



# Calhoun County Connections

**JANUARY 2016**

**Special Points  
of Interest**

- \* Employee Recognition
- \* Wellness Program
- \* Making an Impact
- \* Safe Sleep Space
- \* January Happenings
- \* This and That
- \* Spice of the Month
- \* Milestones
- \* New Hires
- \* Casserole Recipes
- \* Cigna Identity Theft Program

**HAPPY  
NEW  
YEAR**

Crabby Road 1-2-12



## Employee Recognition Committee

### ERC Mission Statement

*"Calhoun County encourages employee engagement and retention by promoting a culture of recognition and appreciation."*

We're excited to announce the new Employee Recognition Committee formed to generate ideas on recognition and engagement throughout the County.

Meet the members:

Commissioner Kathy-Sue Dunn  
Kris Getting, Circuit Court/FOC  
Shannon Koepke, District Court  
Brent Thelen, GIS  
Megan Sharkey, Human Resources  
Cindy Ribbey, Juvenile Home  
Ingrid Ault, MSU Extension  
Melissa Jelinek, Prosecutor's Office  
Mary Jo Crumpton, Road Department  
Nina Baranowski, Treasurer's Office  
Melinda Weaver, Treasurer's Office  
Brittany Clifton, Water Resources



We appreciate your input!

Please take a minute to respond to the survey below by January 15th.  
Your response will help us determine our goals and objectives for the upcoming year.

<https://www.surveymonkey.com/r/9X2TTTS>

**Happy New Year!! Our 2016 Wellness Program will be kicking off in February and Tickets to Wellness will be distributed within the next couple weeks. We are looking forward to an even better program this year. Continue to check your email and Wellness Newsletter for updates.**



# Making an Impact



The Calhoun County Parks and Recreation Department (MSUE staff member) partnered with the Boys and Girls Club of Battle Creek, the YMCA, the Battle Creek Parks and Recreation Department, the Calhoun County Trailway Alliance, Fort Custer, the North County Trail Chief Noonday Chapter, and the National Parks Service to bring at risk youth into a park setting to learn photography. The program titled "Picture This" included four outings engaging 59 children (aged six to seventeen) to learn photographic techniques through hands on instruction at four park site visits. The children were primarily from low income households and many had never visited a park beyond a neighborhood park before.

The children were immediately engaged in the project upon arrival at the four different park sites that included Kimball Pines Park, the Ott Biological Preserve, The Battle Creek Linear Trail and Fort Custer. Several children took over 500 hundred photographs of which they were supplied with a disk of them along with one print copy of the "best" photograph in their selection.



At the conclusion of the project, one photograph from each student's pictures that was printed, framed and displayed in a gallery setting at the Battle Creek Community Foundation. The grand opening was open to participants and their families, volunteers, and agency staff to view the collection of photographs and rejoice in the overall success of the project.



The gallery remained open to the public for a month and was deemed such a success that the Battle Creek Community Foundation purchased a second set of prints for a traveling display. (Each child received the copy of their photo that was on display at the conclusion of the show.)

To date, the show has received national attention and is scheduled to open in Hot Springs National Park in Hot Springs, Arkansas in May of 2016. **Currently it is scheduled to open in January 2016 at the Marshall Calhoun County office building and will remain available through the middle of February.**

Ingrid Ault  
Community Development Educator  
Calhoun County & MSU Extension

If you would like to share a story on how your department is making an impact in Calhoun County, please contact me at 269.781.0980 or email me your story at

[mstamand@calhouncountymi.gov](mailto:mstamand@calhouncountymi.gov)



## **Families urged to provide a safe sleep space for baby during holiday travel**

With the holidays around the corner, it's a busy time of year often spent traveling away from home for visits. For families with babies, travel can be especially hectic and it can be hard to remember all of the necessities. One item to put at the top of your list is a safe space for baby to sleep when you're away from home.

"As a parent, it is difficult to imagine the loss of a child, especially around the holidays" First Lady Sue Snyder said. "More infants can be saved by making caregivers aware of the proper sleeping environment for babies. It's crucial to keep this in mind not just when you're on the road during the holidays but throughout the year."

Nearly 150 babies died in Michigan last year because they were placed to sleep in an unsafe sleep environment. To protect babies this holiday season, the Michigan Department of Health and Human Services (MDHHS) is reminding parents and caregivers to make sure their baby, or the baby in their care, always has a safe space to sleep, such as in a safety approved crib, bassinet or pack and play, for nap times and night time.

Tragically, every two to three days in Michigan, a baby dies while sleeping in an adult bed, on an armchair or couch, while sleeping with pillows or blankets, or while sleeping with adults or other children.

"Sleep related infant deaths are 100 percent preventable, which is why it's so important for families and caregivers to follow the guidelines for safe sleep at home and while traveling," said Dr. Eden Wells, chief medical executive for the MDHHS. "Don't lose sight of the importance of safe sleep during this busy holiday season.

Michigan families are encouraged to follow these tips for every sleep - nap and night time:

- Baby should sleep alone, on the back, in a crib, bassinet or pack and play.
- When traveling, plan ahead and take a pack and play with you.
- Use a firm mattress with a tightly fitted sheet.
- Keep baby's sleep space clutter free – no pillows, blankets or toys.
- Avoid covering baby's head or overheating. Instead of a blanket, consider using a sleep sack, wearable blanket or footed sleeper to keep baby warm.

Remind everyone who cares for your baby, including babysitters and family members, how to keep baby safe while sleeping. Don't wake up to a tragedy this holiday season. To learn more, visit

<http://www.michigan.gov/mdhhs/>

**CONTACT:** Jennifer Eisner, (517) 241-2112

# January Happenings



## CALHOUN COUNTY PUBLIC HEALTH DEPARTMENT

190 E. Michigan Avenue, Ste. A100 Phone: (269) 969-6370  
Battle Creek, Michigan 49014 Fax: (269) 966-1489

### Styrofoam Collection

As you plan for your holiday celebrations, the Calhoun County Public Health Department invites you to collect the Styrofoam from your holiday gifts, appliances, toys, and treasures and bring it to a collection that will take place on:

**Saturday, January 9th**

**City of Battle Creek Department of Public Works parking lot**

**150 S. Kendall St.**

**Battle Creek, MI**

**9:00 AM to 12:00 PM**

A specific type of Styrofoam called polystyrene will be collected. Typically this type of Styrofoam has a #6 embossed on it and is used to produce foam cups, plates, and packing material. Unfortunately, because of the material type, foam peanuts and construction types of foam cannot be collected.

Only clean foam will be collected. Dirty or soiled material will not be accepted.

For further information please contact the Calhoun County Public Health Department at (269) 969-6341.

Now that the holidays are over, it's time to get serious about our health. We want to motivate you to make good resolutions and stick to them. Join us to learn the 16 tips for 2016 that will guide you to a healthier lifestyle. No more excuses, start your quest to live better in 2016!

Registration is required, and begins January 7th for Marshall District Library cardholders, and January 10th for all others. Visit the Information Desk or call 269.781.7821 x10.

January 21, 2016 @ 6:30pm – 8:30pm  
Marshall District Library  
124 W Green St  
Free



**25th Annual Cardboard Classic Sled Race  
January 31, 2016**

For more information, click on the link below.

[https://www.greateralbionchamber.org/  
cardboard-classic-.html](https://www.greateralbionchamber.org/cardboard-classic-.html)

Join us for a chilly extravaganza with a refreshing plunge into Goguac Lake at Willard Beach to ring in the New Year! Receive a souvenir and snacks. Registration begins at 11:30 AM, take the plunge at 12:00 PM. Registration Individual Fee is \$14 per participant! Registration Family of 4 Fee: \$35.



[http://www.bcparks.org/Calendar.aspx?  
EID=2427&day=1&month=1&year=2016&calType=0](http://www.bcparks.org/Calendar.aspx?EID=2427&day=1&month=1&year=2016&calType=0)

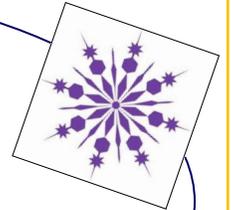
# This and That



Michigan's Adventure in Muskegon sent 2016 Group Outings and Early Birds Offer (book by January 15, 2016) to the Human Resources Department. If you are interested, please contact Marie @ 0980



No snow...Oh No  
Not too worry, this is Michigan after all  
Snow will surely fall  
I can feel, in the air, a chill  
Create a masterpiece we will  
Let's go, let's go, play in the snow



## Snowman Contest

Coming soon. Corporate Cup Logo Contest. You could win a prize and the chance to have your logo printed on the 2016 Corporate Cup shirt. More information to follow in the February Wellness Newsletter.



# Spice of the Month: ALLSPICE

Some of the most important health benefits of allspice include its ability to act as a pain reliever, increase circulation, protect the gastrointestinal system, improve mood, boost the immune system, eliminate fungal infections, lower blood pressure, and reduce inflammation.

This powerful spice is actually derived from the dried fruit of the pimento tree, which is why it is commonly called Jamaica pepper, pimenta, or pimento, among other geography-specific nicknames. Native to Central America, parts of the Caribbean, and Mexico, the allspice bearing tree has the scientific name of *Pimenta dioica* and has gradually spread throughout the world due to its unique flavor and its healthy quality. The name allspice is because the dried brown berries (which look like large peppercorns), smell and taste like a mixture of cinnamon, cloves, and nutmeg. The berries are picked when they're ripe and allowed to dry in the sun, ending up as the slightly shriveled, hard berries known as allspice. These can then be ground up into spice for culinary use, or the essential oil can be extracted.

Allspice is a key ingredient in Caribbean cuisine, particularly in Jamaica, but it has also been adopted by many other cultures around the world, including the Middle East and parts of North America. This spice can be used in sweet or savory dishes, and is commonly found in desserts, chilis, soups, meat dishes, sauces, curries, and even certain types of liqueurs. The flavor is certainly unique, but what makes this spice even more intriguing is the high concentration of beneficial nutrients and organic compounds, such as eugenol, quercetin, and tannins that result in some impressive health benefits of allspice.

[www.organicfacts.net](http://www.organicfacts.net)

## Health Benefits of Allspice

Organic Facts  
[www.organicfacts.net](http://www.organicfacts.net)



**Nutrients\***  
Dietary Fiber 86%  
Carbohydrate 24%  
Calories 13%  
Protein 12%

**Vitamins\***  
Vitamin C 66%  
Niacin 14%  
Vitamin A 11%  
Vitamin B6 10%

**Minerals\***  
Manganese 147%  
Calcium 66%  
Iron 39%  
Magnesium 34%



Aids in digestion



Rich in antioxidant properties



Aids in maintaining healthy heart



Helps to improve blood circulation



Boosts immune system & dental health



Gives relief from arthritis, gout & hemorrhoids

Caution: Avoid use if suffering from gastric ulcers or ulcerative colitis.

\*% Daily Value per 100g. For e.g. 100g of allspice (ground) provides 66% of daily requirement of calcium.

### Easy Jerk Chicken Wings

3 Tbsps. brown sugar  
3 Tbsps. salt  
2 Tbsps. garlic powder  
1 Tbsp. ground allspice  
2 tsps. black pepper  
1/2 tsp. cayenne pepper  
1/4 cup vegetable oil  
3 Tbsps. apple cider vinegar  
2 lbs. chicken wings  
sliced scallions, for garnish



Perfect for the Big Games

Combine all spices, oil, and vinegar to make a marinade. Toss with chicken to coat. Refrigerate for three hours (or longer if time permits). Preheat oven to 450°F. Spread wings in an even layer on a foil lined sheet tray. Bake in oven for 20 minutes, or until cooked. Let cool slightly and garnish with scallions.

# JANUARY MILESTONES

## 25 YEARS & OVER

**NORMAN FRYER - 37 YRS.**  
*CIRCUIT COURT*

**ANNE NORLANDER - 31 YRS.**  
*CLERK REGISTER*

**RYAN TETRAULT - 28 YRS.**  
*HEALTH DEPARTMENT*

**PABLO LERMA - 27 YRS.**  
*JUVENILE HOME*

## 20 YEARS

**DAVID HEISS**  
*DISTRICT COURT*

## 15 YEARS

**BLAINE VANSICKLE**  
*BOARD OF COMMISSIONERS*

**CHRISTEN SCHWAB**  
*CIRCUIT COURT*

**HEIDI HACKWORTH**  
*HEALTH DEPARTMENT*

**DANIEL RYAN**  
*JUVENILE HOME*

## 5 YEARS

**ASHLEY FALES**  
*DISTRICT COURT*

**KELLY GOWIN**  
*HEALTH DEPARTMENT*

**ANDREA MORRISON**  
*HEALTH DEPARTMENT*

**ALEXIS FIDELMAN**  
*SHERIFF DEPARTMENT*



*congratulations!*

### JUVENILE HOME

- ☺ HALEIGH KASER
- ☺ HEATHER MORRIS
- ☺ THOMAS NUNLEY

### ROAD DEPARTMENT

- ☺ JENNIFER BAFFI
- ☺ FRANK RUTTMAN

**Welcome New Hires**

## Healthy Casserole: Tomato Eggplant Zucchini Bake

3 medium zucchini (about 1 1/2 pounds)  
1 small/medium eggplant (about 3/4 pound)  
1 pint cherry or grape tomatoes  
1 tablespoon extra virgin olive oil  
4 large garlic cloves, minced  
1/4 teaspoon kosher salt  
1/4 teaspoon ground black pepper  
2/3 cup freshly grated parmesan cheese, divided (about 2 1/2 ounces)  
1/4 cup chopped fresh basil, divided

### Directions:

1. Preheat the oven to 350 degrees F. Lightly grease a deep 9x9-inch baking dish or similar 3 1/2-quart casserole dish with cooking spray.
2. Quarter the zucchini then cut into 1/2-inch slices and place in a large mixing bowl (each piece of zucchini should be roughly 1/2-3/4 inches in size). Next, slice the eggplant into 1/4-inch rounds, then stack the rounds and cut into roughly 3/4-inch pieces. Add to the bowl with the zucchini. Half the cherry tomatoes and add to the bowl. Drizzle the cut vege-

tables with the olive oil, then add the garlic, salt, pepper, 1/3 cup of the Parmesan cheese, and half of the basil and parsley. Toss gently to combine.

3. Transfer the vegetables to the prepared baking dish. Bake for 25 minutes, cover the pan with aluminum foil, then continue baking for 10-20 additional minutes, until the vegetables are tender. Sprinkle with the remaining Parmesan cheese, basil, and parsley. Serve warm.



## Not So Healthy Casserole: Macaroni & Cheese

12 oz. mini pasta shells  
4 oz. pancetta, chopped  
3 eggs, divided  
1 tbsp. butter  
2 garlic cloves, minced  
2 tbsp. all-purpose flour  
2 cups milk  
Salt and pepper to taste  
1/4 tsp ground nutmeg  
1 1/2 cups Gruyere cheese, shredded  
1 1/2 cups white cheddar cheese, shredded  
1 tbsp. fresh parsley, chopped

Preheat oven to 400 F degrees. Butter or grease a 9x13 inch casserole dish.

Cook pasta according to package instructions.

Add the pancetta to a saucepan and cook until it browns.

Remove the pancetta from pan and place over paper towels to soak up some of the fat.

Separate the eggs and whisk the egg whites until stiff peaks form. In another bowl whisk the egg yolks and set aside.

Add the butter to the saucepan and melt. Add the minced garlic and cook until it gets aromatic, about a minute.

Sprinkle the flour over the garlic and stir. Whisk in the milk and cook until the sauce thickens and coats the back of a wooden spoon.

Season the sauce with salt, pepper and nutmeg.

Add half the gruyere and half the cheddar cheese to the sauce and continue whisking until the cheese melts.

Temper the egg yolks by adding a ladle of the sauce at a time to the egg yolks and whisking them, add about 3 ladles of sauce altogether. You want to do this to avoid the eggs from scrambling up when you add them to the cheese sauce.

Stir in the egg yolk mixture back into the cheese sauce.

Remove from heat. Fold the egg whites into the cheese sauce.

Start layering the casserole by adding half the pasta shells to the prepared baking dish. Sprinkle half the pancetta over the pasta, then add half the cheese sauce. Sprinkle half of the remaining gruyere and white cheddar over then add the rest of the pasta. Repeat with the remaining pancetta, sauce, and cheese. Finally top with the chopped parsley and place the dish in the oven.

Bake for 20 minutes until golden and puffed. If you want it more golden you can turn the broiler on for 2 or 3 minutes.



# CIGNA IDENTITY THEFT PROGRAM



Your identity cannot be replicated, but it can be stolen.

Identity Theft occurs when someone uses your personal identifying information, like your name, Social Security number, or credit card number, without your permission, to commit fraud or other crimes. It's America's fastest growing crime, victimizing about 12.7 million people in 2014.\* Cigna's Identity Theft program is available to help if this serious crime impacts you.

## Valuable help before and after identity theft.

Our identity theft program provides tools and guidance to help with prevention, detection and resolution.

This includes:

- › Education on how to identify and avoid identity theft before it happens
- › An identity theft protection kit that provides the right documents to use and steps to follow if your identity has been compromised
- › Help to complete an identity theft affidavit and cancel lost credit cards
- › Guidance to help you replace credit cards, a driver's license, Social Security card, passport, etc.
- › Assistance with understanding your credit reports to determine if identity theft has occurred, and help with reporting an identity theft to credit reporting agencies
- › Help with emergencies while traveling, including translation services with local authorities, filing a police report, and emergency message relay
- › Up to \$1,000 cash advance if your wallet or purse is stolen when traveling more than 100 miles from home\*\*

## Not sure how to get started?

If you become a victim of identity theft, Cigna's program is here for you.

- › Get assistance with credit card fraud, and financial or medical identity theft
- › Receive real-time, one-on-one assistance — 24 hours a day, 365 days a year – no matter where you are in the world\*\*\*
- › You'll have unlimited access to our personal case managers until your problem is resolved

If you suspect you might be a victim of Identity theft, call 1.888.226.4567 (U.S. and Canada) or 202.331.7635. Personal case managers are standing by to help you. Please indicate that you are a member of the Cigna Identity theft program and group #57.

\* Javelin Strategy and Research, March, 2014.

\*\* When the theft occurs 100 miles or more from primary residence. Must be secured by a valid credit card and repaid by customer within 30 days, or fees/charges will apply.

\*\*\* Assistance with U.S. bank accounts only.

Together, all the way.™



Offered by: Connecticut General Life Insurance Company, Life Insurance Company of North America or Cigna Life Insurance Company of New York.

Cigna Identity Theft Program services are provided under a contract with Europ Assistance USA. Presented here are highlights of the identity theft program. Full terms, conditions and exclusions are contained in applicable service agreement. This program is NOT insurance and does not provide for reimbursement of financial losses.

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