

Employee News

UPCOMING EVENTS:

OCTOBER

- 1 Commissioners' Meeting
- 2 Financial Wellness Presentation
- 4 Payroll Check Date
- 7 & 8 Get your Flu Shot!
- 8 Commissioners' Meeting
- 18 Payroll Check Date
- 22 Commissioners' Meeting
- 30 LEAN Training
- 31 Halloween Ghoulish Cook-Off



UPCOMING EVENTS:

DECEMBER

- 3 Commissioners' Meeting
- 9 - AMC Annual Conference
- 11
- 13 Payroll Check Date
- 17 Commissioners' Meeting
- 25 Christmas Holiday
- 27 Payroll Check Date
- Retirement Party
Karen Brown,
Coordinator
- 31 Commissioners' Meeting



Public Health Offers Flu Shots

The Centers for Disease Control and Prevention recommends that anyone over the age of six months obtain a seasonal flu vaccine each year as soon as it offered. This is especially true for people with health conditions or their care givers.

Fillmore County Public Health's goal is to vaccinate at least 700 community members as quickly as possible before flu season. To meet this goal, public health is offering both seasonal influenza injections and nasal mist at six public clinics held the following dates, times, and locations:

- Wednesday, October 2 from 3:00 to 5:00 PM at the Harmony Community Center – Room 1, 225 3rd Avenue SW, Harmony
- Thursday, October 3 from 4:00 to 6:00 PM at the American Legion Post 299, 114 North Main, Mabel
- **Monday, October 7 from 12:00 to 7:00 PM at the Fillmore County Office Building –Room 108**
- **Tuesday, October 8 from 9:00 AM to 3:00 PM at the Fillmore County Office Building - Room 108**
- Thursday, October 10 from 9:30 to 10:30 AM at the Wykoff Community Center, 226 Gold Street North, Wykoff

County employees may receive the vaccine free of charge whether or not they are on the County health plan. Family members who are on the County health plan may also get their flu shot at not cost if they bring their insurance information with them to the clinic. Those not on the County plan can get theirs for the cost of \$25.00.

To better and more quickly serve you, wear a short sleeve shirt and bring the age-appropriate completed vaccination form with you to a clinic. To complete your influenza vaccine paper work in advance, go to Public Health Forms online at <http://www.co.fillmore.mn.us/community-services/public-health/175-public-health-forms>

For more information, contact Public Health at 765-3898

UPCOMING EVENTS:

NOVEMBER

- 1 Payroll Check Date
- 5 Commissioners' Meeting
- 11 Veterans Day Holiday
- 12 Commissioners' Meeting
- 15 Payroll Check Date
- 26 Commissioners' Meeting
- 27 -28 Thanksgiving Holiday



Keep in mind



"Mr. Barnes is here again to speak about machine safety. Unfortunately, I missed his first speech."



"We're having a big meeting tomorrow to kick off our Employee Wellness Campaign. Who's in charge of bringing the soda and donuts?"



"How many times should I push the elevator buttons to equal the same calories as taking the stairs?"



“Prevent Kitchen Fires” —that’s the message of this year’s Fire Prevention Week, October 6-12, 2013

FACT

Scald burns are the leading cause of injury from microwave ovens.

MICROWAVE OVEN SAFETY

With busy lives, families rely on the microwave oven as a quick way to heat up a meal, warm up a drink or defrost dinner. While the convenience of the microwave oven is something we take for granted, safety should not be. By following a few simple safety tips you can prevent painful burns and possible fires.

SAFETY TIPS

PURCHASE a microwave oven that has the label of an independent testing laboratory. Make sure to complete and return the product registration card. This way the manufacturer can reach you if there is a recall on the product.

PLUG the microwave oven directly into the wall outlet—never use an extension cord.

MAKE sure the microwave oven is at a safe height, within easy reach of all users.

OPEN food slowly, away from the face. Hot steam or the food itself can cause burns.

FOOD heats unevenly in microwave ovens. Stir and test before eating or giving to children.

NEVER heat a baby bottle in the microwave. Since a microwave oven heats unevenly, it can create hot pockets, leading to burns. Warm a bottle in a bowl of warm—not hot or boiling—water, or by running it under the tap.

MICROWAVE USE

Always **supervise** children when they are using a microwave oven.

Use only **microwave-safe** food containers or dishes. Never use aluminum foil or metal in a microwave oven.

If you have a **fire** in the microwave, leave the door closed, turn the oven off and unplug it from the wall. If the fire does not go out, get outside and call the fire department.

Winter Root and Sausage Casserole

INGREDIENTS

- 1 large baking potato, cut into 1/2-inch cubes
- 1 large dark-orange sweet potato, peeled, cut into 1/2-inch cubes
- 2 medium carrots, sliced
- 1 medium parsnip, sliced
- 1 medium onion, chopped
- 1 lb. smoked sausage, sliced
- 1 (14 1/2-oz.) can ready-to-serve chicken broth
- 1 (14.5-oz.) can chunky tomatoes with garlic and Italian herbs, undrained
- 2 teaspoons sugar
- 1/2 teaspoon dried thyme leaves
- 1/4 teaspoon pepper
- 1/4 cup chopped fresh parsley

DIRECTIONS

- In 3 1/2 to 4-quart Crock-Pot® Slow Cooker, combine all ingredients except parsley; mix well.
- Cover; cook on low setting for 7 to 9 hours.
- Just before serving, stir in parsley.

Servings: 6

Nutrition Information

1 serving Calories 430 (Calories from Fat 230), % Daily Value Total Fat 25g 25% (Saturated Fat 9g, 9%), Cholesterol 50mg 50%; Sodium 1520mg 1520%; Total Carbohydrate 29g 29% (Dietary Fiber 4g 4% Sugars 8g 8%), Protein 21g 21%; % Daily Value*: Vitamin A 250%; Vitamin C 35%; Calcium 8%; Iron 15%;

*Percent Daily Values are based on a 2,000 calorie diet.





About Veterans Day

Veterans Day gives Americans the opportunity to celebrate the bravery and sacrifice of all U.S. veterans. However, most Americans confuse this holiday with Memorial Day, reports the Department of Veterans Affairs. It's imperative that all Americans know the history of Veterans Day so that we can honor our former servicemembers properly.



Veterans Day Fast Facts

By CNN Library

updated 2:19 PM EDT, Fri June 14, 2013

Facts:

Celebrated on November 11th every year.

There are 21.5 million veterans in the U.S., according to the Census Bureau.

November 11 - Veterans Day is celebrated on the anniversary of the end of World War I. World War I ended on the 11th hour of the 11th day of the 11th month of 1918.

Tomb of the Unknowns:

November 11, 1921 - The first Unknown Soldier is buried at Arlington National Cemetery.

1958 - Unknown Soldiers from World War II and the Korean War are buried next to the Unknown Soldier from World War I.

Services are held at 11 a.m. at the Tomb of the Unknowns in Arlington National Cemetery in Arlington, VA on Veterans Day. A combined color guard representing all military branches executes Present Arms at the tomb. The president lays a wreath on the tomb and taps is played.

The tomb has the words inscribed, "Here rests in honored glory An American Soldier Known but to God."

1984 - An unknown soldier from Vietnam is buried in Arlington National Cemetery. He is identified through DNA tests in 1998 as Michael Blassie, a 24-year-old pilot shot down in 1972 on the border of Cambodia.

VFW (Veterans of Foreign Wars):

The VFW is a congressionally-chartered, non-profit organization.

It was founded in 1899 when veterans of the Spanish-American War and the Philippine Insurrection start local organizations to advocate for rights and benefits for veterans.

The VFW advocates rights and benefits for veterans and offers assistance to veterans, including assistance with funeral services.

Posts offer members a place to socialize. Bingo, fish fries, dances and inexpensive drinks have been the hallmark of VFW posts.

Membership is open to "all US service members who have earned an overseas campaign or expeditionary medal and are currently on active-duty, in the Reserves or who have been honorably discharged..."

The first chapters started in Ohio, Colorado and Pennsylvania.

Timeline:

1919 - President Woodrow Wilson proclaims November 11 as Armistice Day.

1938 - Armistice Day becomes a federal holiday.

June 1, 1954 - President Eisenhower signs a bill changing Armistice Day to Veterans Day in order to include all U.S. veterans.

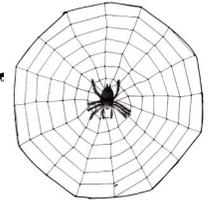
1968 - Congress changes the date of Veterans Day to the fourth Monday in October.

September 25, 1975 - President Gerald Ford changes the date of Veterans Day back to November 11. The change begins in 1978.

Have You Thanked a Veteran Today?



HALLOWEEN GHOULISH COOK-OFF



REMEMBER

*“Call the
Coordinator’s
Office at
765-4566 to
sign up to be
one of our
chefs by
October 21st”*

When: Thursday, October 31st

Where: Conference Rm. 108, Fillmore County Office Building

Time: 11:00 a.m. – 2:00 p.m.

Come and sample spooky main dishes and spooktacular desserts – vote for your favorite!!! The people’s choice award for each category will win a **\$50.00** gift certificate to a Fillmore County business of choice.

Please call the Coordinator’s Office at 765-4566 to sign up to be one of our sinister chefs in this ghoulish cook-off by Monday, October 21st

Hope you can come and enjoy some eerie fun!!!!!!!

WELLNESS COMMITTEE

Chuck Amunrud, Leroy Eickhoff, Danae Larson, Karen Brown, Audrey Inglett,
Jennifer Peterson, Brenda Pohlman & Darrell Schmitt



HAPPY HALLOWEEN!!!!



Gear Up for Safe Driving: Mind • Body • Vehicle

Whether you are driving for work, to and from work, or even to the grocery store, the time you spend in your vehicle can be the most dangerous part of your day. That is why this [next] week we will be observing Drive Safely Work Week, the annual safe-driving campaign sponsored by the Network of Employers for Traffic Safety (NETS.)

This year's theme is Gear up for safe driving: Mind – Body – Vehicle. You likely already know that vehicle maintenance is an important part of a safe trip. This year's campaign will highlight how being mindful of physical and mental wellness—along with the “health” of your vehicle—are all connected in making us safer, more attentive drivers.

Among other things, we'll cover tips for getting better sleep, limbering up before getting behind the wheel, strategic snacking, the importance of regular vision screening, making sure you have the best fit to your vehicle and that your vehicle is fit for a safe trip.

If you are presently committed to health and wellness, you'll discover how some of the things you are already doing positively affect your driving. But chances are everyone will find an area in which they might improve—as well as an opportunity to share some relatively simple actions with friends and family to help them be safer behind the wheel.

In addition to always wearing a seat belt, proper maintenance of mind, body and vehicle can go a long way toward getting you to where you're going safely. We trust you'll find the week to be interesting, informative and most likely even a little fun.

Founded in 1989, the Network of Employers for Traffic Safety (NETS) is an employer-led public-private partnership dedicated to improving the safety and health of employees, their families, and members of the communities in which they live and work, by preventing traffic crashes that occur both on and off the job. For more information on NETS, visit www.trafficsafety.org.



WELLNESS ACTIVITIES

We had another Poker Run Challenge that took place September 1—28, 2013. Employees earned a poker card after successfully completing a weekly fitness challenge. A bonus activity challenge weekly was also provided for the employee to earn additional cards for a greater opportunity to win a gift certificate. The prizes were a gift certificate to any Fillmore County business of choice in the amount of \$60.00 for 1st prize and \$40.00 for 2nd place. Participation was down this year as we only had 13 employees participate. The month of September proved to be quite hectic with training, conferences, flu shot clinics, etc. We will be sure to try this fitness challenge again next year.

The 1st prize winner of the Poker Run Challenge was **Kari, Schultz, PHN**, holding a “Flush” and wins the \$60.00 gift certificate with **Scott Johnson, Eligibility Worker**, the 2nd place winner, holding a “Full House” to win the \$40.00 gift certificate. **CONGRATULATIONS KARI & SCOTT!!!**

Daniel J. Enga, AFCPE, ACC, Financial Counselor from The Sand Creek Group, Ltd. gave a presentation regarding “Financial Wellness—Influences that Affect the Family” on Wednesday, October 2nd. If you were unable to attend and would like to see the presentation, it was videotaped. Please call the Coordinator's Office at 765-4566 to sign out the videotape.

Door prizes were given and the winners were: **Joanie Betsinger—yoga mat; and Susan Phillips—kettleball.**
CONGRATULATIONS JOANIE & SUSAN!!!

The Wellness Committee would like to thank the employees who were able to attend this presentation.

The Great American Smokeout

November 21, 2013



The American Cancer Society marks the Great American Smokeout on the third Thursday of November each year by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By quitting — even for one day — smokers will be taking an important step towards a healthier life — one that can lead to reducing cancer risk.

Tobacco use remains the single largest preventable cause of disease and premature death in the US, yet about 43.8 million Americans still smoke cigarettes — Nearly 1 in every 5 adults. As of 2010, there were also 13.2 million cigar smokers in the US, and 2.2 million who smoke tobacco in pipes — other dangerous and addictive forms of tobacco.

Did You Know?

Chew on healthy foods to keep your mind off smoking. The National Cancer Institute suggests carrots, pickles, sunflower seeds, apples, celery, and sugarless candy

Quit One Step at a Time

Saying good-bye to cigarettes for good can be difficult. To succeed, you need to make changes to your daily life. But, like the many others who have quit, you too can triumph.

For tips for a successful Quit Smoking Day—check the link below from the BCBSM site

<http://healthandwellness.bluecrossmn.com/Wellness/Smoking/>

Looking for your health wake-up call? It's just a few clicks away

Those extra doughnuts last week? They don't count. No time to exercise this week? I'll make up for it this weekend. Those late-night candy cravings won't matter if I don't eat breakfast tomorrow. Do you ever wonder how healthy you really are? Your wake-up call may be just a few clicks away.

Fillmore County has teamed up with Blue Cross and Blue Shield of Minnesota to offer you an important tool to help you live and be your healthiest. It's easy to overlook many of the health risks we may be facing; that's why in just 20 minutes you can get a realistic view of your current health status through the online health assessment, available 24/7 by signing in to bluecrossmn.com/myhealth.

This in-depth health assessment questionnaire, called *Succeed*, is a confidential, voluntary assessment that will help you learn more about your health with questions tailored to your specific health risks and concerns. Upon completing the health assessment, you'll receive immediate feedback on your current health status through an engaging questionnaire evaluating your motivations, confidence levels and readiness or barriers to change. In addition, you'll receive an overall Lifestyle Score to help you understand how you stack up to others of similar age and gender as well as a personalized plan to help keep you on track to achieve optimal health.

If you took the health assessment last year, you can compare just how far you've come. Ongoing check-ins and evaluations as well as follow-up support programs through online health coaching will help keep you motivated at improving your health and help you reach your optimal health. And best of all — it's all tailored to you. No one at work will be able to see your individual results.

It's easy to get started--sign in to bluecrossmn.com/myhealth. Once signed in, members will select the "health and wellness" tab and then click on "My Health Assessment." Non-Blue members can simply click on the "My Health Assessment" tab once signed in.

For questions or more information, please contact Human Resources at 765-4566

Celebrating in Retirement– Gail Bunge

In 1981, Gail Bunge began her career with Fillmore County. More than 30 years have passed, and more changes in programs, laws and the world have happened than Gail can count. One thing that has not changed is Gail's passion for the work of Social Services and her willingness to share her talents with the people of this County. Gail has spent the last few years in this area defining a new position (Social Services Manager) within a new department (Community Services) and more policy, law and organizational change than she saw over many of her previous years combined.

Gail has been a leader of positive change for her division and employees through it all. She has, and will be remembered for, her dedication, her compassion and her never failing can-do spirit. We would like to wish Gail every happiness and health in retirement and thank her for her years of service to the people of Fillmore County.

Congratulations Gail!



The Next Step in the Journey: Karen Brown bids farewell as Fillmore County Coordinator

1993 was an important year:

- Martin Luther King Jr. Holiday was observed in all 50 states for the first time
- Russia elects Boris Yeltsin first elected leader

AND...

- Karen Brown becomes Fillmore County Coordinator



Much has changed in 20 years, but Karen's devotion to her job and the people of Fillmore County is certainly not one of them. "It has been one of the highest honors of my life to work for Fillmore County. It is great to be able to say that I still very much love my job, but it is time to step aside and spend time on other things."

Karen's legacy began with the position itself. Karen took the vision the Board had for the newly created Coordinator position and morphed it into what it is today. She changed the position in relation to state statutes and HR compliance. "She has done a wonderful job keeping us in compliance." Commissioner Bakke remembers presenting Karen with the Administrator of the Year award at the AMC conference in 2008. In her years here, Karen has had an impact on so many people:

- *I have only known Karen for a short time but it sure has been great! Karen is very personable and willing to help in any way she can. Bravo Karen! Great job, you should be proud!- Ron Gregg*
- *Karen is a true leader and mentor. I am forever grateful to Karen for her support, guidance and shared insights. Indeed there will be a large void upon her retirement.- Gail Bunge*
- *I've had the privilege of working with Karen Brown since she started with Fillmore County. She has shown an amazing balance between the needs of the Board and Department Heads. Personally, I can't say enough for how organized and efficient she has been. That has made my job much easier. Thank you Karen, enjoy your retirement.- Sheriff Daryl Jensen*
- *It has been truly a pleasure and privilege to work under Karen's leadership in the Coordinators Office. She has been a great listener, has always shown fairness and so much **patience** -ugh! Had to be so hard to do at times. Thank you, Karen, for your guidance, wisdom and support. I wish you so much happiness-enjoy your retirement. -Audrey Inglett*
- *Karen is diligent in her work... always on top of things! I trust her to keep me informed of any items that effect my department. Her commitment shows in everything she does. - Cindy Blagsvedt*

Those that have had the privilege of working closely with Karen will carry her integrity, her compassion and her dedication to public service with them. In talking of retirement, Karen stated: "I have to say that I probably won't miss getting into my cold car after work, but I will miss all of you. What a privilege to know and work with you!"

A retirement party celebrating Karen's career and contributions will be held in the County Courtroom on Friday, December 27th from 2-4 p.m.

Employee News

Welcome New Employees!

We are pleased to announce some new faces to the Fillmore County family.

Diane Strahl– Who was working as a temporary employee has now become a full time Office Support Specialist Merit in Community Services– Public Health Division.

Susie Schultz– Comes to the Community Services department in Social Services as a new Eligibility Worker

Scott Johnson– Also joins the Eligibility Worker team in CS-Social Services

Julie Schreiber– Joins the Auditor/Treasurer’s office in the role of Accounting Technician.

Michele Gatzke– Becomes our newest Registered Nurse in CS-Public Health.

Dale Egge– Brings his knowledge and experience to the Building Maintenance Department in the role of custodian

Welcome to Fillmore County!

LaVerne, Denise and Erik Paulson welcomed Jennifer Walther as the newest member of the Paulson family, when she wed Brett Paulson on June 15, 2013.



CONGRATULATIONS,
BRETT & JENNIFER!



Farewell and Good Luck!

Kevin Kullot, PC/Network Technician leaves Fillmore County on October 3rd after 7 years of service. We would like to thank Kevin for all his work, and wish him the best of luck in his next adventure.

Audrey Inglett welcomed a new grandbaby—her third on July 11th. Her first grand daughter weighed in at 7 pounds and measured 18 1/2 inches. As you can see, big brother Keagan loves his new sister, Makenna.



Congratulations!

A Legacy of Service

After 25 years of service to the people of Fillmore County, Sandra Junge is retiring effective January 3, 2014. We will miss her compassion and commitment as a valuable team member in carrying out the mission to help others. With Sandy’s knowledge, experience, and resilience, she has assisted the agency to move forward in the implementation of many system and program changes that have occurred over time. We applaud and acknowledge Sandy for her tireless efforts. We wish her the best in this next chapter of life so she can enjoy a leisurely cup of coffee, travel opportunities and especially the gift of unlimited time to devote to her grandchildren, family and friends.

*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