

Hi Jeremy,

Here is a list of our 1st quarter options for Wellness (the yellow highlighted are the ones that are being offered specifically for the first quarter. The others are usually offered each quarter.)

Option 1: Health Coaching

- This is offered to staff all year round. They always have the option to health coach and work on small goals throughout the year. Or they can coach and work on one yearly goal. They work with the health coach to help them set small goals that will work toward their overall goal they hope to accomplish.

Option 2: Doctors Note

- One time throughout the year participants can hand in a doctor's note and that counts for their quarter points. This is a great option because it helps us know that participants are regularly seeing their family physician. The blood draw the county offers is a great resource and it is great if staff take those numbers to their doctor to keep on file.

Option 3: Activity 3 minute step test

- We always offer some type of interactive activity that participants can do. This 1st quarter it is the 3 minute step test. The step test measures cardiovascular fitness or endurance. Participants heart rates will be taken before the test begins and then once again after the 3 minutes. Essentially a participants heart rate should recover within a given time based on a few demographics.

Option 4- Fitness Tracking

- Participants always have the option to track their fitness. We would like to see at least 3-4 days of physical activity tracked weekly for the quarter.

Option 5- weight loss.

- Participants can choose this option if they plan on working to lose 3% of their body weight.

Option 6- Tobacco Cessation

- Participants can earn their quarter points if they have chosen to quit smoking.

Option 7- Stair Challenge

- Participants have this activity just for the 1st quarter. They will track for the month of January and see how many minutes of stair or incline walking they can accumulate over the month. This is a great way to "choose" the stairs as an option. It encourages staff to think about changing up their normal habits and going outside their comfort zone. It's a great way to kick off the New Year with some extra calories burned.

Let me know if you have any questions

Thanks!

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ACCOUNT NUMBER	ACCOUNT DESCRIPTION	TWO YEAR'S AGO ACTUALS	LAST YEARS ACTUALS	ORIGINAL BUDGET	ADJUSTED BUDGET	Y-T-D ACTUAL	FY19 MAINT BUDGET	\$ INCR/DECR	% INCR/DECR	FY19 IMPROVE REQUEST
Communication Center										
723-8602-332.21-04	Alarm Charges/Comm Ctr	8,840	7,600	8,840	8,840	8,840	7,960	880-	10-	0
LEVEL	TEXT	TEXT AMT								
OPE1	REVENUE FOR MONITORING ALARMS	7,960								
	FY18 ACTUALS WITH NO CHANGES EXPECTED									
	GSEDIVY	7,960								
723-8602-332.21-05	Comm Ctr Chgs-No.Sioux C.	54,976	57,699	63,621	63,621	31,811	67,983	4,362	7	0
LEVEL	TEXT	TEXT AMT								
OPE1	REVENUE FROM NORTH SIOUX CITY FOR DISPATCHING	67,983								
	SERVICES PER 28 E AGREEMENT									
	28E TERM EXPIRES JULY 1, 2020									
	ACTUALS WILL DEPEND ON ANY BUDGET REDUCTIONS									
	AS STATED IN 28E	67,983								
723-8602-332.21-06	Comm Ctr Chgs-Woodbury Co	566,478	607,214	636,861	636,861	318,431	654,458	17,597	3	0
LEVEL	TEXT	TEXT AMT								
OPE1	FUNDED BY WOODBURY COUNTY 30.2%	654,458								
	EXP \$2,621,716									
	LESS 159,000 FY19 BUDGETED STARCOM									
	40,000 FY19 SECURITY INSTITUTE									
	SUB 255,636 FY19 BUDGETED REVENUES									
	2,167,080 *30.2%	654,458								
723-8602-332.21-07	Comm Center Chg-Sgt Bluff	89,948	96,922	103,721	103,721	103,721	109,569	5,848	6	0
LEVEL	TEXT	TEXT AMT								
OPE1	REVENUE FROM SGT BLUFF FOR DISPATCHING	109,569								
	SERVICES									
	PER WCICC 28E AGREEMENT PARAGRAPH 5									
	EXPIRES 7/1/2020	109,569								
723-8602-332.21-22	Tower Lease	49,050	43,613	43,200	43,200	20,638	43,200	0	0	0
LEVEL	TEXT	TEXT AMT								
OPE1	12 MONTHS TOWER RENT FROM SIOUXLAN COMMUNICATIONS	19,800								
	12 MONTHS TOWER RENT FROM SWIFTEL COMMUNICATIONS	19,800								
	12 MONTH TOWER BUILDING LEASE LONG LINES	3,600								
	GSEDIVY	43,200								

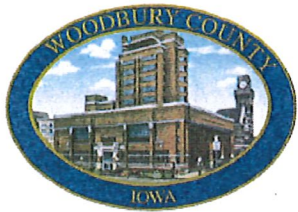
ACCOUNT NUMBER	ACCOUNT DESCRIPTION	TWO YEAR'S AGO ACTUALS	LAST YEARS ACTUALS	ORIGINAL BUDGET	ADJUSTED BUDGET	Y-T-D ACTUAL	FY19 MAINT BUDGET	\$ INCR/DECR	‡ INCR/DECR	FY19 IMPROVE REQUEST
Communication Center										
723-8602-332.21-99	Miscellaneous Revenue	150	501	0	0	100	0	0	0	0

*	Communication Center	769,442	813,549	856,243	856,243	483,541	883,170	26,927	3	0
**		769,442	813,549	856,243	856,243	483,541	883,170	26,927	3	0
***	Charges for Service	769,442	813,549	856,243	856,243	483,541	883,170	26,927	3	0
Communication Center										
723-8602-362.51-99	All Other Refunds	25	0	0	0	0	0	0	0	0
723-8602-363.52-08	Jury/Witness Reimbursemnt	0	30	0	0	0	0	0	0	0
723-8602-363.52-16	Reimbursement of Costs	20,633	25,788	26,856	26,856	0	26,924	68	0	0

LEVEL	TEXT	TEXT AMT								
OPE1	SIoux CITY POLICE DEPARTMENT	18,500								
	--> PD EXPENSE BUDGETED IN 401-3008-413.22-01									
	WOODBURY COUNTY SHERIFF	6,504								
	WOODBURY COUNTY ATTORNEY	1,920								
	TELETYPE REIMBURSEMENTS									
	GS	-								
		26,924								

*	Communication Center	20,658	25,818	26,856	26,856	0	26,924	68	0	0
**		20,658	25,818	26,856	26,856	0	26,924	68	0	0
***	Miscellaneous Revenue	20,658	25,818	26,856	26,856	0	26,924	68	0	0

		790,100	839,367	883,099	883,099	483,541	910,094	26,995	3	0



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SECRETARY

Tish Brice
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To: Board Members

From: Mark Nahra, County Engineer

Date: December 15, 2017

RE: Weekly Work Report

Construction Project Report

To be let:

L-B(V84-2)—73-97, Lee Avenue Bridge in section 13 of Little Sioux Township. Letting date: approximately December, 2017. Late Start Date: April 1, 2018. The bridge replacement is a locally funded project with the \$1.3 million special project levy. The project is scheduled to be completed in the 2018 construction season. The current structure was ordered closed in October 2017 due to the failure of substructure components. The new bridge is a precast concrete structure which lends itself to winter construction. By giving a wide-open construction period for the project, we give contractors scheduling flexibility which can lead to lower priced bids. Permits have been obtained by the county. Quotations for the precast sections were accepted by the Board at the November 21st meeting and have been ordered. Final plans are nearing completion in preparation for letting.

L-B(L-77)—73-97, 200th Street Bridge in section 25 of Rock Township. Letting date: Approximately December, 2017. Late Start Date: April 1, 2018. The bridge replacement project is locally funded project with the \$1.3 million special project levy. The current bridge is narrow and load restricted to less than legal truck loads. The project is scheduled to be completed in the 2018 construction season. Permits have been obtained by the county and final plan preparation is underway.

L-B(L-78)—73-97, 200th Street Bridge in section 25 of Rock Township. Letting date: Approximately December, 2017. Late Start Date: April 1, 2018. The bridge replacement project is locally funded project with the \$1.3 million special project levy. The current short span bridge will be replaced with a concrete box culvert. The current bridge is posted for a 3-ton maximum load. The project is scheduled to be completed in the 2018 construction season. Permits have been obtained by the county and final plan preparation is underway.

Under Contract:

L-(280th)—73-97, Grading and Intersection relocation project. Letting date: September 19, 2017. Late Start Date: October 16, 2017. Contractor: Flewelling Earthmoving, Inc. Contract Price: \$63,743.90. The old intersection of Old Highway 141 and 280th Street eastbound had restricted sight

distance to the north at the intersection and has been the subject of complaints of near collisions by area landowners and residents. Property owners in the area have donated land to allow relocation of the intersection to a point across from the western leg of 280th Street at a location with better sight distance.

Work on the intersection relocation and road regrading is complete. Some minor ditch shaping work remains in the north ditch. The road is gravelled and open to traffic. Seeding and erosion control will be finished in the spring.

L-C(L1)—73-97, Replacement of bridge L1 with a precast box culvert on Old Highway 20 near Cushing. Letting date: September 5, 2017. Late start date: October 16, 2017. Contractor: Dixon Construction. Contract price: \$145,852.80. This structure is on Old Highway 20 near Cushing. The project involves the replacement of an existing short span bridge with a concrete box culvert. The current bridge is restricted to less than legal loads.

Culvert replacement and paving work is complete, shoulders have been rebuilt, and the road is open to traffic. Erosion control and minor roadside shaping work remains.

M-HC 17-4, Weir repair south of 160th Street near bridge J-328. Letting date: September 19, 2017. Late Start Date: October 15, 2017. Contractor: Dixon Construction, Correctionville, IA. Contract price: \$49,000.00. The project involves repairing a grade control structure that was damaged during the June 15, 2016 storm event. The low bid was approved by the Board on September 19, 2017. Contracts have approved by the Board.

Project is complete.

L-B(Q10)—73-97, Replacement of Bridge Q10 on 220th Street SE of Bronson— Letting date: August 22, 2017. Contractor: Graves Construction, Denison, IA. Contract price: \$287,089.09. This project will replace an aging greenwood structure on 220th street west of Bronson with a new reinforced concrete box culvert with a flumed outlet. This project is funded with the \$1.3 million special project levy funds. The contract has been approved by the Board at their September 29th meeting.

The contractor's schedule has changed and they now plan to move in after the first of the year. This is not a severe problem for the county since the road has not yet been closed to traffic. Project completion is expected early in the 2018 construction season.

L-B(W107)—73-97, Replacement of Bridge W107 on 330th Street west of Danbury. Letting date: May 23, 2017. Late Start Date: August 1, 2016. Contractor: Graves Construction. Bid price: \$437,110.28. This bridge is programmed for replacement during FY 2017 with special project levy funds. County bridge W107 is on 330th Street between Michigan and O'Brien Avenues. The existing bridge was posted 3 tons and subject to monthly inspection due to the condition of the bridge caps on the abutments. The new bridge will be an 80' x 30' Single Span Precast Concrete Beam Bridge. The board of supervisors has approved the contract with Graves Construction.

The project is complete except for minor erosion control and seeding work. The road opened to traffic Wednesday, December 13th.

Work Under Design:

Design work is underway on the following projects for letting sometime during 2017.

250th Street Grading Project - 2.25-mile grade for paving project south of Anthon. Right of way will be necessary to allow construction of this road. Final design is nearing completion. Once design is complete, there will be a preliminary rollout of the design with affected landowners.

Platting and right of way acquisition will follow the rollout. We are working toward a winter 2018 letting. This project is funded with the \$1.3 million per year special project levy funds.

Bridge D156 – This structure is on Franklin Avenue north of Old Highway 20/150th Street. The structure is posted 8 tons. The existing structure is significantly oversized and built from salvaged materials. The replacement structure is proposed to be a large culvert. This project is funded with money received in the local budget from the new \$0.10 state fuel tax. The project is scheduled for 2018 construction.

County Bridge B82 is on 140th Street between Kossuth and Lee Avenues. It was one of the flood damaged structures from the June 18, 2016 flood event. Initially, we were going to try to replace the east abutment bridge piling to reopen the bridge in the fall of 2016, but since it would remain a posted bridge and it is scheduled for replacement in FY 2018, we will be moving it forward in our design schedule to replace it in whole, hopefully with a winter 2017-2018 letting. The result is that the bridge will be closed through the winter of 2017-2018.