



# COUNTY OF FILLMORE May / June 2011 Employee News

## UPCOMING EVENTS:

### MAY

- 3 Commissioners' Meeting

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- 6 - National Nurse Week
- 12 [www.nursingworld.org](http://www.nursingworld.org)

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- 6 Payroll Check Date

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- 8 Mother's Day

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- 10 Commissioners' Meeting

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- 20 Payroll Check Date

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- 24 Commissioners' Meeting

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- 30 Memorial Day (Holiday)

### JUNE

- National Safety Month  
[www.nsc.org/nsm](http://www.nsc.org/nsm)
- 3 Payroll Check Date
- 7 Commissioners' Meeting
- 14 Commissioners' Meeting
- Flag Day
- 17 Payroll Check Date
- 19 Father's Day
- 28 Commissioner s' Meeting



## Health & Wellness

### 8 Benefits of Strength Training



Strength training does not just improve your appearance. There are many other health benefits. Working out with weights can help increase strength, build strong bones and help you reach and maintain a healthy weight.

#### What is strength training?

Strength training is also called weight or resistance training. It is exercise using free weights or machines that add resistance through a range of motion. By increasing the workload on muscles, resistance training builds strength and mass.

The benefits:

**Strength for life.** Working with weights can help to both maintain and increase strength.

Our muscles shrink with age and lack of use. Many people over 65 cannot lift much more than 10 pounds. Yet, they are just as capable of gaining that strength back - or would never have lost it in the first place - with even a light weightlifting routine.

**Strong bones.** Older adults, especially women, lose bone density with age. Women lose 1 percent to 2 percent of their bone mass per year after menopause. A sedentary life makes bone loss worse and can lead to osteoporosis. Combining weightlifting with a proper diet (getting enough calcium) can increase bone density and help prevent fractures.

**Flexibility and balance.** Flexibility decreases with age, especially in those with arthritis. Weight training can help lessen joint pain as well as preserve and improve range of motion. Further, balance improves in older people on a resistance training program. That reduces their risk of falling.

**Weightlifting as aerobic exercise.** Weight training with lighter weights and more repetitions (such as 12 to 15) gives a good heart workout. The cardiovascular benefits of strength training can help many older people. Using lighter weights may not build lots of muscle, but it will be intense enough to strengthen the heart, especially if rest between sets is limited (e.g., one minute or less).

**Weight management.** Muscle burns more calories than fat. Weight training, combined with cardiovascular workouts (running or swimming), puts on enough muscle mass to rev up the metabolism. This helps you to reach a healthy weight if you are dieting and are overweight or obese. The extra muscle also helps you to keep a healthy weight.

**Better blood sugar control.** Studies show that weight training helps people with diabetes keep blood sugar in the normal range.

**Play better and safer.** Weight training builds muscle in key areas that are vulnerable to injury, such as the lower back. Weight training also protects you when playing sports. The knee, for instance, is less prone to injury from running when the runner does leg exercises on off days.

**A healthy state of mind.** Weightlifting or strength training helps people feel good and may even improve some symptoms of depression. The added strength and improved physique often boosts self-esteem and bolsters confidence.

**Be sure to see your doctor before you start any weight training program, especially if you have heart disease, high blood pressure or any other chronic health conditions. Before you pick up those weights - get a checkup if you haven't worked out in a long time.**

# INTRODUCING \*\*\*\*\*

## THE MAY, JUNE & JULY ACTIVITY CHALLENGE

PRESENTED BY THE FILLMORE COUNTY WELLNESS COMMITTEE

(Leroy Eickhoff, John Grindeland, Karen Brown, Jennifer Peterson, Brenda Pohlman & Audrey Inglett)

To encourage physical activity as part of a healthy lifestyle, the Wellness Committee is proud to introduce a new “Activity” challenge for the months of May, June and July. Employees will need to complete an activity card for a chance to win a MN State Park Pass, good for one full year. You will have three (3) chances to win!

Activity cards listing twelve (12) types of activities will be delivered to each of the Fillmore County buildings for employees to complete twenty-five (25) out of a total of thirty-six (36) activity boxes. Each activity has three (3) boxes before it. Check a box each time you complete that activity.

Turn the completed activity card into a Wellness Committee member by the last day of the month. Boxes for the completed activity cards will also be placed in each building. A name will be drawn for the months of May, June and July from the completed activity cards submitted and the winner announced the “first week” of the following month.



### The 12 types of activities are as follows:

1. Park far away from work and walk
2. Bike or hike for 30 minutes
3. Physical activity of choice for 30 minutes
4. Weight (strength) training
5. Twenty-five (25) push-ups
6. Perform any household chore
8. Sport or recreation activity
9. Stretch break for 15 minutes
10. Walk for 30 minutes
11. One less hour of “screen” time—such as TV, video games or computer
12. Yard work

**START DATE FOR THIS CHALLENGE: May 1, 2011**



## Top 10 Easy Ways to Conserve

1. **Lighten the Load**—Any electronic item that has a clock, a light or feels warm when turned “off” could actually still be using 40% of its “on” power. Common sources of this phantom load include: VCRs, TVs, CD players, cell phone and battery chargers, microwave ovens and coffee makers. Consider plugging these items into a power strip so you can cut power to several units at once.
2. **Turn It Off**—Every time you walk out of a room, turn off the lights, music, TV and other unused electronics. TVs alone account for 4% of the nation’s annual residential electricity consumption and plasma TVs can use as much electricity as a refrigerator in a year.
3. **Get Some Shower Power**—Conserve water and the energy used to treat, move and heat it by installing a low-flow shower head.
4. **Set It and Forget It**—Manual thermostat adjustments can waste a lot of energy. Programmable thermostats are easy to install and use and they can pay for themselves with the energy they save. Look for models that let you set daytime, evening and overnight temperatures. For every 8 hrs. that you roll back 1 degree F, you’ll save 1% on your energy bill.
5. **Get an AC Checkup**—Central air conditioners need tune ups every 3 yrs. If your unit is more than 15 yrs old, then it may be time for a new one.
6. **Make Your Furnace Functional**—An annual inspection of your furnace will improve its efficiency, while also assuring you of its ongoing safety.
7. **Get a Smarter Bulb**—Compact fluorescent lights (CFLs) use 75% less energy than regular bulbs, last 10 times as long and generate 70% less heat.
8. **Make Your Holidays Brighter**—Decorate with LED (Light Emitting Diodes) lights and you’ll use only 1% of the energy that was required for your old, standard string bulbs.
9. **Run the Numbers**—Invite an energy assessor to evaluate the efficiency of your home. The assessor will evaluate your home’s insulation, then plug or caulk holes.
10. **Be an ENERGY STAR**—When you buy new appliances and electronics—look for the ENERGY STAR LOGO. Learn more at [www.energystar.gov](http://www.energystar.gov).



## **Click It or Ticket**

National Enforcement Mobilization  
Campaign Headquarters



MAY 23 - JUNE 5, 2011

### **The top 5 things you should know about buckling up.**

#### **1 Buckling up is the single most effective thing you can do to protect yourself in a crash.**

In 2008, seat belts saved more than 13,000 lives nationwide. From 2004 to 2008, seat belts saved over 75,000 lives — enough people to fill a large sports arena. During a crash, being buckled up helps keep you safe and secure inside your vehicle, whereas being completely thrown out of a vehicle is almost always deadly. Seat belts are the best defense against impaired, aggressive, and distracted drivers.

#### **2 Air bags are designed to work with seat belts, not replace them.**

In fact, if you don't wear your seat belt, you could be thrown into a rapidly opening frontal air bag; a movement of such force could injure or even kill you. See [www.safercar.gov](http://www.safercar.gov) for more on air bag safety.

#### **3 How to buckle up safely:** Follow the guidelines below.

- \* Place the shoulder belt across the middle of your chest and away from your neck.
- \* Adjust the lap belt across your hips below your stomach.
- \* **NEVER** put the shoulder belt behind your back or under an arm.

#### **4 Fit matters.**

- Before you buy a new car, check to see that its seat belts are a good fit for you.
- Ask your dealer about seat belt adjusters, which can help you get the best fit.
- If you need a roomier belt, contact your vehicle manufacturer to obtain seat belt extenders.
- If you drive an older or classic car with lap belts only, check with your vehicle manufacturer about how to retrofit your car with today's safer lap/shoulder belts.

#### **5 Occupant protection is for everyone.**

Visit the National Highway Traffic Safety Administration Web site at [www.nhtsa.gov](http://www.nhtsa.gov) and click on **4 Steps for Kids** to find out how to secure your littlest passengers. If you're expecting a little one, check out NHTSA's "**Should pregnant women wear seat belts?**" brochure online to learn how important it is for you — and your unborn child — to buckle up the right way every trip, every time.



# EMPLOYEE NEWS



## Welcome Aboard...

### Welcome

#### JOEL JOHNSON!

Joel will be working as a part-time Deputy Sheriff in the Law Enforcement Center.

### Welcome

#### STEVEN GARRETT!

Steven will be working as a part-time Deputy Sheriff in the Law Enforcement Center.

## CONGRATULATIONS!

### Congratulations

#### Deb Ristau!

Effective April 15, 2011 Deb was promoted to Financial Assistance Supervisor in the Community Services, Social Services Division.

## Moving on...

Effective April 8, 2011 **MELISSA KIEHNE** resigned her position as Public Health Nurse for the Community Services, Public Health Division. **THANK YOU & GOOD LUCK MELISSA!**



## & CONGRATULATIONS!



*You are invited to the Wedding Dance for Kayla Wangen, daughter of Karla Franzen, on May 21<sup>st</sup>, 2011 at 8:00 p.m. at Wheeler's in Harmony. Please come and help celebrate the Wedding of the soon to be Kayla and Jack Eiken.*



Jeff Cooper, Jeff Dyreson, Lee Dyreson, Chase Kramer, Justin Johnson, and Nathan Pike.

With Cabin fever taking its toll in Mid February—Jeff Dyreson, Jeff Cooper, and Nathan Pike planned a Wild Hog hunting trip which took place April 7<sup>th</sup> – 11<sup>th</sup> in Oklahoma. In addition to the three county employees, Jeff Dyreson's oldest son Lee, and two other friends of Jeff's – Justin Johnson and Chase Kramer, came along as well.

The location was Duchess Creek Ranch near Porum, Oklahoma.

Check out Jeff Cooper's account of the trip at <http://bigcoop71.blogspot.com/>



## 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 [ainglett@co.fillmore.mn.us](mailto:ainglett@co.fillmore.mn.us)