

# Employee Benefits and Services Fair, November 5<sup>th</sup>!

## Adair County Employee Newsletter October 2014



### Anniversaries:

Kirby Bailey, Road and Bridge, 12 years  
Latara Lusher, Sheriff's Office, 6 years  
Jermaine Talton, JJC, 4 years  
Randy Watson, Road and Bridge, 11 years  
Jamie Wolf, Drug Court, 8 years  
Bobbie Shultz, Circuit Court, 34 years

### Happy Birthday!

Zach Corder, Sheriff's Office, 10/4  
Gary Krambeck, Sheriff's Office, 10/13  
Jason Lene, Sheriff's Office, 10/8  
Tammy Miller, County Clerk's office, 10/7  
Diana Thomas, Road and Bridge, 10/5

I've had a few employees express interest in having a carry-in once a month to recognize that particular month's birthdays, and just get together to visit. I think that is a great idea! I'm thinking Annex building because of the kitchen area and room. What do you all think? **The next carry-in will be Friday, October 31<sup>st</sup>.**

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

### Welcome New Employees!

#### County Events

10/1- Truman State Univ. presents "Eurdyce" October 1-4.  
10/3- Project Homeless Connection  
10/11- Truman Homecoming/ Faith Lutheran School Fall Festival/ Adair County Ambulance Annual Kids Day  
10/16- Community Prayer Breakfast

10/16-17 - Truman Fall Break  
10/17- Community Opportunities 45<sup>th</sup> Anniversary  
10/21- Kirksville Senior Expo  
10/21- NEMO Job Fair  
10/25- NEMO Beer Appreciation  
10/25- New Horizons Music Festival

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 Website

Our website pages are only as good as the information the elected officials give me for their page. Any elected official, who would like to give me things to upload to their page or any information they would like to add, please let me know. I'd be glad to do it.

### Employee Motivational Fund



Congrats to Donnie Waybill and Vera Willis for being September's winners of \$18 each! The next drawing will be October 31<sup>st</sup>! Bring me your \$2!

### County News

**We're having a Benefits and Services Fair on November 5<sup>th</sup>, 10 a.m. to 3 p.m. in the Annex Building.** Mark your calendars. We will have representatives from CERF Pension, CERF Savings, GBS/Health link, LAGERS and AFLAC. This will be a great opportunity for you to meet and talk with our benefits people.

**Open enrollment dates will be November 1- December 1. During this time frame, you can elect to:**

- 1) Change your health plan
- 2) Add dependents/take off dependents on your plan
- 3) Add or remove dental/vision/life for dependents
- 4) Decline coverage, period
- 5) Sign up for flexible spending account

Addressing Open Enrollment, I want to call your attention to a great benefit available to you....the **Flexible Spending Account.**

**What is a Flexible Spending Account anyway?**

A Flexible Spending Account (FSA) is a tax-favored program offered by employers that allows their employees to pay for eligible out-of-pocket health care and dependent care expenses with pre-tax dollars.

**What are the benefits of using an FSA?**

Using an FSA is like giving yourself a pay raise. A flexible spending account (FSA) allows you to set aside a portion of your salary, before taxes, to pay for qualified medical or dependent care expenses. Because that portion of your income is not taxed, you end up with more money in your pocket.

- ✓ The money you deduct from your paycheck and deposit into your FSA is never reported to the IRS, thus decreasing your taxable income liability and increasing what you can spend. A few benefits of flexible savings accounts are the following:
- ✓ A dependent care FSA can allow you to keep working as much as you want, because you can afford to pay for child or elderly care.

- ✓ If you use up all of your allotted expenses for the year in one day, you will be reimbursed right away but continue to pay your allocations throughout the year. A big expense at the beginning for the year means you don't have to pay it off for quite some time.
- ✓ There is a two-and-a-half-month grace period at the end of the year for you to request reimbursement for expenses that occurred during the previous year.

**What are the disadvantages of using an FSA?**

- ✓ One of the most prevalent characteristics of FSAs is that they do not roll over from year to year. In other words, **if you do not spend everything in flexible spending accounts, the funds will be lost for good.** Furthermore, flexible savings account rules state that dependent care FSAs must be limited to \$5,000 for a household per year.
- ✓ You must keep track of all of your FSA eligible expenses and submit receipts in order to be reimbursed.
- ✓ Also, since this account is sponsored by your employer, you'll need to spend the entire balance on the flexible savings account by your last day of employment to be able to reap the full benefits of the program.
- ✓ Flexible spending accounts are advantageous as a tax-free alternative, which can save you hundreds and possibly even thousands each year depending on your individual situation. However, in order to be successful with FSAs, you'll need to always keep a pulse on the status of the savings account throughout the entire year to avoid losing money unnecessarily.

**Regarding FSA, if you don't use it all by the end of the year, you lose it.**

If you'd like more information on the FSA program, please let me know.

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## Recipes:

### Crockpot Beef Stroganoff



- 2 pounds beef stew meat
- 1 cup chopped onions
- 1 cup Cream of Mushroom Soup
- 1 cup Condensed Cream of Onion Soup
- 1 jar sliced mushrooms, drained
- 1/4 tsp pepper
- 1 package cream cheese
- 1 8oz container sour cream
- 6 cups cooked noodles

#### Directions

1. I browned the beef stew meat prior to placing it in the Crock-Pot
  2. Add Beef, onion, Cream of Mushroom, Cream of Onion Soup, and Pepper to the Crock Pot
  3. Cook low for 8-10 hours
  4. Stir in Cream Cheese until melted
  5. Stir in Sour Cream
  6. Serve over the noodles or mix noodles into mixture depending on your choice
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### Garlic Butter and Mushrooms Baked Pork Chop

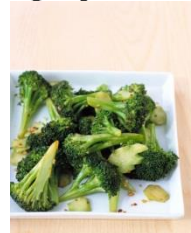


- 3-4 Thick Cut Pork Chops
- 1/2 Stick Butter
- 2 Garlic Cloves, Minced
- 1/4 Cup Flour, All Purpose
- 1/4 Cup Milk
- 1 Cup Mushrooms, Cleaned and Sliced
- 1 tbsp Oregano
- 1 tbsp Thyme
- Salt and pepper to taste

#### Directions:

1. Preheat oven to 350 degrees.
  2. In a large skillet over medium high heat combine butter, garlic, mushrooms, salt, pepper, oregano and thyme.
  3. Once butter has melted, add your pork chops and sear on each side for 1-2 minutes until golden brown.
  4. Once both sides of the pork chops are a golden brown place in oven and bake for 35 minutes or until centers are no longer pink. \*Time may need to be adjusted depending on the thickness of your pork chops.
  5. Remove skillet from oven and remove your pork chops and sit them aside to rest.
  6. Whisk flour and milk into your pan with the remaining liquids after removing the pork chops. Whisk until all lumps are removed. Simmer for 3-4 minutes.
  7. Serve over the top of pork chops.
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### Spicy Garlic Broccoli



- 1 1/2 pounds broccoli
- 4 1/2 tablespoons olive oil
- 1 clove garlic, minced
- 1/4 teaspoon salt

1/8 teaspoon crushed red pepper  
1 1/2 teaspoons vinegar  
3/4 cup water

Peel and slice thick stems from broccoli;  
separate florets.

In a skillet, bring water to a simmer over  
medium-low heat. Add stems and florets; cook,  
covered, until bright green, 4 minutes.

Stir in olive oil, minced garlic, salt, and crushed  
red pepper. Cook 4 minutes.

Turn off heat; stir in vinegar.

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### **Fresh Orange Cookies**



1 1/2 cups sugar  
1 cup margarine or butter, softened  
1 cup sour cream  
2 eggs  
4 cups all-purpose flour  
1 teaspoon baking powder  
1 teaspoon baking soda  
1/2 teaspoon salt  
2/3 cup orange juice  
3 tablespoons grated orange peel

#### **Frosting**

1/4 cup margarine or butter, melted  
2 cups powdered sugar  
1 tablespoon grated orange peel  
2 to 3 tablespoons orange juice

- Heat oven to 375°F. In large bowl, combine sugar and 1 cup margarine; beat until light and fluffy. Add sour cream and eggs; blend well. Add all remaining cookie ingredients; mix well. Drop dough by rounded tablespoonfuls onto ungreased cookie sheets.

- Bake at 375°F. for 8 to 11 minutes or until edges are light golden brown. Immediately remove from cookie sheets.
  - Meanwhile, in small bowl, blend all frosting ingredients until smooth, adding enough orange juice for desired spreading consistency. Frost warm cookies.
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### **Your Reimbursable Deductible**

Bring me receipts of payments with dates of service for 2014 medical appointments thus far. We'll fill out an RDA form and hopefully get you some money back. Remember, you get up to \$500 back every year (and sometimes more), so be sure and take advantage of it.

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### **AFLAC Claims**



If you have any claims you want to submit for Aflac, come see me and I can do it for you. You pay for it monthly, so you might as well claim your \$\$\$ when you can.

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### **Trivia Challenge #1**

Humans share 50% of their DNA sequence with what?

- a) bananas
- b) monkeys
- c) dogs
- d) pineapples

### **Trivia Challenge #2**

In 1963, a man knocked down a wall in his home. Behind it, he discovered \_\_\_\_\_.

- a) An ancient underground city in Turkey
- b) Over \$1 million cash
- c) Priceless paintings
- d) Stacked bodies

### Trivia Challenge #3

Japan has a network of roads that \_\_\_\_\_, if you are driving the speed limit.

- a) Glow in the dark
- b) light up as you drive
- c) play music
- d) shows 3D characters

### Trivia Challenge #4

\_\_\_\_\_ was once offered the presidency of Israel.

- a) Karl Marx
- b) Albert Einstein
- c) Harry Houdini
- d) Sigmund Freud

### Trivia Challenge #5

There is a \_\_\_\_\_ above the Supreme Court.

- a) Media Center
- b) Basketball court
- c) Golf course
- d) Bar and dance hall

**Trivia Answer #1:** a

**Trivia Answer #2:** a

**Trivia Answer #3:** c

**Trivia Answer #4:** b

**Trivia Answer #5:** b

### Fun Facts:

Earth's helium supplies will run out by 2030, party balloons could cost about \$100 each in the future.

The opening song in "O Brother, Where Art Thou?" was a recording of actual prisoners in 1959, and one of the prisoners was tracked down and paid 40 years later

### WTF fun fact #3009

Crocodile measuring 8.6m (28ft). Shot by a hunter in Queensland, Australia in 1957.



wtfunfact.com

### WTF fun fact #2988

During WWI, On christmas of 1914, the british and germans lay down their weapons, crossed no man's land, and joined each other to celebrate. They exchanged food, played games, sang songs, and even attended burials for each side. This was seen as a symbolic moment during the conflict.



wtfunfact.com