

Saline County Wellness Committee  
March 19, 2014

The Saline County Wellness Committee meeting was called to order at 7:45 a.m. on March 19, 2014. Present were Kerry Hagemeyer, Kory Mullen, Brandi Kelly, Sharon Jelinek. Tim McDermott was present at approximately 8:20 a.m.

The previous meetings minutes were handed out and reviewed. Sharon made a motion to approve the minutes for both the March 6<sup>th</sup> and March 10<sup>th</sup> meetings, seconded by Kory.

Kerry reminded the committee that Tom Sorensen will be here to talk about retirement/estate planning on March 24<sup>th</sup> at the Extension office at 5:30 p.m. There will not be a recording of the presentation; therefore, in order to receive the 25 points for the class, you must be in attendance.

Amy Hansen will be starting a Tai Chi class on April 1<sup>st</sup> at the library in Wilber. It will be a 12-week / 1 hour class, starting at 5:30 p.m. Her fee is \$2 per person/per class. Amy stated to Kerry that she would like to have at least 5 people signed up. At this time, the interest that Kerry has received is by Brandi, Sharon, Marvin, Joyce, Linda and possibly Marvin's wife. Payments will be made to Saline County Aging Services. This will be able to count for exercise points only. Any additional questions should be addressed to Amy.

Kerry asked if anyone was interested in attending the WorkWell meeting in April. At this time, she had heard interest from Marvin.

An update was given on the current Crazy 8 challenge. She is estimating that about ½ of the 17 people signed up will make the 1350 points for the challenge. It was discussed that after the end of this current Crazy 8 challenge, Kerry will email the winners to let them know that they have won a \$5 gift certificate to a place of their choice.

Tim and Kerry informed the group that the next Nirma online courses will begin on April 1<sup>st</sup> and run through June 30<sup>th</sup>. The courses that will be eligible for points will be: Walking Your Way to Health and Fitness, Understanding Pre-Diabetes and Diabetic Emergencies.

It was decided to begin the “Lucky 7 Poker Challenge” on March 31<sup>st</sup> and run through May 18<sup>th</sup>. There will actually be two options for this poker challenge. Option 1: will be a walk/run challenge and Option 2: will be a wellness challenge similar to the current Crazy 8 challenge.

Option 1: Lucky 7 Poker Walk/Run challenge – the participant would have to walk or run at least 7 miles per week to obtain a Poker card.

Option 2: Lucky 7 Poker Wellness challenge – the participant would have to attain 300 points each week to obtain a Poker card.

Here are the categories and points associated:

1. Water – 1 point for each 8 oz glass of water
2. Exercise – 5 points for each 15 minutes worked out – maximum of 1 hr per day
3. Sleep – 1 point for each night of sleep 7 or more hours
4. Fruits/Vegetables – 1 point for each serving of fruits or vegetables
5. Stress Relief – 1 point for each day you do something to relieve stress
6. Alcohol – 10 points per day if you do not drink alcohol and 0 points if you do drink alcohol. ++ *This part has changed from the previous challenge.*
7. Caffeine - 10 points per day if you do not have any type of caffeine (ie. Pop/tea/coffee/chocolate) and 0 points if you do have caffeine.
8. Tobacco/Nicotine/Illegal Substance – 10 points per day if you do not use tobacco/nicotine/illegal substance and 0 points if you do have tobacco/nicotine/illegal substance.

Participants will choose which option they are going to participate in and continue with that challenge for the full 7 weeks. They are not allowed to switch challenges once they begin.

The challenge will run from Monday thru Sunday. Participants will be required to bring in their sheet with totals to Sharon, Kory or Bruce by the following Wednesday. Once a participant chooses who they turn in their numbers to, they must stick with that person for the full challenge. When numbers are verified, the participant will draw a poker card. This card will be recorded on a spreadsheet for the end of the challenge.

The participant will then be required to turn in the final numbers by May 21<sup>st</sup> at 4 p.m. After all cards have been drawn, the committee will review the “hands” and determine the Best and Worst poker hand in each challenge during one of their meetings. Those winners will then receive a “Movie Night Out” for 2 at the Isis Theater in Crete. Each Participant will need to complete the weekly challenges at least 5 out of the 7 weeks in order to qualify for the 25 wellness points. Kerry made a motion to approve the newest challenge and seconded by Kory.

Kory stated that she had been approached by Dr. Troy Miller from Crete Area Medical Center. He wanted to know why the committee did not go with them for the blood work since they are within the county. She explained to him that there were various criteria that the committee wanted and that CAMC would not do or supply.

Sharon also stated that she had been contacted by Tad Eickman also wanting to know why the committee did not go with CAMC. Sharon also informed him that CAMC did not meet the various criteria. After much discussion, it was decided to contact Tad to see if he would be willing to come and visit with the group to what can be done to help CAMC possibly get the bid for the blood work at the 2015 health fair. \*

As the group was smaller today, Kerry decided to wait to choose a next meeting date. She will be emailing the committee members to ask when will not work the week of April 14-18.

There being no further business, the meeting was adjourned at 10:30 a.m.

Submitted by Brandi Kelly for Linda Kastanek

*\*On a side note – Afterwards, Sharon and Kerry visited with Tad regarding coming to a meeting to discuss the CAMC issue. Tad informed them that he would not attend the meeting, but recommended that they contact the new CEO Tad Hunt to come and visit with the group.*

The next meeting has been set up for Monday, April 14<sup>th</sup> @ 10 a.m. Tad Hunt will be in attendance for discussion, followed by a short regular business meeting.