



Webster County CONNECTION

FEBRUARY 2016

A Newsletter for Employees of Webster County, IA

**WELCOME
NEW
EMPLOYEES!**

COUNTY
ATTORNEY:

Dustin Gomez
Attorney

Here's the Scoop on Wellness Program 2016

Please join the Wellness Committee as they kick off the 2016 Wellness Program year with Eat and Educate sessions featuring information on financial responsibility. A guest speaker will give presentations to help you get started on the first TAVI wellness program offered this year—"FISCAL FITNESS".

Register for **Wednesday, March 2nd at 11:00, 11:45 or 12:30** in the Courthouse 1st floor Conference Room. You must register to attend by calling Amy at 573-1148 or emailing aporter@webstercountyia.org with choice of date/time. Please reserve your spot by Fri. Feb. 26. The Fiscal Fitness program will run March 7th-March 26th. Materials will be available at the session and following the sessions, also on the Webster County website.



Program Overview: Insured employee participation in wellness programs will determine county incentive (discounts on 2017-2018 premiums). Employees will have the opportunity to participate in up to 5 different approved wellness programs or activities. Webster County again has the opportunity to earn a maximum discount of 5% on premiums. Calculation for the discount is only based upon employees completing a maximum of 4 activities or programs..

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 AND Completion of Wellness Assessment through Wellmark.com (Wellmark Wellness Center) = \$50 gift card for completing both an exam and an assessment
- ◆ Completion of Activity Programs—Tavi programs (Fiscal Fitness, Live Out Loud "LOL", Unwrapped, and Bounce) = \$50 gift card for each, maximum of \$150 total. Maximum gift card allowance is \$200.00. 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! You MUST register / login in 2016 to be eligible to earn 2016 incentives!

****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!!! *There is an additional prize drawing this year—more details to come!*

ALL NEEDED MATERIALS for current programs and activities will be available at www.webstercountyia.org under the County Employees Only tab as programs are introduced. Please contact Amy Porter in Human Resources (573-1148) if you have any questions!

**Daylight Savings
Time Begins on
Sun. March 13th!**

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



**Time to
Spring Ahead**

Safety Spotlight: Distracted Walking



Ever heard the expression “can’t walk and chew gum at the same time”? Turns out there’s really something to it.

When you are walking down the street, you’re really not thinking about walking down the street. You might be thinking about what to fix for dinner, an upcoming vacation, or just about anything but walking. Research indicates there is a strong correlation between our executive function (a set of mental skills that help you get things done) and our ability to dual task while walking. Enter the electronic age, and things quickly get complicated.

Today distractions range from a simple telephone call, to a text, to your calendar, the weather, music and a myriad of social media options, just to name a few. Smart phones are the latest distraction in the electronic revolution, and they are taking a toll on distracted walkers. The Federal Fatality Analysis Reporting System attributes about 6 pedestrian deaths a year to portable electronic devices, including cell phones.

While preparing this article we received a notice from the Iowa Department of Public Safety regarding a pedestrian struck by a vehicle. It was dark; the area was not lighted; the pedestrian was wearing dark clothing. According to the report the pedestrian was on a cell phone. Please, put the cell phone down, to be aware of your surroundings.

- *IMWCA’s The Informer, Feb. 2016*

Call of the Wild



Wild Game—Beer & Wine Tasting

A Benefit for Conservation & Environmental Education

Friday, February 26, 2016

6:00 - 9:00 pm

Willow Ridge Golf Course & Restaurant
1788 Madison Avenue Fort Dodge

Sponsored by: Friends of Webster County Conservation

Tickets \$15 in Advance or \$20 at the Door

- Wild Game Hors d’oeuvres
- Tasting of Quality Wines & Beers
- Silent Auction & Raffle
- Proceeds to benefit the Camp WaNoKi Project

Reserve your tickets by calling (515)576-4258 or khan-sen@webstercountya.org.

Service Anniversaries

We would like to recognize the following employees for their years of service to Webster County as of February 2016. We’re very fortunate to have all of you! We appreciate your service, loyalty and dedication.

- 28 years: **Caroline Steinberg**, Treasurer (MV)
 17 years: **Gary Gillespie**, Secondary Roads
 14 years: **Randy Will**, County Engineer
 13 years: **Randy Hofbauer**, Secondary Roads
 7 years: **Joseph Gregory**, Secondary Roads
James Kilen, Secondary Roads
 4 years: **Sara Lewis**, Treasurer
 3 years: **April Wicklein**, County Attorney
Dan Lewandowski, Veterans Affairs



Schedule of Events

- * 2/23—Board of Supervisors Meeting, 10am
- * 3/1—Board of Supervisors Meeting, 10am
- * 3/8—Board of Supervisors Meeting, 10am
- * 3/13—Daylight Savings Time Begins, 2am
- * 3/15—Board of Supervisors Meeting, 10am
- * 3/17—St. Patrick’s Day
- * 3/20—Spring Begins