



COUNTY OF FILLMORE Employee News

UPCOMING EVENTS:

JULY

- 1 Commissioners' Meeting
- 4 Independence Day (Holiday)
- 8 Commissioners' Meeting
- 11 Payroll Check Date
- 14 Ergonomic Stretching Class
- 17 County Employee Picnic
- 22 Commissioners' Meeting
- 22 - 26 Fillmore County Fair
- 25 Payroll Check Date

UPCOMING EVENTS:

AUGUST

- 5 Commissioners' Meeting
- 8 Payroll Check Date
- 12 Commissioners' Meeting
- 22 Payroll Check Date
- 26 Commissioners' Meeting

NEWS FROM THE WELLNESS COMMITTEE

KNOW YOUR NUMBERS: EMPLOYEE HEALTH SCREENING

UPCOMING EVENTS:

September

- 1 Holiday—Labor Day
- 2 Commissioners' Meeting
- 5 Payroll Check Date
- 9 Commissioners' Meeting
- 19 Payroll Check Date
- 23 Commissioners' Meeting

Free blood pressure, cholesterol and glucose screenings were offered to all Fillmore County employees this year on May 9th and 13th.

Why is it important to “know your numbers?”

We can rattle off our cellphone and Social Security numbers without a second thought. But can **you** recite the numbers that add up to **good health**. Blood pressure, cholesterol levels, blood sugar and body mass index (BMI)?

Knowing these numbers – and how your levels compare to healthy, normal readings—is a **powerful** way to take charge of your health. Disease prevention is a numbers game that **you can often control**. You can take steps to lower them - before your health becomes compromised. Being healthy has always had its just rewards. You feel better, you're sick less often and you'll probably incur fewer health care expenses.

Be sure to keep your calendar open to attend next year's Health Screening event.

A BIG “**THANK YOU**” to Public Health for their assistance with the Health Screening wellness event and **thank you** to all employees who were able to participate.



Keep in mind



“Diet Cheesecake: Mix cream cheese, sugar, eggs and vanilla in large bowl. Run 10 miles. Pour mixture into pan and bake at 375.”



“Be careful — sometimes it's a green lollipop and sometimes it's a brussels sprout!”



“What's wrong, Lassie? Is Timmy's cholesterol in trouble?”

Fillmore County Wellness Activities for 2014



NEW—Fillmore County Wellness Bingo

July 1-31, 2014

Rules of the game:

- * To win a prize, you must complete at least 4 full rows on the BINGO card. They can be horizontal or vertical .
(There is no limit to the number of squares you complete each day.)
- * Unless otherwise noted, if you complete the action in the square **one time**, you may cross it out.
- * To win an additional prize, cover ALL of the squares.
- * Prizes—a \$25.00 Gift card to any Fillmore County business of choice will be given to the **first 2 participants** to complete 4 full rows . The **first employee** to cover all squares will win the grand prize of a “Fitbit” a value of \$85.00. Everyone who turns in a completed bingo will be placed in a drawing for a Yoga Kit.
- *Turn in your completed BINGO card to Audrey in the Coordinator’s Office by **August 1st**.

Your BINGO Card was enclosed with your paycheck stub!

Call the Coordinator’s Office if you need a new card. Have fun!!

American Macaroni Salad

To keep picnic salads light and healthy, don’t leave the mayo out, just use less of it. Loading up your salad with plenty of fresh vegetables gives it extra crunch and ups the nutrients too.

Ingredients

- 2 cups dry elbow **macaroni**, cooked, rinsed, and drained
- 1 tablespoon minced flat-leaf parsley
- 1/4 cup minced red onion, soaked in cold water for 5 minutes, drained
- 1/3 cup diced celery
- 1/2 cup diced vine-ripened tomato (optional)
- 1/2 cup prepared mayonnaise
- 3/4 teaspoon dry mustard
- 1 1/2 teaspoons sugar
- 1 1/2 tablespoons cider vinegar
- 3 tablespoons sour cream
- 1/2 teaspoon kosher salt, plus more to taste
- Freshly ground black pepper



Directions

In a large bowl combine the macaroni, celery, onion, parsley and tomato, if using. In a small bowl, whisk together the mayonnaise, mustard, sugar, vinegar, sour cream and salt. Pour the dressing over the salad and stir to combine. Season with salt and pepper to taste. Serve. Store covered in the refrigerator, for up to 3 days.

Recipe from Food Network online

Fillmore County Wellness Activities for 2014



The Wellness Committee is happy to announce another:
POKER RUN CHALLENGE 2104
When: August 31, 2014 through September 27, 2014

OBJECT:

- To have the best poker hand **at the end of the challenge.**
- To increase physical activity level.
- To increase nutritional status.



NO FEE TO PARTICIPATE!

RULES:

To earn a poker card you must successfully complete a weekly challenge. Weekly challenges will run Sunday to Saturday. Complete the **bonus activity** challenge each week to earn an additional card.

	Physical Activity	Nutrition
August 31 – September 6	30 Minutes of Physical Activity 3X/Week BONUS: 30 Minutes 5X/Week	64 Ounces of Water 3X/Week 
September 7-13	30 Minutes of Physical Activity 3X/Week 	3 Servings of Vegetables 3X/Week BONUS: 3 Servings of Vegetables 6X/Week
September 14-20	30 Minutes of Physical Activity 3X/Week BONUS: 30 Minutes 5X/Week	3 Servings of Whole Grain 3X/Week
September 21-27	30 Minutes of Physical Activity 3X/Week	3 Servings of Fruit 3X/Week BONUS: 3 Servings of Fruit 6X/Week

The Poker Run Challenge tracking survey will be located on *Survey Monkey* and **completed weekly**. The final tracking will need to be completed by **Monday, September 29th** following the challenge to be eligible to win a prize. Employees unable to use Survey Monkey may turn in a hard copy of the Poker Run Challenge survey. Contact the Coordinator’s Office at 765-4566 to receive your Poker Run Challenge survey if you need a paper version. The fitness challenge will run for a total of **4 weeks!** Cards will be handed out by one of the Wellness Committee members at the end of the challenge upon completion of the survey.

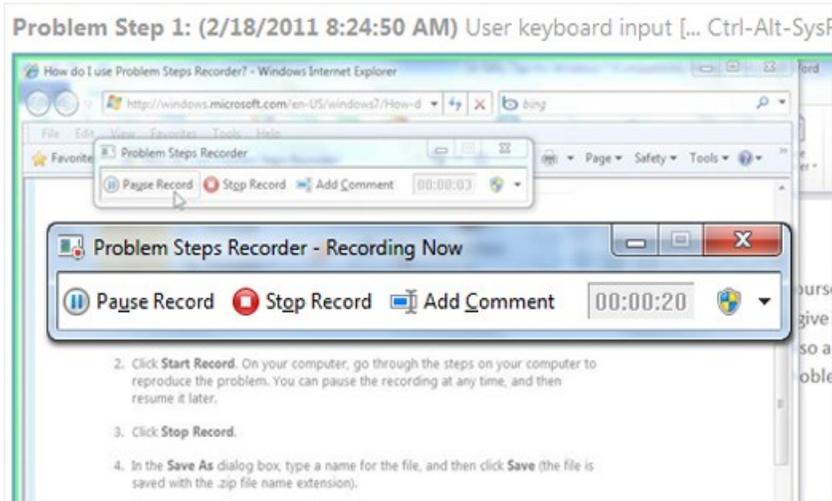
Participants will be able to earn a **maximum of 12 poker cards**. Each employee may submit one hand of their five best cards to compete for a prize. Ties will be broken with the additional cards received. **Watch for further details and prizes for the poker challenge to be posted closer to the date of the challenge. Let’s challenge our co-workers!!!**

WELLNESS COMMITTEE

Leroy Eickhoff, Audrey Inglett, Danae Larson, Jennifer Peterson, Brenda Pohlman,
 Marc Prestby, Darrell Schmitt & Bobbie Vickerman

Tech Tip from Information Systems

Sending information to the help desk



The next time you find yourself trying to describe a complicated computer problem to a co-worker or the help-desk, give Problem Steps Recorder a try. You can record a series of screen shots, add notes, and email them directly to whoever is helping you. For tips on using Problem Steps Recorder, read “How do I use Problem Steps Recorder” at <http://windows.microsoft.com/en-us/windows7/how-do-i-use-problems-steps-recorder>.

Stretch and Learn– Ergonomic Stretching Class Scheduled for July 14th

Brian Doughty from MCIT will be here in Fillmore County on Monday, July 14th to give a training on ergonomic stretches for the workplace. This is a great opportunity to learn simple things we can all do to keep ourselves healthy, fit and feeling good all day long.

You spend over 20% of your life at work, why not make sure you are taking the best care of yourself as possible during that time. You don't have to be a fitness guru or flexible to benefit from this course.

Classes will be held at 10:00 AM in the Office Building, Room 108 and 1:00 PM in the County Boardroom. To register, please contact the Coordinator's Office at 765-4566.



A Cup of Tea, Anyone?



Drinking tea can boost the body's defense against disease. A chemical in tea called L-theanine primes immune system cells to attack bacteria, viruses and fungi and could, perhaps, be turned into a disease-fighting drug someday, according to a report in the *Proceedings of the National Academy of Sciences*.

L-theanine is found in black, green and oolong tea. Other studies have linked tea to lower heart disease and cancer risk through the action of flavonoids, a type of antioxidant. Other studies have linked tea to combating osteoporosis and relieving some allergy symptoms.

Staying in the Game: How to Keep Your Back Healthy

Back pain robs workdays and keeps people on the sidelines. Learn how your back works and why certain motions can raise your risk for injuries.

Back pain is one of the most common conditions in the United States. Over the course of a lifetime, eight in 10 Americans will have at least one episode of back pain.

The problem results in over 100 million lost work days per year. And over 41 million people visited a doctor for back pain in one year.

Back injuries - common causes

Many back injuries are the result of cumulative damage. But certain motions and movements can contribute to back injuries more than others. These include:

- *Heavy lifting
- *Twisting at the waist while lifting or holding a heavy load
- *Reaching and lifting
- *Lifting or carrying objects with awkward or odd shapes
- *Working in awkward positions
- *Sitting or standing too long in one position
- *Poor posture

How the back works

A spine consists of small bones called vertebrae. They are stacked to form a column. Vertebrae are held together by ligaments, and muscles are attached to the vertebrae by tendons. A cushion, or disc, sits between each vertebra. The spinal cord runs through the column and nerves branch out through spaces between the vertebrae.

The lower back holds most of the body's weight. Stress is placed on your back every time you bend over, lift something heavy or sit leaning forward. While standing, bending or moving, even minor problems with bones, muscles, ligaments or tendons can cause lower back pain. Discs may then irritate nerves from the spinal cord and cause pain.

Sudden back injuries can be due to a tear or strain in ligaments and muscles. Back pain may also come from injuries that break down discs or by muscles that have involuntary contractions (spasm). Stress or tension can bring on back spasms, too.

What can you do to avoid back problems?

Three practices may help avoid serious problems: **Lift safely, sleep correctly and keep up with core conditioning.**

Lift safely. When possible, use lift-assist devices for heavier objects. When you can't avoid lifting, remember to reduce the amount of pressure placed on the back. Bending the knees keeps your spine in better alignment and allows legs to do the work

- *Keep feet apart for better stability and lifting power.
- *Keep your back straight so spine, back muscles and organs align right.
- *Tuck your chin to keep the neck, head and spine straight.
- *Grip an object with your whole hand for more lifting power.
- *Keep arms and elbows tucked in for more gripping power.
- *Center your body over your feet for better balance and lift.
- *Bend your legs and then lift by straightening the legs. The leg muscles will carry the load instead of your back.

Sleep better. A poor sleeping position can create back stress. The best sleeping positions are:

- *On your side with knees slightly bent
- *On your back with a pillow under knees

Conditioning. Regular exercise can improve overall fitness and lower the likelihood of back problems and injury. Exercises for strength, flexibility and aerobics are best.

Get into a daily flexibility routine and do strength training for your core muscles. The core muscles surround your mid-section, support spine and torso movement, and coordinate limb motion. Strong core muscles improve posture, balance and stability. They can also reduce back and neck pain.

Yoga and Pilates classes offer good core workouts. Each uses the body as its own form of resistance. If you have trouble doing certain exercises, swimming, walking, or bike riding may be good options. Always check with your doctor before you increase your activity level.

Summer Safety

The Chain Saw Commandments



- Most chain saw injuries happen to the thigh when the operator is carrying a running saw. That's why chain saw pants or chaps are important. When transporting the saw less than 10 ft., carry it by the front handle only. That way if you trip you won't accidentally accelerate the saw and cut your thigh. When moving more than 10 ft., switch off the engine.
- Instruct everyone never to blindly approach the operator. The noise of the chain saw and the concentration required may make the operator oblivious to someone coming up from behind to announce lunch.
- Never cut alone. If an accident occurs, you'll need someone there to administer first aid and summon medical assistance.
- Keep your cell phone with you for emergencies.
- Understand the bar's kickback zone and avoid getting into kickback situations.
- Never cut above shoulder height.
- Work on the uphill side of trees so they'll roll away from you instead of over you.
- Use your chain brake! Whenever you aren't cutting, the brake should be in the locked, or "On," position.
- Start all cuts with a full throttle before touching the wood.
- Never run a chain saw when under the influence of drugs or alcohol. When fatigued, rest!
- Protect your back. When trying to move logs, use a lever or get help.
- Avoid touching the ground with the chain because even a brief encounter will severely dull the cutting teeth.
- Keep the chain sharp. A dull chain is unsafe, hard on both the bar and chain, and it overworks you and your saw.



Hey, look at our twins!

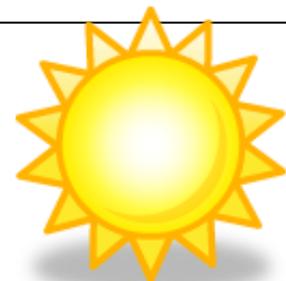
Fillmore County Safety Committee members, Kristina Kohn and Terry Schultz, participated in the 80th Annual MN Safety Conference May 6th through May 8th, 2014.

Fillmore County was awarded with the "Outstanding Achievement Award."

Congratulations Fillmore County Employees! Thank you Kristina and Terry for representing Fillmore County. Kristina and Terry are modeling the t-shirts they received at the conference.



- Slip on a shirt.
- Slop on sunscreen.
- Slap on a hat.
- Wrap on sunglasses to protect the eyes and skin around them.



Upcoming events in the area to keep you active—

(Hope you will be able to participate in one or two)

MARK YOUR CALENDARS

1. National Bike Challenge—Dates: May 1-September 30

An online team has been created for Chester for the “National Bike Challenge” that started May 1st and goes through September 30th. It’s a friendly competition for who can log the most miles in the country. Sign up at <https://nationalbikechallenge.org/team/4920>.

2. Harmony Hustle—Date: July 5th

The Habitat for Humanity invites you to join the fun—a 10 K Run, 5K Run/walk and 1 K Kids’ Challenge. Pre-registration is encouraged. Registration forms available at the Harmony visitor center or through the website at www.habitatwinona.org. Entry Fees: \$25.00 for 10 K, \$20.00 for 5K and \$5.00 for 1K. Race Day registration will start at 7:00 a.m. at Harmony Visitor Center, Main Avenue North, Harmony. The route for the run/walk follows the Harmony-Preston Valley Bike trail.

3. Rushford Days—Dates: July 14–20, 2014

Sponsored by Rushford Operation Christmas Child Group—Run/Walk beings on Saturday, July 19th from 7 a.m.—8 a.m.



Be sure to check out the **FILLMORE COUNTY FAIR** JULY 22-26, 2014



Now in its 155th year!

FOOD, arm wrestling, carnival, church night, FOOD, demolition derby, horses, dairy, poultry, rabbits, FOOD, swine, sheep, goats, Llama show, volleyball, sub-eating contest, Rodeo, 4-H events, lots of exhibits, bands & other grandstand events and did I mention FOOD?

Uff-Da Days in Ostrander will be held on July 25th, 26th & 27th - 2014

This years events will include Mud Bog, Volleyball Tournament, Tractor Pull, Bean Bag Tournament, Fire Departments Windsor Pork Chop Feed, Ostrander Rehab Centers Pie and Ice Cream Social, and more to come!

BUFFALO BILL DAYS

Lanesboro

August 1–3, 2014

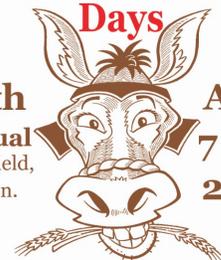
This year’s Buffalo Bill Days celebration marks it 29th year!

City-wide festival, marketplace, food booths, entertainment, dances, volleyball and softball tournaments, and grand parade with more than 100 entries.



Western Days

47th Annual Chatfield, Minn. Aug. 7 - 10 2014



Follow me to Western Days!

Hesper– Mabel Steam Engine Days
September 5 - 7, 2014

CANTON DAY OFF

August 15–17, 2014

This year’s Canton Day Off is just around the corner. There are lots of fun events planned!

WYKOFF FALL FEST

September 26- 28, 2014





REMINDER:

BOOKS



LIST OF BOOKS AVAILABLE IN COORDINATOR'S OFFICE TO CHECK OUT:	
BOOK TITLE	AUTHOR
True North	Bill George
7 Lessons for Leading in Crisis	Bill George
Killing Kennedy	Bill O'Reilly & Martin Dugard
Killing Lincoln	Bill O'Reilly & Martin Dugard
Little Book of Leadership	Bob Johansen
The Cost of Bad Behavior	Christine Pearson & Christine Porath
Lincoln on Leadership	Donald T. Phillips
How to be the Employee Your Company Can't Live without	Glenn Shepard
Life's Greatest Lessons	Hal Urban
Great by Choice	Jim Collins
Good to Great	Jim Collins
Good to Great and the Social Sectors	Jim Collins
The Five Major Pieces to the Life Puzzle	Jim Rohn
John F. Kennedy on Leadership	John A. Barnes
The 15 Invaluable Laws of Growth	John C Maxwell
John W. Gardner on Leadership	John W. Gardner
The Fred Factor	Mark Sanborn
Choosing Civility	P. M. Forni
The Power of Purpose	Richard J. Leider
Strengths Finder	Tom Rath
The Mentor Leader	Tony Dungy with Nathan Whitaker
The Trust Edge	David Horsager
Nice Bike, Making Meaningful Connections on the Road of Life	Mark Scharenbroich
Mayo Clinic - Guide to Self Care	
Mayo Clinic - Healthy Weight for Everybody	
The Mayo Clinic Diet	
Mayo Clinic Embody Health Guide to Self Care	
The Mayo Clinic Plan - 10 Essential Steps to a Better Body & Healthier Life	
Mayo Clinic Self Care	
NEW - The Mayo Clinic Guide to Stress-free Living	Amit Sood, M.D.

Employee News

Congratulations new Grandparents:
Brent Kohn
and
LaVerne Paulson!!!!



Congratulations to Brent Kohn, Hwy Maintenance Superintendent, and his wife, Sarah, on the birth of their very first grandchild, born June 2, 2014, weighing 6 lb., 14 oz. and 18.5" long.

Welcome, Michael Charles Kohn!



Congratulations to Grandpa LaVerne Paulson, Recycling Education Coordinator, and Grandma Denise on the birth their very first granddaughter, Kaylee Janell Paulson, born May 23, 2014, weighing 4 lbs., 4oz. (arriving 6 weeks early)

Congratulations also to new Uncle Eric Paulson!!!!

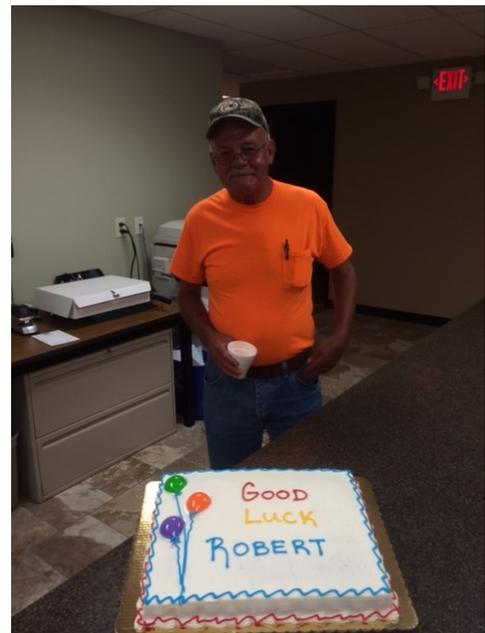


Welcome Aboard...

- Christina Bakke—Social Worker, Social Services Division
- Teri Root - Eligibility Worker, Social Services Division
- Daniel Byer—Custodian, Building Maintenance Department
- Brian Soland— Maintenance Specialist, I, Highway Department
- Jesus Perez—PT Intermittent Dispatcher, Sheriff's Office

RETIRING ...CONGRATULATIONS!

- Robert Engen, Maintenance Specialist, Highway Dept.
- Roger Sanford, Maintenance Specialist, Highway Dept.
- Louise Kleiboer, Social Worker, Social Services Division
- Charlotte Zeyer, Office Support Specialist, Sr., Community Services



Happy Retirement—we wish you all much happiness!!