



Employee News

UPCOMING EVENTS:

AUGUST

* Children's Eye Health & Safety Month

- 3 Commissioner Meeting
- 5 Distraction Free Driving Day
- 10 Commissioner Meeting
- 13 Payroll Check Date
- 17 Commissioner Meeting
- 24 Commissioner Meeting
- 27 Payroll Check Date

Distraction Free Driving Day *Thursday August 5th*

There's a big statewide push coming in August on the dangers of distracted driving so the Fillmore County Safety Committee wishes to raise awareness among employees and help keep them safe off and on the job. Look for media coverage and extra enforcement efforts, anchored by a proclamation from Governor Pawlenty, naming August 5 "Distraction-Free Driving Day." Employees will be provided with the Minnesota Safety Council's new booklet "**Get There! Your Guide to Traffic Safety,**" produced in partnership with AAA.

The booklet is filled with tips, pop quizzes and games based on many of the types of obstacles we face behind the wheel, such as defensive drivers, country roads, impaired drivers, car seats, bikes, and teens drivers. Review the booklet and share it with others.

If you are interested in learning what the state cell phone and driving laws are in each state, check out the **Governors Highway Safety Association** website at:

<http://www.ghsa.org/>

FLOOD SAFETY CHECKLIST

WHAT SHOULD I DO?

- Listen to area radio and television stations and a NOAA Weather Radio for possible flood warnings and reports of flooding in progress or other critical information from the National Weather Service (NWS).
- Be prepared to evacuate at a moment's notice.
- When a flood or flash flood warning is issued for your area, head for higher ground and stay there.
- Stay away from floodwaters. If you come upon a flowing stream where water is above your ankles, stop, turn around and go another way. Six inches of swiftly moving water can sweep you off of your feet.

If you come upon a flooded road while driving, turn around and go another way. If you are caught on a flooded road and waters are rising rapidly around you, get out of the car quickly and move to higher ground. Most cars can be swept away by less than two feet of moving water.



- Keep children out of the water. They are curious and often lack judgment about running water or contaminated water.
- Be especially cautious at night when it is harder to recognize flood danger.
- Because standard homeowners insurance doesn't cover flooding, it's important to have protection from the floods associated with hurricanes, tropical storms, heavy rains and other conditions that impact the U.S. For more information on flood insurance, please visit the National Flood Insurance Program Web site at www.FloodSmart.gov.

WHAT SUPPLIES DO I NEED?

- Water—at least a 3-day supply; one gallon per person per day
- Food—at least a 3-day supply of non-perishable, easy-to-prepare food
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, deed/lease to home, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area
- Baby supplies (bottles, formula, baby food, diapers)
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Tools/supplies for securing your home
- Extra set of car keys and house keys
- Extra clothing, hat and sturdy shoes
- Rain gear
- Insect repellent and sunscreen
- Camera for photos of damage

WHAT DO I DO AFTER THE FLOOD?

- Return home only when officials have declared the area safe.
- Before entering your home, look outside for loose power lines, damaged gas lines, foundation cracks or other damage.
- Parts of your home may be collapsed or damaged. Approach entrances carefully. See if porch roofs and overhangs have all their supports.
- Watch out for wild animals, especially poisonous snakes that may have come into your home with the floodwater.
- If you smell natural or propane gas or hear a hissing noise, leave immediately and call the fire department.
- If power lines are down outside your home, do not step in puddles or standing water.
- Keep children and pets away from hazardous sites and floodwater.
- Materials such as cleaning products, paint, batteries, contaminated fuel and damaged fuel containers are hazardous. Check with local authorities for assistance with disposal to avoid risk.
- During cleanup, wear protective clothing, including rubber gloves and rubber boots.
- Make sure your food and water are safe. Discard items that have come in contact with floodwater, including canned goods, water bottles, plastic utensils and baby bottle nipples. When in doubt, throw it out!
- Do not use water that could be contaminated to wash dishes, brush teeth, prepare food, wash hands, make ice or make baby formula.
- Contact your local or state public health department for specific recommendations for boiling or treating water in your area after a disaster as water may be contaminated.

Information from: American Red Cross
<http://www.redcross.org>

SWAP & SHOP

*Have office supplies that you or others in your office aren't using?
Don't trash them – swap them!*

Item examples: binders, paper clips, pens, pencils, binder clips, highlighters, markers, sliding bar report covers, portfolios, notepads, binding combs, business card paper, binder indexes, calculators, ribbons, envelopes, paper, labels, etc...

Contact [Audrey Inglett](#) for more information.

APPROACH CONFLICT IN A HEALTHY WAY



Not everyone can be best friends. Conflict can be a common and unavoidable occurrence in work and personal life. Taking time to correctly handle a conflict can reduce stress and make difficult relationships more manageable. For help and specific steps on dealing with conflict in your life, give your Employee Assistance Program (EAP) a call.

The Sand Creek Group Ltd.
1-800-550-MCIT (6248) or 651-430-3383

Your EAP offers no-cost, convenient & confidential counseling



Healthy Idea

This refreshing salsa offers a delicious alternative to traditional salsa. Serve atop fish or chicken as a garnish for a tasty summer meal – or use as a dip with tortilla or pita chips.

Kiwi and Mango Salsa

- 4 kiwis
- 1 cup mango
- 4 tablespoons chopped cilantro
- 3 tablespoons lime juice
- 2 teaspoons minced chilies
- 1 teaspoon of salt



Peel mango and kiwis, cut into eighths and then dice. Place diced fruit in a bowl and mix gently with other ingredients. Serves 4.

It's Not Too Late to Save!

The sooner you start saving for retirement, the easier it will be for you to live comfortably during your post-working years.

Did You Know...?

- You will need approximately 80 to 100 percent of your current income to maintain your lifestyle during retirement.
- Retirement can last for 30 years or more.
- Almost 1 in 3 retirees say they have no savings of any kind.
- The average amount paid monthly by the Social Security Administration in the form of benefit is only \$1,153.

If you put away as little as \$50 per month starting NOW, you can watch your savings grow:



Monthly Savings (6%)	5 Years	15 Years	20 Years
\$50	\$3,489	\$14,541	\$23,102
\$200	\$13,954	\$58,164	\$92,408
\$500	\$34,885	\$145,409	\$231,020

EMPLOYEE NEWS

Been on vacation? Celebrating a birthday, wedding or anniversary? ~~New addition to the family?~~



You're invited to share your joys!

Please submit items to astinson@co.fillmore.mn.us



LEIGH CAMPBELL
(County Attorney's Office) and her husband will celebrate 10 years of marriage on August 12th, 2010. *Congratulations!*



CINDY JOHNSON
(Auditor/Treasurer Office) is proud to announce the birth of her grandson Kyle Thomas on May 25, 2010. *Congratulations!*

