



# COUNTY OF FILLMORE Employee News

## UPCOMING EVENTS:

### JULY

3	Commissioners' Meeting
4	Independence Day (Holiday)
6	Payroll Check Date
10	Commissioners' Meeting
16-22	Fillmore County Fair
20	Payroll Check Date
24	Commissioners' Meeting



## UPCOMING EVENTS:

### AUGUST

3	Payroll Check Date
7	Commissioners' Meeting
14	Commissioners' Meeting
17	Payroll Check Date
28	Commissioners' Meeting
31	Payroll Check Date



## UPCOMING EVENTS:

### September

3	Labor Day Holiday
4	Commissioners' Meeting
11	Commissioners; Meeting
14	Payroll Check Date
25	Commissioners' Meeting
	Healthy Grilling at Hwy Building
28	Payroll Check Date
	Yoga Presentation



## Fireworks Safety Top Tips



### Leave Fireworks to the Professionals

- The best way to protect your family is to not use any fireworks at home. Instead, attend public fireworks displays and leave the lighting to the professionals.
- If you plan to use fireworks, make sure they are legal in your area.

### Be Extra Careful with Sparklers

- Little arms are too short to hold sparklers, which can heat up to 1,200 degrees. *How about this?* Let your young children use glow sticks instead. They can be just as fun but don't burn at a temperature hot enough to melt glass.
- Closely supervise children around fireworks at all times.

### Take Necessary Precautions

- Do not wear loose clothing while using fireworks.
- Never light fireworks indoors or near dry grass.
- Point fireworks away from homes, and keep away from brush, leaves and flammable substances.

### Be Prepared for an Accident or Injury

- Stand several feet away from lit fireworks. If a device does not go off, do not stand over it. Put it out with water and dispose of it.
- Always have a bucket of water and/or a fire extinguisher nearby. Know how to operate the fire extinguisher properly.
- If a child is injured by fireworks, immediately go to a doctor or hospital. If an eye injury occurs, don't allow your child to touch or rub it, as this may cause even more damage.

[www.safekids.org/fireworks](http://www.safekids.org/fireworks)

Keep in mind . . . . .



# NEWS FROM THE WELLNESS/ACTIVITIES COMMITTEE

1. **In April**—Wellness Joke Contest for National Stress Awareness/Humor Month—we received a couple great jokes (see front page of this newsletter). The winners of the Wellness Joke Contest were Traci Corson, Social Services; and Alexis Hall, Public Health. Both chose their \$10.00 gift cards to be from the Sweet Stop and Sandwich Shoppe. Congratulations Traci & Alexis!!!!

Alexis Hall, “Jogged a mile...”

Traci Corson, “Wait, maybe if I .....”



2. **In May**—Department vs. Department Walking Challenge—we had five (5) teams competing. Social Services teams were “Social Steppers 1” and “Social Steppers 2,” Public Health’s team was “Going the Distance,” Highway’s team was “Pavement Pounders,” and the Coordinator’s Office team was “Cruisers.” The Social Steppers 1 turned out to be the winning team with a total step count of 326,087 with the Pavement Pounders not far behind. The Social Steppers 1 team members were Deb Curry, Traci Corson, Kevin Olson, Valerie Arnold, Christina Bothun, and Alison Tufte.

## **Congratulations to the Social Steppers 1 Team!**



3. **In June** —Hydrate in the Heat Water Challenge—employees kept track of their water intake by crossing out a water glass on their weekly tracking form every time they drank 8 oz. of water. Only water counted in the challenge. The challenge started on June 3rd and went through June 30th. The winner of the Hydrate in the Heat Water Challenge was Traci Corson in the Social Services Office. **Congratulations, Traci!!!** Traci won three \$10.00 gift certificates to any Fillmore County business of choice. Thanks to all who participated in this wellness challenge.

The Wellness/Activities Committee also planned a picnic at the Preston City Park for all employees and their families, including grandchildren on Tuesday, June 26th and a Wellness Week was planned that started on Monday, June 25th, that went through Friday, June 29th. Daily topics were the focus with samples of sun screen, insect repellants and hand sanitizers plus various freebies and lots and lots of information shared with employees when they attended a presentation. Free smoothies were handed out on Friday, June 29th to cap off the week.

4. **In July**—Summer Olympics Wellness Challenge—will run July 1-31, 2018 and will challenge employees to get out in the great outdoors and share activities with their families by completing a BINGO card. All completed “single” BINGO cards will be placed in a drawing to win a \$10.00 gift certificate and all “blackout” BINGO cards will be placed in a drawing to win a \$20.00 gift certificate.

## MORE NEWS FROM THE WELLNESS/ACTIVITIES COMMITTEE

5. **In August**—Jessica Holst, Registered Dietician, will provide a lunch and learn and a 5-A-Day Challenge celebrating our Farmer's Markets in the County. Employees will have another chance to win a \$20.00 gift certificate.
6. **In September**—We will have another Healthy Grilling event catered by Ody's Country Meats, plus we will have Yoga instruction with another opportunity to win a \$10.00 gift certificate. Watch for upcoming details!

**Wishing you all a safe and happy summer!!! Stay healthy!!!!**



### WELLNESS & ACTIVITY COMMITTEES

Cristal Adkins, Duane Bakke, Kari Berg, Dan Dornink, Leroy Eickhoff, Ann Fretland, Vicky Giese, Jessica Holst, Audrey Inglett, Mitch Lentz, Danae Murphy, Brenda Pohlman, Darrell Schmitt, Terry Schultz & Bobbie Vickerman



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives, Protecting People™

### About Antibiotic Prescribing and Use

CDC encourages healthcare professionals, patients, and families to learn more about antibiotic prescribing and use.

Here are seven facts you should know to **Be Antibiotics Aware**:

1. Antibiotics save lives. When a patient needs antibiotics, the benefits outweigh the risks of side effects or antibiotic resistance.
2. Antibiotics aren't always the answer. Everyone can help improve antibiotic prescribing or use.
3. Antibiotics do not work on viruses, such as colds and flu, or runny noses, even if the mucus is thick, yellow or green.
4. Antibiotics are only needed for treating certain infections caused by bacteria. Antibiotics also won't help some common bacterial infections including most cases of bronchitis, many sinus infections, and some ear infections.
5. An antibiotic will not make you feel better if you have a virus. Respiratory viruses usually go away in a week or two without treatment. Ask your healthcare professional about the best way to feel better while your body fights off the virus.
6. Taking antibiotics creates resistant bacteria. Antibiotic resistance occurs when bacteria develop the ability to defeat the drugs designed to kill them.
7. If you need antibiotics, take them exactly as prescribed. Talk with your doctor if you have any questions about your antibiotics, or if you develop any side effects, especially diarrhea, since that could be a *C. difficile* (*c. diff*) infection which needs to be treated right away.



## Are you over-hydrated?

By Gundersen Nutrition Therapy

**We all know the possible health problems brought on by being dehydrated, but can you ever be overhydrated?**

Over-hydration occurs when someone drinks too much water which affects our electrolytes. Electrolytes (sodium, potassium, magnesium, chloride and calcium) need to be in balance in order to maintain healthy blood, heart rhythm, muscle function and other important functions. Drinking too much water, can cause the electrolyte levels in the body to get out of whack and cause sodium levels plummet. The nerve and heart issues that occur with over-hydration can be deadly.

**Though it doesn't happen very often** (there have only been 14 confirmed over-hydration deaths), all have occurred in athletes. Either under the impression that over-hydration will lead to better performance or simply trying to prevent dehydration, athletes who drink too much water end up hyponatremic (with low sodium). Even sports drinks which contain some sodium are mostly made of water and consuming too much can lead to the same issues.

**For most people, dehydration is the much greater issue.** However, if you suspect you may be overhydrated, look for symptoms like cloudy thinking, nausea and vomiting, muscle weakness, spasms or cramps and headaches. In severe cases, symptoms could include mental confusion, seizures, unconsciousness and even coma. The first treatment is to stop drinking fluids which will help someone recover in a few hours. However, with more severe symptoms, immediate medical attention is necessary.

To prevent overhydrating, use your thirst cues and urine color as a guide. Drink water when you are thirsty and until your urine is light yellow to clear. **Avoid drinking more than 1 liter of fluid \* per hour** which will allow your kidneys to get rid of excess water. If you are experiencing excessive thirst, tell your doctor right away, as this may be a symptom of another serious health issue.

\*(1 liter = roughly 4 cups)

**GUNDERSEN**  
HEALTH SYSTEM®



Attitude is everything,  
so pick a good one.

Wayne W. Dyer

quotefancy

## 20 Ways to IMPROVE Attitudes

Being positive *most* of the time allows you to enjoy life more. Here are 20 practical ideas to help get a positive attitude and keep it.

1. **Be Yourself** — Do more of the things you love. It is the only way to be happy.
2. **Improve Yourself** — If you're improving, even a little bit, you'll be more positive.
3. **Help Others** — Nothing makes a person feel better than helping others in need. When you help others, you can't help but be more positive.
4. **Take an Attitude Inventory** — Your attitude and those around you.
5. **Birds of a Feather** — You will eventually become like the people you hang around. Keep yourself in the company of positive thinking people. Distance yourself from the doom and gloomers, find more positive [Do] people to spend time with.
6. **Be Selective** — Of information you get. Garbage in, Garbage out.
7. **Be a Doer** — Rather than a watcher. Take a walk rather than watching *The Biggest Loser*.
8. **Be an Attitude Warrior** — If you don't defend your attitude, who will?
9. **Don't Be Perfect** — Bad crap happens to good people. Don't expect to be positive 100% of the time, just try to be positive as often as possible.
10. **One of Those Days** — It's OK to have one of those days, just not five years in a row.
11. **Choose** — You're responsible for your own attitude; others do not control how you think. Decide to be positive and make it happen.
12. **Relax** — Don't fight a challenging situation, it only makes it worse. Relax, breathe and accept it.
13. **Affirmations** — Think positive thoughts and say positive things to yourself. It might seem goofy but it works!
14. **Be Grateful** — For what you have. There is always something to be grateful for.
15. **Laugh** — Bring more laughter into your life.
16. **Pray or Meditate** — For a couple minutes every day. You'll be surprised how positive this can be.
17. **Celebrate** — Your own successes and the successes of those around you as often as you can.
18. **Have a Plan** — It lets you stay focused on where you are going instead of getting bogged down in the day to day drama.
19. **Control Your Environment** — You make choices everyday about where you live, the work you do and where you go. If your environment isn't supporting your positive attitude, change it.
20. **Be Selfish** — Take care of YOU first. Give yourself permission to make *YOU* a priority.

Attitude ↕



Gratitude

*The above information was taken from a Community Connection put out by the F & M Community Bank.*



## Cheat Sheet for Men’s Cancer Screenings and Good Health

CDC supports screening for colorectal (colon) and lung cancers as recommended by the U.S. Preventive Services Task Force. This “cheat sheet” lists the different types of cancer screenings that are available to men. But remember, there’s more to your health than just cancer screenings. Yearly exams give you the opportunity to talk to your doctor about your family health history, and ask about tests you may need for other diseases or conditions such as diabetes, high blood pressure, or cholesterol.

Type of Cancer	Screening Method	When to Get Screened*
Colorectal (colon) cancer	Colonoscopy, sigmoidoscopy, or fecal occult blood testing (FOBT)	If you are 50 to 75 years old, get tested. The schedule depends on the type of test used.
Lung cancer	Low-dose CT scan	If you are 55 to 80 years old and are a heavy smoker or a past smoker who quit within the last 15 years, get a low-dose CT scan every year.
Prostate cancer	Digital rectal exam (DRE) and prostate specific antigen (PSA) test	Talk to your doctor. The USPSTF recommends against PSA screening for men who do not have symptoms.
Skin cancer	Periodic total-body examinations by a clinician	Talk to your doctor. The USPSTF has concluded that there is not enough evidence to recommend for or against routine skin cancer screening.

\*Talk with your doctor about when and how often you should be screened. Depending on your personal health history, family health history, or screening results, your doctor may recommend a different screening schedule.

Other Conditions or Diseases	Screening or Testing Method	When to Get Screened or Tested

### More Information

Cancer Screening Tests [www.cdc.gov/cancer/dpcp/prevention/screening.htm](http://www.cdc.gov/cancer/dpcp/prevention/screening.htm)

Blog post: Overwhelmed by Too Many Health Tips? <http://blogs.cdc.gov/cancer/2016/06/13/mens-cancer-screening-cheat-sheet/>

Preventing Infections in Cancer Patients [www.cdc.gov/cancer/preventinfections/](http://www.cdc.gov/cancer/preventinfections/)



## Upcoming events in the area to keep you active—

BE SURE TO MARK YOUR CALENDARS



### Harmony's 4th of July Celebration

June 29th—July 4th, 2018

Hit the pancake breakfast at the Harmony Fire Hall, the "Best Shot 9-Hole Golf Tourney at the Harmony Golf Course, the free Ma & Pa Kettle Marathon at the JEM Theater, toad races, classic car show, smoked pork chop dinner, balloon animals and entertainment by Clown Roundup, food vendors, kiddie pedal pull, beer tent, kiddie parade, grand parade, youth painting activity, petting zoo, Jim Busta Band featuring Mollie B, BINGO, pony cart and train rides and FIREWORKS!!! **Celebrate 4th of July in Harmony!!!**



### Be sure to check out the FILLMORE COUNTY FAIR JULY 16-22, 2018

Enjoy the horse, sheep, goat, rabbit, poultry, swine and beef shows; the food, the mutton bustin, the T & C rodeo, the pedal tractor pull, the food, the demolition derby, the Wild Things Zoo Attractions, the bands and the beer barn.

**See you there!!!**



### Uff-Da Days in Ostrander July 12-15, 2018



### ATTEND RUSHFORD DAYS

July 16-22, 2018



Queen pageant, Beer & Wine & Cheese tasting, Car Cruise Night, Food vendors, mutton bustin, RASA's Summer theater: "Mary Poppins," pancake breakfast, Shoebox 5 K run/walk, softball tournament, photo contest, basketball competitions, pedal tractor pull, trap shoot, Lions Pork Chop dinner, tractor pull, car show, teen dances, large petting zoo, hog roast, kids activities, euro-bungy jumper, foam archery combat, bean bag tournament, BINGO and family dance. **You will not want to miss it!**

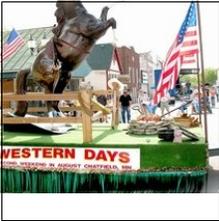


### Marks the 34th Year!!! BUFFALO Bill Days Aug 3rd, 4th & 5th, 2018

Lanesboro's city-wide festival, marketplace, food booths, entertainment, dances, volleyball and softball tournaments, grand parade and fireworks!!!!

**Be sure to  
join in  
on the fun!!!!**





## Chatfield Western Days

August 9—12, 2018

*Chatfield will celebrate their 51st  
Chatfield Western Days celebration.*

*The traditional Saturday grand parade  
will be on Saturday, August 11th at 1:00 p.m. This parade  
will include all the crowd's favorites, kid pleasers, bands  
and horses.*

*Hope you will be able take in all of the fun!*

Plan to attend the 19th Annual  
**MABEL 50's & 60's DAY**  
(2nd Saturday in August annually)  
**Saturday, August 11th, 2018**

Classic Car Show and Dance!

The Memory Brothers with  
special musical guests  
Keith Zeller & Erik Berg



**Attend Spring Valley Ag Days**—Visit the Spring Valley Historical Society Museum and attend the Brave Community Theater “A Thirties Affair” at the SV Community Center. There will be Antique Tractor, Quilt and Garden Club Flower Shows; golf, softball & volleyball tournaments, kickball for the kids, kids bean bag tourney, tree climbing event for kids, corn husking, fishing contest, 6K run & little husker 1 K, lots and lots of food, music, inflatable bounce houses, sand pile with toy dump truck giveaway, magic & comedy show, GRAND PARADE, zebra cake eating contest, BBQ cook-off, best cocktails of SV contest, beer tent, open swim and fireworks!! Did I mention that there will be lots of great food? Lots of fun, fun, fun for everyone!!! You won't want to miss Spring Valley Ag Days!

### Taste of the Trail



Bike or hike your way  
through the Root River  
Trail system and enjoy all

of the wonderful features of each  
community along the trail.

Three Saturdays after Labor Day in  
**September** from 10 a.m.—3:00 p.m.

1st Sat—Lanesboro, Peterson &  
Whalan

2nd Sat—Harmony, Preston, &  
Fountain

3rd Sat—Rushford, Rushford Village  
& Houston



**Abby's Concessions, Boomer Backyard BBQ, Beer Tent, BINGO, Bands, Community Breakfast, Bloody Mary Contest, Hanson's Girls Bounce House, Depot Tours, Bean Bag Tournament, Poker Run, Talent Show, BBQ Awards Ceremony, topped off with the delicious Assumption Catholic Church Meatball dinner on Sunday! Make plans to attend!!!**

## 66th Annual Hesper—Mabel Steam Engine Days September 8-9, 2018



Craft show, quilt show, model railroad show, New Wild Things Zoo attractions, stage activities, Little Miss and Queen Coronations, Hoefer Family Power Pedal Pull, Bean bag tourney, BINGO, Jolly Jumpz Amusements, Little Blue Choo Train, Tri-State Pullers Tractor/Truck pull, Dance, Mutton bustin, Parades and Fireworks! Did I forget food? YES, there will be food!!! Hope you can join in all of the fun!!!!

### WYKOFF

Fall Festival  
September 21—23, 2018

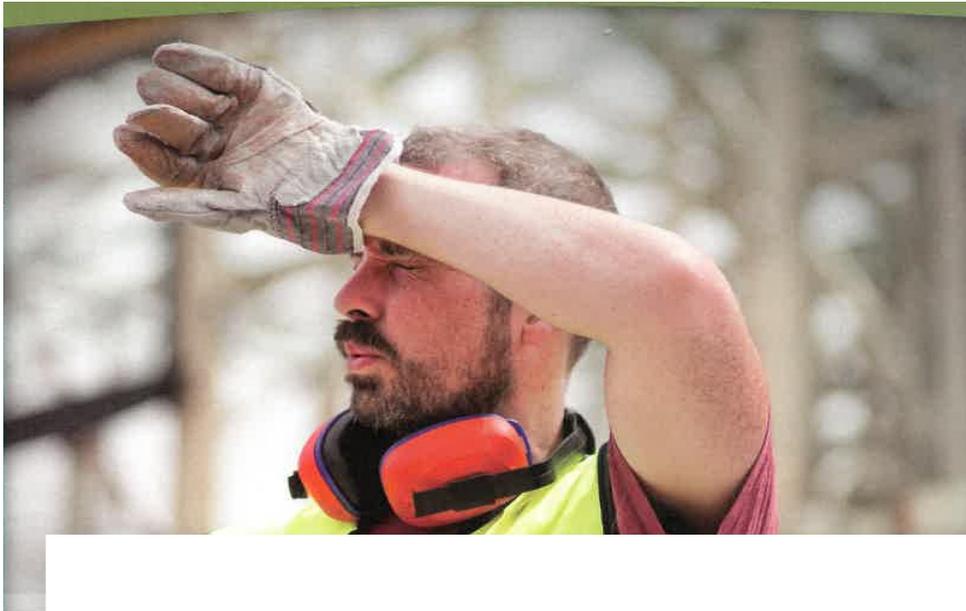




## Working Well

THE NEWSLETTER OF OCCUPATIONAL HEALTH SERVICES

OCCUPATIONAL  
HEALTH SERVICES



## Summer Heat in Southeast Minnesota

Many people are exposed to heat on the job, outdoors, or in hot indoor environments. Operations involving high air temperatures, radiant heat sources, high humidity, direct physical contact with hot objects, or strenuous physical activities have a high potential for causing heat-related illness. Workplaces with these conditions may include iron and steel foundries, nonferrous foundries, brick-firing and ceramic plants, glass products facilities, rubber products factories, electrical utilities (particularly boiler rooms), bakeries, confectioneries, commercial kitchens, laundries, food canneries, chemical plants, mining sites, smelters, and steam tunnels.

Outdoor operations conducted in hot weather and direct sun, such as farm work, construction, oil and gas well operations, asbestos removal, landscaping, emergency response operations, and hazardous waste site activities, also increase the risk of heat-related illness in exposed workers.

Every year, thousands of workers become sick from occupational heat exposure - and some even die. These illnesses and deaths are preventable.

### Who could be affected by heat?

Workers exposed to hot indoor environments or hot and humid conditions outdoors are at risk of heat-related illness, especially those doing heavy work tasks or using bulky or non-breathable protective clothing and equipment. Some workers might be at greater risk than others if they have not built up a tolerance to hot conditions, or if they have certain health conditions. The table below shows some environmental and job-



specific factors that increase the risk of heat-related illness.

## Factors That Put Workers at Greater Risk

- Environmental high temperature and humidity
- Radiant heat sources
- Contact with hot objects
- Direct sun exposure (with no shade)
- Limited air movement (no breeze, wind, or ventilation)
- Job-specific physical exertion
- Use of bulky or non-breathable protective clothing and equipment

## Why is heat a hazard to workers?

When a person works in a hot environment, the body must get rid of excess heat to maintain a stable internal temperature. It does this mainly through circulating blood to the skin and through sweating.

When the air temperature is close to or warmer than normal body temperature, cooling of the body becomes more difficult. Blood circulated to the skin cannot lose its heat. Sweating then becomes the main way the body cools off. But sweating is effective only if the humidity level is low enough to allow evaporation, and if the fluids and salts that are lost are adequately replaced.

If the body cannot get rid of excess heat, it will store it. When this happens, the body's core temperature rises and the heart rate increases. As the body continues to store heat, the person begins to lose concentration and has difficulty focusing on a task, may become irritable or sick, and often loses the desire to drink. The next stage is most often fainting and even death if the person is not cooled down.

Excessive exposure to heat can cause a range of heat related illnesses, from heat rash and heat cramps to heat exhaustion and heat stroke. Heat stroke can result in death and requires immediate medical attention.

Exposure to heat can also increase the risk of injuries because of sweaty palms, fogged up safety glasses, dizziness, and burns from hot surfaces or steam.

## How can heat-related illness be prevented?

Heat-related illnesses can be prevented. Important ways to reduce heat exposure and the risk of heat-related illness include engineering controls, such as air conditioning and ventilation that make the work environment cooler, and work practices such as work/rest cycles, drinking water often, and providing an opportunity for workers to build up a level of tolerance to working in the heat. Employers should include these prevention steps in worksite training and plans. Also, it's important to know and look out for the symptoms of heat-related illness in yourself and others during hot weather. Plan for an emergency and know what to do — acting quickly can save lives!

Article from <https://www.osha.gov/SLTC/heatstress/>



## Slow cooker chicken lo mein recipe

Makes 6 servings

### Ingredients

- 1 lb. boneless, skinless chicken breasts
- Salt, to taste
- Black pepper, to taste
- 3 cups lo mein noodles, cooked according to instructions on package
- 2 cups broccoli florets
- 1 cup matchstick carrots
- 1 (5 oz.) can sliced water chestnuts
- 2 Tbsp. cornstarch
- 3 Tbsp. cold water

### Sauce

- $\frac{3}{4}$  cup low sodium chicken broth
- 3 Tbsp. oyster sauce
- 2 Tbsp. soy sauce
- 3 tsp. hoisin sauce
- 2 Tbsp. honey
- 2 garlic cloves, minced
- $\frac{1}{2}$  Tbsp. fresh ginger

### Preparation

Lightly season both sides of chicken breasts with salt and pepper, to taste. Place in the bottom of slow cooker and set aside. In a medium bowl, whisk together all the ingredients for the sauce and pour over chicken. Cook for 3-4 hours on low (until chicken reaches an internal temperature of 165 degrees F), stirring occasionally and flipping chicken to distribute sauce evenly.

When chicken is done cooking, move from slow cooker to cutting board and cut into  $\frac{1}{2}$ -inch cubes. Meanwhile, steam broccoli and carrots for about five minutes, until just soft. Mix together cornstarch and water and add to sauce in slow cooker to thicken. Place chicken, broccoli, carrots and water chestnuts to slow cooker and cook on high for an additional 30 minutes. When ready, stir in noodles and serve.

**Nutrition analysis per serving:** 330 calories, 5 g fat, 24 g protein, 46 g carbohydrate, 2 g fiber, 850 mg sodium

# Employee News

## Welcome Corinne Haugen!

Corinne joined the Fillmore County District Court Department as Judge Matthew J. Opat's new law clerk in April, 2018. Corrine lives in Harmony with her husband Olaf and three children. She's a graduate of Mabel-Canton High School and earned her Juris Doctorate from Mitchell Hamline Law School in May, 2018.

*Congratulations, Corinne!*



**Congratulations to the Honorable Judge Matthew J. Opat, Third Judicial District, who will be celebrating 5 years on the bench on June 28th!**

**Congratulations Judge Opat!**

## RETIRING ...CONGRATULATIONS!

Cindy Mensink—will be retiring from the County Attorney & Coordinator Offices effective July 26, 2018 after 34 years of service for the County.

We wish you a wonderful retired life ahead Cindy!

You will be missed, but never forgotten!!

Congratulations & Best Wishes!!!



## Welcome Aboard...

### Welcome New Employees!

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

**Logan Dyreson & Colten Kraling**, Highway Summer Help

**Randy Allen**, Intermittent Deputy Sheriff, Sheriff's Office

**Crystal Smith**, Intermittent Dispatcher, Sheriff's Office

**Katie Isenberg**, Accounting Technician, Sheriff's Office

**Roxane Alden**, Property Appraiser, Assessor's Office

**Bailey Peterson**, Paralegal, County Attorney's Office

