

Saline County Wellness Committee
June 18, 2014

The Saline County Wellness Committee meeting was called to order at 7:55 a.m. on June 18, 2014. Present were Tim McDermott, Sharon Jelinek, Kerry Hagemeyer, Linda Kastanek, Marv Kohout, Kory Mullen and Brandi Kelly.

The previous minutes were handed out and reviewed. Tim made a motion to approve the minutes for the May 19th meeting, seconded by Sharon. Motion approved.

Kerry informed the group that she still has not heard anything from Tad Hunt from CAMC regarding things that they could do for Saline County along the line of the health fair and the health risk score card.

The group was reminded that there will be a Body Pump/Body Flow class on Thursday, June 19th at Wilber Physical Therapy from 5:30 p.m. - 6:30 p.m. On July 16th, Brent Ruiz, PhD will be giving a presentation on general wellness down at the extension office from 5:30-6:30 pm. Linda has also talked with Shane Kepler with Kepler Family Chiropractic to do a class for August.

Marshall Tofte from NIRMA has drafted an article to be placed in their Interchange. The article will also include photos of the committee members, fitness center and the healthy snacks. He had previously asked the group to read the original draft and give him any input. This was completed through various emails with Kerry.

Any new members could get ½ off their Workwell membership through the end of June. If we refer someone to join WorkWell, we can receive one free pass to the awards banquet in October.

The 100 Miles in 100 Days challenge is well underway. It started on June 1 and runs through September 8th. At this time, we don't know who all is actually doing the challenge since they aren't required to turn in the forms until the end of the challenge. It was suggested to wait until the end of the challenge to determine what the prizes will be. Just a reminder, the challenge is worth 25 wellness points.

Kerry had sent a survey to individuals back in the November newsletter asking questions to get feedback from the employees to see what they are liking/disliking about the types of challenges that the committee has been running. There were only 4 responses. Tim would like to create something that would chart the feedback from the employees so that we can see what the committee can do to improve the participation in the challenges.

After discussion on having the fun run, it was decided to have Tim contact Leanne Manning at the Extension office and see if the committee/county could assist with next year's YIG's youth group's Blue River Run at Tuxedo Park. It was thought that if we could assist one year, then we could get a feel of what all it entails so that we

can have a smoother transition when trying to do our own fun walk/run. Ideas were brought up to possibly do a kids oriented walk/run instead of just focusing on the adults. It was also suggested to possibly involve the schools or another organization.

In order for the committee to complete for the Governor's Awards, the group needs to determine the employees 5 biggest interests for their overall wellness program. The group discussed creating an employee wellness program interest survey to be circulated in either the mail stuffers or placed in the newsletter. Marv and Tim suggested that there be incentives for someone to complete the survey, such as 50 or 100 wellness points. It was recommended to review the sample interest survey and come back to the next meeting with possible adjustments.

Another portion of the Governor's Award is the amount of community services that the employees partake in throughout the year. It is known that if there was no community involvement, then those companies typically were disqualified for the award. For the last few years, Linda has worked with Laura at the Saline County Aging Services to find out what their needs are for donation. Linda then forwards a list of those needs to the officials/dept. heads and lets them know the needs. The employees typically bring them to the courthouse and then Dan will take them down to the Saline County Aging Services for them to disperse to those in the communities. However, by doing it this way, we don't really have a count to how much one individual donated. It was suggested that maybe we should create a donation sheet to be filled out by the individual so that we can track the number of items one donates.

It had been brought to Kerry's attention that in Lincoln, Russ's Market will donate 1lb of food for every 1 pint of blood that is donated during a blood drive. So she presented that as a possible idea to consult the various grocers in Saline County and see if they would be willing to do something similar with the local blood drives. A motion was made by Brandi, seconded by Linda to have Kerry contact Bobbie Ripa regarding this.

There was also discussion on, whether there would be wellness points awarded for participation in donating items or donation of blood. There is the possibility that this could count as a community project also.

Kerry asked if anyone had any more ideas that we could use towards the Norris Grant. After discussion, it was decided that there weren't really any ideas that we could come up with.

Discussion was had on whether or not we would like to have another flu shot clinic at the county level. The last time the county attempted to do one, it was not well attended. Most felt that having another clinic would be a good idea and felt that if there was enough publicity about the upcoming clinic and the fact that now there is a 200 wellness point incentive, that more people may be willing to participate. Linda made a motion, seconded by Marv to have Kory visit with Dr. Miller and Public Health Solutions regarding the length of time the flu shots are actually viable, and to find out some informational items to place in flyers prior to the clinic as well as to if there is a fee for

the tests. Motion carried. It was also asked if we would want to open this opportunity up to the spouses and families or just the employees. Consensus was that if the tests were free, we would be willing to do all, not just the employee.

It is that time of year again to start working on the 2015 blood tests process. Kerry and Kory will work together on creating the letter to the organizations. A motion was made by Marv, seconded by Kory to send the letters to the following: Crete Area Medical Center, Madonna Fit for Work, Public Health Solutions, Seward Memorial Healthcare, NE Lab Link, and Company Care- Physicians Network. Motion passed. Items that the organization must supply is: results must be forwarded to doctors, must include a wellness score card or something compatible, the same tests offered last year, with the addition of the LFT(liver function test)-lipid panel. Brandi mentioned that earlier it was decided that we would also want the vitamin d test. Kory will talk to Dr. Miller and ask his opinion to if that is a necessary test.

Marvin did mention that he and his wife's tests still had not reached their doctor after a number of months. So there is still a possibility that the doctors have not seen those results.

Madonna has contacted Kerry and informed her that they have added a new service in 3 Health Challenges. Those challenges include: Get More Fruits and Veggies, Slashing Sodium, Eating Breakfast.

The deadline for the Governor's Wellness award is June 27th. Kerry has asked that the committee give her input on what to include on the application. She has filled out a good portion of it, but asked for input on the area that needed to be completed. In order to review the information, you need to go to: www.nesafetycouncil.org. Then there are a couple log-in's to go through to get to the information. (see notes from meeting).

Another part of the award is creating wellness plans for the top 3-5 interests. Topics that were chosen were tobacco, obese/overweight, high blood pressure and high cholesterol.

American Heart Association has a national award that Kerry thought the group might be interested in applying for before the April 2015 deadline. Kerry requested the group read over the information and then come up with some ideas that will be discussed at a later meeting.

Kerry discussed the possibility of having the employees filing out another Health Risk Assessment Survey (HRA). Lisa Henning has informed Kerry that they will be revamping the LiveWell Survey. After discussion, it was decided to have the committee try the survey first to see if there are any issues prior to asking the employees to fill it out. The last attempt to fill out the HRA, there were a number of issues and it was the feeling of the group that we need to make sure that the glitches are taken care of prior to requesting the rest of the employees to fill it out. Kerry will check with Public Health Solutions and LiveWell to see which one would be acceptable.

Marv had brought in an article called: Best Practices: Award Winning Program Help County Government to Lower Healthcare Costs. The article was about King County, WA, Health Incentive program. King County, WA “has saved \$46 million on employee health care by supporting health improvements and encouraging the use of higher quality health care.” More information is available at:
<http://kingcounty.gov/employees/HealthyIncentives.aspx>

The Lucky 7 Poker Challenge ended on May 18th. The winners of the Best and Worst hand in Option 1 were Kathy Nienaber and Diane Troshynski. The winners of the Best and Worst hand in Option 2 were Kory Mullen and Marv Kohout. Each winner won a \$20 gift certificate to the Isis Theatre in Crete.

There being no further business, the next meeting is scheduled for July 30th at 7:30 a.m. in the assembly room.

There being no further business, Sharon made a motion to adjourn, seconded by Linda.

Brandi Kelly
Secretary