



COUNTY OF FILLMORE Employee News

UPCOMING EVENTS:

JULY

- 4 Independence Day (Holiday)
- 5 Commissioners' Meeting
- 8 Payroll Check Date
- 12 Commissioners' Meeting
- 20-24 Fillmore County Fair
- 22 Payroll Check Date
- 26 Commissioners' Meeting



UPCOMING EVENTS:

September

- 2 Payroll Check Date
- 5 Holiday—Labor Day
- 6 Commissioners' Meeting
- 13 Commissioners' Meeting
- 16 Payroll Check Date
- 27 Commissioners' Meeting

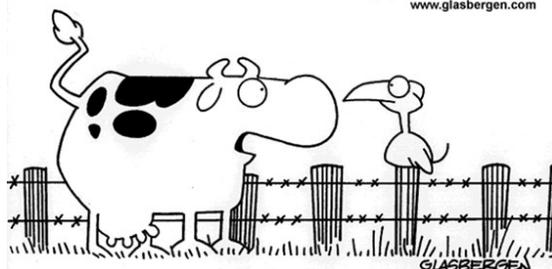
UPCOMING EVENTS:

AUGUST

- 2 Commissioners' Meeting
- 5 Payroll Check Date
- 9 Commissioners' Meeting
- 15 Chair Massages
- 17 Chair Massages
- 19 Payroll Check Date
- 23 Commissioners' Meeting



Keep in mind . . .



"It's true, I did jump over the moon.
I had waaaaay too much coffee that day!"

Sun Safety Tips



Here are some easy ways to protect your skin from sun damage:

Wear sunscreen with a SPF 15 or higher. If you have fair skin or light hair, you are more susceptible to the sun's rays and should use a sunscreen with a higher SPF.

Choose sunscreen labeled "broad spectrum" meaning that it protects against two types of harmful rays: UVA and UVB.

Use waterproof sunscreen to make sure it stays on longer, even if you perspire or get wet.

Reapply sunscreen often – usually every two hours, but sooner if you've been swimming or are perspiring heavily.

Cover your whole body. Remember those areas that can be easy to forget, such as your ears, eyelids, lips, nose, hands, feet, and the top of your head.

Seek shade or avoid the sun during the peak hours of 10 am– 4 pm. The sun is strongest during those hours, even on cloudy days.

Wear a hat with a wide brim to help shade your eyes, ears and head.

Wear wrap-around sunglasses that provide 100% UV protection to safeguard your eyes.

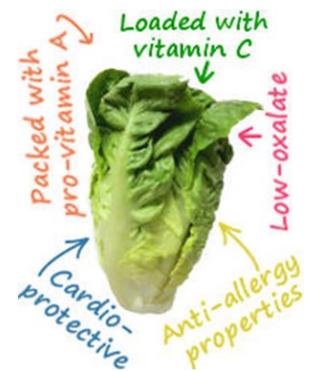
Wear lightweight, loose-fitting clothing such as long-sleeve shirts or long pants that protect a larger area of your skin. Tightly woven fabrics in dark or bright colors are best.



"I had fun, fun, fun till my doctor took the T-bone awaaaaaaaay!"

Fillmore County Wellness Activities

- In April**, the Fillmore County Community Services, Public Health Division, provided employees with an opportunity again this year to have **Health Screenings**. Participants were treated with a brunch that was served by the Activities Committee. The brunch consisted of delicious egg bakes and banana bread. The Wellness Committee provided fruit for participants. We had a total of 41 employees participate this year. **“Thank You”** to the Activities Committee for providing the breakfast for the fasting participants. The brunch idea was a great addition to the Health Screenings and enjoyed by all participants.
- In June**, Brenda Pohlman, **Health Educator/MPH, from our Community Services, Public Health Division**, provided a presentation for employees on “Get Your Greens.” This was an excellent presentation and participants were treated to a great salad for lunch. Of interest from the presentation, we learned that Swiss chard has a high oxalate content. Oxalates are naturally occurring organic acids found in a wide variety of foods and may be restricted for some individuals who are prone to kidney stones due to over accumulation of oxalate. Oxalate could interfere with calcium absorption for some individuals. However, the health benefits of Swiss chard are amazing—including: ability to regulate blood sugar levels, may prevent various types of cancer, improve digestion, boost the immune system, reduce fever and combat inflammation, lower blood pressure, help prevent heart disease, increase bone strength and development, detoxify the body and strengthens the function of the brain. Did you know that lettuce should be washed in lukewarm water? Who knew! The next time you chop up a head of Romaine lettuce for salad, hang on to the very bottom (the “heart”). This can be placed in a pan of water and with a little time will eventually sprout a whole new head of lettuce. Brenda went over the benefits of leafy greens and explained how we can plant seeds in a shallow container and grow microgreens to eat all year round. Brenda also demonstrated how to make a classic vinaigrette and provided recipes and samples for several of the dressings to use on our salad. The Maple-Pecan recipe proved to be the “fave.” The “Get Your Greens” presentation will be placed on the Employee Intranet site for everyone to share and I am sure that Brenda would be more than happy to answer any questions that you may have. Brenda also shared a link for more dressing recipes. We had two drawings from the names of the participants to win a lunch bag with the County Wellness logo on it and the winners were: Diane Strahl from the Community Services, Public Health Division; and Kelli Dornink from the Community Services, Social Services Division. **Congratulations Diane & Kelli!!!**
- In August**, in honor of “It’s National Relaxation Day” the Wellness Committee is offering free chair massages for all County employees. The massages will be approximately 10 minutes and scheduled for Monday, August 15th or Wednesday, August 17th in both the Courthouse and in the Office Building. Watch for further details to come out soon to schedule your appointment!
- In September**, with the hectic pace and demands of modern life, feeling stressed and overworked, and feeling that there is just not enough time in the day to get everything done—the Wellness Committee is checking into having a session on “Meditation.” Our stress and tiredness make us unhappy, impatient and frustrated. It can even affect our health!! You may feel that you are too busy and there is no time to stop and meditate, but meditation actually gives you more time by making your mind calmer and more focused. Watch for further details as September approaches. Hope you will be able to attend!



WELLNESS COMMITTEE

Leroy Eickhoff, Audrey Inglett, Mitch Lentz, Danae Murphy, Jennifer Peterson,
Brenda Pohlman, Darrell Schmitt & Bobbie Vickerman

Ladder Safety Guide

Ladders are useful tools. Nearly everyone uses them to reach out-of-the-way objects on pantry shelves or closets, wash windows, clean gutters, or hang holiday lights. Ladders also are potentially dangerous. In 2014, more than 500,000 ladder-related injuries required medical treatment according to the U.S. Consumer Product Safety Commission. The most common injuries are cuts, bruises and fractured bones. However, some injuries are more severe.

Fortunately, many of these injuries can be avoided by following the ladder safety guidelines shown below.

Choose the Correct Ladder

- Use a ladder of proper length to reach the working height that you need. Inside a home, that probably means a low stepladder. For outside chores, you may need a taller stepladder, and for some projects, an even taller single or extension ladder. Keep in mind that, on a stepladder, the highest standing level should be two steps down from the top. On a single or extension ladder, never stand above the third rung from the top.
- Use a ladder according to use and "working load" — the amount of weight the ladder can hold, including yourself and any tools or decorations.

LADDER TYPE	DUTY RATING	WORKING LOAD
IA	Industrial	300 lbs. or more
I	Industrial	250 lbs. or more
II	Commercial	225 lbs maximum
III	Household	200 lbs. maximum



Inspect the Ladder Before Using It

- Never use a ladder that is damaged, broken or bent.
- Check the ladder for any loose screws, hinges or rungs.
- Clean off any mud, grease, oil, snow or other slippery liquids that might have accumulated on the ladder. Do not make a temporary repair of broken or missing parts because these repairs could fail while you are high off the ground.

Proper Set Up of the Ladder

- Be sure the ladder is set up on stable, even ground. Outside ground can become bumpy after cycles of freezing and thawing over the winter months or may be soft or muddy throughout the year.
- If working outside, make sure the ladder is away from electrical wires, tree limbs, or any other obstructions.
- Use the 4-to-1 rule: Make sure the ladder is 1 foot away from the wall for every 4 feet that the ladder rises. For example, if the ladder touches the wall 16 feet above the ground, the feet/base of the ladder should be 4 feet from the wall. If you are going to climb onto a roof, the ladder should extend 3 feet higher than the roof. The upper and lower sections of an extension ladder should overlap to provide stability.
- Whether inside or outside the home, do not place stepladders or utility ladders on boxes, countertops or unstable surfaces to gain additional height.
- Before using a stepladder, make sure it is fully open and that the spreaders or braces between the two sections are fully extended and locked.
- The highest standing level on a stepladder should be two steps down from the top.
- Ladder height versus work height:

Ladder Height	Maximum Work Height
16 feet	13 feet
24 feet	21 feet
28 feet	24 feet
32 feet	29 feet
36 feet	32 feet



News from Erik Paulson, Custodian, Maintenance Department

On March 3, 2016, I bought my '05 VW Golf GTI and began my newest automotive adventure... learning to drive a manual transmission! Now, after roughly four months of experience, I may still make the occasional mistake (shifting into third instead of first at intersections, for example), but I'm gaining proficiency.

Although, you might want to stay a few extra feet behind me on a "hill start," just in case!



Regards,

-Erik

CONGRATULATIONS, ERIK, ON YOUR NEW WHEELS!!!



Amy's Endless Summer Sandwich

All you need:

- 1/4 c. real Mayo mayonnaise
- 2 tbsp pesto
- 1 (12 oz) loaf focaccia bread, cut horizontally in half
- 2 small boneless skinless chicken breasts (1/2 lb.) grilled, sliced
- 4 provolone cheese slices
- 3/4 c. roasted red peppers
- 1 (6 oz) jar artichoke hearts, drained, thinly sliced
- 1 c. mixed salad greens

All you do:

1. Mix mayo and pesto until blended; spread onto cut sides of bread
2. Fill with remaining ingredients
3. Cut into wedges

Daily Values:

40% vitamin A 30% calcium
35% vitamin C 10% iron

Nutrition Facts per serving:

Calories: 540 Protein: 30g
Carbs: 46g Sat. Fat: 9g
Cholesterol: 60mg Sodium: 920mg
Dietary Fiber: 5g Sugars: 6g
Fat: 28g



(Hy-Vee Recipe)

Upcoming events in the area to keep you active—

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

MARK YOUR CALENDARS

1. Harmony Hustle—July 2, 2016

7th Annual Harmony Hustle, sponsored by Team Bodacious Broads, with all proceeds going to support the Fillmore County Relay for Life fundraiser. Participate individually or as a group. The 5K Run/Walk starts at 8:00 a.m. and there is a \$25.00 donation (\$30.00 if registering after June 24th). Registrants age 10 and under are free. The 1 K Kids challenge (10 and under) starts at 10:00 a.m. and there is a \$10.00 donation (\$15.00 after June 24th).

2. Root River Bluff & Valley Bicycle Tour (first ever) — July 8-10, 2016.

This is a loop tour that begins and ends in Whalan, MN. Meeting Thursday evening for a packet pickup party. The cost is \$265.00, but includes the packet pick-up party Thursday night, breakfast each morning, Saturday night dinner party, 50 to 68 miles per day of memorable bike touring, camping with showers, commemorative bike jersey, sag and support throughout the ride, photo/selfie scavenger hunt contest and entertainment each evening.

3. Rushford Days, July 11–17, 2016

Shoobox 5K Run/Walk @ Rushford Historic Depot—Check in/Registration starts at 7:00 a.m. at Fest Grounds on July 16th at 7:00 a.m. Hosted by Root River Community Church, proceeds go to support sending gift-filled shooboxes to children around the globe through Operation Christmas Child. The Run/Walk starts at 8:00 a.m. at Depot Building

**Be sure to check out the
FILLMORE COUNTY FAIR
JULY 20-24, 2016**



Now in its 157th year!

Goats, Sheep, Poultry, Horse, Beef, Llama and Rabbit shows, FOOD, mutton busting, arm wrestling, full Rodeo, pedal tractor pull, beer barn, demolition derby, FOOD, and lots and lots of 4-H activities and FOOD. There is also a Ribbon Run 5K Run/Walk.

See you there!!!

BUFFALO BILL DAYS

Lanesboro

August 5–7, 2016

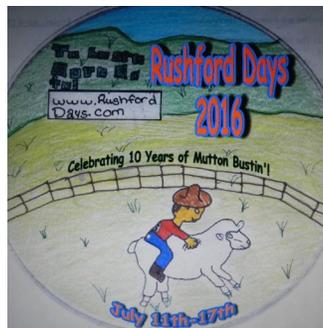


This year's Buffalo Bill Days celebration marks its 32nd year!

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

Spring Valley Ag Days 2016

August 19 - 21, 2016



Relay for Life of Fillmore County



Friday, July 8, 2016

6:00 p.m.

Chatfield City Park
Chatfield, MN

Hesper– Mabel

Steam Engine Days

September 9 - 11, 2016



*Pease plan to attend
the 17th Annual*

MABEL

**50's &
60's DAY**

*(2nd Saturday in August
annually)*

**Saturday,
August 13th,
2016**



Be sure to check out Fall Fest 2016 in Wykoff!!



REMINDER:

BOOKS, Books and more Books



LIST OF BOOKS AVAILABLE IN COORDINATOR'S OFFICE TO CHECK OUT:	
BOOK TITLE	AUTHOR
The Road to Character	David Brooks
True North	Bill George
7 Lessons for Leading in Crisis	Bill George
Triggers—Creating Behavior that Lasts, Becoming the Person You Want to Be	Marshall Goldsmith
Leaders Make the Future	Bob Johansen
Return on Character	Fred Kiel
Killing Kennedy	Bill O'Reilly & Martin Dugard
Killing Lincoln	Bill O'Reilly & Martin Dugard
Little Book of Leadership—The 125 Strengths	Jeffrey Gitomers
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
Jumpstart Your Leadership	John C Maxwell
John W. Gardner on Leadership	John W. Gardner
The Fred Factor	Mark Sanborn
Choosing Civility—The 25 Rules of Considerate Conduct	P. M. Forni
The Power of Purpose	Richard J. Leider
Resistance—Moving Beyond the Barriers to Change	Price Pritchett
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
The Elements of Style	William Strunk Jr. and EB White
Leadership	Brian Tracy
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

Welcome to the World!

Audrey Inglett in the Coordinator's Office would like to announce that she has a brand new granddaughter—Harper Grace Latten, born May 20, 2016, weighing 8 lbs, 3oz and 21" long. Harper has a big brother, Sean David (age 4).

Parents are Burke & Desiree (Inglett) Latten. **Welcome Harper!**



More baby news . . . Karla Franzen in the Records Office is excited to announce that she will be welcoming new grandbabies, one in December and another in January. Congratulations, Karla!!!



RETIRING ...CONGRATULATIONS!

Kandace Johnson, Finance Officer, in the Auditor/Treasurers Office retired on April 29, 2016 after 33 years of service for the County.

Shirl Boelter, Auditor/Treasurer, retired from the County after serving 8 yrs. as a Finance Officer and 9 yrs. as the Auditor/Treasurer.



Happy Retirement—we wish you all much happiness!!

Welcome Aboard...

Welcome New Employees!

We are pleased to announce the following new faces to the Fillmore County Family:

Shane McKee —Comes to the Sheriff's Office as a part-time intermittent Deputy Sheriff.

Nicole Lanz—Joins the Community Services—Public Health Division as a Social Worker.

Sarah Mensink and Lori Oehlke – Joins the Auditor/Treasurer's Office as full-time Accounting Technicians.

Jeremy McCready—Comes to the Sheriff's Office as a full-time Jailer.

Welcome to Fillmore County!



Moving on...

Farewell and Good Luck!

Michael Fort, part-time intermittent Deputy Sheriff, terminated his position with the County on April 19, 2016.

Kim Richardson Wangen, Home Health Aide, in the Community Services, Public Health Division, left employment with the County on April 29, 2016 after 28 years of service.

Heidi Jones, Accounting Technician, in the Auditor/Treasurer's Office left employment with the County on May 2, 2016.

Julie Schreiber, Accounting Technician, in the Auditor/Treasurer's Office left employment with Fillmore County on June 16, 2016.

We would like to wish Michael, Kim, Heidi and Julie well and "thank you" for your service to the County!

