



Fillmore County Employee News

**UPCOMING
EVENTS:**

APRIL

1	April Fools Day
2	Board Meeting
5	Payroll Check Date
9	Board Meeting
16	Safety Training Boardroom
19	Payroll Check Date
23	Board Meeting
25	Safety Training
27	National Take Back Initiative
30	Health Screening Cthse

JUNE

4	Board Meeting
11	Board Meeting
14	Payroll Check Date
16	Father's Day
18	Board of Appeal & Equalization
25	Board Meeting
28	Payroll Check Date

MAY

1	Safety Training FCOB
3	Payroll Check Date
6 - 12	National Nurses Week
7	Board Meeting
8	Health Screening FCOB
12	Mother's Day
14	Board Meeting
17	Payroll Check Date
27	Memorial Day
28	Board Meeting
31	Payroll Check Date

Got Drugs?



NATIONAL TAKE-BACK INITIATIVE
Upcoming Take-Back Day - April 27, 2013
(10:00AM - 2:00PM)

The Drug Enforcement Administration (DEA) has scheduled another National Prescription Drug Take-Back Day which will take place on **Saturday, April 27, 2013 from 10:00 a.m. to 2:00 p.m.** This is a great opportunity for those who have accumulated unwanted, unused prescription drugs, to safely dispose of those medications.

The National Prescription Drug Take-Back Day aims to provide a safe, convenient, and responsible means of disposal, while also educating the general public about the potential for abuse of these medications.

Facts About Prescription Drugs:

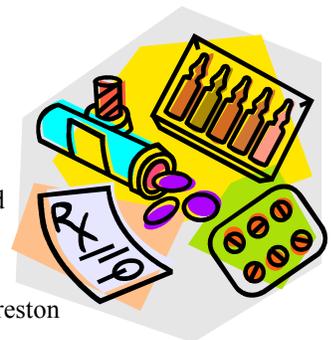
- Unused or expired prescription medications are a public safety issue, leading to accidental poisoning, overdose, and abuse.
- Pharmaceutical drugs can be just as dangerous as street drugs when taken without a prescription or a doctor's supervision.
- The non-medical use of prescription drugs ranks second only to marijuana as the most common form of drug abuse in America.
- The majority of teenagers abusing prescription drugs get them from family and friends—and the home medicine cabinet.
- Unused prescription drugs thrown in the trash can be retrieved and abused or illegally sold. Unused drugs that are flushed contaminate the water supply. Proper disposal of unused drugs saves lives and protects the environment.
- Take-back programs are the best way to dispose of old drugs.

Disposal locations near you:

- Chatfield City Hall 21 2nd Street SE, Chatfield
- Mabel City Hall 201 South Main, Mabel
- Rushford Police Department 405 South Elm Street, Rushford
- Spring Valley Fire Hall 112 West Courtland, Spring Valley
- Fillmore County Sheriff's Office, 901 Houston Street NW, Preston

For more information on prescription drug abuse, go to:

- www.dea.gov
- www.getsmartaboutdrugs.com
- www.justthinktwice.com



Microsoft Software Purchase for Employees

This past fall Fillmore County renewed our Microsoft Enterprise Agreement for software assurance (upgrade protection plus other benefits). As employee's of Fillmore County, we are offered the chance to purchase Microsoft software at substantially reduced prices for our own personal use. Microsoft has a special price going right now for those interested in buying the latest version of MS Office, now you can purchase Microsoft® Office Professional 2013 for your home computer for only \$9.95. All you need is the Program Code listed below (this code is specific to our company) and your company provided email address.

Click here for details:

http://www.microsoft.com/coworker_us

Microsoft HUP Program Code: 4D8955BF27

Enjoy!

DISCLAIMER: This transaction is between the Fillmore County Employee and Microsoft. The Information Systems (IS) Department is not involved in the transaction in any way and is not allowed to support, nor liable for supporting any software you purchase for home computer on company time.

Tornado Awareness

As we anxiously await the end of winter, and with it is blizzards and slippery roads, it becomes time to focus our attention on the spring/ summer hazard of tornados. Here at work, we train on how to be safe in the event of a tornado; we do drills and have maps with the location of the shelter; but what about at home?

Although tornados can occur at any time of day, they most often appear during 3-9 pm. This means you are most likely to be home when a tornado strikes... are you ready? Here are a few reminders about tornado safety at home:

House with a basement:

- Avoid windows and doors if possible
- Go to the basement under some kind of sturdy protection: ex heavy table or work bench
- Cover yourself with some sort of thick padding: ex: mattress or sleeping bag
- Be mindful where heavy objects rest on the floor above (pianos, refrigerators, waterbeds, etc.) and do not go under them, those heavy objects may fall down through a weakened floor and crush you

House with no basement or an apartment:

- Avoid windows and doors if possible
- Get to the lowest level and into a small center room, bathroom, closet, under a stairwell or in an interior hallway
- Crouch as low as possible to the floor, facing down; cover your head with your hands
- If possible get into a bath tub, it can offer partial protection
- Cover yourself with some sort of thick padding: ex: mattress or sleeping bag

Don't wait for a disaster to make a plan... do it today!



MCIT to Focus on Slips, Trips and Falls

Just because winter is nearly over does not mean that slip, trip and fall hazards are behind us. Recognizing hazards is one of the most effective ways to avoid injury, so MCIT has started the “**Step Wisely**” program to educate and raise awareness on prevention with these reminders for spring:

- Running in the rain may lead to slipping, falling and injury— **Step Wisely** in the rain
 - Walk slowly and deliberately
 - Be cautious in parking lots. Oil on pavement rises above rainwater, making the surface even more slippery
 - Wear low-heeled shoes or boots that provide traction
- Potholes, heaved pavement and cracked sidewalks catch toes, twist ankles and trip— **Step Wisely** outside
 - Watch where you're going
 - Walk slowly
 - Pick up your feet
 - Look for curbs and other changes in elevation
 - Use designated walkways

We will continue to bring you more **Step Wisely** information throughout the year.



MSRS Offering Seminar in May

MSRS (Minnesota State Retirement System) is hosting a free Spring Pre-retirement seminar on Wednesday, May 8th. This seminar will be held at Rochester Community and Technical College in the Heintz Center, Room HB117. from 8:00—Noon.

Free half-day seminar

The following topics will be addressed:

1. **Social Security/Medicare -**
Learn about the many types of Medicare Plans and understand your Social Security benefits.
2. **MNDCP 457 Plan Income -**
Learn about various retirement income stream options from your voluntary Minnesota Deferred Compensation Plan (MNDCP) account.
3. **Health Care Savings Plan (HCSP)-**
The significance of health care costs and how to use money in your HCSP account will be discussed.
4. **Pension Retirement Income – (GERP) General Employees Retirement Plan**
Learn how your pension benefit is calculated and what options are available.



How to Register for a Seminar

1. Remember, the Personal Planning Seminars are for members at the beginning or middle of their careers, while the Pre-Retirement Seminars are geared toward those members who are within five years of retirement.
2. **Members and a spouse/guest are invited to attend any of the seminars available.**
3. **Call to reserve your spot. RSVP by calling MSRS at 1-800-657-5757 or 651-296-2761.**

Receive a reminder confirmation. A reminder of your registration will be sent approximately 10 days before your seminar date. If you cannot attend, please call to cancel your reservation.

Questions or concerns please contact me at 651-284-7853 direct to Mankato Office or e-mail at peter.vanduynhoven@msrs.us



June is National Safety Month. This year's theme, "Safety Starts with Me" will focus on six (6) key areas to be more safe everyday, they are:

- Preventing Slips, trips and falls
- Wellness
- Emergency Preparedness
- Ergonomics
- Summer Safety
- Driving Safety

Watch your email and around your building for more on these topics throughout the month of June.

Ergonomics: I'm Comfortable With That

It's easy to think about safety when you see heavy equipment or power tools, but how about when sitting in your desk chair? Or writing on your desk? How about when driving a County vehicle?

Ergonomics are an important part of safety. Bad ergonomics lead to injuries ranging from eye strain, to herniated disks and carpal tunnel. Fillmore County recognizes that good ergonomics is more than just having a comfortable chair, its good safety.

Toward that end, the county has teamed up with MCIT to have ergonomic assessments completed for all employees. Over the past year, our MCIT representative has done assessments on employees from multiple departments. Our goal is, in time, to have every employee evaluated. It may mean simply changing how your desk is set up, or the height of your monitor; but all those little changes make a big difference when you think of the time spent at work.

If you have not been assessed and would like to be in the next round of assessments, please contact your supervisor.

Together, we can all find both safety and comfort!

Safety Policy Training!

It's that time of year again, time to review the safety policy for Fillmore County. We know the mere thought has you on the edge of your seat waiting for the date and time; well, wait no more, because here are the dates and times for this years event!

Commissioners Board Room

Thursday, April 25th at 2:00 p.m.

FCOB - Conf. Room 108

Thursday, April 25th at 9:00 a.m.

Wednesday, May 1st at 9:00 a.m.

See You There!



National County Government Month (NCGM) is celebrated each April by counties to raise public awareness and understanding about the roles and responsibilities of county government.

The 2013 theme is -

“Smart Justice: Creating Safer Communities”



Fillmore County Household Hazardous Waste Collection



Date: First Tuesday in May & October

Where: Resource Recovery Center, Preston

Time: Noon - 5:00p.m.

Early drop-offs are illegal and will not be accepted!!!

Examples of Household Products Accepted

Aerosol cans
All types of paint
Bug sprays
Oven cleaners
Paint thinner
Floor care products
Degreasers
Poisons
Antifreeze
Lawn care product
Garden & flower products



Wood preservatives
Roofing tar
Battery Acid
Gasoline & Diesel fuel
Adhesives
Lighter fluid
Swimming pool chemicals
Moth balls
Car care products
Epoxy & glues
Stains & varnishes

Items Not Accepted During This Collection

Agricultural chemicals
Explosives
Medical waste

Business waste
Radioactive waste
Empty cans

Help your neighbors and friends and either car pool or bring their waste along with yours. Please bring waste in non-returnable containers or boxes for faster unloading.

For more information, contact the Fillmore County Resource Recovery Center @ 765-4704

NEWS FROM THE WELLNESS COMMITTEE

Fillmore County staff have had a number of opportunities to participate in Health & Wellness Activities so far in 2013. Here is a recap of some of the activities that have occurred and a look at activities that are to come

1. In the month of January, 2013, we had **18 employees** participate in the Southeast Service Cooperative’s **Member vs. Member** walking challenge. We challenged the City of Albert Lea, City of Byron, Freeborn County, City of Preston, Rice Steele 99 Center, Southeast Service Cooperative and Wabasha County— with participants reporting weekly step counts. The results of the walking challenge are as follows:

Great Job Fillmore County!

2013 SSC Member vs. Member Walking Challenge Final City/County Standings		
Team	Average steps per person	Standings
City of Byron	66,767	1 st Place
Rice Steele 911 Center	57,314	2 nd Place
Freeborn County	45,374	3 rd Place
Fillmore County	44,798	Honorable Mention
City of Albert Lea	41,935	Honorable Mention
Wabasha County	36,671	Honorable Mention
SSC	34,165	Honorable Mention
City of Preston	29,871	Honorable Mention

2. The Annual Minutes In Motion Activity Challenge through Gundersen Clinic started Monday, March 25th and will go through Sunday, May 5, 2013. We have **18 employees** signed up to participate. This is a six-week challenge where participants strive for 30 minutes of physical activity every day or 210 minutes a week.

3. The Wellness Committee hosted a “**March Madness**” **Chili/Soup/Sides Cook-Off** on Thursday, March 28th in Conference Rm. 108 at the Fillmore County Office Building. The first prize winner in each category will receive a \$50.00 gift certificate, a medallion, and **bragging rights**.



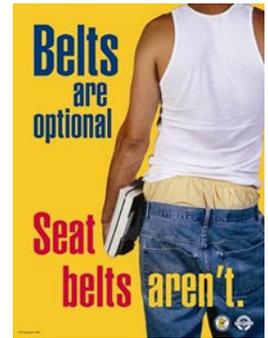
Watch for results of the Cook-Off with pictures in the next employee newsletter.

4. “**Know Your Numbers**” - Fillmore County Employees are eligible for no-cost blood pressure, cholesterol, and glucose screenings on Tuesday, April 30, 2013 (Courthouse) and Wednesday, May 8, 2013 (Office Building) from 7:00 AM to 9:30 AM. These screenings will be conducted by public health staff and include a private consultation regarding your results. Screenings will be conducted on an appointment basis.

- Your health screening information will be given to you immediately and be kept confidential.
- In order to participate in the cholesterol and glucose screenings you must fast for a period of 8 hours, which means you can not eat 8 hours prior to testing. You may drink water or plain coffee or tea. Snacks will be provided to participating employees upon completion of these screenings.
- If you have questions or wish to set up an appointment, call or email Brenda Pohlman at 765-2636 or bpohlman@co.fillmore.mn.us

Click It or Ticket Enforcement

The 2013 May Click It or Ticket seat belt enforcement mobilization is
May 20-June 2



Buckle Up, Minnesota!

A record percentage of Minnesotans buckle up — 94 percent — yet each year more than half of the motorists killed in crashes aren't belted — translating to more than 150 deaths and more than 400 serious injuries annually.

In rollover crashes, unbelted motorists are usually ejected from the vehicle — in most cases, the vehicle will roll-over them. In less severe crashes, an unbelted motorist will crack teeth out on the steering wheel or break their nose, and even slam into and injure others in the vehicle.

Seat belts restrain motorists in the vehicle's designed protective space, giving them room to live in the event of a crash. Seat belts also keep a motorist correctly positioned behind the wheel to help maintain control of a vehicle.

Minnesota's Primary Seat Belt Law

Drivers and passengers in all seating positions must be buckled up or in the correct child restraint. Law enforcement will stop and ticket unbelted drivers or passengers — including those in the back. A seat belt violation can cost more than \$100.

Seat belt enforcement of this law begins with the motorist — speak up and insist passengers are buckled up.

Seat Belt Use Safety Tips

- Always buckle up — and insist passengers are belted, too. In a crash, unbelted motorists can slam into and injure or kill others inside a vehicle.
- Wear lap belts low and snug across the hips; shoulder straps should never be tucked under an arm or behind the back — not only is this unsafe, it is illegal.
- Children under age 13 should always ride in the back seat. Kids under 4-feet 9-inches should be in a booster seat. Learn more about the child passenger safety and the booster seat law.
- Pregnant women should wear the lap belt under the stomach, as low on the hips as possible and against the upper thighs. The shoulder belt should rest between the breasts.
- Airbags are designed to work with seat belts to keep vehicle occupants in a safe position during a crash — airbags are not effective when the motorist is not belted.



Please, "Click It."

Welcome to Coast2Coast Rx Card. Your Prescription Savings Solution

The Coast2Coast Rx Card is a free prescription discount card provided by township, city and county governments – and by local United Way organizations. The program includes participation by U.S. pharmacies to provide annual savings up to 55%. Savings on a single prescription range from a few percent up to 75% (sometimes more) off the retail price of the drug. Cardholders save on both brand name and generic drugs. All members of a family can use the card. It is always FREE and the card can be used immediately. There are no age, income, or other exclusions. There are no forms to fill out. Simply take the card to one of the 59,000+ participating pharmacies to start saving today.* **The Coast2Coast Rx Card has been endorsed by the State County Associations in Alabama, California, Georgia, Illinois, Minnesota, Mississippi, New Mexico and Utah.** For more information visit : <http://coast2coastrx.com/>.

Coast2CoastRx cardholders and their entire families can also benefit from the savings provided through our other discount programs:

- Save up to 60% on dental care.
- Save up to 50% on vision care.
- Save up to 35% on hearing care.
- Save up to 25% on veterinary services.
- Save up to 70% on diabetic supplies.
- Save 50% to 80% on lab work.
- Save 50% to 80% on imaging.

Some of the participating pharmacy chains include:



2013 Employee Recognition

Tuesday, February 12, 2013

The Fillmore County Board of Commissioners recognized
33 employees for their years of service for the County

Congratulations Everyone and Thank you for Your Service!!!



Employees celebrating **5 yrs.** of Service to the County are:

Pictured: Board Chair Randy Dahl; Diane Olson, Eligibility Worker; Brian Hoff, Property Appraiser; Carrie Sikkink, Accounting Technician; Elizabeth Fuglestad, Social Worker; Karen Regelman, Home Health Aide and Christopher Graves, Zoning Administrator

Absent: John Dols, Dispatcher, and Dale Olson, Custodian



Employees celebrating **10 yrs.** of Service to the County are:

Pictured: Board Chair Randy Dahl; Roger Sanford, Maintenance Specialist, III

Absent: Brett Corson, County Attorney; Gary Morken, Shop Foreman; Shelly Skindelien, Jailer; and Karla Franzen, Office Support Specialist, Sr.



Employees celebrating **15 yrs.** of Service to the County are:

Pictured: Terry Schultz, Building Maintenance Supervisor; Board Chair Randy Dahl; Cindy Johnson, Accounting Technician; Cindy Blagsvedt, Assessor; Tina Peters, Public Health Nurse, Lead; and Dave Kiehne, Recorder.

Absent: Rebecca Burland, Social Worker; Dale Brand, Maintenance Specialist III; Larry Tammel, Airport Maintenance/Contact Person; Geralyn Stevens, Programmer/Trainer; Gene Topness, Jailer; and Leroy Eickhoff, Lead Dispatcher



Employees celebrating **25 yrs.** of Service to the County are:

Pictured: Kristi Ruesink, Office Support Specialist, Sr.; Sandra Junge, Eligibility Worker; Board Chair Randy Dahl; Joan Betsinger, Public Health Nurse; and Lantha Stevens, Director of Nursing.

Absent: Kim Richardson Wangen, Home Health Aide; and Michael Chiglo, Working Foreman



Celebrating **30 yrs.** of Service to the County . . .

Kandace Johnson, Finance Officer

Pictured: Board Chair Randy Dahl and Kandace Johnson



Employees celebrating **20 yrs.** of Service to the County, but were absent for the recognition, were Karen Brown, Coordinator, and Todd Kokinos, Maintenance Specialist, III

Congratulations to our 2013 Safety Award Winners!!!

The Fillmore County Board of Commissioners recognized Erik Paul, Custodian, as our Safety Award Winner, with Kevin Kullot, PC/Network Technician; and Doug Marin, Custodian, receiving honorable mention. *Congratulations!!!!!!*



Pictured: Board Chair Randy Dahl and Safety Award winner, Erik Paulson.



Pictured: Kevin Kullot, PC-Network Technician, Board Chair Randy Dahl, and Doug Marin, Custodian



Mini Mushroom-&-Sausage Quiches

http://www.eatingwell.com/recipes/mini_mushroom_sausage_quiches.html

From EatingWell: April/May 2005



These crustless mini quiches are like portable omelets. Turkey sausage and sautéed mushrooms keep them light and savory. Small and satisfying, they're also a good finger food for your next cocktail party.

1 dozen mini quiches | **Active Time:** 30 minutes | **Total Time:** 1 hour

Ingredients

- 8 ounces turkey breakfast sausage, removed from casing and crumbled into small pieces
- 1 teaspoon extra-virgin olive oil
- 8 ounces mushrooms, sliced
- 1/4 cup sliced scallions
- 1/4 cup shredded Swiss cheese
- 1 teaspoon freshly ground pepper
- 5 eggs
- 3 egg whites
- 1 cup 1% milk

Preparation

- Position rack in center of oven; preheat to 325°F. Coat a nonstick muffin tin generously with cooking spray (see Tip).
- Heat a large nonstick skillet over medium-high heat. Add sausage and cook until golden brown, 6 to 8 minutes. Transfer to a bowl to cool. Add oil to the pan. Add mushrooms and cook, stirring often, until golden brown, 5 to 7 minutes. Transfer mushrooms to the bowl with the sausage. Let cool for 5 minutes. Stir in scallions, cheese and pepper.
- Whisk eggs, egg whites and milk in a medium bowl. Divide the egg mixture evenly among the prepared muffin cups. Sprinkle a heaping tablespoon of the sausage mixture into each cup.
- Bake until the tops are just beginning to brown, 25 minutes. Let cool on a wire rack for 5 minutes. Place a rack on top of the pan, flip it over and turn the quiches out onto the rack. Turn upright and let cool completely.

Nutrition

Per quiche :90 Calories; 5 g Fat; 2 g Sat; 1 g Mono; 105 mg Cholesterol; 3 g Carbohydrates; 9 g Protein; 0 g Fiber; 217 mg Sodium; 108 mg Potassium

Exchanges: 1 medium-fat meat

Tips & Notes

- Make Ahead Tip:** Individually wrap in plastic and refrigerate for up to 3 days or freeze for up to 1 month. To reheat, remove plastic, wrap in a paper towel and microwave on High for 30 to 60 seconds.
- A good-quality nonstick muffin tin works best for this recipe. If you don't have one, line a regular muffin tin with foil baking cups.



National Nurses Week is May 6-12

National Nurses Day is celebrated annually on May 6 to raise awareness of the important role nurses play in society. It marks the beginning of National Nurses Week, which ends on May 12, the birthday of Florence Nightingale.

Thank you for the lives you touch—you're appreciated so much!!

Employee News

Local Student Receives Sheriff's Association Scholarship

Fillmore County Sheriff Daryl Jensen announced the winners of the Minnesota Sheriff's Association Scholarship program for 2012. The Association awards up to 15 scholarships each year to individuals planning to become Minnesota Police Officers. The applicants apply through their local Sheriff's Office.

This year the Scholarship Committee chose 14 winners out of the broad spectrum of applicants from throughout the state. **The Minnesota Sheriff's Association Scholarship program, which is promoted by all 87 Minnesota Sheriff's, is pleased to announce a winner from Fillmore County- Logan Brand of Rushford. Logan is the son of Fillmore County employee, Dale Brand.**

Sheriff Jensen and the other 86 Minnesota Sheriff's and members of the Minnesota Sheriff's Association offer their congratulations to each of the scholarship winners. The qualifications and academic excellence shown by these winners reflect the dedication and pride of the young people in the State of Minnesota who will enter the difficult, but rewarding, profession of law enforcement and public service.

Congratulations Logan!



Wedded Bliss

Susan Phillips and her husband Bob celebrated 30 years together on March 12th. We would like to congratulate them on this milestone and wish them 30 more happy years together.

Happy Anniversary!



Just Getting Started

Karla Franzen turned 50 years old in March and is "still kick-in" according to her. We hope your birthday was wonderful and to remind you that you're just getting started!

Happy Birthday!

With Heart-felt Thanks

Thank you to all and especially to anyone whom I might have inadvertently missed. Your kind words and support were very much appreciated. As many of you know, it is never easy to lose a parent, but working with such a wonderful group of people made it much easier.

- Karen Brown

REMINDER: Swap & Shop

The Swap & Shop list has been updated — be sure to check it out!

Please call the Coordinator's Office if there are any corrections and or additions to be made to the list.

Have office supplies that you or others in your office aren't using?

Don't trash them – swap them!

Contact Audrey Inglett @ ph: 507-765-4566; or email: ainglett@co.fillmore.mn.us