

COUNTY CONNECTION

February, 2015

Montana Athletic Center

MAC offers numerous group exercises.
Check out the mac at
www.maclibby.com

SPECIAL DATES OF INTEREST:

February 16, 2015
Monday
President's Day
COURTHOUSE CLOSED



Happy Birthday!!!

Randy Raan.....4th.....Juvenile Detention

Boyd White.....8th.....Sheriff's Dept.

Ron Halvorson.....10th.....Libby Road Dept.

Dolly Miller.....10th.....Juvenile Detention

Tim White.....14th.....Eureka Road Dept.

Linda Zimmerman.....16th.....Library

Mike Cole.....22nd.....Eureka Commissioner

Richard Morgan.....26th.....North Lincoln County Annex

Deanne Greene.....26th.....Sheriff's Office

Marvin Jorgensen.....27th.....Eureka Refuse

Michael Derry.....28th.....Juvenile Detention

Birthday Pictures.

If you know someone whose birthday is coming up and you can get a picture of them. Grab it and email me at dshaw@libby.org

Lincoln County Human Resources
Dallas Shaw



Safety Corner

Lincoln County | February 2015

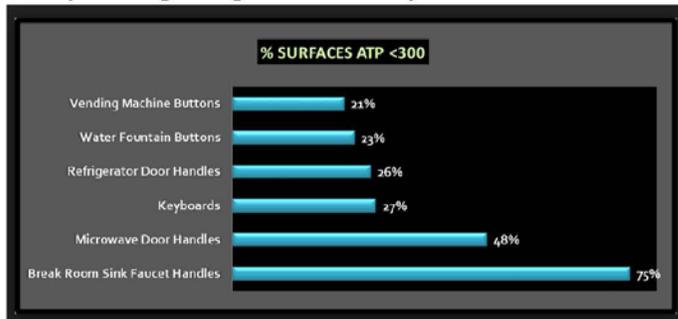
CROSS CONTAMINATION

Cross contamination occurs when workers spread contaminants around the worksite and into their homes by soiled clothing, shoes, and skin contact. Contaminants can be transferred to the items workers touch, sit on or walk on. Using good personal hygiene at work by hand washing, showering, and changing dirty clothing and shoes can help prevent cross contamination.

Workers that handle chemicals and contaminants in the workplace are aware that the use of personal protective equipment (PPE) such as gloves, safety glasses, respirators, coveralls, and boots, can reduce or eliminate their exposures. PPE can act as a barrier against the contaminants and protect the worker. If, however, a worker does not properly wash, remove or decontaminate soiled PPE and skin after leaving the work area, they can spread the contaminants outside the industrial work zone, to themselves, their coworkers, and to their family, homes, and cars.

When workers hug family members, prepare food, and touch the furniture, bedding, and carpet in the home, they could contaminate them if they have not washed their skin and removed or decontaminated soiled clothing and PPE. Workers can contaminate their coworkers and the worksite when they contact areas such as the break room, restroom, and office areas. Workers can also increase their own exposures if they eat, drink or smoke before washing their hands and removing or cleaning their PPE.

Cross contamination of the workplace can be prevented by removing or decontaminating PPE and washing hands before exiting the work zone. To prevent cross contamination at home, workers should wash their hands and faces at the end of a work shift and change into clean clothes and shoes. Workers can also take a shower and wash their hair before leaving work or as soon as they get home. Work clothes should be washed in hot water, separately from the family clothing, and given two rinse cycles



SAFETY COMMITTEE MEMBERS

- Vic White, EMA, Chair
- Lisa Oedewaldt, EMA Vice-Chair, training
- Brenda Rebo, Annex, Record Keeper
- Tom Magone, Maintenance,
- Leigh Riggleman, Clerk & Recorder
- Laura Schrader, Sheriff
- Craig Schultz, Libby Road #1
- Rob Jorgensen, Eureka Road #3
- Rick Ball, Library
- Dennis Day, Landfill
- Kamen McKinney, North Annex
- Dick Wornham, Ambulance
- Patti Noble, District Court

MONTHLY DEPARTMENTAL SAFETY MEETINGS

Please remember, monthly departmental safety meetings must be documented and attendance rosters turned into Brenda Rebo. Attendance rosters should be turned in at the conclusion of each monthly safety meeting. The county will continue to conduct quarterly dinner gift certificate drawings for employees of departments who have 100% attendance at their monthly safety meetings. Employees attending all 12 departmental safety meetings shall be eligible for a safety incentive award at the end of the year.



Workplace hygiene risks

- † The main hygiene risks faced by educators and children result from:
- † **Cross-contamination** through, poor standards of personal hygiene, poor standard of cleanliness and sanitising, poor handling of waste materials and linen
- † **Food spoilage or food borne illness (food poisoning)** - poor temperature control, cross-contamination, poor standards of personal hygiene, poor standards of cleanliness and sanitising, poor storage, poor food handling methods



HEALTH & WELLNESS CORNER

Lincoln County | February 2015



Eating for Optimal Health

...NUTRITION CONFUSION!? *With all the diet & nutrition information we get bombarded with, finding facts about healthy eating can feel overwhelming. Here are some helpful information about eating to increase overall health & help decrease the likelihood of developing disease – Small Changes Can Make a BIG Difference.*

FIBER – is a form of carbohydrate that the body does NOT digest or absorb.

Insoluble Fiber – helps prevent constipation & may help protect against colon cancer as well – these are Vegetables, whole grains & bran

Soluble Fiber – may help lower cholesterol & blood Sugars – these are oats, dried beans, apples & oranges.

It is recommended to get daily: women 21-25 grams | men 30-38 grams

CARBOHYDRATES – are the body's preferred "fuel" source. Complex Carbohydrates provide the best energy – they take longer to break down but they make us feel fuller longer. Carbs should make up 45-65% of our daily calorie intake, this is about 225-325/day; Look for

Whole Grains – oatmeal, whole wheat bread & pasta & brown rice

Legumes – beans, lentils, peanuts & vegetables like yams, peas, broccoli & corn

AVOID excess intakes of sugar (from candy) soft drinks and other sweets

FAT – yes, this IS an important nutrient because it has 2x the calories per gram of protein for carbs, but should keep intake between 20-35% total calories.

Try These:

Monounsaturated Fats – help lower LDL (bad) cholesterol and raise HDL (good) cholesterol – includes olive, peanut & canola oils; as well as avocado & most nuts

Polyunsaturated Fats – also help lower LDL & raise HDL; found in olive, sunflower, cottonseed & soy oils

Avoid these (minimize your intake):

Saturated Fats - These can raise your LDL and lower your HDL – red meat, poultry skin, butter & whole dairy foods.

Trans Fats – found in fried food, shortening & commercial baked goods (also called hydrogenated oils)

PROTEIN – very healthy for the diet

Try These

Lean Source (accompanied by vitamins & minerals) which are fish, soy, skinless poultry, nuts bean & legumes, LowFat or dairy free products,

Avoid these

High in saturated fats & cholesterol – which include red meat (especially "marbled cuts"), High fat dairy and poultry with skin

**** Be sure to always follow your doctors guidelines when it comes to taking supplements!!! ****

Ditch the Diet Rules: Listen to Your Body for Optimal Health

It's easy to get so caught up in trying to eat "right" that we stop eating in a way that's right for us.

Welcome to Nutrition Insanity

When it comes to eating for a healthier body, here is a simplified, common-sense approach. The most important info to use when deciding what & when to eat comes from your very own body. The only trouble is, we have stopped listening to our bodies. Instead, we get drowned out by all the conflicting information that seems to be coming at us from all directions. We need to learn to LISTEN TO OUR BODIES AGAIN...

Eat When You Are Hungry - *Do you wake up hungry in the morning? Then eat. Not hungry first thing after you wake up? Then don't eat. Just because someone offers you food or it's technically "time for lunch" (or any other meal) doesn't mean you have to eat. Eat if you're truly hungry. Otherwise, wait until you are - Eating whenever you're truly hungry means less stress, a better relationship with your body, and no more random restrictions on when you can and can't eat. Period*

Stop Eating when you are Satisfied & Before you are Stuffed

We don't need to eat until we're on the verge of discomfort. We can stop eating when we're satisfied and before we're stuffed, because we can eat again whenever we're hungry.

Pay attention to how you feel

AFTER you eat - *This point is particularly crucial. The next time you eat, really pay attention to how you feel afterwards. Do you feel energized? Lethargic? Bloating? Gassy? Pay attention to how certain foods make you feel. If a given food makes you feel terrible, stop eating it (or at least eat it less often). If a food makes you feel energized and nurtured, eat it on a regular basis. Easy-peasy.*

INFORMATION

February, 2015

Employee Assistance Program

Sapphire Resource Connection, Inc. provides short-term, confidential assessment and solution focused intervention services.

This service is available to you, the employee, and your defined family members at no out-of-pocket expense.

Visit www.sr-connection.com or 24 hour toll-free Help Line: 1-866-767-9511



Joint Powers Trust

Employee benefits wellness program

Education Session

When: Thursday, February 26th at 9:00 am & 10:00 am (Libby) and 2:00 pm (Eureka)

Where: Pioneer Center, Libby and North Lincoln County Annex Conference Room (Eureka)

Questions: 1-800-425-6230 or healthsolutions@itstartswithme.com

The session will include:

- Thorough review of the EBMS miBenefits website
- Review of additional resources and preventive benefits
- Health assessment opportunity and incentives
- Health behavior change opportunities



Everyone,

It's that time of year again for our annual wellness program put on by our health insurance company. The times and locations are noted on the attachment.

It is very important that all employees on our health insurance plan attend these meetings if at all possible. Lincoln County gets a discount on our health insurance premiums if we have a minimum 75% employee participation in the wellness presentation and health assessment. If we don't meet that goal, our health insurance premiums may go up an additional 3% next year.

Without these savings, the County may have to look at all covered employees contributing towards their health insurance premiums in the future.

We look forward to seeing you there.