

Adair County Employee Newsletter October 2013

Anniversaries:

Vera Willis, Collector's Office, 11 years
Mickey Hall, Sheriff's Dept, 1 year
Richard Walters, Sheriff's Dept., 4 years
Jermaine Talton, 3 years
Jamie Wolf, 7 years
Bobbie Shultz, Circuit Court, 33 years

*I accidentally left out Donnie Waybill, Assessor, in last month's newsletter. Donnie has been with the county for 8 years.

Just a note.....

***To avoid confusion in the future, anniversaries in this newsletter are actual hire dates, regardless of employment status when hired, i.e. part time, seasonal, etc. Benefits and raises go by the date you were brought on full time. For example, if you were hired on August 30, 2013 as a part time employee, but went to full time status in November 2013, the newsletter will say your anniversary date is August, but your benefits and yearly raises will use the November date.

Happy Birthday!

Zack Corder, Sheriff's Dept., 10/4
Raymond Schneider, Assessor's Office, 10/6
Tammy Miller, County Clerk's office, 10/7
Jason Lene, Sheriff's Dept, 10/8
Gary Krambeck, Sheriff's Dept, 10/13
Steve Farnsworth, Sheriff's Dept, 10/28



Welcome New Employees!

AS ALWAYS: IF I'VE NEGLECTED ANYONE BY MISTAKE, PLEASE LET ME KNOW SO I CAN FIX IT IMMEDIATELY.

County Events

10/1- Disability Awareness Day
10/4- Free Sportsman's Banquet; NEMO Farm to Table Dinner
10/5 – ARToberfest; 3rd Annual FLATS Trail Marathon; University Orchestra Concert
10/6-10/13 Cost Cutters offering a haircut for \$8.95 through the whole week
10/8-
10/10- Truman State University Fall break; 40th Annual Bluegrass America Showcase of Bands
10/17- University Orchestra Graduate Conductor's Concert; Chamber Members "Business after Hours"
10/19-20- Truman Homecoming; Truman Bulldog 5K; Silver Rails Model Train Show
10/22- NEMO Job Fair
10/24- "5 Under 40 Award Banquet"
10/24-10/26- Fall Festival; ATSU Founder's Day activities
10/29- NEMO Senior Expo

every Saturday there is the Farmer's Market

More information on any of these events can be given by the Chamber of Commerce, 665-3766 or the City of Kirksville at 627-1224.



County News

Drive Thru Clinic

The Adair County Health Department is offering another drive through clinic for flu shots this year at the NEMO Fairgrounds October 8th from 1-7 p.m. If you need or want to have your flu shot this year, this would be a convenient way to receive it.

- Get started with your YMCA memberships now and save 20% on the monthly cost. Payments will be payroll deducted. If you're a current member that has your monthly fee deducted from your account from the YMCA every month, you'd need to switch to payroll deduction to receive the discount. With the discount, the prices per month will be as follows:

Family plan: \$28.40

Adult: \$22.00

Single Parent Family: \$22.80

Senior Adult: \$15.60

Senior Couple: \$19.60

Youth: \$10

If you are interested in joining, or switching to payroll deduction for monthly payment, please let Beth know. 234-7914, bplatz@adaircomo.com, or better yet, come see me!

Employee Motivational Fund

- ❖ Congratulations to Bill King and Barb Johnson for being our September winners of \$25 gas cards from Hy-Vee. If you have the Fuel Saver Card, that's a pretty penny in gas savings. If you'd like to participate, please bring me your \$2, or email me and I'll come get it. I hope to hear from some of you soon as participation is way down. I will need your \$2 by Thursday October 10th. We will draw for winners on Friday October 11th. I encourage everyone to participate, because the bigger the monthly pot, the more gas cards we can give away, and not to mention its fun!! I need volunteers for the next committee. Let me know if you're interested.

Information on Open Enrollment:

Open Enrollment regarding your insurance changes will be November 1- November 30. If you need to make any changes at all to your current plan, please see Beth Platz to fill out the necessary form. Any changes would include:

Adding vision, dental, life, or canceling them; adding a dependent, taking a dependent off; switching plans entirely (going from base to buy-up); enrolling in the **Flexible Spending Account** program. **You must re-enroll for this every year. It doesn't roll over like the health insurance does.** We are not sure at this point whether prices will stay the same or not. We'll let you know as soon as we do.

I have some informational packets regarding vision, dental, and all 3 plans available in the Commissioners' office if you'd like to stop by and grab them. They are full of information that is useful for you.

Remember, any changes needing to be made please come see me.... Or call.... I can get the form to you if you like. 660-234-7914

Here's what you need to know about the Flexible Spending Account:

- ❖ This benefit has an allowance of up to \$2500 yearly to be used toward all kinds of things you might need throughout the year. This is how it works:
 - *During open enrollment, you sign up for the FSA account through Beth. For example, we'll use the amount of \$1500. In January, you will receive an FSA credit card with \$1500 that you can use for various expenses.*
 - *Every pay period throughout next year, your \$1500 will be broken down into 26 payments back to the insurance company. So, to pay it back, the County would deduct \$57.69 from your paycheck for the entire year.*
 - *You can use your FSA card for big expenses such as down payment for braces, eyeglasses, contacts, and many other things. I have a list if you'd like to see what you can use your FSA benefit for. Just come ask me if you're interested*
 - *Be careful though, if you don't use all your balance on the card, you lose it at the end of the year.*

- ❖ Any additional information you'd like to receive on your healthcare? Come see Beth! I've got handouts for you, or I'd be glad to answer any questions you might have.

****This isn't County news, but it's important to note that our mailbox on the North side of the courthouse will be gone in a couple of weeks. It will be missed. ****

Professional Development:

10 Traits of Self-Motivated People

Self Motivators:

1. Have a Destination

Life is about the journey, but most people find the journey more meaningful when they know where they are going. Don't allow life to come as it may. Plan it.

2. Are Willing to Feel Uncomfortable

There are a few lucky souls that do not experience much anxiety when doing something new or risky. Most of us get anxious when we leave the familiar to stretch our wings. Self-motivated people do not let the discomfort of anxiety keep them from stepping out of the nest.

3. Dive into Life

Getting involved in family, organizations, or community activities are opportunities to meet people, feel connected, and give back. This is not a requirement for reaching your goals, but it is a typical quality of self-motivated people.

4. Have faith that there is more for you

Being self-motivated takes seeing and believing beyond tomorrow, and these people develop a sense of gratitude for what they've accomplished. However, they think beyond being satisfied professionally. They are always reaching for more

5. Know They Don't Know Much

It is much easier to move forward if you are willing to ask for help when necessary. There is very little any one person knows for sure, and nobody knows it all. Even the most self-sufficient person at work sometimes needs the benefit of a fresh perspective.

6. Have a Beginner's Mind

Self-starters like to learn. They can access a beginner's mind to discover what others can offer them. Knowledge is power, and they know that.

7. Have Success on the Brain

Just because someone looks confident, doesn't mean they are. Many motivated people experience doubt, anxiety, and setbacks, but they act as if they know their success is inevitable. It makes others more inclined to help them, and it sends a positive message to their mind and emotions.

8. Are Flexible and Tenacious

To reach a destination often means changing course, mapping alternative routes, taking detours, going back and around. This requires flexibility or the ability to adapt, and the persistence to continue despite difficulties.

9. Challenge Driven

Everyone runs up against problems along life's way. Self-initiators treat setbacks or

adversity as a challenge, an expected part of the journey. You may have frustration or doubts resulting from a roadblock, but that does not have to stop you from addressing the problem and moving forward.

Most people, to reach their potential, must sooner or later develop their weaknesses to support their strengths.

Recipes:

Easy Hamburger and Potato Casserole



- 1 lb. lean ground beef
- 1 (7.8-oz.) pkg. Au Gratin Potatoes
- 1 (8-oz.) can pizza sauce
- 2 cups water
- 1 cup milk
- 1 (4.5-oz.) jar Green Giant® Sliced Mushrooms, drained 4 oz.
- (1 cup) finely shredded mozzarella cheese 1/4 cup chopped green onions

Heat oven to 400°F. Brown ground beef in large nonstick skillet until thoroughly cooked, stirring frequently.

Meanwhile, in ungreased 12x8-inch (2-quart) glass baking dish, combine potato slices and contents of sauce packet from potatoes.

In medium saucepan, combine pizza sauce and water. Bring to a boil. Pour over potato mixture; mix well. Add milk, mushrooms and beef mixture; mix well.

Bake at 400°F. for 30 minutes. Remove from oven; stir mixture gently. Sprinkle with

cheese and onions. Return to oven; bake an additional 5 to 10 minutes or until potatoes

Jack Skellington Cupcakes



Batch of chocolate cupcakes
White buttercream frosting
2 toothpicks
Tube of black decorator's icing

Frost the cupcakes.

For each cupcake, use the tip of a toothpick to lightly etch the outline of two large Jack Skellington eyes in the frosting.

Slowly pipe black decorator's icing onto the etched lines and then fill in the inner circles. Use another toothpick to spread and smooth the icing.

Pipe on two short lines for a nose. Next, pipe a long line across the bottom of the cupcake for the mouth. For the finishing spooky touch, randomly top the mouth with a bunch of short icing barbs.

Almond Joy Cookies



Ingredients
1 cup butter

1 1/2 cups white sugar
1 1/2 cups brown sugar
4 eggs
3 teaspoons vanilla
4 1/2 cups flour
2 teaspoons baking soda
1 teaspoon salt
5 cups chocolate chips
2 cups sweetened coconut
2 cups chopped almonds

Directions

Pre-heat oven to 375°F Lightly grease cookie sheets.

Combine dry ingredients, set aside.

In a large bowl, cream the butter and sugars together. Beat in the eggs, one at a time, stir in the vanilla. Stir in the dry ingredients until well mixed then stir in the chocolate chips, coconut and almonds. Drop by rounded tablespoonfuls onto the prepared cookie sheets.

Bake for 8 to 10 minutes. Cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

Cheesy Chicken and Rice Casserole



1 can (10 3/4 ounces) Campbell's® Condensed Cream of Chicken Soup
1 1/3 cups water
3/4 cup uncooked regular long-grain white rice
1/2 teaspoon onion powder
1/4 teaspoon ground black pepper
2 cups frozen mixed vegetables
1 1/4 pounds skinless, boneless chicken breast halves
1/2 cup shredded Cheddar cheese (about 2 ounces)

Heat the oven to 375°F. Stir the soup, water, rice, onion powder, black pepper and vegetables in an 11 x 8 x 2-inch baking dish.

Top the rice mixture with the chicken. Cover the baking dish.

Bake for 50 minutes or until the chicken is cooked through and the rice is tender. Top with the cheese. Let the casserole stand for 10 minutes. Stir the rice before serving.

Trivia Challenge #1

_____ slows down aging and prevents wrinkles.

- a) Tanning
- b) Dove Beauty Bar
- c) Smiling
- d) Drinking wine
- e) Raising a house full of kids

Trivia Challenge #2

Why are most flamingos pink, red or orange?

- a) They're not
- b) Because they eat brine shrimp
- c) Because they contain a high percentage of reddish colored melanin
- d) Because of naturally high Vitamin D levels
- e) Because they eat salmon

Trivia Challenge #3

100 years ago, the average life expectancy in the U.S. was

- a) 47
- b) 57
- c) 35
- d) 70
- e) 66

Trivia Challenge #4

What is the most spoken language in the world?

- a) Arabic
- b) Mandarin
- c) Spanish
- d) English
- e) Hindustani

Trivia Challenge #5

_____ has an IQ level of 147 that is thought to be extremely high and that of a gifted genius.

- a) Hugh Hefner
- b) Ozzy Osbourne
- c) Morgan Freeman
- d) Rapper Snoop Dogg
- e) Robert Redford

Trivia Answer #1: c

Trivia Answer #2: b

Trivia Answer#3: a

Trivia Answer#4: b

Trivia Answer #5: d