



COUNTY OF FILLMORE May / June 2012

Employee News

UPCOMING EVENTS:

MAY	
1	Commissioners' Meeting
4	Payroll Check Date
6 -	National Nurse Week
12	www.nursingworld.org
8	Commissioners' Meeting
13	Mother's Day
18	Payroll Check Date
22	Commissioners' Meeting
28	Memorial Day (Holiday)



JUNE	
National Safety Month www.nsc.org/nsm	
1	Payroll Check Date
5	Commissioners' Meeting
12	Commissioners' Meeting
14	Flag Day
15	Payroll Check Date
17	Father's Day
26	Commissioners' Meeting
29	Payroll Check Date

Health & Wellness



Small changes can make a big difference to your health and wellness. If people made the choices to eat better, engage in more physical activity, reduce the harmful use of alcohol and quit smoking, at least 80% of all heart disease, stroke and type 2 diabetes – and over a third of cancers – could be prevented, according to the World Health Organization. Poor eating habits and lack of physical activity are the major contributing factors to being overweight and obese in the U.S.

Make healthy eating choices

Healthy eating can reduce the risk of chronic illness and disease, including the three leading causes of death: heart disease, cancer and stroke.

Healthy eating tips include:

- Make half your plate fruits and vegetables
- Make half the grains you eat whole grains – such as oatmeal, whole wheat bread and brown rice
- Choose fat-free or low-fat milk, yogurt or cheese
- Drink water instead of sugary drinks
- Choose lean sources of protein – such as seafood, turkey and chicken breast, eggs and beans
- Choose foods with less sodium – look for “low sodium” and “no salt added” on food packages
- Eat some seafood each week – such as salmon, tuna or crab
- Pay attention to portion size – when eating out, avoid “supersizing” your meal or take some home for later

Stay active

For substantial health benefits, adults are encouraged to engage in 30 minutes of moderate exercise*, five days a week. This can be done through activities such as:

- Taking a brisk walk at lunch
- Going for a bike ride after work
- Working in the yard
- Cleaning the house
- Joining a sports league
- Going to the gym
- Swimming laps at the pool

* Moderate activity is safe for most people. If you have a chronic health condition such as heart disease, arthritis, diabetes or other symptoms, talk with your doctor about the types and amounts of physical activity right for you.

National Nurses Week 2012

Nurses: Advocating, Leading, Caring

National Nurses Week is celebrated annually from **May 6**, also known as **National Nurses Day**, through May 12, the birthday of **Florence Nightingale**, the founder of modern nursing.

CONGRATULATIONS AND A BIG "THANK YOU" GOES OUT TO OUR COUNTY PUBLIC HEALTH NURSE STAFF IN HONOUR OF NATIONAL NURSES WEEK!!!

Tornado Safety

It is very important to be prepared in case of a tornado. If weather conditions are favorable for the development of tornadoes in your area, then a **tornado watch** is issued. If a tornado is spotted on the ground, or is indicated by Doppler Radar, then a **tornado warning** is issued. In either case, it is imperative to have a plan of action.



In the case of a **tornado watch**, it is important to stay tuned to your local weather reports in case the weather should take a

turn for the worse. Be prepared with a disaster supplies kit. It should include: batteries, flashlights, candles, matches, bottled water, a first aid kit, a NOAA weather radio, and other [additional items \(FEMA\)](#).

When a **tornado warning** is issued it is necessary to take appropriate shelter immediately.

1. If you are in a sturdy structure, such as a home or office building, get to the basement or designated severe weather shelter as quickly as possible. If there is no basement, then go to an internal room on the lowest floor. Stay away from windows.
2. If you are in a mobile home, try to get to a sounder structure. If there is no time, go to the center of your mobile home and protect yourself as best as possible.
3. If you are in a public setting (such as a mall, sporting event, school) listen to the people in charge as they have a plan of action designed to keep everyone safe
4. If you are in a car, try to get to a building as quickly as possible in a direction away from the tornado. **NEVER PARK OR HIDE UNDER A BRIDGE OVERPASS.** If you cannot safely outrun a tornado, or you are stuck in traffic, get out of your vehicle and get as far from the roadway as possible. Lie flat in a low spot until the tornado has passed. It is important not to stay in your vehicle since the violent winds can easily pick cars up and disperse them.
5. If you are outside (golfing, plowing) and are too far from a building, then the best course of action is to lie in a low ditch.
6. Tornadoes can form over water as well, and when they do they are called waterspouts. In this case, try to get to land while moving in the opposite direction of the waterspout. Once on land, look for an appropriate shelter.

After the tornado has passed, it is important to try to remain calm. People may require medical assistance. Be aware of downed power lines, broken gas pipes, and unsound structures.

Stress Management Techniques

Andrea Smothers, MSW, LICSW from Covered Bridge Family Resources, LLC gave a very enlightening presentation on stress management on Wednesday, April 11th.

GOOD NEWS—This presentation was video taped and now available for review—please contact the Coordinator's Office at **765-4566** to make arrangements to check out the DVD. The following are a couple of quotes that Andrea shared with us:

LIFE IS 10% WHAT HAPPENS, 90% WHAT WE DO WITH IT

AUTHOR UNKNOWN

LET GO OF THE EXPECTATION THAT THINGS WERE TO BE DIFFERENT

AUTHOR UNKNOWN



Local student selected for student scholarship by Fillmore County Commissioner Duane Bakke



(ST. PAUL, MN)—**Fillmore County Commissioner Duane Bakke**, Past President of the Association of Minnesota Counties (AMC), selected **Samantha Kiehne, a Fillmore Central High School Senior**, to receive the \$1500 AMC Student Scholarship during AMC’s Legislative Conference in St. Paul, March 21.

Candidates for the scholarship must demonstrate excellence in the classroom, actively participate in intra- and/or extra-curricular activities and serve as a role model for his or her peers. The scholarship recipient must also share the AMC vision of a future that contains active civic participation, community pride and a sense of community responsibility.

Kiehne has been involved in many activities and clubs that have included the National Honor Society, Scholar Club, SADD, Radio Show, Spanish Club, Newspaper, and delivering Meals on Wheels. Her interests gravitate toward music and the arts, which prompted her to join the Fillmore Central High School Choir and Tapestry Choral Group.

Kiehne was instrumental in bringing back the activity of cheerleading at the high school after it had been cut two years prior. She was chosen for the court of Miss Harmony as Miss Congeniality and is a member of the Harmony Arts Board.

Outside of school, Samantha is involved with a number of volunteer activities through her church, including a mission trip to New Orleans.

She will attend the University of Minnesota Twin Cities, majoring in chemistry at the college of liberal arts.

AMC is a voluntary statewide organization of Minnesota’s 87 counties that helps provide effective county governance to the people of Minnesota. Through intergovernmental relations, communications and education, AMC seeks to improve the operation of Minnesota’s county governments and the services that counties provide to their citizens.

Samantha Kiehne is the daughter of Melissa Kiehne and Ross Kiehne of Harmony.

ATTENTION: POKER RUN/WALK – ACTIVITY CHALLENGE COMING IN “JUNE”

**Watch for an upcoming team activity challenge called the “Poker Run/Walk. ”
You can win a free lunch for your team!**

DETAILS OF CHALLENGE WILL BE POSTED SOON!



STEPS FOR LIFE:

Stop illegal drugs.
Terminate smoking.
Exercise three to four times per week.
Pursue and maintain healthy body weight.
Snack nutritiously.

Fasten seat belts.
Obtain regular healthcare.
Reduce stress.

Limit animal fats.
Immunize.
Forget exposure to sun.
Eat more fruits, vegetables, and fiber.

It is asparagus season and that means it is spring!

“Keep bees and grow asparagus, watch the tides and listen to the wind instead of the politicians ...if you want to live the good life.” – Miriam Waddington, *Driving Home*, “Advice to the Young”



Health Benefits of Asparagus:

- 1. Feeds friendly bacteria:** Asparagus is one of the few vegetables containing a carbohydrate called *inulin*. Inulin promotes the growth and activity of these friendly bacteria in the intestines making it difficult for unfriendly bacteria to grow.
- 2. Anti-carcinogen:** Asparagus is the food highest in glutathione, an important anti-carcinogen according to the National Cancer Institute.
- 3. The root is used to treat urinary issues** as well as kidney and bladder stones.
- 4. Help with a hangover:** Researchers say amino acids and minerals in asparagus extract may ease hangovers and protect liver cells against the toxins in alcohol. “These results provide evidence of how the biological functions of asparagus can help alleviate alcohol hangover and protect liver cells,” said lead researcher B.Y. Kim, Institute of Medical Science and Jeju National University in South Korea.
- 5. Is used as a tonic** in Ayurvedic medicine.
- 6. Excellent source of folacin** which has been shown to help in the prevention of neural tube defects that cause paralysis and death in 2,500 babies each year.
- 7. Has many medicinal properties**, according to the ancient Romans.
- 8. Easy Weight Loss:** Like many vegetables, asparagus has very low [sugar](#) content, zero fat, a low glycemic index, [smart carbs](#) and lots of fiber.

Asparagus Recipe

Cook time: 10 minutes

INGREDIENTS

- 1 bunch of medium sized asparagus, about 1 lb
- 2 Tbsp of the most exquisite extra virgin olive oil
- 2 Tbsp freshly grated Parmesan cheese
- 1 teaspoon lemon zest - freshly grated lemon rind
- Salt and freshly ground black pepper

METHOD

- 1** Prepare the asparagus by rinsing them thoroughly, break off any tough, white bottoms and discard. Cut into 1 to 2 inch sections, slicing the asparagus at a slight diagonal.
- 2** Fill a medium sized saucepan half way with water, bring to a boil. Add the asparagus and reduce heat slightly to a simmer. Parboil the asparagus for exactly 2 minutes. Drain the hot water. While the asparagus are still hot, toss them in a bowl with the olive oil, Parmesan, and lemon rind. Salt and pepper to taste. Serve warm or room temperature.

Note that when you are working with so few ingredients, it's important to make sure they are of the highest quality.

Yield: Serves 4.

REMINDER: Swap & Shop

NOTE: The Swap & Shop list has been updated—check it out!

*Have office supplies that you or others
in your office aren't using?
Don't trash them – swap them!*

Contact [Audrey Inglett](#) ph: 507-765-4566; email: ainglett@co.fillmore.mn.us
for more information

EMPLOYEE NEWS



Welcome Aboard...

Welcome

JOHN DOLLAR

John will be working as a temporary PT Custodian in the Building Maintenance Dept.

Welcome

MARLA STANTON

Marla will be working as an Assistant County Attorney in the Attorney's Office

Welcome

HEIDI KNEPPER

Heidi will be working as a Property Appraiser in the Assessor's Office



Welcome to the World!

Audrey Inglett would like the world to know that she has a brand new grandson! Sean David Latten born April 17, 2012, weighing 8lbs, 4oz and 21" long. Parents Burke & Desiree (Inglett) Latten are doing well. **Welcome Sean!**



IT'S A BOY FOR DANA...

New Addition!

Beth Wilms, Community Services Director, is happy to announce that she has a brand new granddaughter born April 26, 2012. Her name is Lucienne.

Welcome Lucienne!
Congratulations!

Welcome to the World!

Jaxon James Larson was born April 18, 2012 to Danae Larson, GIS Coordinator, in the Records Office. He weighed 7 lb. 2 oz and was 19.5" long.

Welcome Jaxon!
Congratulations!



ENJOYING RETIREMENT...

Enjoy Retirement!

Rollie Olson – Is retiring as Maintenance Mechanic for the Sheriff's Department, effect. May 30, 2012
Linda Grabau– Is retiring as Public Health Nurse from the Public Health Department, effect. May 31, 2012
Michael Ask - Will be retiring as Chief Dispatcher/Jailer/EM for the Sheriff's Department, effect. May 31, 2012

We would like to thank Rollie, Linda and Mike for their service and dedication to the County and wish them a happy healthy retirement.

CONGRATULATIONS!

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