



**UPCOMING
EVENTS:**

APRIL	
1	April Fools Day
4	Board Meeting
5	Rethink Your Drink
11	Board Meeting
14	Payroll Check Date
20	Stress Awareness
25	Board Meeting
28	Payroll Check Date
MAY	
2	Board Meeting
	Health Screenings
9	Board Meeting
10	Health Screenings
12	Payroll Check Date
14	Mother's Day
23	Board Meeting
28	Payroll Check Date
29	Memorial Day
JUNE	
6	Board Meeting
9	Payroll Check Date
13	Board Meeting
18	Father's Day
23	Payroll Check Date
27	Board Meeting

FILLMORE COUNTY

Employee Newsletter

APRIL / MAY / JUNE

Employee Recognition 2017

Employees recognized on Tuesday, February 14th for their years of service to the County were:

5 Years

Michael Ask, Intermittent Jailer, Jail
Marla Stanton, Assistant County Attorney, Attorney
Emily Root, Public Health Nurse, Public Health
Doreen Bergo, Home Health Aide, Public Health
Karin Jergenson, Home Health Aide, Public Health
Timothy Melver, Intermittent Deputy Sheriff, Sheriff
John O'Donnell, Intermittent Jailer, Jail

Natalie Pappas, Home Health Aide, Public Health
Ronald Gregg, Engineer, Highway

Randy Brevig, Transfer Station Attendant, Sanitation

10 Years

Ronald Vikre, Property Appraiser, Assessor
Jonathan Holger, Child Support Officer, Social Services

Jennifer Peterson, Eligibility Worker, Social Services
Corey Merkel, Jailer, Jail
Blaine Tufte, Custodian, Maintenance
LaVerne Paulson, Recycling Education Coordinator, SCORE/Sanitation

Daniel Dornink, Deputy Sheriff, Sheriff

15 Years

Audrey Inglett, Office Support Specialist, Sr., Coordinator
Vicky Topness, Office Support Specialist, Public Health
Kenneth Highum, Maintenance Spec. III, Highway Maintenance
Heath Wentholt, Maintenance Spec. III, Highway Maintenance
Eugene Johnson, Jailer, Jail
Thomas Mosher, Deputy Sheriff, Sheriff

20 Years

Debbilyn Lopez, Home Health Aide, Public Health

James Fenske, Jail Administrator, Jail

Philip Whitacre, Investigator/Sergeant, Sheriff

25 Years

Sheila Buenger, Office Support Specialist, Assessor's Office
Debra Ristau, Eligibility Worker, Social Services

SAFETY AWARD

Terry Schultz, Building Maintenance Supervisor



Building Maintenance Supervisor Terry Schultz receiving Safety Award



Awarded for 25 yrs. of service for the County—Sheila Buenger.

Pictured: Chair Dahl, Sheila Buenger, and Vice-Chair Lentz

Absent: Debra Ristau



Congratulations Terry, Sheila and Deb!!!!

Employee Recognition 2017



5 YRS. OF SERVICE

Pictured: Chair Dahl; Randy Brevig, Sanitation; Marla Stanton; Asst. County Attorney; Ron Gregg, Highway Engineer; Emily Root, Public Health; Natalie Pappas, HHA; and Vice Chair Lentz

Absent: Mike Ask, Jailer; Doreen Bergo, HHA; Karin Jergenson, HHA; Tim Melver, Deputy Sheriff; and John O'Donnell, Jailer

10 YRS OF SERVICE

Pictured: Chair Dahl, Corey Merkel & guest, Jailer; Blaine Tufte, Bldg. Maintenance; Dan Dornink, Deputy Sheriff; LaVerne Paulson, SCORE; and Vice Chair Mitch Lentz

Absent: Ron Vikre, Property Appraiser; Jonathan Holger, Social Services; and Jennifer Peterson, Social Services



15 YRS. OF SERVICE

Pictured: Chair Dahl; Vicki Topness, Public Health; Audrey Inglett, Coordinator; Tom Mosher, Deputy Sheriff; Ken Highum, Highway; and Vice-Chair Mitch Lentz

Absent: Heath Wentholt, Highway; and Eugene Johnson, Jailer

20 YRS. OF SERVICE

Absent: Debbilyn Lopez, HHA; James Fenske, Jail Administer; and Philip Whitacre, Investigator/Sergeant



The Skinny on Fat—Presentation by Brenda Pohlman, March 1st

Participants discovered the function that fat has in our body, learned about the types of fats and how to select healthier choices and enjoyed Apple Nachos, Italian Caprese Avocado Toast and delicious No Bake Energy Balls.



Check out the following links for the recipes:

<https://recipes.heart.org/recipes/1320/apple-nachos>

<https://recipes.heart.org/recipes/2006/italian-caprese-avocado-toast>

<http://allrecipes.com/recipe/245429/no-bake-energy-balls/>



We reviewed the NuVal scoring system that rates foods on a scale of 1-100 and compared the rating points on favorite crackers, fresh meats and seafood. We also looked at “trade ups” such as Sherbet at 1 NuVal score vs. Light Ice Cream at 13 NuVal score.

A video of the presentation has been placed on the employee intranet site along with the power point. You will want to check this out!!

Thanks Brenda & Eric for a very interesting presentation!!!!

FAT IS IMPORTANT!

Children need fat for growth, brain, immune system function and nervous system

Teenagers need fat to help develop the body with increased hormones

Adults need fat to absorb nutrients and produce important hormones

SEVERE WEATHER AWARENESS WEEK

Minnesota Severe Weather Awareness Week is April 17 - 21, 2017

Are you ready for severe weather? Each year, Homeland Security Emergency Management (HSEM) in collaboration with the National Weather Service and 16 State and local agencies and organizations sponsors Severe Weather Awareness Week in Minnesota. The week is designed to refresh, remind and educate everyone about the seasonal threats from severe weather and how to avoid them. It's also a great time to make and practice your emergency plan and build or refresh your emergency preparedness kit.



Statewide Tornado Drills

The most important events during Severe Weather Awareness Week are the two annual statewide tornado drills. **These drills are scheduled for Thursday, April 20 2017 at 1:45 p.m. and 6:45 p.m.** (Counties may choose to opt out of the drills if actual severe weather is possible in the area)

Outdoor warning sirens and National Oceanic and Atmospheric Administration (NOAA) Weather Radios will sound in a simulated tornado warning. The first drill is intended for institutions and businesses. The evening drill is intended for second shift workers and families.

NEWS FROM OUR INFORMATION SYSTEMS DEPARTMENT:

One of the more common tasks we are asked to perform in IT is resetting passwords. And believe me, we feel your pain! With all our work and personal passwords we are required to remember, it gets confusing, so we tend to simplify the password creating process as much as possible, but in doing so we are actually making our passwords less secure. With that in mind I wanted to share a tip for creating strong yet memorable passwords.

Make it an acronym for something that has special and personal meaning to you, but not really anyone else. For special characters try to place them in the middle of the password, not at the beginning or end. Do the same for numbers, or have multiple or large numbers that will be difficult or take a long time to crack.



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Example #1

MfbewboA25@03

This stands for "My first born child was born on April 25 in 2003". First letter of every word in the sentence. It's long, relevant to you personally and has special meaning to you, also it uses a special character that makes sense to you to replace the word before the year or number. This example is a specific persons birthday but it can be about any personal event for you, such as a wedding date of someone close to you, date of one of your sports teams winning a championship, anything like that.

Example #2

Iw!53219oms9

Stands for "I would like 53219 pepperonis on my sausage pizza" The exclamation mark is in place of the lower case L, and the number nine is in place of the letter P. The number of pepperonis is your house number, or zip code or some other number that is meaningful to you. And is kind of a funny joke about your favorite food, but you could make it about any kind of favorite thing of yours.

Hopefully you will find this useful. Using this method makes it easier to remember longer and more complex passwords, and will make your accounts more secure.



Jeff Cooper

Systems Administrator

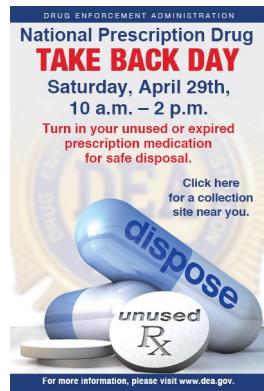
NEWS RELEASE

NATIONAL PRESCRIPTION DRUG

TAKE BACK DAY!!!

FILLMORE COUNTY SHERIFF'S OFFICE TAKING BACK UNWANTED PRESCRIPTION DRUGS ON APRIL 29!

Preston MN – Fillmore County Sheriff Tom Kaase announces on Saturday, April 29, from 10 a.m. to 2 p.m. the Fillmore County Sheriff's Office and the Drug Enforcement Administration (DEA) will give the public its 13th opportunity in 7 years to prevent pill abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs. Also assisting will be Preston/ Lanesboro PD and Rushford PD. Please bring your pills for disposal to your most convenient site listed below. (The DEA cannot accept liquids or needles or sharps, only pills or patches.) The service is free and anonymous, no questions asked. Drop off sites throughout our county are listed as follow:



Fillmore County Sheriff's Office
901 Houston St NW
Preston, MN 55965

Spring Valley Fire Department
120 W. Courtland St.
Spring Valley, MN 55975

Harmony City Hall
225 3rd Ave SW
Harmony, MN 55939

Rushford Police Department
405 Elm St. South
Rushford, MN 55971

Lanesboro City Hall
202 Parkway Ave N
Lanesboro, MN 55949

Last October, Americans turned in 366 tons (over 730,000 pounds) of prescription drugs at almost 5,200 sites operated by the DEA and more than 4,000 of its state and local law enforcement partners. Overall, in its 12 previous Take Back events, DEA and its partners have taken in over 7.1 million pounds—more than 3,500 tons—of pills.

This initiative addresses a vital public safety and public health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, Americans are now advised that their usual methods for disposing of unused medicines—flushing them down the toilet or throwing them in the trash—both pose potential safety and health hazards.

For more information about the disposal of prescription drugs or about the April 29 Take Back Day event, go to the DEA Diversion website .

SEVERE WEATHER AWARENESS



Tornadoes

Tornadoes are nature's most violent storms. Spawned from powerful thunderstorms, tornadoes can cause fatalities and devastate a neighborhood in seconds. A tornado appears as a rotating, funnel-shaped cloud that extends from a thunderstorm to the ground with whirling winds that can reach 300 miles per hour. Damage paths can be in excess of one mile wide and 50 miles long. Every state is at some risk from this hazard. Some tornadoes are clearly visible, while rain or nearby low-hanging clouds obscure others. Occasionally, tornadoes develop so rapidly that little, if any, advance warning is possible. Before a tornado hits, the wind may die down and the air may become very still. A cloud of debris can mark the location of a tornado even if a funnel is not visible. Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.

- To begin preparing, you should build an emergency kit and make a family communications plan.
- Listen to NOAA Weather Radio or to commercial radio or television newscasts for the latest information. In any emergency, always listen to the instructions given by local emergency management officials.
- Be alert to changing weather conditions. Look for approaching storms.
- Look for the following danger signs:
 - Dark, often greenish sky
 - Large hail
 - A large, dark, low-lying cloud (particularly if rotating)
 - Loud roar, similar to a freight train.
 - If you see approaching storms or any of the danger signs, be prepared to take shelter immediately.

Tornado Facts

Quick facts you should know about tornadoes:

- They may strike quickly, with little or no warning.
- They may appear nearly transparent until dust and debris are picked up or a cloud forms in the funnel.
- The average tornado moves Southwest to Northeast, but tornadoes have been known to move in any direction.
- The average forward speed of a tornado is 30 mph, but may vary from stationary to 70 mph.
- Tornadoes can accompany tropical storms and hurricanes as they move onto land.
- Waterspouts are tornadoes that form over water.
- Tornadoes are most frequently reported east of the Rocky Mountains during spring and summer months.
- Peak tornado season in the southern states is March through May; in the northern states, it is late spring through early summer.
- Tornadoes are most likely to occur between 3 pm and 9 pm, but can occur at any time.

Employee News

On December 3rd I had the pleasure of taking some of the boys and an Assistant Scout Master from Chatfield Boy Scout Troop 43 to the Wisconsin Maritime Museum in Manitowoc Wisconsin, along Lake Michigan. The event we were attending was the U.S.S. Cobia overnight program. The U.S.S. Cobia is a WWII submarine which took part in six war patrols in the pacific campaign against the Japanese during the Second World War. We took part in a tour of the sub which explained how the sub works, what life was like on a sub. We did dive simulations, operated the controls on the sub, cyphered codes, practiced Morris Code, loaded torpedoes (the scouts were the torpedoes) and performed a mock launch of the torpedoes, and went on deck to check out the deck guns and learned how they operated. We also learned the history of that particular sub, it's one and only casualty of war and about the ships it sank; civilian and military ships. At lights out we slept in the torpedo room. The next day when we got up we were then able to tour the rest of the museum.



The program is open to all kinds of groups, not just boy scouts, though this particular weekend the program hosted all boy scouts from three different troops from three different states. The program has room for 60 attendants for the overnight, but even with that large a number the program is in high demand and you need to plan in advance. I highly recommend it. To find out more about the program Google the Wisconsin Maritime Museum.



NEWS FROM THE WELLNESS COMMITTEE

1. **In January**, employees were able to participate in a Member vs. Member Walking Challenge. This is a walking challenge between Southeast Service Cooperative (SSC) members and is a “step-based” walking challenge that requires participants to wear a pedometer/Fitbit/etc. to keep track of their steps. The challenge ran from January 1- January 31, 2017. We had 10 employees sign up for the challenge with an average of eight (8) employees reporting in their steps. The SSC provided a trophy for the winning local government member. This year’s winner was once again, the City of Kasson. The total steps reported for Fillmore County was 2,237,744 which is an equivalent of 1,119 miles. Great job everyone!!!
2. **In February** - which is American Health month, we had a “**Skinny on Fats**” presentation given by Brenda Pohlman, Health Educator, of our Community Services, Public Health Division along with Eric Courier, Public Health Intern. The presentation was actually held Wednesday, March 1st.
3. **In March** - we held our March Madness Soup/Chili/Sides Cook-Off. The date for this year’s cook-off was **Tuesday, March 28th** in the lower level hallway of the Courthouse. We enjoyed tasting 4 chilies, 5 soups and 4 sides. A total of 45 votes were submitted this year—voting was not an easy task as everything was delicious! The winners were as follows:
Soup—Danea Murphy, from the Recorder’s Office, Deb Jeffers from the County Attorney’s Office, and Chili—Karla Franzen also from the Recorder’s Office. **Congratulations Danea, Deb & Karla!!!!**
4. **In April** - A 30 min. presentation entitled “ReThink Your Drink” was given by Brenda Pohlman and Eric Courier. Participants were treated with healthier drink options. Another 30 min. presentation for Stress Awareness Month, entitled “Stress Less,” will be given by Eric Courier on Thursday, April 20th. **Hope you can join us!**
5. **In May** - Health Screenings will be provided by our Public Health Department. Participants will be treated again this year with a “brunch” served by both the Activity Group and the Wellness Committee members. The health screenings are planned for **Tuesday, May 2nd and Wednesday, May 10th**. Appointments are being scheduled for 7:00 a.m. through 9:30 a.m. Eric Courier and Brenda Pohlman will be available to speak with employees in regard to any of their health questions. **Be sure to sign up!**
6. **In June/July** - June 5 - July 16, 2017, we will have a 6-week physical activity challenge. Participants will pledge to have at least 30 minutes of activity a day for 42 days to be eligible to win prizes.
7. **In September**, a “Pilates” presentation is being planned.
8. **In October**, keep that pedometer and/or Fitbit handy, we will have another Member vs. Member walking challenge October 1 -31, 2017 - only this walking challenge will be between the “members” of each of our County departments! Oh boy!!! Prizes will be given to the winning department!

CONTINUED NEWS FROM THE WELLNESS COMMITTEE

The Wellness Committee is continuing efforts in 2017 to help combat sitting disease by providing sit/stand workstations and promoting drinking more water by providing water bottle fillers for drinking fountains for employees. The new focus for 2017 is to establish a health program (hopefully web-based) to help employees maintain their healthier lifestyle or to help employees achieve a healthier lifestyle. Picnic tables were purchased in 2016 to provide a space for employees to relax and enjoy the outdoors at their work site. The picnic tables are also for the “Public” to enjoy! All of these purchases have been made possible with utilizing the Southeast Service Cooperative Wellness Grant funds.

The Wellness Committee would like to **thank you** for your continued support of the County Wellness initiative and appreciate efforts made in empowering a lifelong commitment to wellness. Please contact one of the Wellness Committee members if you have any suggestions and, **of course**, if you would like to “**volunteer**” to help the Wellness Committee—we would love to hear from you!

WELLNESS COMMITTEE

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



Italian Chicken and Vegetables Skillet

Serves 4 (1-1/2 cups each). Source: Hy-Vee Test Kitchen.



All you need:

2 c. Hy-Vee whole wheat rotini pasta
1 tbsp. Hy-Vee Select olive oil, divided
3/4 pound Hy-Vee boneless, skinless chicken breasts, cut into 1-inch chunks
3 c. fresh broccoli florets
1 c. sliced fresh mushrooms
1 garlic clove, minced
1 (14.5 oz.) can Hy-Vee diced Italian tomatoes
Hy-Vee shredded Parmesan cheese, for serving

All you do:

Cook pasta according to package directions; set aside.
Meanwhile, in a large non-stick skillet, heat 1/2 tablespoon olive oil over medium-high heat. Sauté chicken until golden brown on all sides, about 7 minutes. Remove from pan.
Add remaining 1/2 tablespoon oil to pan. Sauté broccoli, mushrooms and garlic until broccoli is crisp-tender and mushrooms are golden brown, about 5 minutes.
Return chicken to pan and stir in tomatoes and pasta. Heat through.
Serve with shredded Parmesan cheese, if desired.

Daily nutritional values: 45% vitamin A

100% vitamin C
8% calcium
15% iron

Nutrition information per serving: Calories: 320

Carbohydrate: 37 g	Sodium: 300 mg
Cholesterol: 50 mg	Sugars: 6 g
Dietary Fiber: 6 g	Trans fats: 0g
Fat: 6 g	
Protein: 27 g	
Saturated Fat: 1 g	

Sunscreen 101: Save Your Skin for UV Safety

Month

Some might say sunscreen is a necessary evil. After all, who doesn't like how they look with a bit of a sun tan? Yet the **evidence** overwhelming demonstrates just how damaging UV rays are to our skin.



What's more, it's hard to know just how much protection you need. Is SPF 15 enough to do the trick? Do you really need to reapply throughout the day?

Sun Radiation:

- **UVB** rays are what cause you to get a painful sunburn. UVB rays usually reach only the top layers of skin but repeated sunburns can cause grave damage over time.
- **UVA** rays are what contribute to the aging of the skin. If you don't want premature wrinkles, be sure to pick a broad spectrum sunscreen that protects against harmful rays. These rays penetrate deep and can contribute to the suppression of the immune system, and leave you at higher risk for skin cancer.

Picking out the best sunscreen:

- **30 SPF or higher**

SPF stands for sun protection factor. An SPF rating tells you the rate of time it will take to get a sunburn wearing sunscreen as compared to the time it would without. For example, if you're using SPF 10, it will take you ten times as long to get sunburned than usual. Most dermatologists **recommend** that you use SPF 30 or higher.

- **Water resistant or waterproof**

A water resistant formula will keep you safe from exposure while you're swimming or active. It's still important to reapply about every two hours to maintain the best coverage.

- **Broad-spectrum coverage**

There are three types of UV rays, but you really only need protection from the rays that reach our atmosphere: UVA and UVB rays. A broad spectrum ensures that you receive protection against both.

Sunscreen application pointers:

- **15-minute application rule**

Make sure to apply sunscreen at least 15 minutes before you head outside, as it takes this long for your skin to completely absorb it.

- **2-hour re-application rule**

Most sunscreen is only effective for about 2 hours. If you're outside for longer than this, make sure to re-apply.

- **Palm-size rule**

Proper coverage is one of the most important sunscreen tips. In general, people need about an ounce of sunscreen – that's a full palm – of sunscreen to provide their body with adequate coverage. So don't skimp—have a couple of bottles handy if you're taking a long beach vacation.

Skin cancer is one of the **most common types of cancer**, but there are steps you can take to prevent damage. In honor of UV Safety Month, give your skin some love and slather on the SPF before you hit the beach.

What are you doing this summer to protect yourself from the sun?

Simplefill.com



Remember your sunscreen!!!

Be Safe!!!

Fillmore County Household Hazardous Waste Collection

Date: First Tuesday in May

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

Wood preservatives

All types of paint

Roofing tar

Bug sprays

Battery Acid

Oven cleaners

Gasoline & Diesel fuel

Paint thinner

Adhesives



Floor care products

Lighter fluid

Degreasers

Swimming pool chemicals

Poisons

Moth balls

Antifreeze

Car care products

Lawn care product

Epoxy & glues

Garden & flower products

Stains & varnishes



Items Not Accepted During This Collection



Agricultural chemicals

Business waste

Explosives

Radioactive waste

Medical waste

Empty cans

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

More Employee News

Welcome Aboard...

Welcome New Employees!

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

Sharon Woellert, Jonathon Whitney, Abee Yaslin and Eric Karsten -Intermittent Jailers, Sheriff's Office
Katie Basree—Temporary Office Support in the Veteran's Office
Gary Peterson, Third District County Commissioner
Jason Wetzel, Eligibility Worker, CS: Social Services Division
Rebecca Berg, Accounting Technician/Case Aide, CS: Public Health Division
Troy Case, Property Appraiser, Assessor's Office
Christopher Larson, Custodian, Building Maintenance
Adam Hanson, Maintenance Specialist, Highway
Krista Johnson, Home Health Aide, CS: Public Health Division
Jessica Holst, Registered Dietician, CS: Public Health Division
Kurt Njos, Temporary Social Worker, CS: Social Services Division



Welcome to Fillmore County!

Retiring....Congratulations!!!!

Jon Martin retired from his position as Solid Waste Manager, Resource Recovery, on October 31, 2016

Cindy Johnson retired from her position as Accounting Technician, Auditor/Treasurer's Office, effective January 31, 2017

Tony Webber retired from his position as Chief Deputy Sheriff, Sheriff's Office, effective June 31, 2017



Thank for your service to the County and Happy Retirement!!!

Moving up!

NICHOLAS MELDAHL transferred from the Custodian position to the Transfer Station Attendant position at the Resource Recovery Building on December 2, 2016

ALEXIS HALL transferred from the Accounting Technician/Case Aide position to the RN/Social Worker position in the CS: Public Health Division on November 18, 2016

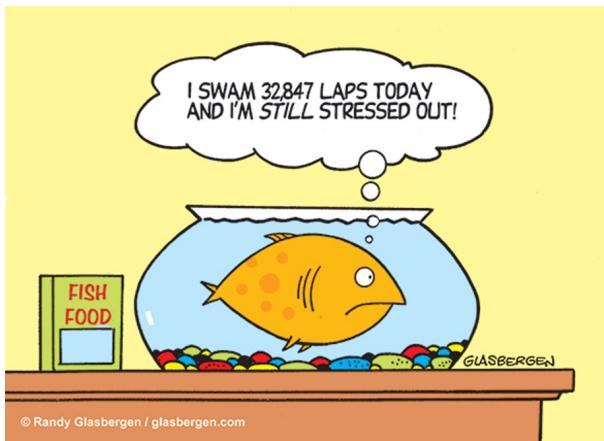
Congratulations, Nick & Alexis, on your new positions!



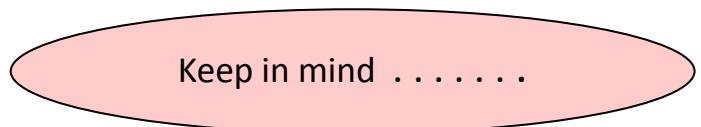
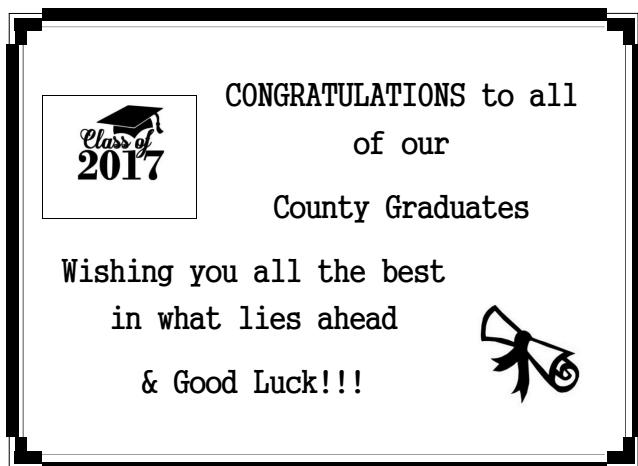
Congratulations to proud Grandmother, Vicky Topness, from the Community Services—Public Health Division, who is happy to announce the birth of her first grandson, Vance Topness. Vance joins an older sister, Mila, who is warming up nicely to her little brother. Vance is such a good baby and a great "snuggler" according to grandma.

Congratulations, Vicky!!!





"Integrate more exercise into your daily routine. Instead of taking the elevator, climb up the side of the building. When you pass a coworker in the hall, insist on a game of leap-frog. Use kick boxing to post messages on your bulletin board. Stir your coffee with your toes. Arm wrestle your clients..."



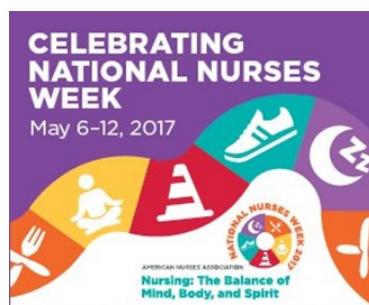
© 1997 Randy Glasbergen. E-mail: randy@glasbergen.com www.glasbergen.com



"This exercise is great for your arms, shoulders, chest and back. Do four sets of 15 repetitions, then move on to the yarn ball for your aerobics."



"I lost 5 pounds this week, but if you convert it to metric, then factor in dog years and the wind chill factor, it's more like 15 pounds."



Thank You
Community Services—
Public Health Staff!
You are appreciated so
much!

