

Wagoner County
COUNTY CLERK



Volume 14, Issue 11
 November 1st, 2014
 Editor: Char Stevens

FROM THE CLERK

INSIDE THIS ISSUE:

- From the Clerk* 1
- Heart Health* 2
- October Trivia & OK Fun Facts* 3
- Good Financial Health* 4
- Message from HR* 5
- Calendar* 6

IMPORTANT

Effective January 1st, the county health insurance provider will change to Community Care. Although, Community Care includes St. John and St. Francis as in-network hospitals, the Wagoner Hospital is no longer included and it is very likely you will have to change your physician due to the smaller available network. The good news is the Commissioners have agreed to fund coverage for a more costly plan to prevent the need to “buy up” for many employees. You will want to investigate each plan carefully to see which one works best for you keeping in mind that some plans offer no out of network coverage. We have plan books available at our office or you may go online to determine which best suits your needs.

Additionally, Open Enrollment has again been delayed until the first week in December in an effort to accommodate our broker, Ameribank. Because of this extremely late date, **PLEASE BE AWARE, that any and all changes to your benefits MUST be completed and received by my office NO LATER than THURSDAY, DECEMBER 4TH** to allow our staff time to enter everything into payroll before processing. If your changes are not received in a timely manner, your information will not be entered in time to assure an effective date of January 1st. I cannot stress this enough. Should you have questions about Community Care or the Flex Plan, our office is happy to provide direction prior to Open Enrollment.

Lori Hendricks

Most people who wake up famous haven't been asleep!

Special points of interest:

OPEN ENROLLMENT



Wagoner County—Growing from Good” to Great”!

**Next Holidays—Nov. 11th—Veteran’s Day
And Nov 27th and 28th—THANKSGIVING!!!**

WAYS TO BETTER HEALTH

To have a heart-healthy diet:

- Eat more fruits, vegetables, whole grains, and other high-fiber foods.
- Choose foods that are low in saturated fat, trans fat, and cholesterol.
- Limit salt (sodium).
 - Stay at a healthy weight by balancing the calories you eat with your physical activity.
- Eat more foods high in omega-3 fatty acids, such as fish.
- Limit drinks and foods with added sugar.
- Limit salt and alcohol.

Stretching for better health: Back stretches first thing in the morning can put the discs in your back at risk, says Ted Dreisinger, PhD, FACSM, researcher and managing partner with Therapy Advisors, consultants specializing in the treatment of chronic back and neck pain."Spinal discs become hydrated during the night, which creates more pressure on them when you first wake up. This also makes them more prone to stresses such as stretching."

Warm up with small activities (getting coffee, brushing your teeth) for about 10 minutes before stretching.

OKLAHOMA FUN FACTS.....

- Scientists measured the fastest wind speed ever recorded, 318 mph, in one of the tornadoes that hit the suburbs of Oklahoma City (Moore) on May 3, 1999.
- Per square mile, Oklahoma has more tornadoes than any other place in the World.



NOVEMBER TRIVIA

1. November 1st is celebrated in many Christian churches as All Saints Day
2. World War I ended on the 11th day of the 11th month (November) at 11PM, in 1918
3. The infamous Berlin Wall began to come down on Nov. 9, 1989
4. The first women police officers began working in Britain on November 27th, 1914
5. On November 5th 1935, Parker Brothers introduced the game Monopoly to the world
6. November 13th, 1952 the first press-on fingernails were sold.
7. November 18th, 1963 Bell Telephone introduced the "push button" phone to the public.

GOOD FINANCIAL HEALTH

YOU AND YOUR BUDGET Continuing our series of articles regarding common ways people waste money, here are other detriments to our budgets:

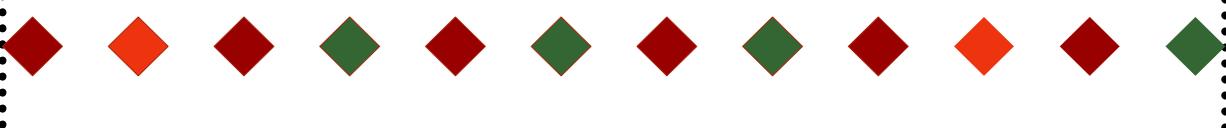
Mismanaging Your FSA.....

For some people, that means failing to sign up for their workplace flexible spending account. Contributions to an FSA come out of your paycheck before taxes -- so you don't have to pay taxes on that portion of your income. Then you can use the money tax-free to pay for such things as health care deductibles, co-payments, dental work and child care. You can set aside up to \$1,200 in a health care FSA and up to \$1,200 in a dependent-care FSA to cover child-care costs for kids under age 13.

Now employees are able to carry over \$500 or less to the next plan year. Having this benefit available however, means you must submit your claims in a timely manner. The grace period that we had before will no longer be available.

KIPLINGER by Erin Burke and Cameron Huddleston

**REMINDER
OPEN ENROLLMENT BEGINS
FIRST WEEK OF DECEMBER**



A MESSAGE FROM HR.....

OPEN ENROLLMENT WILL BEGIN FIRST WEEK OF DECEMBER

5 Things Dogs Can Teach Us About Relationships..... By [Dr. Andy Roark](#)

Here are 5 lessons dogs have taught me about making marriage-or any kind of committed relationship-work.....

1. Forgive mistakes. No matter what we humans do-scoot our dogs from comfortable seats in front of the television or go on walks or jogs without them when the weather is too hot or cold-dogs never hold a grudge. They forgive us our failings and don't dwell on our wrongs.

2. Celebrate time together. How wonderful is it to come home to someone who's always thrilled to see you? Whether we left the house five hours ago or five minutes ago, canine companions are over-the-moon thrilled to be reunited with us. In today's world of constant "busy-ness," pausing to celebrate the entrance of a loved one doesn't always happen. That common complacency makes the act even more powerful.

3. Prioritize exercise. We live in a stressful world. Exercise is a great way to fight back against tension in our lives and also to have meaningful time with loved ones away from computers, phones and other distractions. I think most dogs would agree that we would all be better off if we spent more time together on walks.

4. Embrace the power of silence. Listening is hard work. Many of us (myself included) spend more time waiting for a turn to speak than paying attention to what our partners are telling us. Our dogs are never waiting to talk. They simply cock their heads and try their best to understand our message.

5. Show love in big and small ways. From laying their heads on our laps while we watch a movie to barking wildly and running in circles when we take them to the park, dogs let us know we are loved every single day.

.....

.....

Wagoner County

307 E. Cherokee Street
Wagoner, OK 74467

Phone: 918-485-7716
Fax: 918-485-7718
E-mail:
clerk@wagonercounty.ok.gov

We have a new web
address!

www.wagonercounty.ok.gov

CONTACTS

Lori Hendricks
County Clerk
485-7717
Char Stevens
Executive Assistant
485-7716
Amanda Alsip
1st Deputy
485-7705
Carolyn Henderson
Purchasing Agent
485-7712
Janet Castillo
Land Records Supvsr.
485-7701
Dyan Marrs
Human Resources
485-7713

CALENDAR



Nov 3rd Comm Mtg (Mon)
Nov 10th Comm Mtg (Mon)
Nov 17th Comm Mtg (Mon) Nov 12th Excise Board Mtg
Nov 24th Comm Mtg (Mon) Nov 25th Excise Board Mtg

**“Life is what happens to you while you're
busy making other plans.”**
— John Lennon



*PLEASE ENJOY THIS
NOVEMBER ISSUE....IF YOU
WOULD LIKE TO
CONTRIBUTE TO THE
DECEMBER
ISSUE, PLEASE LET ME
KNOW.....CHAR*

MISSION A MATTER OF RIGHT

“A popular Government, without popular information, or the means of acquiring it, is but a Prologue to a Farce or a Tragedy; or perhaps both. Knowledge will forever govern ignorance: And a people who mean to be their own Governors, must arm themselves with the power which knowledge gives.”

- James Madison