

Employee Newsletter

September 2017



Birthday Wishes

Tracy Salsberry, Sheriff's Office, 9/1
Isaiah Curtis, Road and Bridge, 9/2
John Axson, Sheriff's Office 9/9
Randall Snyder, Road and Bridge, 9/10
Rusty Harris, Road and Bridge, 9/10
Luke Hemmerla, Sheriff's Dept 9/15
Pat Shoush, Recorder, 9/21
Gayla Sandstrom, Circuit Court, 9/25
Kristie Swaim, Circuit Judge, 9/27
Bill Hudson, Pros. Attorney Office, 9/29



Service Anniversaries

Greg Lawrence, Assessor's Office, 10 years
Jesse Miller, Sheriff's Dept., 1 year
Jacob Ruthruff, Sheriff's Dept., 1 year
Donnie Waybill, Assessor, 12 years
Jessie Schoonover, Circuit Court, 10 years

IF I HAVE NEGLECTED ANYONE BY
MISTAKE, PLEASE LET ME KNOW SO I
CAN MAKE A CORRECTION NEXT TIME.

Welcome New Employees

Sara Alverson, Sheriff's Dept
Joni Sharp, Sheriff's Dept

County News

The County recently received a grant that provided us two 8 foot wheelchair accessible picnic tables that our now set up on the courthouse lawn. One is in front, and the other is toward the back. We're pleased to be able to offer these to our residents with disabilities so that they may enjoy the summer activities on the square a bit more. We wish to thank Department of Natural Resources, in particular the Waste Program, for the grant money.

Friday, September 1 will be my last day as your HR Generalist. I have enjoyed my time here at the county and have enjoyed working with all of you and making many friends along the way. Until we meet again friends, Beth

Missouri Association of Counties Online Classes
Trainings and POST trainings are still available on LocalGovU.com. If you're not registered and you would like to be, let me know.

**Got a training you'd like to see added?
Let me know, I'll see what I can do.**

Reimbursable Deductible Allowance (RDA)

Bring in your 2017 medical provider invoices showing your deductible payments. We can fill out an RDA form and hopefully get you a refund on some of your paid deductible. You can get up to \$500 back for individuals and \$1,000 back for a family each year. Remember, you must utilize all RDA benefits before using Flexible Benefit Account funds.

AFLAC Claims

Human Resources can help submit your AFLAC claims paperwork.

CERF Retirement

CERF Pension Plan Quiz:

1. When you are ready to retire, you will need to complete a retirement application 30-90 days prior to the date you want your benefits to start.
True or False
2. You are vested in the CERF Pension Plan after 6 years of full time service?
True or False
3. You are eligible to receive a normal monthly retirement benefit at the age of 60.
True or False
4. You are eligible to receive a reduced monthly benefit at age 55.
True or False
5. As a vested member, you MUST begin receiving a required minimum distribution of your pension benefit on April 1 of the calendar year following the latter of the year in which you reach age 70 ½ or the year in which you separate from service.
True or False
6. If you are retired and receiving a benefit from CERF, your benefit will be suspended if you are rehired for 1500 hours or more in a calendar year.
True or False
7. If you die while actively employed with the county and while a participant in CERF, your beneficiary will receive a \$10,000 death benefit regardless of the length of time you worked for the county.
True or False
8. Your beneficiary will not receive a refund of any contributions paid by you if you die before becoming vested.
True or False

9. The beneficiaries you name for the death benefit will also be the beneficiary of the refund of contributions should you die non-vested.
True or False
10. The \$10,000 death benefit is a taxable benefit to your beneficiary.
True or False
11. If you are married, have at least 8 years of credible service, and die prior to electing a pension benefit option, your spouse is not eligible for a survivor benefit.
True or False

Answers to CERF Pension Plan Quiz

- 1) True
- 2) False, after 8 years
- 3) False, age 62
- 4) True
- 5) True
- 6) False, hired for 1000 hours or more in a calendar year
- 7) True
- 8) False, your beneficiary will receive a refund
- 9) True
- 10) True
- 11) False, they are eligible for a 50% survivor benefit.

Annual Vision Exam Benefit

All Members enrolled in the Medical Plan are covered at 100% for an annual vision exam, up to \$100. Simply bring your eye exam receipt to Human Resources for a refund.

Flu Shot Benefit

- Visit your nearest participating pharmacy
- No appointment needed
- Bring your medical ID card and a valid photo ID
- You're covered at 100% - no copay, no coinsurance!*

County Events

9/1- LaPlata Soy Bean Festival begins
9/1- Kiwanis Club Farmer's Market
9/1- Nature Photography
9/3- Coal Minrs Tour
9/5- Interview Process Workshop
9/7- Basic Computer Skills Workshop
9/8- Kirksville Community Thank you Dinner
9/9- Famer's Market
9/9- Rotary BBQ Championship
9/10- NEMO Triathlon
9/11- Resume Workshop
9/12- Youth Resume Development
9/13-Voc Rehab
9/13- Vet Center Counseling
9/13- Living a Healthy Life Workshop
9/14- Entrepreneurs I-Corps Workshop
9/14- Youth Acing the Interview Workshop
9/16- Law Enforcement Appreciation Day
9/16- Red Barn Arts and Crafts Festival
9/16- Farmers Market
9/16- Suicide Awareness 5K
9/17- Truman Family day
9/18- Basic Computer Skills Workshop
9/20- Career Networking Workshop
9/21- Mother/Son Stampede
9/22- Business After Hours
9/22- Chamber Trivia Challenge
9/23- Farmer's Market
9/23- Heart and Sole Walk
9/23- Adair County Food Pantry
9/23- KV Motors, Child Safety Event
9/23- Thousand Hills Open House
9/23- Adair County Young Farmers Truck and Tractor Pull
9/26- Talify Testing at Career Center
9/30- Adair County Jakes Day
9/30- Kiwanis 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.

Recipes:

Honey Apple Cake

<https://toriavey.com/toris-kitchen/honey-apple-cake/>

Cake Ingredients

3 large eggs
3/4 cup honey

1/2 cup white sugar
1/4 cup light brown sugar
1 1/4 cup canola oil
1 1/2 tsp vanilla
3 cups all purpose baking flour
1 tsp baking powder
1 tsp baking soda
1 1/2 tsp cinnamon
3/4 tsp salt
1/4 tsp allspice
Dash of ground cloves
4 Granny Smith apples - peeled, cored, and shredded

Icing Ingredients

1 cup + 3 tbsp powdered sugar
1/4 tsp vanilla
1-2 tbsp non-dairy creamer

You will also need

9 inch Bundt cake pan, sifter, wire cooling rack, parchment paper, Ziploc bag
Cook Time: 75 Minutes
Total Time: 2 Hours
Servings: 10

Autumn Slow Cooked Beef Stew

<https://www.tasteofhome.com/recipes/autumn-slow-cooked-beef-stew>

2 pounds boneless beef chuck roast, cubed
1/2 teaspoon garlic salt
1/2 teaspoon pepper
2 tablespoons olive oil
2 cups dry red wine or reduced-sodium beef broth
1 cup reduced-sodium beef broth
4 garlic cloves, minced
1 teaspoon rubbed sage
1 teaspoon dried thyme
1/2 teaspoon salt
2-1/2 pounds small red potatoes (about 20)
4 medium carrots, cut into 1-inch pieces
1 large onion, halved and sliced
2 medium pears, quartered optional
1 cup walnut halves
1 cup dried apricots optional
2 tablespoons cornstarch
3 tablespoons cold water

DIRECTIONS

Sprinkle beef with garlic salt and pepper. In a large skillet, heat oil over medium-high heat. Brown beef in batches. Remove with a slotted spoon; transfer to a 6-qt. slow cooker.

In a large bowl, combine wine, broth, garlic, sage, thyme and salt; pour over beef. Top with potatoes, carrots, onion, pears, walnuts and apricots. Cook, covered, on low 6-8 hours or until meat is tender; skim fat. In a small bowl, mix cornstarch and water until smooth; gradually stir into stew. Cook, covered, on high 20-30 minutes or until sauce is thickened. **Yield:** 8 servings.

Lasagna Stuffed Spaghetti Squash

<http://www.womansday.com/food-recipes/recipes/a57464/lasagna-stuffed-spaghetti-squash/>

INGREDIENTS

2 small spaghetti squash (about 1 lb 10 oz each)
1 c. no-salt-added small-curd cottage cheese
1/4 c. grated Romano cheese
Kosher salt and pepper
8 oz. frozen broccoli florets, thawed, squeezed of excess moisture and chopped
3/4 c. low-sodium marinara or tomato sauce
3 oz. part-skim mozzarella, grated
Green salad, for serving

Using a large serrated knife, cut the spaghetti squash in half lengthwise. Use a spoon to scrape out and discard the seeds. Place all 4 squash halves, cut side down, on a large piece of parchment paper in the microwave. Cook on high power until just tender, 9 to 11 minutes.

Meanwhile, heat broiler and lower the rack to the middle position of the oven. In a bowl, combine the cottage cheese, Romano and . tsp pepper; fold in the broccoli. Season the squash halves with . tsp each salt and pepper, then use a fork to scrape up most of the squash strands, leaving them in the squash. Divide the cheese mixture among the squash and top with the sauce, then the mozzarella. Broil until the filling is heated through and the top is golden brown, 2 to 3 minutes. Serve with a green salad, if desired.

Trivia Challenge #1

_____ is the most profitable American retailer per square foot, earning \$5,546 in sales per square foot.

- a) Apple
- b) Wal-Mart
- c) Coca-Cola
- d) Samsung

Trivia Challenge #2

“natural red 4” in the ingredients list of any product, that means it contains a dye made from _____

- a) Red clay
- b) Crushed red roses
- c) Crushed bugs
- d) Scarlet Ibis feathers

Trivia Challenge #3

_____ puts you at a higher risk of developing blood clots which could lead to pulmonary embolism.

- a) Running a mile per day
- b) Depression
- c) Sleeping on your back
- d) Sitting at a desk all day

Trivia Challenge #4

In 1893, which country became the first to give women the right to vote?

- a) United States
- b) United Kingdom
- c) Iceland
- d) New Zealand

Trivia Challenge #5

The Roman numeral "L" stands for what number?

- a) 10
- b) 50
- c) 100
- d) 1000

Trivia Challenge #6

Which country and its territories cover the most time zones?

- a) Russia
- b) France
- c) Switzerland
- d) Phillipines

Trivia Challenge #7

How many US Supreme Court justices are there? a)

- a) 9
- b) 8
- c) 10
- d) 12

Trivia Challenge #8

ABBA was a pop group from what country?

- a) United Kingdom
- b) Switzerland
- c) Serbia
- d) Sweden

Trivia Challenge #9

What is known as the "master gland" of the human body?

- a) pituitary gland
- b) thyroid
- c) hypothalamus
- d) Adrenal

Trivia Challenge #10

Who is the oldest person to be elected to the office of President of the United States?

- a) Ronald Reagan
- b) Donald Trump
- c) Jimmy Carter
- d) Gerald Ford

Trivia Answers

- 1) a,
- 2) c,
- 3) d
- 4) d
- 5) b
- 6) b, France with 12
- 7) a
- 8) d
- 9) a
- 10) b