



The City Mission

City of Faribault Employee Newsletter – March 2013

Submit Your News!

If you have content you would like to add to your newsletter, submit it by the first week of the month. Send info to Jeff Jarvis at jjarvis@ci.faribault.mn.us.



Promotions & Appointments

Jeff Lang, Engineering Tech II

Congratulations to Jeff Lang on a promotion to Engineering Tech II. Thanks to Jeff for all of his hard work and effort for the City. Jeff has worked for the City of Faribault since Feb. 7, 2001.



Paul Peanasky Buckham Center Director, Park & Recreation Director, & Deputy City Administrator



The City is happy to appoint Paul Peanasky as Deputy City Administrator for the City of Faribault. This means that in the absence of our City Administrator, Paul would be in charge of the City by exercising the powers and the duties of the City Administrator position. Congratulations Paul!

Quotables

"All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence."
- Martin Luther King, Jr.



1st Annual Event Deemed a Success!

Chili & Soup Cookoff 2013

Thanks to all the employees who participated in the Chili & Soup Cook-Off --there was a great turn-out, and even greater soup and chili! A special thanks for planning the event goes to the Wellness Committee, and monetary contributions from the Director's, the Staff, and the City Administrator.

Congratulations to **Janice Bestul** (Police Records Supervisor) for winning the Chili Cook-Off with her wonderful White Chicken Chili, and **Theresa Manz** (Public Works/City Engineering Department Secretary) for winning the Soup Cook-Off with her awesome Chicken, Bacon & Wild Rice Soup.

I think everyone had a lot of fun and the Wellness Committee is planning on kicking off our Wellness Walk & Outing in late spring. Look forward to everyone's participation in that as well!
Submitted by Kevin Bushard, Human Resources Coordinator. Photo provided by Paul Peanasky.

News from Buckham Center



□ Buckham Bulletin

The spring issue of the Buckham Bulletin will be available on March 13 on the city website.

□ Hot Reads for Cold Nights Adult Reading Program

Runs through March 30. Participants are automatically eligible for weekly and grand prize drawings. Those who keep track of the books they read earn prizes for every three books read. See the Buckham Bulletin for details.

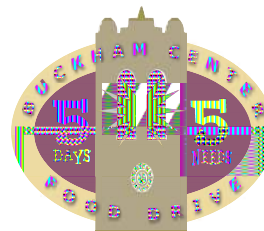


□ Picnic in the Parks

Reserve your picnic shelters now...reservations are taken on a first-come, first-served basis!

□ Job Skills Training

Update skills with classes or have a custom class or seminar designed for your department. Programs offered through Park & Rec are:
- American Sign Language
- Computer Software Classes
- CPR & First Aid - Spanish Lessons



□ Buckham Center Food Drive March 11-15, 2013

Here's a chance for you to help restock the Food Shelf. Canned, boxed, or bagged non-perishable foods will be accepted at Buckham Center all week long. Drop boxes will be at the Library, Community Center and the Senior Center to place your donated items in.

□ Brown Bag Wed. Workshops Beginning March 15th.

See page two for details.



Health & Wellness

◆ Employee Health Benefits

See www.preferredone.com for information on Preferred One Health Insurance's Fitness Advantage, a fitness rebate program! Call Denise Hanson at 384-0520 for details or 800-997-1750 for insurance customer service.

◆ Benefit Extras

See Benefit Extras, Inc. for employer-sponsored insurance premium info, flex spending accounts, and dependent care flex accounts. See the website: www.benefitextras.com, or Email: flex@benefitextras.com, or call 800-886-8793 for service.

Your Health Is
up2u!

◆ Brown Bag Wednesday Workshops

Bring your lunch and learn how to improve your well-being in this series of **FREE**

workshops held at Park & Rec. Programs offered by Denise Stewart, Park & Rec Fitness Coordinator. Pre-registration required, call 334-2064.

□ What is Meditation?

Wed., March 13, 12:15–12:45pm

Learn what meditation is and how it can benefit your life. A guided meditation practice will be held.

◆ No Limit Fitness

Wednesday, April 10, 12:15–12:45pm

Participants go through a workout using their own body weight, medicines balls, and body bars. Design a great workout with little or no equipment.



◆ Group Walk Wed., May 8, 12:15–12:45pm

Participants are taken on a guided walk on a city walking trails. Come walk with your friends/co-workers and relieve stress from the day while enjoying the great outdoors. Meet at the Park & Rec front desk.

◆ Aromatherapy Basics

Wednesday, June 12, 12:15–12:45pm

Learn basics of aromatherapy and how essential oils can bring healing and balance to the body. You will understand the effects of stress on the body and learn which oils and methods to use for stress and pain reduction.

PreferredOne® Fitness Advantage



MORE FITNESS FACILITIES THAN EVER!

PreferredOne has more fitness facilities! In addition to Life Time Fitness, eligible PreferredOne members* who work out 12 times a month at participating fitness facilities can receive \$20 per month. Up to \$40 per month if one covered dependent also signs up and works out 12 times a month (must be 18 years or older).

Fitness Advantage Network

For a complete list visit PreferredOne.com/fitnessadvantage

- Anytime Fitness
- Curves for Women
- Fitness 19
- Gold's Gym
- LA Fitness**
- Life Time Fitness
- Snap Fitness
- Participating Community Centers
- YMCAs
- And hundreds more through the PreferredOne service area

HOW TO SIGN UP FOR FITNESS ADVANTAGE

1. Have your PreferredOne member ID card ready, then visit PreferredOne.com to see if you are eligible for Fitness Advantage. Print out and complete the Fitness Advantage enrollment form.
2. Submit the completed Fitness Advantage enrollment form to your participating fitness facility and have a representative from the fitness facility sign and date the form. Bring your PreferredOne member ID card when you submit the form. Keep a copy of the form for your records.
3. Begin working out.

* Eligibility is defined as those members who have a PreferredOne Insurance Company or PreferredOne Community Health Plan ID card. If you have a PreferredOne Administrative Services ID card please consult your employer to determine eligibility. Members of PreferredOne's Short Term Medical program are not eligible.

**If you are a member of LA Fitness, go to www.lafitnesspay.com/preferredone to enroll.

What fitness facilities are part of the PreferredOne Advantage network?

PreferredOne has expanded its Fitness Advantage program to include major fitness facilities in Mpls/St. Paul and many independent facilities throughout the PreferredOne service area. Go to PreferredOne.com to view participating fitness facilities.

How many times do I need to visit my participating fitness facility each month to receive the \$20/month?

You need to work out 12 or more times a calendar month. Multiple visits within the same day count as only one visit.

Can I get another \$20/month for a dependent?

One covered dependent (must be 18 years or older) may also enroll in the program. The dependent need not enroll in the same facility as the employee, and must complete a separate enrollment form.

Where do I get the Fitness Advantage Enrollment Form?

Visit PreferredOne.com to access and print out the Fitness Advantage enrollment form.

How will I receive \$20/month?

Your fitness facility determines how you receive your \$20/month. Methods range from a reduction in future membership dues to direct deposit.

If I am already enrolled in PreferredOne's Fitness Advantage program do I need to do anything?

You are set. No need to re-enroll.

What if I prepay my fitness facility dues?

Your fitness facility must convert your fees into a monthly equivalent when submitting your activity. The same goes with family memberships as they must be converted into individual levels if you and a dependent are participating.

What if my dues are less than \$20/month?

The Fitness Advantage credit is your reported monthly dues, not to exceed \$20.

What if I decide to change fitness centers or I am a member of more than one facility?

The Fitness Advantage program offers the \$20/month to no more than one fitness facility per individual per month. In situations of transitioning from one fitness facility to another or being a member at more than one fitness facility, it is your responsibility to make sure the fitness facility you are active with is the only facility submitting information.

What happens if I terminate PreferredOne?

Upon terminating PreferredOne medical coverage, you will forfeit any unapplied discounts.

What happens if I terminate membership at my facility?

Upon terminating membership at a fitness facility, you will forfeit any unapplied discounts.

For more information: Call 763.847.4477 or 1.800.997.1750 or visit PreferredOne.com

Quotables

"If you think your boss is stupid, remember: You wouldn't have a job if he was any smarter."

- By John Gotti

"Whenever you are asked if you can do a job, tell 'em, Certainly, I can! Then get busy and find out how to do it."

- By Theodore Roosevelt

The City Mission

Bulletin Board

For city employees and spouses to advertise services, general notices, fundraisers, or items for sale!

HOME-MADE CAKES

Make your celebrations sweeter with a custom cake. Call 651-492-8444 or see <http://sweetcelebrationsstudio.tripod.com>.

FOR SALE:

Cub Football Equipment

New youth large cub football pads and helmet. Contact Jeff J at 384-0516.

FOR SALE:

Original Artwork and art by commission. Offered by Jeff Jarvis at 384-0516.



FOR SALE: Refrigerator/Freezer

A compact 4.6 cu. ft. unit with a reverse door hinge. Asking \$65 (New \$150)

Nearly new, used just two seasons.

Would be great for a college student.

Call Sandi Tidemann at 333-0387.



FOR SALE:

Vintage Gun Cabinet

Solid oak, great shape, made in the 1880's.

Asking \$250. For details, call Sandi Tidemann at 333-0387.



Online Safety Training

FirstNet Learning

www.firstnetlearning.com/offers/lmnc/

keep your employees safe



WELCOME... The League of Minnesota Cities Insurance Trust (LMCIT) established this web-based safety training program in co-operation with FirstNet Learning.

Your Safety Coordinator is the person responsible for coordinating this training program in your entity. Simply follow the directions to Register, then access the online safety training

course(s) assigned by your supervisor. If you determine you need any special assistance with this training, please visit with your supervisor.

NOTES:

Each user registers once.

1. Click *Register Now* button, create a user name and password.
2. After registration, the THANK YOU page displays and includes information on how to LOGIN, SET A BOOKMARK, and PRINT A CERTIFICATE. Print THANK YOU page or provide e-mail address to have information sent via e-mail.

If you experience any problems or have questions, please contact FirstNet Learning at 888-948-4949.

FAQs:

- Q. How long will it take to complete a course?**
- A.** Each course takes approximately 20-60 minutes, depending on Internet connection speed.
- Q. Who knows the status of each individual's training courses?**
- A.** The FirstNet Learning database automatically collects training information for each individual. Your selected Administrator will have access to this database and be able to track each person's training status.
- Q. What computer requirements are required for training?**
- A.** Online courses are accessible from any Internet connection. Minimum requirement is Internet Explorer (IE) 4.0 or Netscape (Net) 4.0 browser set at 800 x 600 (or higher) monitor resolution.

Available Topics

Back Safety

Back Safety for Light Truck Drivers
Behavior-Based Safety Training

Bloodborne Pathogens

Compressed Gas Safety

Confined Space Entry

Defensive Driving

Driving Hazards for Light Truck Drivers

Electrical Safety

Emergency Evacuation & Egress Safety

Eye & Face Protection

Fall Protection

Fire Prevention

Forklift Safety

Hand & Finger Safety

Hand & Power Tool Safety

Hazard Communication

Hearing Conservation

Introduction to OSHA

Ladder & Scaffolding Safety

Lockout/Tagout

Machine Guarding

Material Safety Data Sheets

Materials Handling & Storage

Office Safety

Personal Protective Equipment

Respiratory Protection

Slips, Trips & Falls

Trenching & Excavation Safety

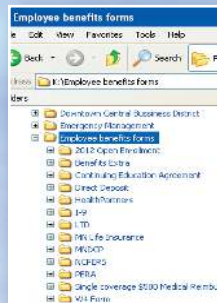
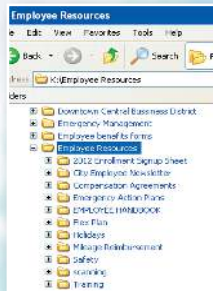
Welding, Cutting & Brazing Safety

Working in Extreme Temperatures

The City Mission

Employee Resources

See the K: drive for employee benefit information and benefit forms.



DILBERT™



Quotables

"I think Smithers picked me because of my motivational skills. Everyone says they have to work a lot harder when I'm around."
~ Homer Simpson

Exclusively for City of Faribault Employees and Family!

T-Mobile® Advantage™ Program

SAVE MORE ON FASTER 4G

Get a great deal on a 4G device and your monthly plan with T-Mobile.



T-MOBILE® MYTOUCH® Q

FREE

after \$50 mail-in-rebate. New activation of qualifying postpaid voice and data plan on 2-year contract required (plus taxes and fees).



SAMSUNG GALAXY S™ II

FREE

after \$50 mail-in-rebate. New activation of qualifying postpaid voice and data plan on 2-year contract required (plus taxes and fees). Includes FREE car charger. While supplies last.



SAMSUNG GALAXY S™ III 16 GB

\$124.99

after \$50 mail-in-rebate. New activation of qualifying postpaid voice and data plan on 2-year contract required (plus taxes and fees). Includes FREE car charger.

SPECIAL BONUS!

We'll waive your activation fee so you'll save an extra \$35. Plus, get 15% OFF your monthly rate plan.



TRADE-IN AND TRADE UP!

Scan here to get the trade-in value of your old phone.

MAKE THE SWITCH TO SAVE!

CALL ADVANTAGE DIRECT™ AT 1-866-464-8662 AND USE PROMO CODE 6048TMOFAV. Have your association or employee I.D. ready when you call.

Online Tools PreferredOne®

Go To: PreferredOne.com

For New Members: Click Register

For Registered Members: Enter Username and Password in the upper right-hand corner



As a PreferredOne member you have access to a comprehensive range of online tools and information to help simplify and manage your health care coverage, check medical cost information and improve health.

My Account.

Access your benefits, out-of-pocket balances, view Explanation of Benefits (EOB), or create your own claims history account statement.

View My Benefits.

Access your Certificate of Coverage explaining your benefits in detail.

Sign up for Fitness Advantage.

Receive \$20/month when you work out 12 times a month at participating fitness facilities.

Save with PreferredOne's Medical Cost Tools.

- Compare cost by clinic for frequently performed services.
- Cost comparison for MRI, CT & PET/CT scans.
- Reprice existing claims with other PreferredOne providers.

Learn about over 7500 health care topics. Take a health risk assessment, use our interactive calculators and tools that can help you make smart decision about your health and care.

Care Advantage®. Meet your health goals with PreferredOne's wide range of care management and wellness programs.

Find your health care provider. Search for a doctor, clinic or hospital by name, specialty or location.

For more information: Call 763.847.4477 or 1.800.997.1750 or visit PreferredOne.com