



Webster County CONNECTION

APRIL 2016

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 10th, 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.



LOL Wellness Program Began April 18

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, the Webster County Wellness Committee kicked off the LOL: Live Out Loud wellness challenge on April 18th. 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 points for completing LOL activities, including cardiovascular exercise, daily. Hit the goal of 3,000 points by the end of the challenge and you could win a set of tickets to the upcoming Shellabration Concert!

If you are a current Webster County Health plan participant and are interested in joining this fun wellness challenge and earning yourself a \$50 gift card from ISAC, please visit the county website at www.webstercountyia.org under the County Employees Only tab or email Amy at aporter@webstercountyia.org for a packet. Your participation also helps the County achieve discounts on next year's renewal! Please join in!

Job Openings

Webster County is seeking to fill the following positions:

Dental Hygienist (PT)

Dental Hygienist (FT)

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

WC Conservation Offers Great Ways to Get Outdoors!

Upcoming May Events:

Planned for May 8th at 3:00pm 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. Contact Karen Hansen at 576-4258 for more information.

Kids To Parks Day is May 21st! KTP Day is a nation-wide day of outdoor play organized by National Park Trust. NPT is encouraging children across the country to explore their neighborhood parks and discover science, history, nature and adventure right around the corner or just across town. Their website can help jumpstart your adventure. Visit kid-stoparks.org. Webster County Events include: Dolliver to Lehigh Canoe Float at 5:30pm and Brushy Creek SRA Night Paddle at 8:30pm. Contact Erin at 576-4258 for more information.



Zoster Vaccine Available

If you are over 50 years old and haven't received the Zoster Vaccine (Shingles shot), please call the Webster County Health Department at 573-4107. This is covered by the county BCBS insurance and can help you earn another \$50 gift card from the 2016 ISAC Wellness Program.



Service Anniversaries

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

- 44 years: **Danny Hammersland**, Secondary Roads
- 28 years: **Kris Rial**, Auditor
- 25 years: **Kevin Kruse**, Sheriff Deputy
- 24 years: **Karen Hansen**, Conservation
- 22 years: **Luke Fleener**, Sheriff Deputy
- 19 years: **Peggy Gimer**, Child Support Recovery
- 18 years: **Pat Shehan**, Conservation
- 9 years: **Jennifer Wuebker**, Public Health
- 8 years: **Tim Vannoni**, Secondary Roads
- 4 years: **Andy Stanberg**, Conservation
- 3 years: **Amy Stringer**, Sheriff Deputy
Emily Johnson, Jail
Tanya Martinson, Community Services
- 2 years: **Shelley Napier**, County Attorney
Laura Hanna, Public Health
Tyler Powers, Jail

WC Babies!

Mike Schreiber, Secondary Roads, and wife Jaci, welcomed a daughter, Landry Lynn, on April 20th. She weighed 7 lbs. 3 oz. and was 19 inches.



Lonnie Nichols, Planning & Zoning Administrator, and wife Digna, welcomed son Arlo Adonis on April 21st. He weighed 8 lbs. 8 oz.



Congrats to both families!



**Sun.
May
8th**

Schedule of Events

- * 5/3—Board of Supervisors Meeting, 10am
- * 5/8—Mother's Day
- * 5/10—Board of Supervisors Meeting, 10am
- * 5/17—Board of Supervisors Meeting, 10am
- * 5/22—Board of Supervisors Meeting, 10am
- * 5/29—LOL Wellness Program Ends, Forms Due by June 1st
- * **5/30—Memorial Day**
- * 5/31—Board of Supervisors Meeting, 10am

May 2016

Sun	Mon	Tue	Wed	Sun	Fri	Sat
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				