

Adair County Employee Newsletter October 2015



Anniversaries:

Kirby Bailey, Road and Bridge, 13 years
Randy Watson, Road and Bridge, 12 years

Happy Birthday!

Steve Farnsworth, Sheriff's Office, 10/28
Gary Krambeck, Sheriff's Office, 10/13
Jason Lene, Sheriff's Office, 10/08
Tammy Miller, County Clerk's office, 10/07
Diana Thomas, Road and Bridge, 10/05
Garrett Wilson, Sheriff's Office, 10/06



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

Welcome New Employees!
No new employees this month

County Events

10/1- Drive Through Flu Clinic 12-6
NEMO fairgrounds
10/9-10 TSU Homecoming Weekend
10/17- 5th Annual FLATS Trail Marathon
10/24- Adair County Mobile Food Pantry
10/28- Blues Brothers Tribute Concert and
Comedy Lyceum Series
10/29-Fall NEMO Job Fair

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.

AFLAC Claims

If you have any claims you want to submit for
Aflac, come see me. I have all claim forms in
the Commissioners office and I can submit it
for you. You can also contact our
representative Desaray Wilhite at 660-651-
3109.

Recipes:

Honey Sesame Chicken Wings



1 lb chicken wing pieces
¼ tsp salt
3 tbsp olive oil
¼ tsp chili powder
1 tbsp honey
2 tbsp pomegranate molasses
1 tbsp sesame seeds
6 chili peppers, optional

Wash chicken wings very well and place them in a large skillet. Do not dry the wings. Sprinkle salt on them.

Cover the skillet with its lid and cook the wings over medium low heat for 5-7 minutes. Let them release their juice.

Turn them over and let the other sides partly cooked when there is still juice inside. Make sure you put the lid back after turning over. Cook until a little juice left.

Bring it to the lowest heat and toss in chili peppers and chili powder.

Add olive oil over them, cover it and cook turning them over as needed until they are done.

Take the lid and drizzle pomegranate molasses and honey over the wings.

Toss in sesame seeds and turn them over every now and then until all wings are coated with the sticky pomegranate honey sauce and sesame seeds.

As a final touch, throw some fresh rosemary leaves into the skillet if you want to and take it from heat.

You can serve it with a little extra honey.

Shrimp, Bacon, and Corn Chowder



Chunky and creamy this amazingly delicious soup is packed with flavor! The ultimate comfort food!

Ingredients

1 (12 oz. pkg) frozen shrimp (uncooked, peeled, deveined), thawed
 3 Tbsp. olive oil, divided
 2 ribs of celery, chopped
 1 medium yellow onion, chopped

1 (16 oz.) bag, frozen sweet corn, thawed
 2 cloves garlic, minced
 8 slices, thick cut bacon, cooked crisply, and chopped into pieces
 2 c. chicken broth
 1 c. half & half
 ¼ tsp. garlic powder
 ¼ tsp. onion powder
 ¼ tsp. salt
 ¼ tsp. freshly ground pepper
 Chopped parsley (optional as garnish)

Instructions

In a medium stock pot or dutch oven, heat 2 Tbsp. olive oil on medium high heat.

Thoroughly rinse the thawed shrimp, and add to the pot. Sauté the shrimp for 1-2 minutes, removing from heat as soon as the shrimp begins to turn light pink. Set cooked shrimp aside.

Add the additional Tbsp of oil to the hot pot, keeping the heat at medium high. Add the chopped celery, onion and garlic. Sauté for 8-10 minutes or until the onions begin to turn translucent. Add the thawed corn and sauté for 3 more minutes. Add the chicken broth, half and half, garlic powder, onion powder, salt and pepper. Add the bacon, reserving a couple slices for topping the soup. Bring to a simmer.

In a blender, add about half of the soup mixture and puree to a creamy consistency. Add the puree back to the rest of the soup ingredients. Add the cooked shrimp to the rest of the soup, and simmer for 5 more minutes. Serve hot and top with remaining bacon pieces. Garnish with parsley if desired.

Salted Caramel Cheesecake Bars



For the Crust

2 1/4 cups ground graham crackers (about 1 and a half sleeves of crackers)
2 Tbsp. sugar
1/4 tsp cinnamon
10 Tbsp. melted butter

Cheesecake Filling

3 8-ounce packages of cream cheese, room temp
1 cup sugar
3 eggs
1/2 cup dulce de leche
2 tsp vanilla extract
Caramel Topping
2/3 cup dulce de leche
2-3 Tbsp. heavy whipping cream
2-3 Tbsp. caramel sauce (the good stuff in a jar, not that runny syrup junk)
Fleur de sel* (okay, what is that anyway?)

1. Preheat oven to 350 degrees F. Coat a large rectangular pan with non-stick cooking spray.
2. Combine the crust ingredients in a medium bowl until the crust comes together, kind of like wet sand. Press crust evenly into the bottom of the pan. Bake crust for 10 minutes, or until golden brown. Cool on a rack while you make the filling.
3. Beat cream cheese and sugar together until light and fluffy, about 3 minutes. Add eggs one at a time, beating each one until it's incorporated before adding the next one. Add dulce de leche and vanilla extract and beat until fully incorporated. Pour batter onto crust and spread even. Bake for about 35 minutes, or until center is just set and edges are puffy and slightly cracked and golden. Transfer to a cooling rack and cool completely before topping with caramel.
4. Pour dulce de leche and whipping cream into a glass bowl or measuring cup. Microwave for 10 seconds at a time, stirring between each interval, until the whipping

cream is well combined with the dulce de leche. Add caramel sauce and stir until well combined. The topping should be pourable, but not runny.

5. When cheesecake bars are cooled, pour caramel topping all over the bars and spread evenly. Refrigerate for a few hours to allow caramel to set well. Cut into squares and *top with fleur de sel right before serving!

Missouri Association of Counties Online Classes

If you're not registered for LocalGovU online classes, sponsored by MAC, then let me know if you want to be. It's free, it's training you should have, and it's easy to get started. Workplace and Sexual Harassment training is available on the site for you to do at your convenience. You can also print off certificates at the end of each training for you to keep. I'd be glad to help you get started. Please let me know! Classes are going on now this quarter from now until December 31. <http://www.localgovu.com/> Supervisors/Elected Officials, it would be great if you'd encourage participation from your employees for these training classes

Trivia Challenge #1

Which of these countries has a bright pink lake?

- a) New Zealand
- b) Australia
- c) Great Britain
- d) Indonesia

Trivia Challenge #2

A flock of crows is called a _____.

- a) herd
- b) corruption
- c) congress
- d) murder

Trivia Challenge #3

The most expensive mega-project ever was _____, costing \$500 billion.

- a) Eisenhower's Interstate Highway System
- b) World Trade Center construction
- c) Atlanta Falcons Stadium construction
- d) Panama Canal Expansion

Trivia Challenge #4

Who was the first Pope of the Catholic Church?

- a) Peter
- b) John Paul
- c) Anthony
- d) Paul

Trivia Challenge #5

What can cut a diamond?

- a) Iron
- b) Gold
- c) Diamond
- d) Glass

Trivia Challenge #6

According to the Rolling Stones, "it's only rock'n'roll but..."?

- a) I don't mind it
- b) It's okay with me
- c) I don't care
- d) I like it

Trivia Challenge #7

How many colors are in the traditional rainbow?

- a) 7
- b) 8

- c) 9
- d) 6

Trivia Answer #1: b

Trivia Answer #2: d

Trivia Answer#3: a

Trivia Answer#4: a

Trivia Answer #5: c

Trivia Answer #6: d

Trivia Answer #7: a

Open Enrollment for Benefit Year 2016

November 1-November 30

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 can pay it off for throughout the year.

□ 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.

And again, in case you missed it before.....here is a summary of your insurance information

Individual Deductible (Base Plan): \$2500
(Buy up Plan- \$1500 deductible)
Reimbursable Deductible Allowance: \$500
Maximum Annual out of Pocket (Excluding deductibles): \$1500 (With deductible- Base Plan) \$4000. (With deductible buy-up plan) \$3000

Co-Pays:

- Dr. visit- \$25
- Urgent Care- \$75
- Emer. Room- \$200

Preventive Care is paid for 100%. Includes:

- Routine Physical
- Mammograms (must be over age 40, unless medically necessary)
- Pap smears
- Prostate Exam (must be over age 50, unless medically necessary)
- Well child care (includes exams and immunizations)

Lab Work

- **100% paid, but must use Quest Labs.**

Ask your doctor about using Quest Labs before your blood work is done to ensure you don't get a bill for it.

- Northeast Regional Hospital uses Quest Labs. Utilize this resource if your doctor's office doesn't use Quest.

Dental Insurance Information

You can use any dentist! That's right....any dentist, anywhere.

Individual Deductible: \$50
Calendar Year Max. Benefit: \$1000

Preventative Services paid at 100%

Preventative Services includes:

- Emergency Palliative treatment
- Oral exams (every 6 months)
- X-rays (4 bite wings a year)
- Teeth cleaning (every 6 months)
- Fluoride treatments
- Space maintainers for children under age 19
- Topical sealants for un-restored molar teeth

Basic Services Include: (90% after deductible)

- Crowns: Stainless steel
- Diagnostic Consultation- one yearly
- Fillings: Amalgam, Silicate, Acrylic
- Laboratory Test
- General Anesthesia (surgical procedures only)
- Injectable Antibiotics (treatment of a dental condition only)
- Simple extractions

Major Services Include: (50% After Deductible)

- Bridges Installation- fixed and removable
- Crowns: Acrylic, Metal, and Porcelain
- Dentures (full and partial)
- Endodontic Services/Root Canal Therapy
- Fillings: Gold and Porcelain
- Inlays
- Onlays
- Oral Surgery
- Periodontal Services
- Posts

- Repairs of dentures, bridgework, crowns, etc.

Vision Insurance Information

\$50 deductible
Maximum Annual Benefit per participant: \$600

***you get a free eye examination up to \$100 if you're on our base or buy-up plan. Maxi-Care plan excluded. *** Bring me a receipt and we'll get you reimbursed as needed.

- Pays up to \$80 on eye exams
- Single Vision Lenses \$120
- Bifocal Lenses \$130
- Trifocal Lenses \$140
- Lenticular Lenses \$150
- \$130 on frames

Contact Lenses:

Single vision- \$80
Bifocal Vision- \$90

Prescription Drug Card Benefits

No Annual deductible

Generic refill: \$10
Preferred Name Brand refill: \$25
Non-preferred name brand refill: \$50 or 50% whichever is greater

CVS Specialty Drug:

Generic refill: \$30
Preferred Name Brand refill: \$60
Non-preferred Name brand: \$90 or 90% whichever is greater