



# Calhoun County Connections

Happy  
Father's  
Day

## June 2016 Special Points of Interest

- § Michigan Festivals
- § HelpNet Online Seminar
- § Scrap Tire Collections
- § June Happenings
- § Employee Milestones
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- § Leaving Us
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News from AON



- 6/2-6/4 – [Kalamazoo Greek Festival](#)
- 6/2-6/4 – [Jackson Blues Fest](#)
- 6/3-6/4 – [Kalamazoo Institute of Arts Fair](#)
- 6/3-6/5 – [Festival of the Arts](#) – Grand Rapids
- 6/3-6/12 – [Mackinac Island Lilac Festival](#)
- 6/4-6/5 – [Midland Antique Festival](#)
- 6/9-6/12 – [Frankenmuth Bavarian Festival](#)
- 6/10-6/11 – [Battle Creek Cereal Festival](#)
- 6/10-6/12 – [Cedar Springs Renaissance Faire](#)
- 6/16-6/18 – [Ann Arbor Book Festival](#)
- 6/16-6/18 – [Three Rivers Water Fest](#)
- 6/16-6/19 – [Harborfest](#) – South Haven
- 6/17-6/18 – [Wizard of Oz Festival](#) – Ionia
- 6/18 – [Strawberryfest and Craft Show](#) – Coldwater
- 6/25-6/26 – [Grand Haven Art Festival](#)
- 6/29-7/4 – [Battle Creek Field of Flight Air Show & Balloon Festival](#)
- 6/30-7/2 – [Bay City Fireworks Festival](#)



For more festivals visit:

<http://ohiofestivals.net/michigan-festival-schedule/>





**EAP: 800-969-6162**  
**Wellness: 888-975-9355**

**HelpNet is pleased to announce that, effective June 21<sup>st</sup> at noon EST, the free on demand online seminar, “Retirement: It’s Not Just About the Money” will be available for viewing pleasure. No advance registration required.**

To access the seminar, simply follow these instructions:

Log on to [www.helpneteap.com](http://www.helpneteap.com)

Click on Work Life Log In at top right corner of page

Insert Company Username (**calhouncounty**) and Password (**employee**)

Scroll to Online Seminar and find the June webinar.

#### **06/21/16 - Retirement: It’s Not Just About the Money**

**Available on demand starting June 21, 2016, at noon Eastern Time**

You’re retiring, now what? Learn how to better prepare yourself for the retirement years to come.

You no longer need to register in advance to attend Online Seminars at a set time. Seminars will be prerecorded and uploaded on the third Tuesday of each month. If you have questions, type them into the "Ask a question" box. You will receive an e-mailed answer within five business days. All questions and answers will be posted on the FAQ tab.

Suddenly you have reached that moment: retirement. You organize all the work files that will be passed on to colleagues—files that were once so important to your daily life. Hopefully, you will be headed to a party that the company has kindly organized for you and will be given a beautiful watch as a symbol of appreciation for the time you have dedicated to the organization. You'll come across younger colleagues wishing you all the best, complimenting you, and presenting you with the question that understandably you might struggle to provide a straight answer to: "So, what now?"

For most people facing retirement, the main struggle is the need to fill that immense void that comes shortly after leaving work. During your career, you dreamed about having more time for yourself with no worries and no pressure, but when you finally have all the time in the world, you often feel as though there's nothing to do. This can make you question your life meaning and compel you to find a new one detached from the professional identity you worked so hard to build. For those who strove mainly in terms of career achievement throughout their lives, this can be utterly complicated, especially if other areas of one's life (social, close relationships, health) were nurtured less.

Nowadays, people are more aware that the key to finding emotional balance upon retirement is to get prepared in advance. By doing so, you will place yourself in a better position to enjoy the opportunities that the golden years can bring to your life. Retirement is not just about losing things; it is actually the time to develop the most important role of all: focusing on yourself and the ones you love.



# CALHOUN COUNTY PUBLIC HEALTH DEPARTMENT

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

## Scrap Tire Collections Announced

Three scrap tire collections are scheduled for 2016 and open to Calhoun County residents.

Tire collections will be held at the following locations:

### **Athens Township**

130 E. Burr Oak Street, Athens

Date of event: June 11, 2016

Staff will load tires on the trailer from 9 am to 12 pm. Tires will only be accepted on June 11, and the collection will end at 12 PM.

### **Village of Tekonsha**

537 North Church Street, Tekonsha

Date of event: June 25, 2016

Tires may be dropped off in the Village Offices parking lot designated area beginning Wednesday June 22. Staff will be loading tires on the trailer from 9 am to 12 pm on June 25, 2015. Collection will end at 12 pm June 25.

### **City of Albion**

At the intersection of North Clark Street and East North Street, Albion

Date of event: July 23, 2016

Tire collection will occur 9 am to 3 pm. Tires can be dropped off in the designated area in the parking lot beginning Wednesday July 20. Collection ends by 3 pm on July 23.

The free Calhoun County residential scrap tire collections are:

- Open to Calhoun County residents only
- Passenger vehicle tires only. No oversized tires such as semi-trailer, tractor or loader tires or business related tires will be accepted.
- All rims must be removed from the tires.

Once the tire trailer is filled at each collection, the collection will end. Each trailer will hold approximately 1,000 passenger tires. Due to cost, collections are limited to one trailer full of tires from each collection site. **NOTE:** Hauling more than ten tires per vehicle requires scrap tire hauling registration. Please visit: [http://www.michigan.gov/documents/deq/deq-whmd-stp-InfoSht\\_251267\\_7.pdf](http://www.michigan.gov/documents/deq/deq-whmd-stp-InfoSht_251267_7.pdf) to view the DEQ Scrap Tire Information Sheet & Contact Information for more information.

Funding for these events is provided through a grant from the Michigan Department of Environmental Quality (DEQ) submitted by the Southwest Michigan Solid Waste Consortium to be split between the seven counties represented by the Southwest Michigan Solid Waste Consortium

For more information contact the Calhoun County Environmental Health Department (269) 969-6341 or visit our website [www.calhouncountyrecycling.com](http://www.calhouncountyrecycling.com) and Facebook: Calhoun County Recycling for more information.

# JUNE HAPPENINGS

## Battle Creek's Fantasy Forest Art Carve 2016

In Beautiful Leila Arboretum



**June 16-18, 2016**

- Artists at Work
- Quick Carves
- Live Music
- Beer Tent
- Auction
- And More!



**Leila Arboretum Society**

www.lasgarden.org (269) 969-0270

Battle Creek's Fantasy Forest

### Grand Cereal Parade

Friday, June 10, 2016  
6:00pm to 7:00pm

### Cereal Festival

Saturday, June 11, 2016  
8:00am to 2:00pm  
World's Longest Breakfast Table  
until 11:00am

### Annual Cereal City Classic Run/Walk

Saturday, June 11, 2016  
Start at 8:30am

For more information and online registration  
<http://www.bcfestivals.com/index.taf?s=2>



**Yoga on the Lawn** starts the week of June 13 through the first week of August. The all-levels practice is Mondays and Wednesdays from 6-7 pm on the back lawn of the Battle Creek Country Club. Simply show up with your mat (no registration), \$5 (cash, check), water and a sweatshirt or blanket for Final Relaxation. Monthly unlimited members of the studio are free; BCCC members are free. Tell your friends! All are welcome! Great way to have generations (grandma/grandpa, mom/dad and son/daughter) practice together!

For more information call  
**269.282.0919**



### Girls' Night Out Downtown Marshall

June 23, 2016  
5:00 PM – 8:30 PM



There will be over 30 of Marshall's amazing retailers taking part in Girls' Night Out in which the unique shops stay open late and offer great deals. The theme is Elvis Casino Night! There will be refreshments, specials and prizes throughout the town.

### Arts 'N' Crafts at the Park

5:00 PM – 8:00 PM every Thursday

Carver Park is located corner of East Michigan Avenue and Exchange Street  
Contact Jeff or Nicole Rhoades for more information  
269.339.8468

Stroll through Carver Park on Thursday evenings from June through September and explore a variety of arts and crafts vendors while listening to live music. There will be different vendors and music weekly. This event takes place rain or shine!



# JUNE MILESTONES

## 25 YEARS & Over

**Tidina Cook - 39 yrs**

*Circuit Court*

**Sherry Trader - 35 yrs**

*Water Resources Commission*

**Susan Bachman - 34 yrs**

*District Court*

**Donald Smith - 32 yrs**

*District Court*

**Valerie Banaszewski - 29 yrs**

*Circuit Court*

**Cheryl Jones - 29 yrs**

*District Court*

**Hope Swank - 28 yrs**

*Sheriff's Department*

**Patricia Keiper - 26 yrs**

*Treasurer's Office*

## 15 YEARS

**Joann Greene**

*District Court*

**Sharon Davids**

*Health Department*

## 10 YEARS

**Laura Mowry**

*Circuit Court*

**Nanette Campbell**

*Circuit Court*

## 5 YEARS

**Allen Bossel**

*Sheriff's Department*

# New Hires



### Finance

☺ Michele Johnson

### Juvenile Home

☺ Vickie Bloch

☺ Matthew Bates

### Water Resources Commission

☺ Anyah Preston

### Sheriff/Corrections

☺ Stacy Ashley

☺ Rachel Phillips-Eaton

### Health/Administration

☺ Sian Ghosh

### Sheriff/Comm. Corrections

☺ Samantha Gay

### CCCDA

☺ Tara Plante

☺ Melissa Glispy

☺ Preston Rizor

☺ Heather Wilkins

### District Court

☺ Danielle Holtman

### Circuit Court

☺ Samatha Anglemeyer

### Road Department Seasonal

☺ Forrest Frantz

☺ Alexander Yost

☺ Nathan Hughes

☺ Mark Andrews

☺ Andrew Aldrich

### Road Department Engineering

☺ Justin Guisinger

☺ Patrick Ezeani

☺ Skylar Cudney

☺ Michael Anderson

☺ Harshal Shah

☺ Sayed Kawish

**Leaving Us**

**SANDY EIS** will be leaving the County family on June 9th. Sandy has been with the County for over 38 years. The last 26 of them with the Juvenile Home. **VICKI LATIMER** will also be leaving us on June 23rd. Vicki has been with the Sheriff/Corrections Department for over 22 years.

If you see Sandy or Vicki, don't forget to congratulate them and wish them all the best.

Congratulations to both of you for your long dedicated service.

# LIVE WELL



# WORK WELL

Health and wellness tips for your work and life—  
presented by Calhoun County

JUNE 2016

## How to Turn a Bad Day Around

Life is full of unexpected frustrations. Running late, spilling coffee on yourself or getting into an argument can start your day off on the wrong foot. The good news is that you can control your mood and prevent these obstacles from ruining your entire day.

The most important thing you can do is to focus on the positive. Studies show that when you're positive, you have 23 percent fewer health-related effects from stress, you're 31 percent more productive, you're 40 percent more likely to receive a promotion and your creativity levels triple.

Here are a few ways to turn a bad day around:

- Pinpoint the concrete reason for your frustration and address it immediately.
- Write down or recite three things you are grateful for.
- Choose **not** to be a victim of your frustration. Make a conscious effort to be positive.

Set realistic expectations for your day. Negative emotions can be contagious. It is worth taking control of your mood—not just for yourself—but for those around you.

## Detergent Packet Poisoning

Research is finding that children are consuming a dangerously large number of detergent packets. Calls to poison control centers increased 17 percent from 2013 to 2014. More than 22,000 children (mostly under age 3) were exposed to laundry packets during that period, according to the American Academy of Pediatrics (AAP). The AAP also noted a 14 percent increase in calls to poison centers concerning exposure to dishwasher detergent packets.

The packets (or pods) were introduced in 2012 as a less messy alternative to detergent powder, but their colorful designs and strong fragrances can be attractive to children. When ingested, the liquid packets double a child's odds of being admitted to a medical facility, because they are more toxic than traditional detergents.

Exposure to packets of laundry detergent can cause vomiting, throat burns and eye injuries. More severe cases can include breathing cessation, comas, cardiac arrest and even death.

Procter & Gamble, which makes detergents that include Gain and Tide, has set up ad campaigns to emphasize safety in households that use the packets, and says it has made its packaging more difficult for children to open.

Researchers recommend that parents of children under age 6 use traditional laundry detergent instead of the packets. Also, detergent should be stored out of sight and out of children's reach in a locked cabinet, and monitored closely while the cabinet is open.

Empower Results®

# LIVE WELL



# WORK WELL

## Chicken Stir-fry

- 2 Tbsp. vegetable oil
- ½ cup carrots, peeled and thinly sliced
- ½ cup celery, thinly sliced
- ¼ cup onion, cut into strips
- 1 green pepper, cut into strips
- 1 Tbsp. garlic, finely chopped
- 1 Tbsp. ginger, finely chopped
- 1 lb. cooked chicken, skin removed, cut into strips
- ½ tsp. sugar
- 3 Tbsp. soy sauce
- 3 cups cooked rice (white or brown)

### Directions

Add vegetable oil to a large pan over high heat. Then add the vegetables, garlic and ginger. Stir until the garlic is slightly brown.

Add the chicken, sugar and soy sauce. Stir for one minute or until heated through.

Serve over rice.

Makes: 6 servings

### Nutritional Information (per serving)

Total Calories	247
Total Fat	7.2 g
Protein	19 g
Carbohydrates	25 g
Dietary Fiber	2 g
Saturated Fat	1 g
Sodium	423 mg

\*Percent Daily Values are based on a 2,000 calorie diet.

Source: USDA

## Potential Zika Spread Mapped by NASA

NASA scientists have created a map showing the U.S. locations with the highest potential for the spread of the Zika virus. This information will be used to better target future search-and-destroy missions for the female *Aedes aegypti*—the mosquito responsible for the spread of the virus.

Researchers focused on 50 cities within or near the current *Aedes aegypti* population, applying factors such as temperature, rainfall amounts, poverty levels and whether people in those cities have traveled to Zika-affected areas. They then took things a step further and analyzed the chance of the mosquito surviving in those locations during each month of the year. In the wintertime, colder temperatures and a lack of moisture lessen the likelihood of mosquito eggs hatching.

While results of the study matched researchers' expectations, they were surprised as to just how far north the virus can spread in the summer months.

According to the study, all 50 cities studied exhibit the potential for at least low-to-moderate *Aedes aegypti* abundance. And most eastern cities are suitable for moderate-to-high *Aedes aegypti* abundance.

The cities with the highest potential risk include:

**Miami, Orlando, Tampa, Jacksonville**  
and **Tallahassee** in **Florida**;  
**Savannah, Georgia**; **Charleston, South**  
**Carolina**; **Mobile, Alabama**;  
and **New Orleans**.

The cities with moderate risk are cities along the eastern coastline, such as

**New York, Philadelphia**  
and the **District of Columbia**,  
and then across the country to  
**Kansas City, Oklahoma City**  
and **Houston**.

