



COUNTY OF FILLMORE Employee News

October/
November/
December
2015

UPCOMING EVENTS:

OCTOBER

- 2 Payroll Check Date
- 6 Commissioners' Meeting
-  Household Hazardous Waste
- 12 Columbus Day
- 13 Commissioners' Meeting
- 16 Payroll Check Date
- 27 Commissioners' Meeting
- 30 Payroll Check Date
- 31 Halloween 

UPCOMING EVENTS:

DECEMBER

- 1 Commissioners' Meeting
- 6-8 AMC Annual Conference
- 11 Payroll Check Date
- 15 Commissioners' Meeting
- 22 Commissioners' Meeting
- 24 Payroll Check Date
- 25 Christmas Holiday

Influenza Vaccinations for 2015

The Fillmore County Public Health Department will again provide influenza immunizations for County employees and their families. The dates and times for the immunizations will be provided to employees soon!

News from Centers for Disease Control and Prevention (CDC)

What sort of flu season is expected this year?

It's not possible to predict what this flu season will be like. Flu seasons are unpredictable in a number of ways. While flu spreads every year, the timing, severity and length of the season varies from one year to another.

Will new flu viruses circulate this season?

Flu viruses are constantly changing, so it's not unusual for new flu viruses to appear each year.

What should I do to protect myself from flu this season?

CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease. People should begin getting vaccinated soon after flu vaccine becomes available, if possible by October, to ensure that as many people as possible are protected before flu season begins. However, as long as flu viruses are circulating in the community, it's not too late to get vaccinated.

Encourage your loved ones to get vaccinated!!!



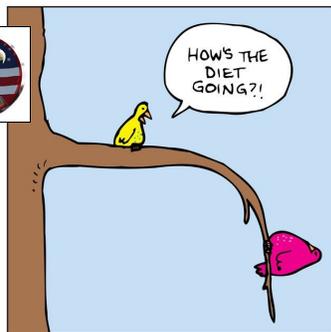
UPCOMING EVENTS:

NOVEMBER

- 3 Commissioners' Meeting
- 10 Commissioners' Meeting
- 11 Veterans Day Holiday 
- 13 Payroll Check Date
- 24 Commissioners' Meeting
- 25 Payroll Check Date
- 26-27 Thanksgiving Holiday 



Keep in mind



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"Doctor and physician are outdated terms. I'm your biological tech support specialist."

"We can get a discount on our health insurance if we list Google as our primary care physician."



Keep your family safe with a working smoke alarm in every bedroom.

Did you know that roughly half of home fire deaths result from fires reported between 11 p.m. and 7 a.m., when most people are asleep?

Smoke alarms save lives. If there is a fire in your home, smoke spreads fast and you need smoke alarms to give you time to get out. In fact, having a working smoke alarm cuts the chances of dying in a reported fire in half!

When it comes to smoke alarms, it's about "location, location, location".

The **key message** of this year's Fire Prevention Week campaign, October 4-10, is to install smoke alarms in every bedroom, outside each separate sleeping area, and on every level of your home, including the basement. Larger homes may need more alarms.

NFPA is excited to share this important information so everyone better understands the life-saving value of home smoke alarms.

Smoke alarms that are properly installed and maintained play a vital role in reducing fire deaths and injuries.

Smoke alarms save lives. If there is a fire in your home, smoke spreads fast and you need smoke alarms to give you time to get out. Having a working smoke alarm cuts the chances of dying in a reported fire in half. Almost two-thirds of home fire deaths resulted from fires in homes with no smoke alarms or no working smoke alarms.

Here's what you need to know!

- Install smoke alarms in every bedroom, outside each sleeping area and on every level of your home.
- Test your smoke alarms every month.
- When a smoke alarm sounds, get outside and stay outside.
- Replace all smoke alarms in your home every 10 years.

Smoke alarms by the numbers

- In 2007-2011, smoke alarms sounded in half of the home fires reported to U.S. fire departments.
- Three of every five home fire deaths resulted from fires in homes with no smoke alarms or no working smoke alarms.
- No smoke alarms were present in more than one-third (37%) of the home fire deaths.

****Information is from the National Fire Protection Association (NFPA) site—The leading information and knowledge resource on fire, electrical and related hazards..*

Fillmore County

Household Hazardous Waste Collection



Date: October 6, 2015



Where: Resource Recovery Center, Preston

Time: Noon - 5:00p.m.

Early drop-offs are illegal and will not be accepted!!!

Examples of Household Products Accepted

Aerosol cans

All types of paint

Bug sprays

Oven cleaners

Paint thinner

Floor care products

Degreasers

Poisons

Antifreeze

Lawn care product

Garden & flower products

Wood preservatives

Roofing tar

Battery Acid

Gasoline & Diesel fuel

Adhesives

Lighter fluid

Swimming pool chemicals

Moth balls

Car care products

Epoxy & glues

Stains & varnishes



Items Not Accepted During This Collection

Agricultural chemicals

Explosives

Medical waste

Business waste

Radioactive waste

Empty cans

During this collection only— there will be a program that will allow you to exchange all your mercury thermometers for one new digital thermometer.

Help your neighbors and friends and either car pool or bring their waste along with yours. Please bring waste in non-returnable containers or boxes for faster unloading.

For more information, contact the Fillmore County Resource Recovery Center @ 765-4704.

November 19, 2015 is Great American Smoke-out



When smokers quit – what are the benefits over time?

20 minutes after quitting

Your heart rate and blood pressure drop.

12 hours after quitting

The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months after quitting

Your circulation improves and your lung function increases.

1 to 9 months after quitting

Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

1 year after quitting

The excess risk of coronary heart disease is half that of a continuing smoker's.

5 years after quitting

Risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

10 years after quitting

The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.

15 years after quitting

The risk of coronary heart disease is that of a non-smoker's.

These are just a few of the benefits of quitting smoking for good. Quitting smoking lowers the risk of diabetes, lets blood vessels work better, and helps the heart and lungs. Quitting while you are younger will reduce your health risks more, but quitting at any age can give back years of life that would be lost by continuing to smoke.

Last Medical Review: 02/06/2014

Last Revised: 02/06/2014

Isn't It Time YOU Quit?



THE OFFICIAL SPONSOR OF BIRTHDAYS.®



What programs does Blue Cross have to help me quit smoking?

As a Blue Cross member, the **Stop-Smoking Support** program can help you take the first step to becoming tobacco free, whether or not you're ready to quit. Here's how the program works:

- An initial call to gather your history of tobacco use, including your experiences trying to quit
- Five phone sessions with a Quit Coach to develop your personalized Quit Plan
- A comprehensive Quit Guide mailed to your home with tips for sticking with the plan
- Online support to help you track and sustain your progress between calls
- Optional phone support with a Weight Coach, if you have concerns about weight gain while trying to quit
- Optional motivational text messages sent to your mobile device

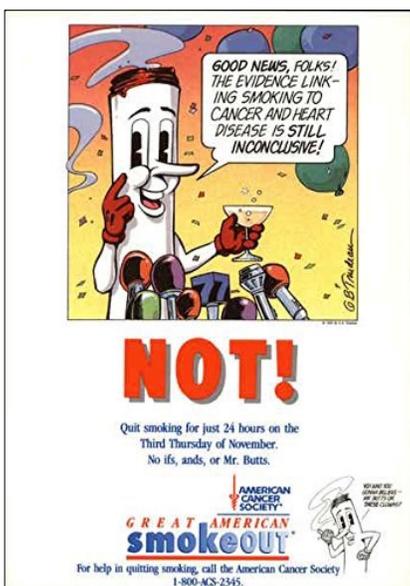
To get started, call toll free **1-888-662-BLUE (2583)**, or **enroll online**.

Another option for Blue Cross members is the state quitline. Blue Cross will pay the costs for members referred to the **Call it Quits** referral program, as part of Minnesota Department of Health's Tobacco Quitlines, a collaboration among Minnesota's major health plans and ClearWay Minnesota. The goal is to make it easier for providers to connect their patients to quit smoking programs and services.

If you're not a Blue Cross member, you can receive support with quitting through the quitline in your state, if one is available. **Call 1-800-QUIT NOW (1-800-784-8669)**.

Why quitting smoking today can make a big difference in your health tomorrow

You already know smoking is bad for you and quitting isn't easy. But there is good news: once you decide to quit, your body can recover more quickly than you think. Just 12 hours after your last cigarette, your body is already starting to return to normal. Within two weeks to three months after quitting, your risk of a heart attack declines and your lung function improves. Within a year after quitting, your heart attack risk declines by about 50 percent.



Kick the habit for good

You can use Stop-Smoking Support whether or not you're ready to quit. It's easy, it's confidential and it works.

It all begins with a phone call

Your personalized program begins when you call us, 7 a.m. to 2 a.m. CT, seven days a week. Call toll free 1-888-662-BLUE (2583) or **enroll online** to get started.

In just 15 minutes, a Quit Coach will develop a quit plan with you, based on how long you've been smoking and any experiences you've had trying to quit. When you're ready, you'll schedule brief phone calls at times that work for you. Plus, you can call anytime for additional support.

Stop-Smoking Support services are offered without charge to Blue Cross and Blue Shield of Minnesota and Blue Plus members through a contractual agreement with Alere Wellbeing, Inc., an independent company that provides stop-smoking programs. Stop-smoking medications are subject to health plan coverage.

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

Time Out

		3					7	
	9						1	
		5						
				6	5	9		3
		7		9			6	8
				4		2	1	
4			2	7				
6		9			8			2
		2	3	1				9

		5		3				4
1	3	4				8	6	
					2			
7				8		3	9	2
						6		5
9	1	2						8
					4		5	8
				9			7	
	4			7				

Call the Coordinator's Office for the answers to the Sudoku puzzles.



Tasty Pumpkin Pie

(Gout-Friendly)

Sugar-free crust

- 1/3 cup butter-flavored vegetable shortening
- 1 cup flour
- 3 tablespoons ice water

Pumpkin filling

- 1 15-ounce can pumpkin
 - 1/2 cup egg substitute
 - 3/4 cup sugar
 - 1 teaspoon cinnamon
 - 1/2 teaspoon ground ginger
 - 1/4 teaspoon nutmeg
 - 1/4 teaspoon ground cloves
- 1 12-ounce can evaporated skim milk

Directions

Put flour and shortening into a small bowl. With two knives (or a pastry blender), cut shortening into flour until thoroughly mixed. Work on the crust at this time, not after adding water.

Add water and use a fork to toss quickly. Handle as little as possible. It can be a bit crumbly when you put it on to plastic wrap. Form a ball as you wrap it tightly and refrigerate for 30 minutes. When ready to make the crust, sprinkle a little flour on a large piece of plastic wrap. Put dough on the floured wrap. Turn once to get flour on both sides. Cover with a second piece of plastic wrap. Use a rolling pin to roll crust to fit a 9-inch pie pan. Preheat oven to 425 degrees. In a medium bowl, whisk pumpkin with egg substitute, sugar, and spices. Add evaporated milk; stir thoroughly. Pour mixture into pie shell.

WELLNESS ACTIVITIES

THANK
YOU!

The Wellness & Activity Committees would like to extend a “thank you” to everyone attending and making the healthy grilling event held on Tuesday, September 22nd a success! Also a big “thank you” to

Terry Schultz for his expert grilling!

Neva Beier from the Social Services Department was the door prize winner, winning a One Fitbit. Congratulations, Neva!



Kari Schultz from our Public Health Department was awarded with a \$10.00 gift certificate from the Sweet Stop for her contribution of a logo for the County Wellness program. Congratulations, Kari!



Fillmore Fun & Fit

NEWS FROM THE ACTIVITY GROUP

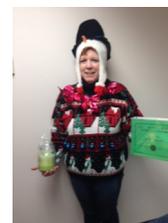
On Friday, October 30th, there will be a Halloween costume competition with an international foods lunch. Details will be out soon!

Christmas Cookies—there will be a Christmas Cookie drive to deliver cookies to Fillmore County area nursing homes in the month of December.

Ugly Sweater Contest is being scheduled for Friday, December 18th. See pictures below from last year!

Please mark your calendars for Saturday, January 23, 2016, for the Winter Party. (X-mas Party)

The Jem Theatre County Movie will be in early February, 2016.



WELLNESS ACTIVITIES, CONTINUED:

1. YES—We are in the final stages of ordering the Sit/Stand Work Stations! Yay!! We contacted each department and received a list of employees who would benefit from having a Sit/Stand Work Station and invited Kevin Schliesman from Beckley's to look at each employee's work area and made suggestions as to what type of Sit/Stand Work Station would work best for the employee. The final tally for the sit/stand work-stations was over our budget for the year and we are looking into additional funding options. ***It is still the plan to have the Sit/Stand Work Stations by Christmas!***
2. In the months of October, November and December the Wellness Committee will send out monthly brain teasers for employees to complete and return to the Coordinator's Office with an opportunity to win a prize. Watch for further details to come out soon!
3. **Great News!!** We just received notification from Southeast Service Cooperative (SSC) that at the recommendation of the Local Government Health Pool 2016 Formula Committee and per SSC Board action in August, 2015—that a separate Wellness Incentive Program Fund will again be offered with funding amount to us to be at least **\$21,010** to use in 2016 for our wellness and health promotion activities. Look for a Wellness Survey to be completed at the time of the Fillmore County Employee Benefits Enrollment presentation. This survey will help the Wellness Committee to plan for Wellness Activities in 2016.

WELLNESS COMMITTEE

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

Remember as days get colder animals are attracted to the warmth of cars so check wheel arches or other hiding places.



YES - it is the time of year again for open enrollment for Fillmore County Employee Benefits.



SORRY - the dates for the 2016 Open Enrollment Presentation have not been decided at this time—watch for an upcoming announcement for the open enrollments dates to be out soon!!

REMEMBER - “everyone” eligible for County Benefits will need to return to the Coordinator's Office a completed “Benefits Enrollment” form for plan year 2016.

Thank you!

Enjoy the little things in life, for one day you may look back and realize they were big things.

Employee News



Brian Hoff, Property Appraiser, in the County Assessor's Office would like to share the happy news that his niece, Laura Lopez, and her family were off to see Pope Francis in Philadelphia in September. Laura is the daughter of Debbie Jeffers, Paralegal, in the County Attorney's Office.

What an exciting time for Gerardo and Laura Lopez and family!

The Gerardo and Laura Lopez family and their children of Southeast Rochester model the T-shirts they wore when in Philadelphia for the World Meeting of Families that Pope Francis attended. The children are, from left, Zac, 8, Luis, 12, and Nico 11 with Elias, 4, in his mom's lap.



Tom Scheevel, Hwy Engineer Technician, Sr., is happy to announce the wedding of his daughter, Courtney, to Dalton Eide of Peterson held on August 22, 2015. The ceremony was on a bluff overlooking the Root River Valley approximately a mile straight West of Peterson. Congratulations, Tom, and Best Wishes to the couple!!

Thank you so much for the support and kindness shown to my family after the tragic loss of my mother. God Bless you all!

Karla Franzen

Moving on!

Wade Anderson, Part-Time/Intermittent Deputy Sheriff, resigned effective 7/13/2015.

Theresa Schieffelbein, Jailer, resigned effective 7/23/2015.

David Dyke, Narcotics Officer, resigned effective 9/18/2015.

Joel Johnson, Deputy Sheriff, resigned effective 9/18/2015.

Thank you for your service for the County and Best of Luck!



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