



## CHIT CHAT

Sullivan County

Volume 17, issue 4

December 19, 2014

### From The County Manager's Desk

Dear Sullivan County employees:

I'm finding it a little hard to fathom that it has been almost a year since I joined you here in Sullivan County. Time flies! It has been a wonderful year of collaboration and camaraderie, and I thank you all for making this a warm and welcoming place for me, for your colleagues around you, and for those we serve. As we enter a new year, I look forward to working with all of you to tackle whatever the future holds.

As you know, one of the changes we made this year was the transition to a new health plan offered by HealthTrust. One of the key motivators in changing plans was the lower premiums, which saved money for both employees and the County. I hope that the other aspects of the plan – in particular the site-of-service program, the wellness initiatives, and the deductible process – were manageable and worthwhile.

Having used the health plan quite a bit this year, I wanted to share some information with you in the hopes that it helps you navigate the plan and perhaps put money into your pocket.

First, although we are planning to hold free wellness programs for all County employees over the coming year, employees on our health plan should not miss the opportunities to earn cash by participating in HealthTrust's wellness program, called "Slice of Life." Information about the program is available on-line at <http://www.healthtrustnh.org/Service/sliceoflife> and in the Slice of Life package you will soon receive in the mail from HealthTrust. Here's a summary of what not to miss in 2015:

You and your dependents over 18 can each receive a check for \$75 every calendar year simply by completing the OnLine Health assessment questionnaire, which is designed to help you identify areas of your life that could be targeted for health improvement. *The individualized information you share in the questionnaire is confidential!* It is not available to the County or even to HealthTrust and is kept entirely between you and OnLine Health, which will make a health coach available to you *if you desire*.

Once you and your dependents have completed the health assessment questionnaire, you and your dependents over 18 can receive another \$50 by completing a biometric screening through a variety of options: we will host another biometric screening on April 1 in Unity, or you can attend others in the region offered by HealthTrust, or you can ask your primary care provider complete the biometric screening form.

Once you and/or the other family members on your plan have completed the on-line health assessment, you are all eligible to receive up to \$200/year by earning "Life Points" through OnLine Health.

You and your family members can also be reimbursed up to \$100 per year for certain health or safety classes, such as aerobics, Zumba, childbirth education, yoga, driver safety, or CPR/first aid. You can also receive reimbursement up to \$200 for kids under 18 on your plan for sports clinics or sports camps that have a start and end date with instruction provided and classes like karate, swimming, basketball skills camp, first aid, and diabetes education. The reimbursement does not apply to participation on competitive sports teams or private lessons. More information about eligible programs for reimbursement is on the HealthTrust Slice of Life website (link provided above).

And this is new: on January 1, 2015, HealthTrust will offer another incentive program called SmartShopper, which basically pays us to make a phone call before proceeding with lab work, testing, or certain procedures recommended by doctors. I've done some reading and attended a workshop on this, and it's SO EASY! When a doctor recommends a medical service or procedure to you or someone on your plan, and it's not an emergency, contact SmartShopper by phone or on-line and you will be given cost-effective options in the region that qualify for an incentive. There is a list of procedures that qualify for cash incentives that range from \$25 to \$500 per event. This program not only gives you cash for making informed and cost-effective decisions, but it also potentially saves you money on the deductible and reduces the County's total amount of claims, which affects the future cost of the healthcare premiums. I am really excited about the opportunity for us to make decisions that can keep healthcare costs down for everyone. Keep your eyes open for more information on this program from HealthTrust or directly from SmartShopper.

Finally, Sam Fletcher recently distributed a wellness survey (winners of the raffle are announced in this issue of Chit Chat). One of the pieces of feedback we received from those who responded is that employees think that e-mail is the best way to receive information from us. Some of you have county-assigned e-mail, but we have a number of employees who do not have regular access to computers or e-mail as part of your job. *If you have a personal e-mail account and would like to receive e-mail from the County, please send me an e-mail from that account with a note indicating that you would like to receive e-mail from the County.* We will use this only for communicating with you and will not share your e-mail address with anyone without your permission. My e-mail address is [jlevine@sullivancountynh.gov](mailto:jlevine@sullivancountynh.gov).

As always, please let me know if you have any questions. Have a safe and peaceful holiday season, and Happy New Year!

All the best,

Jessie Levine







Talk early and often!

## KEEP YOUR KIDS HEALTHY

Make sure they stay safe over winter break.

Send a strong message—and follow up.

**W**inter vacation is a great time for your kids to rest, relax and—if they're college students—catch up with old friends.

Unfortunately, this idle time can also result in parties and dangerous behavior. You can make a difference and help our youth make better choices.

- Encourage healthy activities. Sledding, snow tubing, or going to the movies with friends can bring youth together safely.
- Talk with your kids. Remind them of the family rules and what the consequences are when those rules aren't followed. If they're under your roof, they can follow your rules. You can use a family

plan to make the rules clear.

- Call and make sure you know where your kids are, who they're with, and who they're going to be. Don't be afraid to call parents or party hosts and make sure your family rules are going to be respected. Don't let others take your choice away!

We have made great progress in keeping alcohol away from kids—our binge drinking rate, once the highest in the state, has been dropping steadily since 2007. 90% of all adults who are addicted to alcohol, tobacco or another drug began using that drug before the age of 18. Staying strong and saying 'no' to youth alcohol use means our community has a stronger, healthier future to look forward to.

Knowledge is power!

## TIP Sheet

### Be A Safe Party Host!

Accidents involving alcohol increase over the Christmas and New Year's holidays. You can make a difference and keep our community safer.

- Don't serve alcohol to anyone under 21. It's dangerous and illegal—penalties can include jail time and a fine up to \$2,000, not to mention that you may be legally liable for negative consequences of parties.
- Alcohol and energy drink cocktails are trendy, but they can be dangerous. Think twice before serving them.
- Make sure your party guests have a designated driver, and have a contingency plan if something goes wrong.
- Always have an alcohol-free option: you never know who may be on medications, trying to have a baby, or just wanting to cut down on alcohol use. Google or visit our website for 'mocktails' that can make non-drinkers feel like they're part of the celebration.



## Wellness Program Initiatives

I am happy to follow up with you in regards to some of initiatives we have undertaken over the past few months and what we have coming in the not so far future.

Please see the County Manager's description of the Slice of Life Program for an excellent summary of that program.

In October our office issued a wellness survey to all 296 employees of the County. Participation came in at 22%, and those 66 people were entered in for a list of raffle prizes which included an iPod Shuffle, Hubert's gift card, and Hannaford's gift card, and the winners are Deputy Mike Batista, Bridgett Taylor, DFC Coordinator, and Linda Wilcox, Cook at SCHC. Congrats, and I hope you get to enjoy your prizes.

The results of this survey are a great starting point for our developing program, ideas and suggestions ranged from the development of walking trails at the Unity Complex, to healthier options in the vending machines that we have on site. As we move forward, we plan to start working on this list as a group to get those suggestions turned into realities. The Commissioners expressed support and interest in wellness at their most recent meeting in Unity on 12/15/14.

I believe that the best results in the survey were those focused on wellness itself. 83% of those who participated felt that their co-workers feel that health and wellness are important. This is a huge stepping stone to lifting this project off the ground floor. We had several employees express interest in being part of a wellness team here at work, and we are looking for others to step up as well. We are pleased to say we have two wellness site coordinators now, myself and Lori Keefe from the Dept. of Corrections, along with Cpl Teri Palmer, Lori will assist with the administrative functions of our program on site at the jail. It is our intention to have a small team of individuals, representing all three facilities as well as all shifts, who are willing to assist in the development and coordination of challenges and in-services that our employees have expressed interest in having. To do this we need your help. Please consider participating, even on a small level. Please contact me at [samp@sullivanocountynh.gov](mailto:samp@sullivanocountynh.gov), 542-9511 ext 286, or stop in and see me in the office.

As I close out this message, I would like to commend our staff for their participation in this program thus far. I have received great comments from outside our organization about our staffs participation in the two Biometric Screenings hosted by our site, not only at setting up appointments, but attending them as well. Kudos to you for your work and diligence, and look for postings to sign up for our next scheduled screening in March 2015. I also want to remind folks that even though you may not be on our health insurance program, we encourage you to participate in the overall wellness program, as these activities are for everyone!



Have a happy & safe holiday season!  
Sam Fletcher, HR

## Congratulations to Therese Godin & The SCHC Squeakee Sneakers Team

The County is honored to congratulate The Squeakee Sneakers Team and Therese Godin for their honors received at the NH Association of Counties Conference in October.

Therese was recognized as Nursing Home Employee of the Year for her work and dedication to our facility. The Squeakee Sneakers were honored for the community involvement and amazing fundraising abilities to assist the Turning Points Network, a domestic violence prevention organization based out of Claremont, NH.

Congrats to all, and we commend you on your spirit and example of excellence!





## LifeResources- Employee Assistance Program



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# SMOKING CESSATION

FOR INFORMATION AND RESOURCES VISIT THE  
LIFERESOURCES WEBSITE:

### Information available on our website:

Quit Smoking-  
Strategies to help you quit

Quit Smoking Medicines-  
Boost your chance of  
success

Quitting Smoking?-  
10 ways to resist  
tobacco cravings

Smoking Cessation-  
Creating a quit-smoking  
plan.

Smoking- Anatomy of  
nicotine addiction

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Browse articles, webinars, and resources to help you  
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Call Us 24/7 for in the moment support AND referrals  
for 6 free phone coaching sessions.

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## Commissioner's Office Calendar of Events

**Wed. Jan. 7, 2015, 8:30 AM - County Elected Officials take Oath of Office.** Location: County Administration Building, 14 Main Street, 3<sup>rd</sup> Floor Probate Court Room, Newport, NH, 03773

**Wed. Jan. 7, 2015, 9:00 AM - County Commissioners Business Meeting.** Location: County Administration Building, 14 Main Street, 1<sup>st</sup> Floor Commissioners Conference Room, Newport, NH, 03773

**Wed. Jan. 7, 2015, 7:00 PM - Conservation District Meeting.** Location: Unity, NH – Ahern Building

**Fri. Jan. 9, 2015, 9:00 AM – NHAC Executive Committee Meeting.** Location: Goffstown, NH

**Mon. Jan 26, 2015, 3:00 PM - County Commissioners Business Meeting.** Location: Sullivan County Health Care Building, Frank Smith Living Room, 5 Nursing Home Drive, Claremont, NH, 03743

**Wed. Jan. 14, 2015, 6:30 PM – Commissioners & County Manager attend Claremont City Council Meeting.** Location: Claremont City Hall.

**Mon. Jan. 19, 2015 – Newport Complex Closed.**

**Wed. Feb. 4, 2015, 7:00 PM - Conservation District Meeting.** Location: Unity, NH – Ahern Building

**Mon. Feb. 9, 2015, 3:00 PM - County Commissioners Business Meeting** Location: County Administration Building, 14 Main Street, Newport, NH, 03773

**Mon. Feb. 16, 2015 – Newport Complex Closed.**

**Mon. Feb 23, 2015, 3:00 p.m. County Commissioners Business Meeting.** Location: Sullivan County Health Care Building, Frank Smith Living Room, 5 Nursing Home Drive, Claremont, NH, 03743

**Mon. Mar. 2, 2015, 3:00 p.m. County Commissioners Business Meeting.** Location: County Administration Building, 14 Main Street, 1<sup>st</sup> Floor Commissioners Conference Room, Newport, NH, 03773

**Wed. Mar. 4, 2015, 7:00 PM - Conservation District Meeting.** Location: Unity, NH – Ahern Building

**Mon. Mar. 16, 2015, 3:00 p.m. County Commissioners Business Meeting.** Location: Sullivan County Health Care Building, Frank Smith Living Room, 5 Nursing Home Drive, Claremont, NH, 03743

## **Welcome Aboard**

We would like to take this opportunity to welcome the following new employees to the County family:

Ashley Butrimas, LNA  
Ann Wentworth, LPN  
Frederick Estevez, Correctional Officer  
Jeremy Wilson, Captain, Sherriff's Office  
Michael Nelson, Deputy  
Martha Chamberlain, LPN  
Zachary Cote, Correctional Officer  
Rebecca Dupont, LNA  
Kyley Gobin, LNA  
Samantha Hill, Admin Asst.

Gillian Hodges Rapp– Admin Asst.

Anthony Marshall, LNA

Danielle Owen, LMNA

Tina Pettine, Correctional Officer

Samantha Reed, Housekeeper

Jaye Stern, LNA

Bryon Stueber, Correctional Officer

Joann Warner, LNA

