tanner Nowell**, Jail
Chad Hicks, Secondary Roads
- 4 years: **Trin Lewis**, Community Services
- 2 years: **Ryan Baldrige**, Attorney
Tasha Nielsen, Conservation
Mike Williamson, Jail Transport

Calendar of Events

- * 9/1—Board of Supervisors Meeting, 10am
- * 9/4-7—Dayton Rodeo
- * 9/7—**Labor Day (County holiday)**
- * 9/8—Board of Supervisors Meeting, 10am
- * 9/15—Board of Supervisors Meeting, 10am
- * 9/19—Butterfly Tagging (1pm) and Private Lands Workshop (3pm), Brushy Creek
- * 9/22—Board of Supervisors Meeting, 10am
- * 9/23—Autumn Begins
- * 9/29—Board of Supervisors Meeting, 10am

Health Screenings Can Save Lives

The month of August is Cataract Awareness Month and also Immunization Awareness Month—two great reminders of why health care screenings are so important. Prevention is of course, key; more than half of all cancer deaths may be prevented by not smoking, staying at a healthy weight, eating nutritious foods and being physically active. You take your children for regular health checkups to protect their health. You, too, need preventive health screenings to increase your chances of living a longer and healthier life. For example:

- A colonoscopy can find and remove polyps. These are overgrowths of tissue on the lining of your colon may turn into cancer.
- Cervical cancer can be prevented nearly 100 percent of the time with regular screenings and early treatment, if needed.

Schedule health screenings you need this year. If you are a FT employee participating in the Webster County health plan, many types of preventive exams are paid 100% by the plan—this includes annual physicals, flu shots, colonoscopies, mammograms, prostate exams, the zoster vaccine and pap smears. Complete your preventive exam visit by Oct. 31 and take the wellness assessment at Wellmark.com's wellness center to earn your \$100 gift card for 2015! Don't use excuses such as "I don't have time" or "That illness doesn't run in my family" to keep you from getting screenings you need.

