Congratulations to Jason Heacock from the Sheriff’s Office for being our October WELCOA quiz winner! Jason’s prize was a Wellness water bottle. Check out the November quiz at the end of the WELCOA health bulletins for your chance to win! All of the answers to the quiz can be found in the WELCOA health bulletins. Those who score 100% on the quiz will be entered for a chance to win a Wellness water bottle! Send your quiz answers (either the entire answer sheet, or just your answers in an email) to Karly in ASO by 11/15/16.

This month’s Employee Spotlight focuses on the winning team of the first month of the 2016 Biggest Loser competition.

Sara Funk (Social Worker in CVS), Diane Overby (Social Worker in CVS), Kyann Hamilton (Social Worker in CVS), and Debbie Thompson (Case Aide in CVS)

Their team lost a total of 36.8 pounds in the first month. All 8 teams have lost a total of 107.2 pounds within the first month! This year’s competition has a slight twist: the tally resets each month of the 3-month competition, so that each team has an equal opportunity to win! Next year’s competition will include this resetting twist, along with the usual individual challenge and weight maintenance challenge.

Don’t forget, if you have any ideas for a competition or suggestions for the Wellness Committee, be sure to send the information to any of the committee members listed on the Wellness page here.

Pictured left to right: Sara Funk, Diane Overby, Kyann Hamilton, and Debbie Thompson

Reminder: County offices will be closed on Friday, November 11 for Veterans Day.

County offices will also be closed on Thursday, November 24 and Friday, November 25 for Thanksgiving.
November is Peak Month for Deer-Vehicle Crashes

Motorists should watch for deer in November, which is the peak time for deer-vehicle crashes in the state, according to the Minnesota Department of Transportation.

The main reason for the increase in vehicle crashes is that the deer mating season occurs in November. Increased deer movement coupled with a reduction in daylight hours increase drivers’ chances of encountering deer on roadways.

Deer are more likely to be encountered in areas where habitat is close to the roadway, such as a bridge crossing over waterways, and during the early morning and evening hours when deer are most active.

From 2013 to 2015, there were 6,149 reported deer-vehicle crashes, according to the Department of Public Safety. There were 15 fatalities and 986 injury crashes. Crashes were reported in every county in the state.

For those driving on Minnesota roadways, MnDOT offers these tips:

- Be particularly alert in the fall and spring. More than half of the crashes happen in late October and November when deer are mating, and in May and June during the birthing season.
- Be vigilant at dusk and at dawn. A high percentage of crashes occur during the low-light or dark hours of the day when deer move between daytime bedding sites and evening feeding areas.
- Slow down and scan the sides of the road and ditches for animals when driving through forested lands or near river and stream banks. Especially drive with caution in marked deer-crossing zones and along roads surrounded by farmland or forests.
- Drive defensively and expect the unexpected. If you see a deer near the road, slow down because it might dart in front of you. If you see one deer, look for the next one. Deer often travel together but single file.
- Don't swerve. While it may seem like the right thing to do, swerving to avoid a deer could cause you to lose control or travel into the path of another vehicle. Striking a deer is safer than colliding with another vehicle or a tree. Stay in your lane, brake firmly and hold onto the steering wheel.

Source: [Minnesota Department of Transportation](#)

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**CVS Labor Management Committee Operation Community Connect Competition**

The CVS Labor Management Committee held an agency competition to collect non-food items for Operation Community Connect, held on October 20. The competition was between the west and east sides of CVS, and it lasted for three weeks. In order to get a variety of small items and heavier/larger items, there was a random drawing at the end of the three week period to determine if the winner would be decided based on total number of items collected, or the total weight of the items. Heather Griesert from the County Attorney’s Office drew from a sealed envelope to determine that the total number of items would decide the winner.

The west side of CVS won bragging rights, winning the competition with a total of 730 items. The real winners, though, were the families which benefited from the donations collected, as a total of 1073 items were collected to be donated from CVS!
Welcome, New Employees!

Melissa Johnson
Legal Secretary
CAO

Anna Coyle
Social Worker-Care Coordination
CVS

Tony Erholtz
Deputy Sheriff
SO

Ann Ramirez
Correctional Officer
SO

Holly Jablonski
Registered Nurse
CVS

Area Events

- November 8: Election Day
- November 11: Veterans Day (County Offices Closed)
- November 24 & 25: County Offices Closed for Thanksgiving

Employees Leaving

- Lisa Herges, Personnel Director in ASO, left after 13 years of service
2016 Poker Walk

This year’s Poker Walk was another success! Despite employees having to brave the elements, the 2016 Poker Walk had over 50 participants. This year’s winners were as follows:

**Highest Poker Hand Winners**
1. Roseann Wiltsey (4 of a Kind—9s); winner of $15 Subway gift card
2. Karen Mathison (Full House—3 Jacks, 2 9s); winner of $10 Subway gift card
3. Trisha Ellington (3 of a Kind—Kings); $5 Subway gift card

**Poker Hand Random Drawing Winners (won $5 Subway gift cards)**
1. Jill Murray
2. Diane Overby
3. Amisa Pollard

**Food Trivia Challenge Winners (won $5 Teal’s gift cards)**
Question #1: Connie Hodder
Question #2: Nikki DePetro
Question #3: Trudy Johnson
Question #4: Michelle Busitzky
Question #5: Jaimie Azzone

Participants were treated to a healthy lunch after the Poker Walk (above, right). Funds for this event are provided by Resource Training & Solutions.
About This Issue

This month we are recapping a few of our recent Wellness events!

Current Wellness Committee Members

Alisha Voigt, CVS
Diane Overby, CVS
Dillon Hayes, LSO
Joni Windhauser, SO
Karly Fetters, ASO
Lynn Goldbloom, CVS
Melissa Griswold, CAO
Pat Oman, ASO
Susan Shaw, SWCD
Trisha Ellington, CVS

Next Meeting

Keep an eye on our Wellness page here for information on our next meeting! Remember, non-members are welcome to attend.

Funded and Supported By:

It is the Mille Lacs County Employee Wellness Program’s mission to educate, support, and empower employees to improve and maintain their overall health and well-being through healthy lifestyle choices.

Healthy Choices. Healthy Me.

Visit our web page HERE!

Park Extravaganza

The Park Extravaganza this year was another success! Congratulations to the Red Team (HCH, JC, & SO) for their victory this year.

Also congratulations to Diane Overby and Ashley Kranz from CVS for taking first place in the bean bag toss, and to Darren and Karly Fetters for taking second place in the bean bag toss.

A special thanks to Pat Oman for gathering the potluck items, as well as Edward Yost for bringing in delicious homemade pizza! Thank you to everyone that contributed to the potluck dinner, it was a delicious and fun-filled evening.

Next year, teams will be decided by a random number generator, rather than by building. We look forward to seeing everyone next year!

Funds for this event are provided by Resource Training & Solutions.