



Webster County CONNECTION

JUNE 2016

A Newsletter for Employees of Webster County, IA

CURRENT JOB OPENINGS AT WEBSTER COUNTY

**Case Manager,
Community Services**

**Typist Advanced,
Child Support
Recovery Unit**

Please refer interested persons to apply online at www.webstercountyyia.org under the Human Resources tab!

Wellness Program Continues with Unwrapped

The current wellness program “UNWRAPPED” began June 20 and continues through July 17. Through the course of this campaign, Unwrapped will challenge you to enjoy nutrition naturally. The former recommendation to aim for five servings of fruits and veggies each day has been updated. Today, guidelines suggest that your intake of fruits and vegetables depends upon your age, sex, and activity level. Unwrapped will introduce you to these recommendations and help you find the proper balance in your diet.

Participating in Unwrapped makes you more aware of whether or not you are getting your fill of fruits and vegetables weekly. You will be provided a simple tracking form that allows you to record your weekly servings. The campaign runs for four weeks to allow you a week to adjust to the new routine and three weeks to put your new healthy habits into practice. Research shows that performing an activity for three weeks straight often leads to permanent adoption of that behavior.

Check your email or the county website for materials to participate!

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 \$50 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 2016 to be eligible to earn your 2016 gift cards!

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

All employees who complete at least 4 wellness programs or activities will be invited to a special wellness celebration event with a guest speaker, catered meal and prizes on November 14th. Be sure that you do not miss out!!



Safety Spotlight: The Importance of Hydration

- ◆ Don't start exercising if you're not well-hydrated first. Few summer safety tips are as important as adequate hydration.
- ◆ Copious sweating is a sign for you to up your water intake.
- ◆ When playing, working, or doing sports outdoors, stop for frequent water breaks.
- ◆ Avoid sugary or alcoholic beverages, which dehydrate you.
- ◆ Avoid very cold drinks, which can cramp your stomach.



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 this month's events...

July 2—**Spirit of Chautauqua:** 7:00 pm Veteran's Memorial Park. A tribute to the lively Chautauqua music festivals that once roamed Iowa's landscape. Amphitheater seating at Vet's Park (Kennedy Park) or bring your own chair.

July 7—**Open Paddling:** 5 to 8 pm, Kennedy Park boat ramp. Paddleboards and kayaks will be provided on a first come, first serve basis. No charge and no reservation.

July 9 & 10—**3-D Archery Shoot:** 8-3 Sat., 8-1 Sun. Kennedy Park. Join the Webster Co. Bowhunters & Archery Assoc. for 3-D marksmanship. \$12/shooter.



July 18, 19, 21—**Hunter Safety:** 5:30—9 pm, Kennedy Park's 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.

July 22—**Night Paddling:** 9:00 pm Brushy Creek, south boat ramp. Canoes with lights will be provided on a first come, first serve basis. Lights required on vessels you bring.

Daily Dose of Vitamin D

Think about your daily routine and how much fresh air you get. Do you walk from your home to your garage to the parking lot and then head indoors to your office each morning? People who work exclusively indoors may have Vitamin D deficiency due to lack of sun exposure. Vitamin D is important for bone development and helps protect the immune system. Sun exposure counts for 80-90% of Vitamin D intake. Once exposed, the liver and kidney allow Vitamin D to be converted to its active hormonal form, calcitriol. While you can obtain Vitamin D through foods such as fortified dairy, fish and eggs, about 10 minutes of sunlight is guaranteed to give you the daily dose you need! So the next time your legs need a stretch, consider heading into the great outdoors for a 10 minute pick-me-up. It will be better than any caffeinated beverage, we promise!



Service Anniversaries

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

34 years:	Rick Zimmermann , Secondary Roads
29 years:	Nanette Shelledy , Child Support Recov.
11 years:	John Winninger , Secondary Roads
6 years:	Tony Cloud , Secondary Roads
2 years:	Chance Copper , Jail
1 year:	Stacy Kraft , Public Health

WC Babies!

Alisha Edman, Public Health, welcomed daughter **Edith Pearl Barnes** on May 5, 2016. She was 20" long and weighed 6 lbs. 12.9 oz.

Congrats!



Monday, July 4th

"When I figured out how to work my grill, it was quite a moment. I discovered that summer is a completely different experience when you know how to grill."

- Taylor Swift