

## IN HONOR OF KELLY WELLMAN



*Forget the former things;  
do not dwell on the past.  
See, I am doing a new thing!  
Now it springs up; do you not perceive it?  
I am making a way in the wilderness and  
streams in the wasteland.  
Isaiah 43: 18-19*

### *I'm Free*

*Don't grieve for me, for now I'm free,  
I'm following the path God laid for me.  
I took his hand when I heard his call,  
I turned my back and left it all.*

*I could not stay another day,  
To laugh, to love, to work, to play.  
Tasks left undone must stay that way,  
I've found that peace at the close of the day.*

*If my parting has left a void,  
Then fill it with remembered joy.  
A friendship shared, a laugh, a kiss,  
Ah yes, these things I too will miss.*

*Be not burdened with times of sorrow,  
I wish you the sunshine of tomorrow.  
My Life's been full, I savoured much,  
Good friends, good times, a loved one's touch,*

*Perhaps my time seemed all too brief,  
Don't lengthen it now with undue grief.  
Lift up your heart and share with me,  
God wanted me now, He set me free.*

*We are all going to miss Kelly, his smile and his constant kindness. It was a definitely a bright spot in the day when you would bump into him in the shop or on a job site. We didn't know him for very long and yet we felt like we'd known him a long time - he was just so easy to talk to, work with, be around! For the former MFT employees who knew Kelly better and worked with him longer, we are sure the grief is more acute and we are so very, very sorry for your loss.*

*We are always here to help our employees. If you need help or someone to talk to please, please, please ask. Do it sooner, not later. Don't get overwhelmed! Every problem can be overcome - there is always an answer. Always remember that the Employee Assistance Program is also in place to help you. It's just a phone call away and completely confidential. 1-800-327-4692. [www.efr.org](http://www.efr.org).*

*To keep Kelly's memory alive and to keep him working with us in spirit, we are starting a MONTHLY newsletter feature called "WELL MAN, THAT WAS NICE!" Get it? It is intended to recognize people who have gone out of their way to be kind and/or do something nice for a fellow employee. It could happen at work or not at work. So, starting NOW - take a minute to send a text, email, call or tell Kara, Diane, Pedro, Ingrid, Ron S., Ron F., or Olivia to recognize a coworker's kindness. We will document it and recognize that kindness in The Dirt.*

*Editors note: Guys - I know you and I know some of you are rolling your eyes and thinking this is cheesy but I will tell you this....Kelly would be one of the guys participating in this. He participated in the wellness challenges and other calls to action in the newsletter. I would bet that if he were here, one of the first calls or texts I would get would be from him or about him! We look forward to hearing from you!*

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## AUGUST BIRTHDAYS

Greg Wallis - 1st  
Ward Ruge - 4th  
Zach Gaebel - 5th  
Abel Silva-Avila - 5th  
Norm Henderson - 18th  
Jeremy Prokop - 20th  
Sergio Silva-Avila - 21st  
Waylon Matson - 26th  
Julio Moreno - 26th  
Jeff Moser - 30th

## IMPORTANT CONTACTS

AMERITAS  
(Fusion Provider)  
800-487-5553  
E.A.P. 800-327-4692

EYEMED DISCOUNT PROGRAM  
866-211-2417

CREATIVE PLANNING –  
PS & 401(k)  
1-866-909-5148  
website:

<https://www.thinkingbeyond.com/client-login.asp>

call 1-866-569-4015  
for help with the website

BLUE CROSS BLUE SHIELD  
Customer Service  
888-592-8961

MID-AMERICAN BENEFITS  
(3rd Party Administrator)  
402-571-6224 X 210

SECURITY NATIONAL BANK  
(HSA Accounts)  
402-344-7300

EAP  
Employee Assistance Program  
Your 24/7 direct line to free, confidential & professional help when you need it.  
1-800-327-4692  
[www.efr.org/myeap](http://www.efr.org/myeap)

## SAFETY COMMITTEE

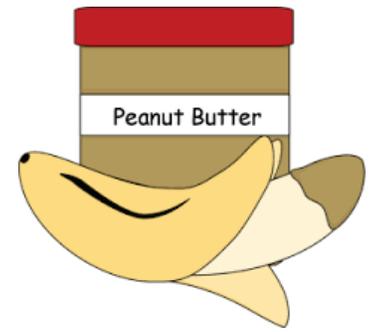
James Pearson  
Dustin Bryant  
Ward Ruge  
Pat McGahan  
Dan Hendricks  
Jeremy Prokop  
Buddy Wallis  
Norm Henderson  
Ron Fleming  
Scott Reissig

## AUGUST FEATURED RECIPE

### FRIED PEANUT BUTTER & BANANA SANDWICH

#### INGREDIENTS

- 2 slices white bread
- 2 tablespoons butter
- 1 small ripe banana
- 2 tablespoons creamy peanut butter



#### DIRECTIONS

Place the bread in the toaster on a light setting. Heat skillet over medium heat with 2 tablespoons butter. While the bread is toasting, mash the ripe banana until it reaches a smooth consistency. Take both pieces of the toasted bread and spread 2 tablespoons of creamy peanut butter, topping 1 side with the mashed banana. Put slices together forming a sandwich. (option: add a couple slices of cooked bacon on top of the peanut butter and bananas). Place sandwich in hot skillet browning each side, flipping with a spatula, about 2 minutes per side.

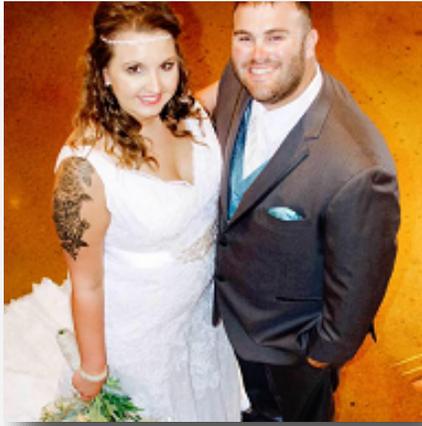
## AUGUST NEWSLETTER TRIVIA!

All the answers pertain to newsletter stories! Read your newsletter, do some googling, ask your co-workers!

1. The sandwich recipe in this month's newsletter was the favorite of a very famous person who passed away in the month of August. Who was it? \_\_\_\_\_
2. Which one of our August birthday boys was in the United States Marine Corps?  
\_\_\_\_\_
3. The quote of the month is from Olympian Jesse Owens, who won his four gold medals in the year \_\_\_\_\_ in the city of \_\_\_\_\_ in front of what infamous dictator \_\_\_\_\_?
4. Someone on the Safety Committee was born on St. Patrick's Day. His name should give it away! Who is it? \_\_\_\_\_.
5. Age appropriate physicals, as defined by the Affordable Care Act, are considered "preventative care" and are required to be 100% covered by insurance if provided by a doctor who is an in-network provider. True or False? \_\_\_\_\_.
6. According to theknot.com, what are the two most popular months in which to get married? (hint: Casey and Amanda got married in one of them). \_\_\_\_\_ AND \_\_\_\_\_.
7. Brian and Lindsey are engaged! They both grew up in the same small Nebraska town (hint: Cass County) – with an interesting name based on an Indian story/legend. What is the name of the town? (hint: two words, both start with "W"). \_\_\_\_\_.
8. According to the Centers for Disease Control (<http://www.cdc.gov/Features/Sleep/>) how much sleep should the following ages be getting per night? Preschool (3-5) \_\_\_\_\_ hours; School Aged (6-12) \_\_\_\_\_; Teens (13-19) \_\_\_\_\_.
9. What is the website for the company's EAP Program where you can learn about services offered by simply typing ROLOFF into the login field? \_\_\_\_\_.
10. We had more injuries in from June 21st – July 20th than we had in all the previous months combined. True or False? \_\_\_\_\_.
11. Baby Blair Group shares her birthday with a famous Hollywood actor – whose last name also describes a mechanical skillset possessed by Blair's Grandpa Ed. Who is the actor? \_\_\_\_\_. And what new Roloff employee gained a cousin when Blair was born? \_\_\_\_\_.

Send your answers to [karah@roloffinc.com](mailto:karah@roloffinc.com) or [oliviap@roloffinc.com](mailto:oliviap@roloffinc.com). Or fill in the answers in the blank, clip it out and send it in/turn it into the office. PUT YOUR NAME ON IT PLEASE! Those who answered all questions correctly will be entered into a drawing for a \$50 gift card of your choice! Employees and spouses are eligible to enter!

# WEDDING BELLS!



Congratulations to Mr. and Mrs. Kasey Corum!  
Kasey and Amanda were married on Friday, June 24th.

## CONGRATULATIONS!

Brian Sorensen and Lindsey Wade got engaged on July 3rd! Congratulations to them!



# WELLNESS - WHERE DID SUMMER GO?

School will soon be back in session, which can be a stressful time for kids and parents alike. The transition from a more relaxed summer schedule to a new school year, filled with new faces, homework and more scheduled activities, can bring about a mix of anxiety, anticipation and excitement. The good news is that there are some simple strategies that you and your family can use to help ease back into the school routine.

1. Reinforce good sleep habits. Getting plenty of rest and sleep are important not only for good grades and staying awake, but also for preventing depression and other mental health issues. Establish a reasonable bedtime routine!
2. Be available. Kids often appreciate being able to connect with you at the end of their school day, so try to be available either in person or on the phone when your teen gets home from school.
3. Serve healthy food and encourage healthy eating. Food choices affect mood, ability to concentrate and energy level – all key in your child's academic success and overall well-being.
4. Encourage regular exercise. Physical activity is great for mental wellness and has been shown to decrease depression and anxiety. Experts believe that exercise releases chemicals in our brains that make us feel good. Regular exercise can also boost your child's self-esteem and help them concentrate, sleep, and feel better.

## QUOTE OF THE MONTH

**"We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort.."**

-- JESSE OWENS, AMERICAN TRACK AND FIELD ATHLETE AND FOUR-TIME GOLD MEDALIST

Our Quote of the Month is  
Inspired by the upcoming  
Summer Olympics  
in Rio Di Janeiro  
August 5th – August 21st  
[http://www.nbcolympics.com/  
full-schedule](http://www.nbcolympics.com/full-schedule)



## SAFETY & DAMAGE CLAIMS UPDATE

JUNE 21ST - JULY 20TH

RECORDABLE INJURIES:

For this period: 4      YTD Total: 7

UTILITY HITS: (OUR FAULT)

For this period: 0      YTD Total: 6

UTILITY HITS: (UTILITY AT FAULT)

For this period: 1      YTD Total: 6

OTHER CLAIMS:

For this period: 0      YTD Total: 2



## NEW EMPLOYEES

STEVEN GROUP  
Ed Group's crew

## JULY WELLNESS CHALLENGE

Unfortunately, no one participated in the July Wellness Challenge – therefore, no winner.

## IT'S A GIRL!

Congratulations to Ed and Gina Group on the birth of grandbaby #3, Blair Group on July 18th! Blair is the daughter of Ed's son Jon and his wife Kelli and has a big brother, Zane, age 3.



## SAFETY B-I-N-G-O

No winners this month!

## SAFETY ALERT!

We saw a significant spike in injuries last month. While we understand that these things happen and no one intends to get hurt...WE MUST ALWAYS DO WHAT WE CAN TO PREVENT, PREVENT, PREVENT. Many of the injuries were soft tissue/joint related. Here are some tips for preventing soft tissue/joint injuries:

1. MORNING STRETCHING! You are clocked in and PAID to participate in stretching...so take it seriously and do it! This is probably the most effective thing you can do to prevent a soft tissue/joint injury!
2. ALTERNATE TASKS! Supervisors, if you have crew members engaged in repetitive motion tasks or tasks that are otherwise hard on backs, shoulders, joints and soft tissue areas, keep an eye on them/be ultra-observant. Check in with them and see how they are doing. Make sure to rotate the task between crew members whenever possible to eliminate injuries. Crew members – it is your responsibility to let your supervisor know if you are starting to cramp, have pain or suspect that you need to be assigned to an alternative task to prevent yourself from being injured.
3. HYDRATE! Proper hydration will help prevent muscle cramps, fatigue and damage to soft tissue.

## WHY IT IS IMPORTANT TO GET A PHYSICAL

ROLOFF EMPLOYEES – Are you putting money into your HSA account? Would you like Roloff to put \$500 or \$1,000 dollars into your HSA account? Then get a physical! We recently calculated that out of the 84 Roloff employees that are enrolled in health insurance, 76 are putting money into their HSA account. Now, out of those 76 that are participating, 35 have received a physical and Roloff has put money into their HSA accounts because of it. This means that 41 have not received a physical. Put simply:

- Covered employee contributing money into their HSA account that receives a physical
  - Roloff contributes \$500 into that account
- Covered Employee with Spouse, Child, or Family contributing money into their HSA account that receives a physical
  - Roloff contributes \$1,000 into that account

### PHYSICAL/WELLNESS CONTRIBUTION UPDATE

YTD physicals – 35  
Physicals last month - 2

Roloff has contributed \$28,000 into HSA accounts just for receiving a physical in the past year. Out of the 41 that have not received, there is \$29,000 that Roloff is still willing to put into HSA accounts.

In terms of receiving the physical, Roloff does not need to know any specifics of what the physical entailed or any results. We simply need a doctor's note saying you received the physical and we will contribute the money into your account. Get a physical exam from your physician, it is a smart and simple way to receive almost effortless money into your HSA account.