

Kerr County Newsletter

Vol. 2, No. 1

January 1, 2015

January Calendar of Events:

- 1st: New Year's Day – County Offices Closed
- 1st: Special Commissioners Court
- 3rd Polar Bear Plunge
- 12th: Commissioners Court
- 16th: Cowboy Breakfast
- 19th: Martin Luther King Jr. Day – County Offices Closed
- 18th – 24th: 71st Annual Hill Country District Junior Livestock Show
- 26th: Commissioners Court

Happy January Birthday!

- Kerri Brantley
- William Callcott
- David Chupp
- Tracy Enderlin
- Jennifer Favour
- Sylvia Foraker
- Julie Garza
- Cameron Grona
- Earl Gross
- William Hall
- Robert Harmer
- Michael Jackson
- Sherry James
- Joy Johnson
- Eric Kerstetter
- Jonathan Letz
- Amber Longenbaugh
- Linda Mendoza
- Sergio Mennella
- Loren Montagna
- Scott Monroe
- Micah Munoz
- Judge Tom Pollard
- Mamie Rodriguez
- Judy Rogers
- Jane Rucker
- Tracy Soldan
- Sharon Thompson
- Paul Vargas



SONIC BOOM ENROLLMENT AND PED ORDERS

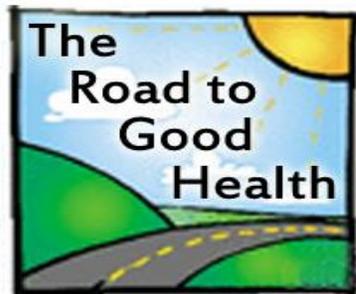
REGISTER AND ORDER YOUR SONIC BOOM PED JAN 1 – FEB 27

Sonic Boom Pedometers are necessary to participate in Healthy County Sonic Boom and Fitness Challenges. These challenges are designed to encourage healthy behaviors, promote physical activity, and create a friendly competition between co-workers. As a participant, if you complete the challenge, you are eligible for **cash prizes** through TAC. In addition, Kerr County receives \$25 for each employee that completes the 8-week challenge. This money goes toward the purchase of prizes for our top winners as well as helping to pay for food at the County Christmas Party. We hope that in the future, we can provide more healthy meals throughout the year.

If you are a new employee **OR** have never participated in Sonic Boom, Register now at www.county.org/sonicboom. If you participated last year, you are already registered and can participate any time, however, you may order a new Ped or a replacement battery at www.county.org/sonicboom.

The first challenge will begin in March! Register now and watch for details!

The Road to Good Health is Yours to Travel



**Take it Personally:
Complete your Personal Health
Assessment Today**

**Take your Health Assessment between
Jan 1. and March 31
to earn a \$35 gift card for yourself
and \$25 for Kerr County!**

COMPLETE YOUR HEALTH ASSESSMENT!

Learn about your overall health status, about specific health issues (such as sleep and nutrition) and get health tips. Employees who take the Health Assessment by March 31, 2015 will receive a \$35 gift card.

Here's How

- Log on to mybenefits.county.org;
- Select "Get Connected";
- Select the "Blue Cross Blue shield of Texas" link; and
- Select "Health Assessment" under Quick Links

Who's Eligible to Take the Health Assessment:

The health assessment is available to all employees and their dependents (age 18 and over) who are enrolled in the TAC HEBP Pool.

Who's Eligible to Receive a \$35 Gift Card?

At this time, only employees are eligible to receive the gift card.* Employees must complete the health assessment by March 31, 2015 to earn the \$35 gift card.

Did you know?

Your healthy actions earn you Life Points that can be redeemed for a range of merchandise, including electronics, cooking gadgets, books, movies, music and much more. **Employees and dependents who complete the health assessment earn 2,500 Life Points.** Visit your Benefits and Wellness portal to learn more about the Life Points programs, ways to earn more points, and to redeem your existing points.

- Log on to mybenefits.county.org;
- Select "Get Connected";
- Select the "Blue Cross Blue Shield of Texas" link;
- Select the "Well on Target" under the Quick Links in Blue Access for Members;
- Select the "Life Points" link; and
- Once at your Life Points Account and Redemption Center, choose a prize.



TEXAS ASSOCIATION OF COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL



Did you know...

January National Awareness Month

- Birth Defects Prevention Awareness
- Cervical Cancer Awareness
- Family Fit Lifestyle
- Financial Wellness
- Glaucoma Awareness
- Healthy Weight Awareness
- Mental Wellness
- Mentoring Month
- Personal Self-Defense Awareness
- Poverty in America Awareness
- Thyroid Disease Awareness
- Volunteer Blood Donor Month

Kerr County offers supplemental insurance for emergency helicopter services to all employees. Annual enrollment for these services will be available in January with a deadline of February 4th. One flat rate for one year of coverage is \$10 per household for AirLife and \$45 per household for Air Evac. Payment is available as a payroll deduction during the month of February for those interested in signing up. These will be deducted in two equal payments on each February paycheck (\$27.50 if both companies are chosen). In case the service is needed you do not get to choose which company is called out. One helicopter flight is typically greater than \$10,000 depending on how many miles are flown in transport! So in order to be 100% covered, the best option for peace of mind is to sign up for both. For more information or to sign up, contact the Kerr County Human Resources Department.

7 Simple Changes That Can Help You Lose Weight:

It's a New Year! Many people resolve to lose weight or eat healthier. Beginning a weight-loss plan doesn't have to mean drastic changes. Don't put too much pressure on yourself to change everything in your diet; that sets you up for failure. Set your sights on making several small dietary and lifestyle changes, and you'll lose weight without really missing out. Cut back 100 calories on a daily basis and you could lose about **10 pounds** in a year.

1. **A Spoonful of Sugar** ~ can add up over the course of a year. Add 1 less teaspoon to your cup of coffee each day and you'll save about 10,000 calories – the equivalent of about **3 lbs** per year!
2. **Slim down that bowl** of cereal: Switch from 1 cup regular whole milk to 1% milk every day. That's a tad more than **5 lbs** lost by this time next year!
3. **Take the scenic route** Park your car as far as possible from the entrance to your office, the mall, or restaurant and get those legs pumping. Ten minutes of daily moderate paced walking can take off over **4 lbs** per year!
4. **Get your vitamin C boost** with a whole orange (60 cal) instead of a cup of OJ (110 cal) each day. Your 12-month weight loss: **5 lbs!**
5. **Go calorie-free** by switching from regular to diet soda (150 vs 0 calories per can). If you drink one can per day, that's nearly **16 lbs** lost in a year!
6. **Flavor your sandwiches** with very low-cal condiments like mustard or vinegar instead of calorie-packed mayo. Leave off 1 T (100 cal) every day and you're looking at close to **10 ½ lbs** a year!
7. **Downsize, don't super-size, fast food meals** Opt for a small order of McDonald's French Fries (250 cal) instead of a large order (570 cal) at your weekly fast-food meal. You'll enjoy the same great taste all year long but with an added bonus: almost **5 lbs** lost!

Lite 'n Healthy Recipe

Berry-Oatmeal Bake

1/12th of recipe: 270 calories, 10g fat, 140mg sodium, 41g carbs, 4g fiber, 25g sugars, 6g protein (Weight Watchers PointsPlus® value 4)

Ingredients

Oatmeal:

- 2 tsp unsalted butter
- 1 ¼ cup old-fashioned oats
- 3T light brown sugar
- Kosher salt
- 1 2/3 cups plain unsweetened almond milk
- 1 large egg
- 1 tsp vanilla extract
- ¼ tsp almond extract

Topping:

- 1/3 c skin-on sliced almonds
- 1/3 c old-fashioned rolled oats
- 1/3 c light brown sugar
- 2T unsalted butter, melted
- 1T unbleached all-purpose flour
- 1/8 tsp ground cinnamon
- Salt
- 12 oz frozen mixed berries, thawed

Directions:

Preheat oven to 350 degrees. Grease a 2 quart baking dish or 8 inch square baking pan with the butter. **For the Oatmeal:** Stir together the oats, sugar and 1/8 tsp salt in a large bowl. Whisk together the almond milk, egg, vanilla and almond extract in a medium bowl. Pour the milk mixture into the oat mixture and stir well to combine. **For the Topping:** Stir together the almonds, oats, sugar, butter, flour, cinnamon, and 1/8 tsp salt in a medium bowl until evenly combined. To assemble: Pour the oatmeal into the prepared baking dish. Arrange the berries (including the juice) over the oatmeal. Sprinkle with the topping. Bake until lightly browned and just set, about 50 min. Let cool on a rack for 10 to 15 minutes. Serve warm with a dollop of yogurt or whipped topping.

2014 Service Awards

Congratulations to the 38 employees that received service awards ranging from 5 years to 35 years. Kerr County appreciates your service. Together, your years of service equal 430 years!

5 Years of Service



Jera Causey
198th District Attorney's Office



Richie Clemens
Road & Bridge



Kyle Dean
198th District Attorney's Office



Nichole Golden
Animal Services



Deborah Gross
Sheriff's Office



Pam Hicks
Sheriff's Office



James Lang
Environmental Services



Bruce Motheral
Information Technology



Brady Rosinbaum
Jail



Emilio Vasquez
Jail



Judge Keith Williams
216th District Judge

**Additional 5 Year Service Award
Recipients Not Pictured:**

- Karen Espinosa, Jail
- Jared Little, Jail
- Clint Massingill, Sheriff's Office
- Melanie Schleife, District Clerk
- Carla Schuster, Juvenile Probation

10 Years of Service



Tim Bollier
Maintenance



Nuvia Cruces
County Clerk's Office



Julie Garza
County Clerk's Office



Daniel Hernandez
Juvenile Detention



Rosa Lavender
Crime Victims



Kathy Mitchell
Justice of the Peace, Pct. 3



Eva Washburn
Tax Assessor-Collector's Office



Cheryl White
Juvenile Detention

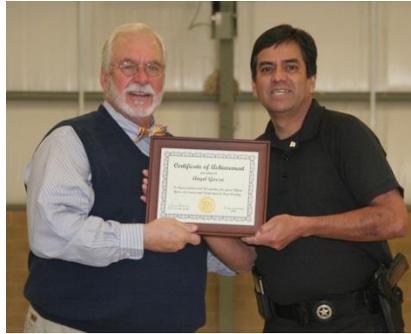
**Additional 10 Year Service Award
Recipients Not Pictured:**

- Maria Alvarado, Juvenile Detention
- Mark Burkhalter, Juvenile Detention
- Don Venable, Jail
- Lynn Whiten, Juvenile Detention

15 Years of Service



Bobbie Garcia
District Clerk's Office



Angel Garza
Constable, Pct. 3

**Additional 15 Year Service
Award Recipient Not Pictured:**

Carroll Schultz, Sheriff's Office

20 Years of Service

Award Recipients Not Pictured:

George McHorse, Sheriff's Office

Jason Roberts, Road & Bridge

25 Years of Service



Robbin Burlew
District Clerk



Becky Henderson
District Administration

30 Years of Service



Maria Venegas
Housekeeping

35 Years of Service



Joe Biermann
Road & Bridge

Additional 30 Year Service Award

Recipient Not Pictured:

Aaron Wheeler, Road & Bridge

Looking Back at the County Christmas Party...



GREAT FOOD FROM THE COOKS!



Nice Christmas Music



Fun Prizes!



Great Company!





