



Fillmore County Employee News

**UPCOMING
EVENTS:**

JANUARY

- 1 New Year Holiday
CLOSED
- 8 Board Meeting
- 11 Payroll Check Date
- 16 **MN State Retirement Systems Consultations**
- 21 Martin Luther King Jr. Day—
CLOSED
- 22 Board Meeting
- 23 **Nationwide Retirement Consultations**
- 25 Payroll Check Date

FEBRUARY



- 2 Ground Hog Day
- 5 Board Meeting
- 8 Payroll Check Date
- 12 Board Meeting—
Employee Recognition
- 18 Presidents Day—
CLOSED
- 22 Payroll Check Date
- 26 Board Meeting

Federal Grant Award Brings AEDs to Fillmore County



A three year federal grant was awarded to Fillmore County to bring life-saving Automatic External Defibrillators (AEDs) to the county. The first year will see AEDs in all 18 Fillmore County Sheriff's Office vehicles. Year 2 will spread 30 more throughout County, City and Town buildings including the FCOB, City offices, and Schools. In the third year, 28 more AED's will find themselves throughout the county in public gathering locations such as parks, community centers and pools.

In total, this grant will provide 76 AEDs throughout the county at no cost to the taxpayer. The value of this grant is over \$171,000. Renown Mayo Physician Dr. Roger White (pictured above with his wife), whose bibliography includes 313 publications, the majority pertaining to emergency cardiac care, wrote a letter of support for the grant and spoke at the kick off celebration held on December 19, 2012.

Every city, town and EMS in Fillmore County joined in the collaboration that made this grant possible. Working together, all of Fillmore County residents and visitors will benefit from this incredible opportunity.





Car Dead Battery? Time for a Quick Refresher

It's that time of year again. You get ready to go to work, step outside to start your car, turn the key and..... NOTHING. Your car battery is dead.

Most of us in Minnesota don't think twice about jumping a car battery, or asking for help to jump ours, but this is a potentially dangerous undertaking. Taking a few moments to give yourself a little refresher on the proper method of jumping a dead battery could save you or someone you love the injury that could come from using an improper process.

For a quick refresher/ test on the proper procedure to jump a dead battery go to:

http://www.autobatteries.com/basics/how_jump_start/JumpStartBattery.htm

Play it safe this winter, make sure you and your family are prepared for whatever winter brings your way.

What to do When your Phone Acts "Phunky"

Office phones can be a great asset, they can also be the cause of great headache. If your office phone is acting a bit "phunky" help can be found. Please complete the telephone problem log found on the intranet at : http://intranet/Docs/forms/technology/Telephone_problem_report.docx

This document then gets sent to IS and the Coordinators office. Together, we will get your phone working properly and "phit as a phiddle".

Pork Chops with Apples and Garlic Smashed Potatoes

Ingredients

- 1 pound small fingerling potatoes
- 2 cloves garlic
- Kosher salt
- 4 -1/2-inch-thick boneless pork loin chops (5 ounces each)
- 2 teaspoons chopped fresh sage
- Freshly ground pepper
- 1 tablespoon extra-virgin olive oil
- 1 large red onion, cut into 1/2-inch wedges
- 2 Granny Smith apples, cut into 1/2-inch pieces
- 3/4 cup apple cider
- 1/4 cup buttermilk

Directions

Put the potatoes and garlic in a saucepan, cover with cold water and season with salt. Cover and bring to a boil, then uncover and continue cooking until tender, about 15 minutes. Cover and set aside.

Meanwhile, rub both sides of the pork chops with the sage, and salt and pepper to taste. Heat a large cast-iron skillet over high heat, then add 1 teaspoon olive oil and sear the chops until golden on both sides, about 5 minutes total. Transfer to a plate. Wipe out the skillet and add the remaining 2 teaspoons olive oil. Add the onion and apples and cook over medium-high heat until lightly browned, about 5 minutes. Season with salt and pepper and stir in the cider.

Return the chops to the skillet. Cover and cook, turning once, until just cooked through, 4 to 5 minutes. Drain the potatoes, reserving 1/4 cup liquid. Return the potatoes to the pan; add the buttermilk and mash, adding cooking liquid as needed. Season with salt and pepper. Serve with the pork chops, onion and apples. Drizzle with the pan juices.

Per serving: Calories 413; Fat 16 g (Saturated 5 g); Cholesterol 76 mg; Sodium 98 mg; Carbohydrate 40 g; Fiber 5 g; Protein 26 g



Membership Has its Benefits

Fillmore County is a member of various associations and organizations which benefit the County and its citizens in a variety of ways. Some of these memberships also offer benefits to County employees. Here are two (2) ways employees can enjoy the benefits of membership:

- 1) Microsoft Software– employees can enjoy discounts on software through the Microsoft Software Home Use Program.
- 2) AMC and AAA– Through the County’s membership in the Association of MN Counties (AMC) employees can receive a discount on annual membership dues for AAA.

For more information on either of these programs, please go to the intranet home page under “Announcements” or contact the Coordinators office.

Newsletter Changing to a Quarterly Publication

The Fillmore County Employee Newsletter, which has historically come out bi-monthly, will be moving to a quarterly publication in 2013. We will continue to provide information on happenings in the County, trainings, updates, and safety and wellness tips for all employees.

Please take a few minutes each quarter to read the newsletter, the information is here for you. If you have any suggestions for articles or have news to share, please contact the Coordinator’s Office.

REVIEW OF 2012 WELLNESS PROGRAM

21 Employees completed our Wellness Program survey

The results of the survey suggests providing continued “Stress Awareness” programs, longer fitness challenges, health screenings and more topics on preparing food with less salt, less fat and less sugar.

Why do we have a wellness program? Improve morale, increase productivity, reduce absenteeism, reduce health costs and increase the overall health of staff are just a few reasons to have a wellness program.

Help us to help you. We would appreciate hearing from you. Contact a Wellness Committee member or the Coordinator’s Office at 765-4566 if you have any suggestions.



Southeast Service Cooperative's

Member vs. Member

Walking Challenge

January 1 - 31, 2013



Grab your walking shoes, pedometer and join in the fun! Compete against 5 other counties in southeast Minnesota in this fun walking challenge. The winning county will receive bragging rights, a trophy and an article in SSC’s Cooperative Connection newsletter. Ask a wellness committee member for more information. Call the Coordinator’s Office at **765-4566** to sign up!

FILLMORE COUNTY WELLNESS COMMITTEE

Password Pandemonium

Submitted by Kevin Kullot



Your password is what tells the computer that you are who you say you are. Until we can do retina scans like in James Bond movies, the password is the best that we can do. Because your password is like a key to your account, you need to safeguard it. Anyone who has your password can get into your account, and your files. Anyone who can guess your password has it. Anyone who has your password can pose as you. Therefore, you may be held responsible for someone else's actions. Our phone system is an often forgotten item which needs a good password. Without it, someone can hack in and make long distance calls on your office line. So what makes for a good password? Here are some basic suggestions, but in the end it will be up to you to come up with something that works for you:

- 1) Avoid common names, dates, phone numbers or things easily associated with you.
- 2) Avoid common words or phrases as they would be the first thing checked by password cracking software.
- 3) Use a combination of numbers and letters. For example, substitute numbers for letters and letters for numbers in a word or phrase.
- 4) Make it something you can remember all by yourself. Don't write it down anywhere!
- 5) Don't use naturally occurring keyboard sequences (like "qwerty" for example)
- 6) Try to make it at least 8 - 16 characters long. Obviously the longer the better.
- 7) Plan on changing your password often. Experts suggest changing your passwords at least every 6 months.
- 8) Use the first letter of a sentence for easy remembering. For example: I work at Fillmore County in the IS department – password: Iw@FCitISd

Whether it's about protecting the money in your bank account or just accessing your email online, you'll need to have good usernames and passwords to protect yourself. Choose wisely.

Deferred Comp Advisors Coming in January

Fillmore County offers two deferred compensation plans for its employees. These plans are through Nationwide and MN State Retirement Systems (MSRS).

Representatives from these two companies will be in Fillmore County in January to allow employees time to meet one-on-one with advisors and talk over their current contributions, their plans for retirement and any changes that may be recommended. These individuals will be here on the following schedule:

January 16, 2013– MSRS

8-Noon FCOB 108
1-4 Courthouse 102

January 23, 2013– NACo

8-Noon Courthouse 102U
1-4 FCOB 108

Though walk-ins are welcome, to ensure time for you and your representative is discuss your needs, appointments are recommended. To schedule an appointment, please contact the Coordinators Office.



Employee Recognition Day is February 12, 2013

Fillmore County's greatest asset is our employees, and we are lucky to have the best in the business! We are also fortunate that these wonderful employees stay with us for many years, adding to the knowledge base that keeps Fillmore County strong. It is truly something to celebrate.

This year, we will again be celebrating employees who will reach employment milestones. The celebration will take place on Tuesday, February 12th at 11:00 a.m. in the County Boardroom.

Please feel free to join us as we recognize, thank and celebrate those that have made this County strong. Refreshments and cake will be served and all will have an opportunity to thank and congratulate these employees for their years of service to the County and its citizens.

Thank you and Congratulations!





Hello Fillmore County, I am the new county engineer. My previous employer was Cottonwood County in Southwest MN. The County seat for Cottonwood County is Windom, MN, where my family and I resided. I have a lovely wife, LeAnn, of sixteen years and two strapping boys—Andrew, 15 yrs, and Matthew, 13 yrs. We all love to camp and enjoy the outdoors. LeAnn has mastered the art of Dutch oven cooking so we never go hungry while camping. The boys are involved with Boy Scouts and Andrew is close to achieving the rank of Eagle Scout. LeAnn and the boys still reside in Windom while we search for a house in Fillmore County to make home. I have been on the job since October 19th, 2012, and everyone has been great to work with. The Highway Administrative Staff and I are currently housed in the IS Dept. in the lower level of the Office Building while our office is being remodeled. If you are in the area, please stop in and say hi.

Sincerely, Ron Gregg

District Court Bids Farewell to Lynn Benson

Lynn Benson will retire on Jan 15, 2013 after 19 years of service in the District Court office. Lynn's lengthy employment experience with the Baudler Law Office provided a good foundation for her new duties as a Deputy Court Administrator. She was especially valued for her detailed knowledge of real estate and probate law. Working for the District Court brought Lynn additional training and experience with civil, family and probate law. She quickly learned the decorum and duties required in the courtroom and the frustrations trying to schedule a judge, multiple attorneys, and witnesses for hearings and trials. She was always happy to share her knowledge with customers navigating the legal procedures involving their case.

Lynn will be missed by her co-workers, local attorneys and court staff throughout our judicial district. She and her husband Arnold continue to reside in their Preston home with no winter travel plans yet in place.



The Gift of Health

Erik Paulson, who is a testicular cancer survivor, would like to wish fellow cancer survivors and their families a happy and healthy new year!

Wishing You Well in Retirement

John Grindeland— County Engineer, retired December 28, 2012 following 11 years of service. John will be traveling and spending time with the grandchildren in his retirement.

Alice Terbeest— Office Support in the Assessor's Office retires January 31st after over 25 years of service to the citizens of Fillmore County.



Thank you for your service!

Welcome New Employee!

Laura Wiechmann— Office Support Specialist, joined Community Services in October. Laura's knowledge, skills, and abilities have already proven to be a great addition to this team.



Blessings Abound for Hoff Family

The fourth quarter of 2012 brought many blessings to the family of LuAnn Hoff. On October 13th, her youngest son, Matthew, was married to Danette Stortz, daughter of Dean and Deb Stortz of Mabel. The bride and groom are both full time students at Upper Iowa University in Fayette and live in Maynard, Iowa.

The very next day, LuAnn and her husband Greg celebrated their 40th wedding anniversary. They celebrated with their family at the Branding Iron.

Congratulations!

