



Macomb Matters

Keeping You Connected

April 2016 - Issue 41

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April had a chilly start, but it looks like we are finally on the upswing to some great weather! Now we can finally start looking forward to some of the outdoor activities Macomb County so abundantly offers every spring/summer.

One of these events is our Planning and Economic Development's annual [Sprint and Splash Festival of Races](#). This is the event's fifth year, and it really is one of my favorites to participate in because it combines both dry land and water fun. Also, the event acts as a great opportunity for Macomb County to showcase the incredible blue economy assets we have available through Lake St. Clair and other avenues.

This year, the event is being held on Sunday, June 5 at Lake St. Clair Metropark in Harrison Township. Learn more about this event and the discount registration that is being given **exclusively to Macomb County employees** by reading all about the event in this issue of *Macomb Matters*.

Our Human Resources and Labor Relations Department (HR) has also been busy putting together another event. In case you weren't aware, Thursday, April 28 is [Take Our Daughters and Sons to Work Day](#). It's important to make sure your department is participating before you bring your child(ren) in to work that day, but, if it is, be sure to [check out the schedule of events HR](#) has lined up for this day.

Additionally, our [Office of Senior Services](#) (OSS) has been busily planning its annual Senior Fun Fest 2016. This year, the event has been moved up a month and will now be taking place on Friday, May 20. OSS has put together a really nice lineup of activities for the event, such as the [DIA Away](#) exhibit, shredding, health screening, painting and bingo. If you know of an individual who could benefit from learning more about the community resources available to senior citizens, this is a great event to take them to!

Lastly, April is [National County Government Month](#), a great chance for us to celebrate and highlight the services county government provides. For example, did you know that in 2015, the Macomb County Health Department provided more than 8,900 flu vaccines at clinics and outreaches to protect families from the flu virus? Or that the Sheriff's Office dispatch fielded 340,350 calls during that same time? These numbers are impressive and a testament to the work that all of you do. This month, we will be promoting these fun facts on some of our county Twitter accounts ([@MacombNewsNow](#), [@MakeMacombYourHome](#)) to get the word out. It's important for the public to know what we are doing here to bridge the communication gap between county government and the residents it serves.



County to celebrate Take Our Daughters and Sons to Work Day on April 28
Deadline to register to participate is Tuesday, April 19
By Macomb County Human Resources and Labor Relations

Macomb County will participate in [Take Our Daughters and Sons to Work Day](#). This is intended for girls and boys ages 8-12 to introduce them to the vast range of potential job opportunities, while asking children to consider how their future work will fit into their overall lives.

Your particular elected official/department head has determined if your department will participate this year, so please receive permission from him or her before participating. There are some departments where it would not be appropriate to have children present in the workplace.

Human Resources and Labor Relations, in cooperation with other county departments, has developed an enhanced program for the day, as outlined on the schedule. **Parents are required to transport and accompany children to all scheduled events.** Key information for participation is as follows:

- This program will kick off at Washington Elementary at 8 a.m. with breakfast, keynote speaker and special guests.
- This program will feature opportunities to experience specifically designed scheduled events at the Macomb County Animal Shelter, COMTEC and Circuit Court. You may sign up for these events at the kickoff at Washington Elementary.
- Registration deadline to our Bring Our Daughters and Sons to Work program is **Tuesday, April 19.**
- Participation in this year's program will be limited to the first 60 children; however, employees may bring a child to work and not attend the scheduled program events.

Elected official/department head approval is required as well as the completion of program guidelines and participant registration and waiver and release of liability form. A schedule of events is also available (all of these can be obtained through your elected official/department head).



Employee Focus

**Mary Ann Zak - Macomb County Department of Information Technology
By Sarah Cormier, Macomb County Executive Office**

When you meet Mary Ann Zak, it's obvious she is responsible for a lot in the Information Technology (IT) Department. When asked what she does for her job, she dives into a deep description that is probably only truly understood by others that also work in IT. It's complicated, diverse and takes a special kind of knowledge to do the work she does.

Zak started off as a temporary programmer analyst for IT over 10 years ago. During this time, she has moved through the ranks and has now, for the last three years, acted as project manager. In this position, Zak is responsible for overseeing IT projects related to all five Macomb County courts as well as the Prosecuting Attorney's Office. The biggest project relating to these sectors of government is converting all of the paperwork related to the day-to-day functions of those offices to electronic form. Everything from warrant entries to court case documents to signatures and beyond have been done manually, through delivering the paperwork or by having a secretary type out all of the details, said Zak. By converting paper items electronically, as well as by establishing electronic document systems, doing business with the courts and Prosecuting Attorney's Office should become much easier for not only county employees, but residents and visitors that interact with those departments as well.



"I always like to give back, and I feel like this is one of those projects that will really affect the public," said Zak."

IT Chief Information Officer Jako van Blerk said Zak "has done an excellent job managing her very significant workload."

"She works closely with our clients to address their IT needs and manage their projects," he said. "In particular, she has been very successful at managing the e-filing projects for the courts, as well as an electronic workflow solution for the Prosecutor's Office. Mary Ann's work ethic, her attention to detail, her natural ability to solve problems and her curiosity to find solutions are some of the traits that make her so successful at her job."

Zak said she gets her work ethic from her father, who just passed away in January.

"I miss him so much," she said. "He used to say, 'All you need is your health.' So I work hard and I try to keep my health. I believe if you have good health, work hard, good things will happen for you and for others around you."

The Chesterfield Township resident said she enjoys bowling, golf and family get-togethers. She is particularly proud of her two sons who took advantage of [Macomb Community College's partnership with Oakland University](#) where students can start taking classes at Macomb Community College and then easily transfer those credits to OU when the time is right.

"I am very happy with the program," she said. "I tell everybody about it."



2016 Traveling Tours return to Macomb County next month

Interested in getting to know more about Macomb County and the services other departments provide? The Human Services Coordinating Body's annual Traveling Tours are back. They will be held May 11 and 12 at various sites throughout Macomb County. The theme for 2016 is Maneuvering the Macomb Service Maze.

Tours include: Head Start, CARE of Southeastern Michigan, MyCare Health Center, Martha T. Berry Medical Care Facility, Alcohol Highway Safety, COMTEC, Rising Stars Academy, Salvation Army MATTS, Macomb County Sheriff's Department's Marine Division, ARC of Macomb County, Eastwood Clinics and Concerto Health.

When available, the Traveling Tours registration information flyer will be posted on the Human Services Coordinating Body website <http://mhscb.mccmh.net> under the "Trainings" tab.

Register online by Wednesday, May 4 at www.misd.net:

- Click on the "Course Offerings" tab on the top menu
- Click on the "Complete List of Courses/Events" tab
- Click on the "By month" tab
- Change the month to "May"
- Scroll down to "Traveling Tours"
- Select your tours

Once registered, you do not need to cancel your reservation if you cannot attend the event.



Department**February 2016 New Hires**

Baumgart, Heather M.	Juvenile Justice Center
Chappell, Shannon M.	Planning And Economic Development
Clarey, Nicole P.	Juvenile Justice Center
Divozzo, Kaitlyn M.	Macomb Community Action
Floyd, Najah I.	Family Court Juvenile
Frontier, Kathryn E.	Circuit Court
Hall, Aaron J.	Circuit Court
Isola, Kimberly A.	Community Mental Health
Jaju, Sundus S.	Macomb Community Action
Jordan, Toria	Macomb Community Action
Khoury, Diandra D.	Health
Kossman, Sharon M.	Community Mental Health
Kulcsar, Louis C.	Sheriff
Mentzer, Darla K.	Macomb Community Action
Michael, Brittany L.	Macomb Community Action
Norton, Caroline A.	Health
Rastelli, William P.	Macomb Community Action
Ray, Shelby L.	Juvenile Justice Center
Rose, Barbara L.	Sheriff
Sauger, Anthony J.	Sheriff
Schultz, Rebecca A.	Circuit Court
Spano, Ban B.	Macomb Community Action
Stuckey, Michelle	Macomb Community Action

Trainor, Jennifer Macomb Community Action

Wardle, Tyler E. Juvenile Justice Center

February 2016 Retirees Departments

Labelle, Mary E. Family Court Juvenile

Moffitt, Jerome T. Treasurer

Pomilia, Susan M. Sheriff

Simon, Lorraine Health

Smith Jr., John C. Family Court Juvenile

Wujek, Deanne M. Family Court Juvenile



**For Your Benefit
By Macomb County Human Resources and Labor Relations**

Health care costs can add up quickly – especially when it comes to prescription drugs – but, did you know that there are multiple ways you could save money?

One of the first things to look at for money-saving opportunities is your local pharmacy. For instance, the following pharmacies offer prescription savings plans. Most importantly, do your research, read the fine print, consider whether or not the pharmacy is available to you while travelling, and determine what is most beneficial for your individual or family situation.

Meijer Pharmacies

Offers a select group of prescriptions at no charge. For instance, the following are free of charge with a doctor's prescription, regardless of insurance or co-pay:

Free Antibiotics - *Maximum 14-day supply at normal oral dosages:

- ◆ Amoxicillin
- ◆ Cephalexin
- ◆ SMZ-TMP (excludes suspension)
- ◆ Ciprofloxacin (250, 500 and 750 milligram strengths)
- ◆ Ampicillin
- ◆ Penicillin VK

Free select prenatal vitamins

Free Metformin immediate release

- ◆ Free Atorvastatin Calcium - generic substitute for Lipitor®: In 10, 20, 40, 80 milligram strengths
- ◆ Up to 30 tablets per fill as prescribed by your doctor
- ◆ *Lipitor is a registered trademark of Pfizer Ireland Pharmaceuticals

For more information, visit https://www.meijer.com/content/content.jsp?pageName=free_prescriptions.

Meijer also offers a Pharmacy Rewards program which provides customers with one reward for every five prescriptions filled. For more information on the pharmacy rewards program, visit https://www.meijer.com/content/content.jsp?pageName=pharmacy_rewards.

Walgreens

Offers a Prescription Savings Club program at an annual cost of \$20 for individuals and \$35 for families. The family membership covers everyone in your immediate family, including a spouse, dependents under the age of 23 and pets. The program, while not an insurance plan, offers the following perks:

Discounts on 8,000 brand-name and most generic medications

- ◆ 5 to 20 percent savings on most immunizations
- ◆ 10 percent bonus on Walgreens Brand and Nice! products and in-store photofinishing services
- ◆ 10 percent savings at Walgreens' Healthcare Clinic
- ◆ Savings on preventive and lifestyle medications your insurance may not cover
- ◆ Additional prescription discounts on pet medications, all compound medications, nebulizers and diabetic supplies with a prescription

It is important to note that customers receiving Medicare or Medicaid benefits are not eligible for this program.

For more information, visit <https://www.cvs.com/promo/promoLandingTemplate.jsp?promoLandingId=rxrewards#howitworks>.

Rite Aid

Rite Aid offers a Prescription Savings program where customers can save 15 percent or more on thousands of brand-name and generic prescription drugs. Upon signup, customers receive a card that gives them access to special discounts at Rite Aid Pharmacy, including:

- ◆ Savings of at least 15 percent on select brand-name prescriptions (some limitations apply)
- ◆ A 30-day supply of select generics for \$9.99 and a 90-day supply for \$15.99 (some limitations apply)
- ◆ Select generic oral contraceptives for \$19.99
- ◆ A 50-count of Rite Aid TRUEtest diabetic test strips for \$29.99

Rite Aid also offers a prescription savings plan for pets.

For more information on this program, visit: <https://www.riteaid.com/pharmacy/prescription-savings/rite-aid-prescript...>

Walmart

Walmart offers \$4 prescription refills on select generic medications.

CVS

CVS offers a Pharmacy Health & Rewards program, through which members earn \$5 in ExtraBucks Rewards every time they fill 10 prescriptions. Members can also earn rewards on vaccinations and more.

For more information, visit <https://www.cvs.com/promo/promoLandingTemplate.jsp?promoLandingId=rxrewards#howitworks>.

Kroger

Offers \$4 and \$10 generic prescriptions. Customers can get a 30-day supply for \$4 and a 90-day supply for \$10. This program does not require a membership and prescription transfers are easy. Certain restrictions do apply. For more information, visit <https://www.kroger.com/topic/save-on-generic-prescriptions>.

According to a March 2016 article in *Money Magazine*, some additional ways to save on prescriptions include:

- ◆ **Ditch the name brand:** If you are taking a name-brand drug, be sure to ask your physician if there is an

equal or comparable generic prescription that you can try.

- ◆ **Get a twofor:** Many people take two or more medications to treat the same condition. It may be possible to save money by asking your doctor if there is a single prescription that would provide the same treatment benefits.
- ◆ **Take the favorite:** Prescription drug plans have a “formulary” or list of medications that the plan will cover. Typically there are two or more tiers under the formulary. To save money, start by showing your doctor your plan’s formulary and asking if a lower-priced drug would provide the same benefits.
- ◆ **Get an exception:** In certain situations, a patient may have no other options when it comes to what prescription drugs he or she is able to take. In those cases, your plan may waive restrictions if a doctor indicates that a specific drug is medically necessary.

Remember to do your homework on these potential savings. Ask additional questions if you have to and choose what provides the most benefit for your situation.



April

4/18

Jack's Jocks

Stony Creek Metropark

<http://jacksjocks.com/>

4/19-20

The Kite Runner

Clinton Township

<http://www.macombcenter.com/>

4/20-21

Where the Wild Things Are

Clinton Township

<http://www.macombcenter.com/>

4/22

The Macombers Spring Extravaganza

Clinton Township

<http://www.macombcenter.com/>

4/22

Full Moon Frog Hike

Lake St. Clair Metropark

www.metroparks.com/Lake-St.-Clair-Metropark/Events#sthash.5hQL9jEj.dpuf

4/22

The Temptations

Warren

andiamoitalia.com/showroom

4/23

LCN Bands' Craft and Vendor Show

Macomb Township

www.lcnbands.com/craft-shows#sthash.h1WMKa3w.dpuf

4/23
Dr. Dirty, John Valby (mature audiences)
Warren
andiamoitalia.com/showroom

4/24
March of Dimes
Harrison Township
<https://www.marchforbabies.org/EventInfo/?si=&PersonId=&EventID=17194>

4/25
Macomb Children's Chorus
Clinton Township
<http://www.macombcenter.com/>

4/27
Pooches on Parade Gala
St. Clair Shores
<https://macomb.countyhappenings.com/events/view/1360>

4/28
An Evening of Storytelling with Garrison Keillor
Clinton Township
<http://www.macombcenter.com/>

4/30
25th Anniversary Celebration performed by Eisenhower Dance Ensemble
Clinton Township
<http://www.macombcenter.com/>

4/30
Health & Fitness Expo/Let's Move Festival of Races
Mount Clemens
<http://www.letsmovefestivalofraces.com/>

May

5/1
3rd Annual Vendors R' Us indoor vendor fair
New Baltimore
<http://www.newbaltimorefarmersmarket.com>

5/6-7
The Wizard of OZ performed by the Macomb Ballet Company
Clinton Township
<http://www.macombcenter.com/our-season/Events.html>

5/6-7
Mount Clemens Made in Michigan Show
Mount Clemens

5/7
Mother's Day –Birds and Brunch
Lake St. Clair Metropark
www.metroparks.com/Lake-St.-Clair-Metropark/Events#sthash.av31lbw7.dpuf

5/7
Spring Fun Saturday & Kiwanis Bike Rodeo
Mount Clemens
<http://www.kiwanisbikes.org/rodeos.html>

5/7
Farmers Market Opens
Mount Clemens
<http://www.mountclemensfarmersmarket.com/mount-clements-famers-market-events/>

5/7 – 6/4

Flower Daze
Farmers Market

<http://www.mountclemensfarmersmarket.com/mount-clements-famers-market-events/>

5/8

Jeanne Robertson
Clinton Township

<http://www.macombcenter.com/our-season/Events.html>

5/13

Detroit Symphony Orchestra
Clinton Township

<http://www.macombcenter.com/our-season/Events.html>

5/13

Evening Voyageur Canoe
Lake St. Clair Metropark

www.metroparks.com/Lake-St.-Clair-Metropark/Events#sthash.vlBtrHcb.dpuf

5/14

Disney's Alice in Wonderland Jr.
Clinton Township

<http://www.macombcenter.com/our-season/Events.html>

5/14

Letter Carriers' Food Drive
Macomb County

<https://www.facebook.com/StampOutHunger/>

5/14

Welcome Back Birds!
Lake St. Clair Metropark

www.metroparks.com/Lake-St.-Clair-Metropark/Events#sthash.mk75sjeL.dpuf

5/15

Back to the Beach Half Marathon
Shelby Township

<http://www.backtothebeachraces.com/>

5/20

It's in the Water performed by Macomb Symphony Orchestra
Clinton Township

<http://www.macombcenter.com/our-season/Events.html>

5/20

Macomb County Senior Fun Fest 2016

<http://mca.macombgov.org/?q=MCA-Seniors>

5/21

80s Party for a Purpose
Gibraltar Trade Center

www.80sparty4apurpose.org#sthash.M8Jvn01J.dpuf

5/21

Relay for Life
Clinton Township

http://main.acsevents.org/site/TR/RelayForLife/RFLCY16LS?pg=entry&fr_id=...

5/21-27

National Safe Boating Week

<http://www.safeboatingcampaign.com/>

5/21-22

Relay for Life

Roseville

http://main.acsevents.org/site/TR/RelayForLife/RFLCY16LS?pg=entry&fr_id=72834

5/22

21st Annual Nautical Coast Cleanup

St. Clair Shores

<http://www.angelfire.com/mi4/scswateradvisory/nautical.html>



Taco Rice Salad

Serving Size: 1 1/2 cups

Serves: 8

Ingredients

- 1 pound lean ground beef
- 1 1/2 cups instant brown rice, uncooked
- 2 cups water
- 1 cup onion, chopped (about 1 medium)
- 1 tablespoon chili powder
- 3 cups tomatoes, chopped
- 1 seeded jalapeño (chopped finely)
- 2 cups spinach or romaine lettuce
- 1 cup 2% fat cheese, shredded

Substitution

- 2 (14.5 ounce) cans Mexican-style tomatoes can be used instead of fresh tomatoes and jalapeño. This will increase the sodium.

Instructions

1. Cook ground meat in a large skillet until brown (160° F). Drain off fat. Rinse meat with warm water to remove the grease.
2. Add rice, water, onion and chili powder to meat in skillet.
3. Cover. Simmer over low heat about 15 minutes to cook rice.
4. Add tomatoes and jalapeño. Heat for two to three minutes.
5. Place layers of spinach or romaine lettuce, rice mixture and cheese on plates. Serve at once.

Nutritional value per serving

Calories: 230

Fat: 10 grams

Carbohydrates: 19 grams

Sodium: 210 mg

Fiber: 3 grams

Protein: 17 grams

Submitted by: MSU Extension

Source: ISU Extension



Pet of the Month



Turbo
A301022

Macomb County Animal Control has expanded our adoption events at Gibraltar Trade Center to include Saturdays AND Sundays! Staff and volunteers from the department will be at Gibraltar from 10 a.m. to 2 p.m. on both days to provide even more opportunities for the homeless animals in our care to find forever homes.

In the coming months, we anticipate the usual surge in kittens available for adoptions in addition to a steady follow of dogs and adult cats that are always looking for homes. In fact, the shelter recently began a "kitten shower" registry on Amazon where the public can purchase items for the anticipated influx of cats to the facility in the coming

months.

The department greatly appreciates the support of our fellow county employees and encourages everyone to keep us in mind when they are looking for their next furry family member.

Pet of the Month:

Turbo is a 3-year-old-male Rottweiler/pit bull mix that loves to play. He is neutered, vaccinated and microchipped.

For more information on animals to adopt, call (586) 469-5115 or visit <http://animalcontrol.macombgov/?q=AnimalControl-Adopt>