



'round the **Courthouse square**

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Wood County Employees
Bowling Green, Ohio
www.woodcountyohio.gov

Tips to Overcoming Stress: Acentra EAP

Stress can cause an astonishing variety of problems. Although you may believe that you can handle your stress, the consequences of poorly managed stress can be quite serious.

Most people acknowledge that stress can cause physical problems, although they may not realize how severe such problems can become.

Stress can have emotional and behavioral consequences too, such as

- Depression
- Anger and irritability
- Anxiety and worry
- Feelings of helplessness
- Alcohol and substance abuse
- Relationship problems
- Eating disorders

With some thought and planning, you can reduce the effects of stress in your life.

Physically, you can begin with a simple step, like giving your uncomfortable clothes or shoes to Goodwill or the Salvation Army. Then think about making exercise a more integral part of your life. Whether it's taking a walk after work, swimming at the local fitness center, or riding your bike, you can work out the consequences of stress and improve your fitness at the same time.

Exercise goes hand in hand with nutrition, so consider working to improve your diet by lowering the fat content in your food and increasing your intake of fruit, vegetables, and grains.

Make personal contact with the people you care about. Reach out to family members and friends on a regular basis to help relieve stress and simultaneously shore up a strong relationship.

Exercise, good diet, and personal contact are the positive ways to handle your stress. They're much more efficient than alcohol or drugs. Don't try to mask your stress. Work it out!

Mentally, you can start by thinking about ways to avoid stressful situations. Hate getting stuck in lines? Then pick odd hours for banking at your ATM or doing your grocery shopping. Think through complicated tasks before you start doing them, and if you need help, don't be afraid to ask. Furthermore, when you get that help, be generous and admiring in your gratitude. If you can appreciate what others do for you, they'll notice and reciprocate, and there's nothing like a compliment from a peer or close friend to counter your stress du jour.

A good habit to get into is writing everything down. Things happen so fast, and become so complicated so rapidly, that keeping a written record is about the only way to keep on top of all you have to do—unless you're one of few people in the world with a photographic memory.

Get involved and educate yourself! You may be surprised by how much you enjoy going back to take classes in subjects that really interest you. Continuing your education keeps you stimulated, broadens your horizons, and keeps your mind sharp.

Perhaps the best habit of all is to develop and maintain your sense of humor. Things go wrong and stuff happens. If you can find a way to laugh at it, you vaporize your stress before it even has time to gather strength.

Once you've got your mental and physical practices in play, planning can form the third leg of your stress-reduction triangle. There's the kind of planning that simplifies your daily life, like getting your car serviced before it breaks down, or making duplicates of your important keys just in case you lose them. It's also a good idea to bring reading material or music to any situation, such as a doctor's appointment, where you may be kept waiting.

Beyond the everyday, start thinking about short- and long-term goals. If you make them realistic, you should be able to accomplish what you intend to, and when you do reach a goal, reward yourself.

Acentra
HEALTH

Don't hesitate to reach out for emotional support when you need it. Your employee assistance program is one source for this support. Reach out at 1.800.607.1522 or view articles on the Acentra website, www.eaphelplink.com using Company Code: WEBEAP.

BIRTHS

Andrew and **Kimberly Antill-Simmans (Job and Family Services)** welcomed baby boy Parker Andrew on February 24, 2025. Parker weighed 6 lbs. 15 oz. and was 19 $\frac{3}{4}$ " long.

Cindi and Tim Dennis (Northwestern Water & Sewer District) are the proud parents of a little boy, Sterling Michael Dennis, born February 17, 2025. Sterling weighed 8lbs and measured 21 $\frac{3}{4}$ " long.

ANNIVERSARIES

Eric and **Ronda Downard (Juvenile Court)** celebrated 30 years of marriage on March 25, 2025.

RETIREMENTS

Lisa Gruber, Board of Developmental Disabilities, retired on January 3, 2025, after 11 years of service.

Jodie Domer, Clerk of Courts, retired from the Legal Office on February 28, 2025, after 22 years of service. She served as a Records/Appeals Clerk.

Laura Seifert, Job and Family Services, retired on February 28, 2025, with over 36 years. She was the Income Maintenance Administrator.

Nancy Dennis, Engineer's Office, retired on March 3, 2025, after over 24 years of service. She worked as the receptionist in the Office.

KUDOS

Congratulations to all of NorthWest Community Corrections Center staff for their hard work and dedication as they opened their 32-bed female wing in January 2025.

KnowBe4

On Tuesday, May 27, all employees on the County network received a notification to enroll in the first step of the annual KnowBe4 cybersecurity awareness campaign. This initial training must be completed by June 30, 2025. The campaign includes annual training videos, recurring micro-training sessions throughout the year, and periodic updates on industry trends, phishing tactics, and emerging threats.

This initiative not only supports your ability to recognize and avoid suspicious emails and other common threats, but many of you may be surprised to learn that it is a requirement of the State of Ohio and our cybersecurity insurance providers. Ensuring every employee is enrolled in and engaged with email best practices is essential to maintaining our insurance coverage and, more importantly, safeguarding the County's technology environment.

Every employee plays a crucial role in protecting our systems. Your participation helps form the front line of defense against today's ever-evolving threats.

KnowBe4 will confirm your enrollment. From there, the automated process is configured to send periodic reminders for upcoming due dates and past-due training.

Thank you for your continued diligence and commitment to keeping Wood County secure.

Searching for a new book to read?

Check out the mini library located outside of the Clerk of Courts office on the second floor of the Courthouse.

Books have been donated by employees throughout the building.

Feel free to borrow a book to enjoy or leave a book for someone else to enjoy. Happy Reading!

Help Save A Life... Give Blood

The next blood drive is scheduled for July 9 in the Alvin L. Perkins Atrium from 8:30 a.m. to 1:30 p.m.

To register to donate blood, visit www.redcrossblood.org and enter Sponsor Code: woodcoemployees.

Employees can utilize RapidPass the day of the drive to speed up their donation time. Learn more at redcrossblood.org.

'ROUND THE COURTHOUSE SQUARE

published quarterly for employees of Wood County Government

Comments and suggestions are always welcome. The deadline for the Summer edition is July 9.

Email: newsletter@co.wood.oh.us

Healthy Plate Challenge: Pump up the Protein

A new Healthy Plate Challenge starts on June 16. This challenge will focus on adding protein to your diet. This four week challenge will have you track your protein intake and provide tips on ways to incorporate different types of protein into your diet. Random drawings will be held throughout the challenge. Tracking logs will be posted on the employee website in the coming weeks.

Protein Foods

Many Americans get the right amount of protein needed from meat, poultry, and eggs, but do not meet the recommendations for seafood or nuts, seeds, and soy products. Sure there are lots of protein shakes and other supplements on store shelves, but nothing beats natural proteins from whole foods.



Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins. Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).

The amount of protein you need in your diet will depend on your overall calorie needs.

- The daily recommended intake of protein for healthy adults is 10% to 35% of your total calorie needs.
- One gram of protein supplies 4 calories.
- Therefore, a person on a 2,000 calorie diet could eat 100 grams of protein, or 400 calories from protein, which would supply 20% of their total daily calories.

One ounce (30 grams) of most protein-rich foods contains 7 grams of protein. An ounce (30 grams) equals:

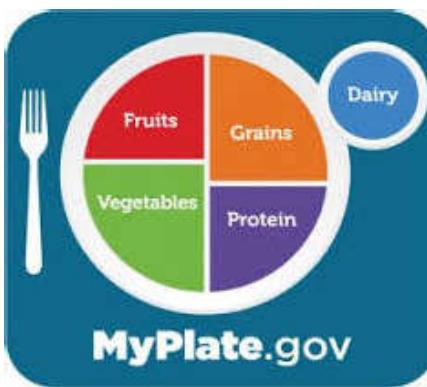
- 1 oz (30 g) of meat fish or poultry
- 1 large egg
- $\frac{1}{4}$ cup (60 milliliters) tofu
- $\frac{1}{2}$ cup (65 grams) cooked beans or lentils

Other good sources of protein include:

- Pinto beans, black beans, kidney beans, lentils, split peas, or garbanzo beans
- Nuts and seeds, including almonds, hazelnuts, mixed nuts, peanuts, peanut butter, sunflower seeds, or walnuts (Nuts are high in fat so be mindful of portion sizes. Eating calories in excess of your needs may lead to weight gain.)
- Low-fat dairy products
- Whole grains contain more protein than refined or “white” products.

Information from the National Library of Medicine (<https://medlineplus.gov/ency/article/002467.htm>) and myplate.gov.

Not sure how much protein you need?



Visit the US Department of Agriculture's food guide, called MyPlate to find the right amount for you.

Easy, No-Bake Protein Bites

- 1 cup rolled oats
- 1/2 cup miniature semisweet chocolate chips
- 1/2 cup ground flax seed
- 1/2 cup peanut butter
- 1/3 cup honey
- 1 teaspoon vanilla extract

Stir ingredients in a bowl, roll dough into 24 balls. Place on a baking sheet and freeze until set, about one hour.

INSURANCE UPDATE: Prescription Coverage



The Commissioners recently selected MedBenRx as the third-party administrator for the prescription benefit program. This change will take place on July 1, 2025.

Employees should not notice any disruption in their prescription claims as Pharmacy Data Management, Inc. (PDMI), a company with whom the County has worked for several years, will continue to manage the network and processing of pharmacy claims. As such, employees will still be able to use their issued prescription cards.

Additional information regarding this change will be forthcoming, including MedBen's customer service number and updated instructions for submitting medical necessity reviews.

In the meantime, employees are reminded to contact the Benefits Line at 419.354.1373 or email benefits@woodcountyohiphio.gov with any eligibility or pharmacy-related questions.

Dental Coverage

Have a child playing sports? Did you know Delta Dental offers a discount on athletic mouth guards?

They offer youth and adult sizes in a variety of colors.

Just visit DeltaDental.com and enter code: DDOH at checkout for 50% off all products.

Medical Coverage

Don't just toss your mail from Meritain Health to the side. Review the documents to make sure additional information is not requested.

The Explanation of Benefits (EOB) will show you what was paid on a claim. If the EOB does not reflect a payment made, it will notify you of the reason why in the Reason Code Description. Most often times, additional information is needed in order to process the claim.

Common reasons for a claim not being paid include:

- The claim was sent to the incorrect address. Claims must be submitted to the address on the back of the insurance card.
- The primary carrier's EOB is needed in order to process the claim as secondary.
- A questionnaire is needed to provide additional information regarding the claim.

While Meritain provides the EOB to the member, the provider also receives the same information. You can help expedite a resolution for a claim that needs additional information by taking some proactive steps. Reach out to your provider and ask them to resubmit the claim if needed.

Meritain does not send reminder notices regarding claims. Once the EOB is sent, it is up to the provider and/or member to provide the needed information.

Need to find prior EOBs? Register for access to EOBs, ID cards, and other information. Find step-by-step instructions on how to register on the Employee Health Benefits Plan page (Medical Coverage) on the employee website.



Explanation of Benefits

RETAIN FOR TAX PURPOSES

THIS IS NOT A BILL

Vision Coverage



Employees submitting reimbursement under the Vision Plan are reminded to submit original, detailed receipts.

The detailed receipt must show the patient name and itemized listing of services rendered. Some cash register receipts do not have the required information. Be sure to check your receipt to make sure it includes the needed information before you submit the claim. This will save you time in the long run and provide a quicker turnaround on the reimbursement.

Vision claims are processed once a month. See your group representative for additional information regarding submitting a claim.

Job and Family Services Hosts Pinwheels For Prevention Event

Annually, the staff at Job and Family Services plants pinwheels to represent each investigation into child abuse and neglect in Wood County. In 2025, there were 867 pinwheels planted representing the number of investigations conducted in 2024.

While inclement weather delayed the planting of the pinwheels to a later date, the silent auction and luncheon were held on April 2.

The atrium was full of baskets and raffle items donated by businesses and individuals from the community. The event raised over \$9,000 for the Childrens' Services Donated Funds account. These funds are used to assist in purchasing needed items for children in the foster care system.



Please note that FrontPath, the provider network for our medical benefits, has discontinued their toll-free phone number. Members can use the 419.891.5206 number as listed on the insurance card. You can also use their website, www.frontpathcoalition.com, to search for network providers.

If you have any questions, please reach out to the Benefits Line at ext. 1373 or email benefits@woodcountyohio.gov.

JUST KEEP MOVING

Benefit-eligible employees can earn up to a \$100 deductible credit by virtually walking, biking, running and/or swimming the length of the Colorado River. Credit is based on miles completed throughout 2025.

For information on how to earn the credit, refer to the 2025 Health Benefits Guide. Visit the employee website for tracking options including electronic tracking by day or week or a downloadable monthly tracking log.

Wellness Events

Employees may also complete Wellness Events to earn additional miles. Approved events are posted on the employee website and include completion of featured online Acentra EAP seminars, OSU Extension webinars, and other pop-up wellness events.

The Employee Picnic and Safety Fair on June 11 will also count as an event. Employees will be asked to scan the QR code at the registration table to get credit for attending.

- 400 miles for the year
\$25
- 750 miles for the year
\$50
- 1,100 miles for the year
\$75
- 1,450 miles for the year
\$100



Wellness Screenings & On-Line Program Reimbursement

Benefit-eligible employees can also complete a Wellness Screening during 2025 regardless of the date of their last screening. By completing the screening, employees gain access to a reimbursement for on-line fitness and nutrition programs. For more information see the 2025 Health Benefits Guide.

Community Sponsored Fitness Events

Benefit-eligible employees can also request reimbursement for 5ks, triathlons, and other fitness related events. Up to \$50 per year is available. See the form on the employee website for full details.

Summer Swim



Warmer weather means swimming pool season. Benefit eligible employees and their dependents can each receive up to \$50 reimbursement for the use of local community swimming pools. To qualify, each member must meet a 20 visit utilization requirement.

Reimbursement forms are available on the employee website. Detailed receipts and printed utilization is required. A tracking log is available for those facilities that do not have electronic tracking.

Reimbursement is limited to a maximum of three members per family.



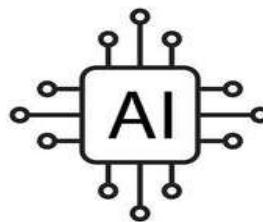
BGSU Poker Walk

County employees joined BGSU employees for a Poker Walk on April 2, 2025, at the Perry Field House on the BGSU campus. Participants drew a card for each lap completed with prizes awarded to the best hand.

IT and AI: Stay Alert

Cybercriminals and AI

Artificial Intelligence (AI) is a technology in which machines are able to simulate human intelligence. Unlike humans, AI has the ability to process large amounts of information very quickly. It's no surprise that scammers exploit this tool and use it to target you with more realistic phishing attacks!



AI Invoice Scams

Let's say you receive an email with an invoice that needs to be paid. You were expecting to receive an invoice, and at a glance, it appears to be genuine. You open the attachment in the email and make the payment, but the money never reaches the intended recipient. When you paid, all the money went straight into the scammers' bank accounts. This scam is known as a business email compromise attack.

What Happened?

Scammers used AI to alter the financial information in the invoice. They use AI-based tools to quickly search compromised email accounts. The AI identifies emails that contain attached invoices or other financial information. Then, it swaps the real account information with account numbers belonging to the scammers. The scammers then send you an email containing the fake invoice. So even though you think you're making a real payment, you're actually transferring money directly to their bank accounts!

What Can I Do to Stay Safe?

Follow the tips below to stay safe from AI phishing scams:

- Consider the email's context, timing, grammar, and other details. For example, was the invoice sent during normal business hours? Was it sent using an expected payment method like a financial portal?
- Never give out your personal information like credit card numbers, bank account numbers, or social security numbers unless you know who you are dealing with. Always be mindful of unusual requests and verify authenticity!
- Be suspicious of emails that contain a sense of urgency. Cybercriminals use a sense of urgency as an attempt to catch you off guard and get you to act impulsively.

Phish Alert

If you think an email is suspicious, before opening any attachments, be sure to report it to the IT Department. You can click the phish alert button in Outlook or forward the email to ithelpdesk@woodcountyohio.gov.



NEW EMPLOYEES

BOARD OF DEVELOPMENTAL DISABILITIES

Conner Galvin	1/27/25
Elizabeth Hoffman	2/24/25

COMMISSIONERS' OFFICE

Kelly Bather	3/31/25
Emily Tajblik	3/31/25

JUVENILE COURT

Alexis Parchman	1/14/25
Sophie Bostelman	2/3/25
Anna Schaublin	2/24/25

NORTHWEST COMMUNITY CORRECTIONS CENTER

Iris Thielen	1/6/25
Darryl Clayton	1/13/25
Kaylee Britenburg	2/7/25

NORTHWESTERN WATER & SEWER DISTRICT

Denise Martinez	1/2/25
Matt Dennis	2/24/25

PARK DISTRICT

Joseph Taylor	2/24/25
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PROSECUTOR'S OFFICE

Sydney Franklin	3/3/25
Payton Gorman	3/17/25

SHERIFF'S OFFICE

Isaiah M. Combs	1/12/25
Kenton J. Purvis	2/18/25
Yolanda M. Cano	3/19/25

SOIL & WATER CONSERVATION DISTRICT

Jaylie Rollheiser	3/24/25
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Employee Training

Scheduled for Oct. 1 & 2

Staff Communication: Control, Filters and Perception

The way you communicate greatly influences the outcome of a conversation. What you say and when and how you say it determines the conversation's success or failure.

Watch for more information on how to register for one of four sessions featuring Lori Hoffner from Supporting CommUnity.

Employee Picnic and Safety Fair

Wednesday, June 11, 2025 10:30 a.m. to 2 p.m.

Wood County Museum • 13660 County Home Road, BG

Safety Vendor Displays • Health Insurance and Benefit Information • Free blood pressure, cholesterol, and blood glucose screenings • Job and Family Services Bake Sale
Food Trucks serving from 11 a.m. to 1:30 p.m. featuring food for purchase • Free ice cream served by the Elected Officials

In the event of rain, the event will be held in the Atrium.
Look for updates via email if inclement weather is predicted.



BEANS	SPINACH
QUINOA	PEAS
NUTS	YOGURT
SEEDS	MILK
FISH	TURKEY
CHICKEN	SALMON
TOFU	LENTILS
TUNA	

PUMP UP THE PROTEIN

Take the Healthy Plate Challenge beginning June 16

X	O	J	B	W	G	U	A	N	Y	N	P	M	D	G
S	P	I	N	A	C	H	U	O	O	F	X	G	W	V
B	R	H	C	U	R	T	Z	M	G	F	A	U	U	Q
S	P	Z	F	Y	S	M	Y	L	U	C	K	I	S	P
F	G	O	M	M	O	Y	S	A	R	T	D	N	L	Y
Y	T	I	N	B	I	Q	K	S	T	Y	S	Y	I	J
Q	L	M	U	E	E	Q	V	Y	E	K	R	U	T	I
K	L	X	P	Q	K	A	U	H	C	P	X	T	N	P
O	W	S	E	G	O	C	N	I	S	K	H	K	E	R
M	W	M	A	B	A	E	I	S	N	I	O	K	L	F
B	A	X	S	I	E	I	I	H	M	O	F	L	H	F
P	Y	A	D	T	X	I	F	T	C	E	A	F	A	W
E	U	B	X	F	S	B	W	S	L	Z	Y	T	J	L
J	F	T	V	P	L	X	J	K	S	E	V	H	J	
U	O	Y	H	Y	S	D	E	E	S	T	U	N	A	S



Calendar of Events

June

- 11 Employee Picnic/Safety Fair
- 19 Offices Closed - Juneteenth
- 27 Wood County Suicide Prevention Coalition Glo Walk
- 28 Wood County Suicide Prevention Coalition's Youth Resiliency Jubilee

July

- 4 Offices Closed - Independence Day
- 9 Blood Drive: Atrium
- 10 HR Group Meeting
- 15 Reimbursement Deadline
Fitness Program for Jan. - June
(Due by 4:30 p.m. in the
Commissioners' Office - Late
submissions not accepted.)
- 30 New Employee Orientation



The Wood County Museum's new exhibit challenges the romantic notion of war through the exhibition of objects used by service men and women from Wood County, Ohio coupled with of the era film and first person audio experiences.