

# *Adair County Employee Newsletter September 2013*

## *Anniversaries:*

Doug Hill, Road and Bridge, 40 years  
Gail Claybrook, Road and Bridge, 23 years  
Ed Powell, Road and Bridge, 8 years  
Greg Lawrence, Assessor's Office, 6 years  
Joe Wuebker, Sheriff's Dept, 5 years  
Kelly Koenig, Sheriff's Dept, 7 years  
Jeremiah Treece, Sheriff's Dept, 1 year  
Ryan Crandall, Sheriff's Dept, 13 years  
Donnie Waybill, Assessor, 8 years  
Jessie Schoonover, Circuit Court, 6 years

**\*\*WOW!!! Way to go Doug Hill!\*\***

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!*

Gayla Sandstrom, Circuit Court, 9/25  
Tonya Lutz, Circuit Court, 9/27  
Kristie Swaim, Circuit Court, 9/27  
John Axsom, Sheriff's Dept., 9/9  
Sharon Biggerstaff, Children's Div., 9/16  
Rusty Harris, Road and Bridge, 9/10  
Matt Holt, Juvenile Center, 9/20  
Rick Huddleston, Road and Bridge, 9/11  
Tracy Salsberry, Sheriff's Dept, 9/1  
Shelby Salter, Assessor's Office, 9/17  
Pat Shoush, Recorder, 9/21



Chris Smith, Sheriff's Dept, 9/19  
Randall Snyder, Road and Bridge, 9/10



## *Welcome New Employees!*

Mary McGoldrick, Sheriff's Dept.  
Cody Roberts, Sheriff's Dept.

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

## *County Events*

9/3 – LaPlata Soybean Festival  
9/2- Kirksville City Council Meeting  
9/8- NEMO Triathlon  
9/8- Kirksville Annual Air Fest  
9/12-15- Curtain Call Theatre Presents  
Agatha Christie's "Spider's Web Dinner"  
theatre  
9/19- Mother/Son Stampede  
9/19- Business after Hours and Silent  
Auction

- 9/21- Truman Family Day
- 9/21- Red Barn Arts and Crafts Festival
- 9/21- Adair County Young Farmers Truck and Tractor Pull
- 9/28- Round Barn Blues Festival
- 9/28- 3<sup>rd</sup> Annual BaconFest
- 9/28- 5k and Fun Run for Juvenile Diabetes
- 9/28- Ducks Unlimited Banquet and Auction
- 9/28- Mule Festival/Show

\*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***

- 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](mailto:bplatz@adaircomo.com), or better yet, come see me!

### **Employee Motivational Fund**



- ❖ Congratulations to Jeff Gottman and Vera Willis for being our August 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 September 12<sup>th</sup>, as we'll have our drawing on Friday, September 13<sup>th</sup>. I encourage everyone to participate, because the bigger the monthly pot, the more gas cards we can give away, and not to mention it's fun!!

Those employees currently serving on the voting board are:

-Sandy Collop

-John Axsom

-Brenda Capps

-Pam Tarr

-Vera Willis

-Karen Hammons

-Beth Platz

### **GBS HEALTHCARE:**

*Some useful things you need to know, especially if you're a new full time employee:*

- ❖ If you need lab work done, make sure your doctor or lab will use **Quest**. If they use Quest, your labs will cost you, the employee, nothing.

- ❖ Don't forget about the Reimbursable Deductible Allowance (RDA). This benefit provides up to \$500 reimbursements to the major medical portion of your plan. (not dental, Rx, vision, etc.). You will receive a 50% credit of the unused amount carried over to the next year. For example, if I only use \$200 RDA for the whole year in 2013, then in 2014 I would have an RDA balance of \$600 that I could claim.
- ❖ Your deductible on the base plan is \$2500. It is an 80/20 plan.
- ❖ Preventive Care is paid 100%, and includes: Routine physical exam, mammograms (over age 40), pap smears, prostate exam (over age 50), routine immunizations, well child care exams and immunizations. These services (once a year) are no cost to the employee.
- ❖ For those new to the plan, Dr. Visit co-pay is \$25; urgent care co-pay is \$75; and emergency room co-pay is \$200. Employee will be responsible for the 20% cost of the incurred services from above, including x-rays and surgeries.
- ❖ If you use a c-pap machine for sleep apnea and are needing a new one, you can call MCC at 866-750-2723 and thru them there is Heartland Med Equipment and if they carry it then it will pay 100% if they don't carry it then it will go toward the deductible and out of pocket portion of the plan.
- ❖ Wondering what providers are considered "in-network"? Go to <https://www.healthlink.com/ipf.asp> and click on Healthlink Open Access II. You can look up providers of any service to see who is in our network.
- ❖ Sometimes using out-of-network providers is unavoidable (especially in emergency situations). If this should happen, your cost will be 50% of the total bill.
- ❖ Are you interested in enrolling in 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.

## Recipes:

### Chicken Cordon Bleu Casserole

- Coat 9 x 13 inch baking dish with cooking spray.
- Spread 2 cups cooked rice in bottom of baking dish
- Arrange 3 cups cooked chicken pieces over top of rice.
- Layer 6 slices of Swiss cheese on top of chicken.
- Then layer 10 slices of cut-up ham on top of the Swiss cheese
- Mix 2 cans cream of chicken soup, 1/2 cup milk, and 1/2 cup sour cream together
- Spread on top of ham
- Crush 10 saltine crackers then add 1/2 teaspoon paprika, 1/4 teaspoon garlic salt, and 1/2 teaspoon parsley and mix together.
- Sprinkle on top of soup mixture.
- Bake at 350 degrees for 30 minutes. And enjoy the best Chicken Cordon Bleu Casserole ever!

### Million Dollar Spaghetti



- 1 lb of ground beef
- 1 jar of spaghetti sauce

- 8 oz of cream cheese
- 1/4 cup sour cream
- 1/2 lb cottage cheese
- 1/2 cup butter (1 stick)
- 1 pkg spaghetti
- Grated cheddar cheese

Preheat your oven to 350°. Boil your spaghetti noodles until firm. Drain and set aside until ready to assemble.

Combine the cream cheese, sour cream and cottage cheese until well blended.

Brown your hamburger and when done, drain well. Combine the hamburger with your spaghetti sauce.

1. Put a few slices of butter into a 9x3 pan then pour half of your spaghetti noodles on top.

2. Take your cream cheese mixture and pour on top of the noodles. Spread well over noodles.

3. Pour the rest of the noodles on top of the cream cheese mixture. Put a few more slices of butter on top of the noodles. And no, this is not a Paula Deen recipe!

4. Pour your spaghetti and meat sauce on top of your noodles

Now it is ready to put into the oven for 30 minutes. After 30 minutes, pour the desired amount of grated cheese on top and return to the oven for 15 minutes to allow cheese to melt.

### School Lunch Peanut Butter Bars

- 1 1/2 C. Flour
- 1 1/4 tsp. Salt
- 1/2 tsp. Baking Soda
- 3/4 C. Butter
- 3/4 C. Sugar
- 3/4 C. Brown Sugar
- 1 1/2 tsp. Vanilla
- 1 1/2 C. Creamy Peanut Butter (split)
- 2 Eggs
- 1 1/2 C. Quick Oats

## Frosting

½ C Butter (1 stick)  
3 ½ C Powdered Sugar  
2 T Cocoa  
¼ C Milk (I use whatever I have in the fridge)  
1 tsp. Vanilla

Preheat oven to 350 degrees. In a small mixing bowl, mix together flour, baking soda and salt. In a large mixing bowl, cream together butter, sugars, ¾ C peanut butter, eggs and vanilla until light and fluffy. Gradually add dry ingredients, just until incorporated. Then, stir in the oats. Spread onto a greased 11 x 15 Jelly Roll Pan (cookie sheet). Bake for 12-15 minutes, or until golden brown. Cool for 10 minutes.

The frosting is a two-step process. First, whip the remaining ¾ C. Creamy Peanut Butter until it becomes lighter colored and fluffy. Carefully spread the whipped peanut butter over the pan cookie.

Then, add butter to a small sauce pan and melt the butter. Add the milk and cocoa. Cook over medium heat, stirring constantly. Heat just until boiling. Remove from heat and add vanilla. Then, gradually add the powdered sugar. Stir until thickened. Pour over the peanut butter and gently spread over the cookie. Cool completely, and slice into bar cookies.

## **Trivia Challenge #1**

In 2011, a woman with a PhD in math:

- Quit her college professor job to work at McDonald's
- Figured out the algorithm for scratch-off lottery tickets and won big \$\$\$ four different times
- Successfully hacked into the IRS system

- Quit her college professor job to be a dog walker

## **Trivia Challenge #2**

\_\_\_\_\_ was the first non-human to win an Oscar.

- Mickey Mouse
- Mr. Magoo
- Lassie
- The Pink Panther
- Betty Boop

## **Trivia Challenge #3**

Doing what???? before studying or taking tests can increase your chances of understanding the material and getting a high grade?

- Light exercise
- Drinking a glass of wine
- Drinking a cup of coffee
- Eating chocolate
- Eating yogurt

## **Trivia Challenge #4**

This fast food restaurant actually has a policy that if anyone is not from the area, lost, and broke, they will get a free meal.

- Burger King
- McDonald's
- Wendy's
- White Castle
- Hardee's

## **Trivia Challenge #5**

At age 37, which actor discovered that the woman he'd always known as his sister was actually his mother?

- Jack Nicholson
- Leslie Nielsen
- Lee Majors
- Sean Connery

## **Trivia Challenge #6**

What can cause cancer cells to commit suicide?

- a) carrots
- b) grapefruit
- c) cherries
- d) olives
- e) blueberries

### ***Trivia Challenge #7***

How did the Liberty Bell get cracked?

- a) It was dropped by repairmen in 1848
- b) It was cracked when struck in 1846, when the bell rung to commemorate George Washington's Birthday.
- c) It was cracked when struck in 1854 during Chief Justice John Marshall's funeral
- d) It cracked on its very own first test strike in 1752

**Trivia Answer #1:** b

**Trivia Answer #2:** a

**Trivia Answer#3:** d

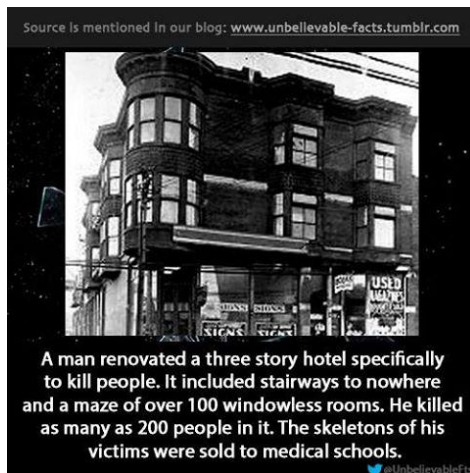
**Trivia Answer#4:** c

**Trivia Answer #5:** a

**Trivia Answer #6:** c

**Trivia Answer #7:** b

### ***Unbelievable Facts***



The man who designed Saddam Hussein's bunker was the grandson of the woman who designed Hitler's

A secret message was engraved in Lincoln's watch by a jeweler, but wasn't discovered until 2009

There are at least 6 people in the world that look exactly like you, and there's a 9% chance of you meeting them in your lifetime.

The Manhattan Project secretly tested the effects of radiation on its own citizens, including injecting pregnant women and feeding schoolboys radioactive oatmeal.

The United Nations has declared the internet a basic human right.



In 2012, a man bought a BMW for \$1 because of a mistake on the bidding.

The Burj Al Arab Hotel in Dubai now provides guests with a golden iPad for use during their stay.

When a pregnant woman suffers organ damage (ex: a heart attack), the fetus will send stem cells to repair the damaged organ.