



# ROCK ISLAND COUNTY EMPLOYEE JANUARY NEWSLETTER



## Dedication

Dedicate: to commit yourself to something. Dianna Ruhl is definitely a dedicated employee of Rock Island County. She has worked for over 30 years in the County Clerk's Office. There have been 3 different County Clerks during her time. Dianna has always been known for her dedication to her work, but this past fall, she *really* showed her dedication.

On October 21, 2008, just 2 weeks before the General Election, Dianna broke a bone in her foot. Her doctor told her to stay off of her foot for 6-8 weeks. But, with the early voting, shortened staff and the election coming up, she knew she was needed in the County Clerk's office. With the help of her boss, Richard "Dick" Leibovitz, she was able to borrow an electric wheelchair to tool around the Clerk's office while keeping off of her foot. A broken bone in her foot could not keep Dianna away from her work. County Clerk Leibovitz

commented that all of his staff is dedicated to their jobs. He was pleased with the extra effort and hard work that went into this election from his staff. On election day, not many employees are willing to be at work at 5:00 a.m. and stay until 11:30 p.m., then be back to work the next day at 8:00 a.m. He is very proud of his dedicated staff. ❄️



## ***GIVE BLOOD...***

Call Deb at ext. 3585 to schedule a time to give blood on January 15th. Maybe *this* drive will be her last drive?



## Blues - Not just colors

Feeling sad, hurt, lonely, stressed, or angry? Everyone experiences the blues. But, you can learn skills to help you get over the blues. The #1 rule with the blues is to be patient with yourself. Try to practice behaviors that produce positive outcomes. #2, Think differently. Positive thinking changes your reaction. #3, Don't deny feeling blue. Take charge of your thoughts. Do things that will make you think more positively. Do something you enjoy, seek humor, dress cheerfully, or talk to people that cheer you up. #4, Focus on your health. Get the proper nutrition and exercise. It will make you feel better and it will have a positive influence on your mood. Eating breakfast, limiting caffeine, and reducing your sugar intake can help your body cope with stress.

If you feel you need professional help, please call the EAP at 779-2273. This is a free service to Rock Island County employees and their families.



## Popular Mechanics

Rock Island County's Zoning Director, Ray Nees, was quoted in the popular maga-

zine *Popular Mechanics*. Ray's quote encourages people to have professionally drawn plans when building. His quote can be found in the December 2008 issue on pages 103 and 104. When asked on how he was chosen for the article, Ray's response was "The guy did a search on the Internet, came up with Rock Island County, and he called me." The staff at *Popular Mechanics* was very impressed with Rock Island County's website. They thought we had a lot of good information on our site and that was what intrigued them to call our Zoning and Building Department.



## Training Opportunity

The Human Resources Department is offering a one day seminar to Rock Island County employees. "Managing Multiple Priorities, Projects, and Deadlines" will be held on Friday, March 6, in the Justice Center. The seminar will focus on organization skills and managing stress and demands. Seating is limited and the fee is \$25.00. To reserve a seat, contact the Human Resources Department before Friday, February 6.

