

Saline County Wellness Committee
July 30, 2014

The Saline County Wellness Committee meeting was called to order at 7:35 a.m. on July 30, 2014. Present were Tim McDermott, Sharon Jelinek, Kerry Hagemeyer, Linda Kastanek, Marv Kohout and Brandi Kelly.

The previous minutes were reviewed. Tim made a motion to approve the minutes from the June 18 meeting, seconded by Linda. Motion approved.

Kerry reminded the group that all of the educational classes are available on DVD's for viewing, with the exception of the first two nutritional classes and one class with Tom Sorenson. On behalf of the committee, Kerry thanked Tim for burning the videos onto the DVDs.

The group was informed that Linda has talked with Craig Bontrager from Jefferson Community Health Care Center. They are looking at doing a class either on August 19th or August 21st. She will be in contact with Craig to confirm a date and time. Linda has also visited with Shane Kepler with Kepler Family Chiropractic and has asked for them to do a class in September. At this point, it is looking like it may be on a Friday night. Linda is going to see if there would be a possibility to start the class about 5:15 so that staff is more willing to stay around. Other ideas for speaker possibilities were: Steve Barnas and Greg Hasenohr.

Marshall Tofte from NIRMA wrote an article about Saline County's wellness program and placed it in the July/August 2014 Interchange magazine. The article also included photos of the committee members, fitness center and the healthy snacks. In response to the article, the Gage County Treasurer has contacted Sharon and Kerry wanting more information. The article has also been forwarded to Sande Dirks with Madonna Fit for Life so that they could pass around the article there too.

The 100 Miles in 100 Days challenge is well underway. It started on June 1 and runs through September 8th. 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.

The NIRMA online courses were discussed to which ones we want to offer for this coming quarter that will run from July 1 through September 30. In the past two quarters we had chosen classes that fall under the Health and Wellness category. However, two of the three classes had already been offered in the previous quarters. It was decided that this quarter we would go outside of the Health and Wellness category and choose four classes from other categories. Those topics chosen include: Understanding Depression and Bipolar Disorder, Generational Differences, Managing Risk in an Aging Workforce, Dealing with Heat Stress and Preventing Accidents in the Workplace. Completion of each class will be worth 25 wellness points. Marv made a motion to offer these courses, seconded by Sharon. Motion carried. It appears that there are about 12 people who are participating in the online courses being offered.

Last year, Kerry and Marv watched the WorkWell Best Practice Idea Exchange webinar. This webinar is where ideas were brought forward regarding the Bingo Challenge and the Crazy 8 Challenges. Other companies also had ideas about a chili cook-off and healthy dips/tailgating party snacks. It was asked if the committee wanted to participate this year to be held on August 19th. Last year, Saline County presented information about the fitness center. Marv suggested the possibility about presenting our point system and the booklet that has been developed. If there are additional ideas, let Kerry know before the August 13th deadline. If interested in participating in the webinar, Kerry will send you the link.

Tim has visited with Leanne Manning about the committee volunteering to help with next year's Blue River Run. He said that she would welcome the assistance and will let him know what assistance we can offer. Kerry has talked with Bobbie Ripa about the upcoming blood drives. Bobbie is supposed to find out more information regarding the possibility of doing a "Pints for Pounds."

Linda believes that there will be another Nebraska vs. Kansas Food Drive around the November/December time frame. 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.

Marv reported to the group about the Fit in the City presentation that he had attended. The speaker for the presentation was Renee Hardester – CEO/Sales Director from Fit in the City, from Omaha. The group provides worksite wellness programs that can be incorporated in daily routines, including the 10-15 minute breaks. Marv suggested that Linda contact Renee also to see if they would be available to do a presentation.

Discussion was held on the possibility of purchasing new equipment for the fitness center. Kerry had been approached by employees asking about the possibility of purchase/donation of new bikes, barbell/weight sets and aerobic steps. It was decided to review the bikes and cost estimates and make a decision on that at a later date. There currently is a group of 4-8 individuals who have started a body pump class. Currently two individuals have purchased their own barbell/weight sets for use during the class. The others would be using either the purchased barbell/weight sets or free weights. The barbell/weight sets would be available for other uses besides just the body pump. Marv made a motion to allow Kerry to look for and purchase two barbells/weight sets, seconded by Linda. Motion carried.

The Extension office has donated a tv and stand for the fitness center.

Kerry informed the group that she received an email from Sande Dirks from Madonna Fit For Life regarding flu vaccinations. They are able to submit the medical claims to Blue Cross Blue Shield (BCBS) and are available to have an on-site clinic. They also provide promotional fliers and sign-in sheets. From the sounds of it, it would be a very similar set up as this year's health fair. Marv mentioned that Public Health Solutions (PHS) was able to do it for free. It would also be a way to engage PHS in our wellness program.

Kerry suggested that we table further discussion on flu shots/blood tests for another meeting, as Kory was unable to attend today's meeting.

From the members of the group who attended Brent Ruiz's presentation on July 16th, the consensus was that it was very informative. In further discussion with Brent, we were informed that if the committee decided to add the option of the Body Composition test into our health fair, the cost would be \$20/person. It would only take approximately a couple minutes of the individual's time. The YMCA in Beatrice is hosting a Color Run on August 2nd. Also upcoming are: Dracula Dash (October), Reindeer Run (December) and a Glow Run (May).

Kerry informed the group that she had submitted the application for the Governor's Wellness Award, but has not heard anything back.

Kerry discussed the possibility of having the employees filling 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. On 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.

It was recommended that the committee review the current mission statement and see if there are any adjustments that need to be made.

It has also been suggested that the group forward the minutes of the meetings to all employees. Kerry stated that she has the majority of emails of all employees and would be willing to forward the emails to the employees. As she doesn't have all the roads departments' emails, it was suggested to forward the minutes to Bruce and then let him disburse to the shops.

At the June meeting, we discussed the possibility of creating a wellness survey to be completed by the employees. The goal of the survey would be for the employees to provide their input on what they like/don't like about the current progress of the committee and what the interests are for the present and future. It was suggested that we take the sample provided and come up with 10 questions to place on the survey. These items will then be discussed at the next meeting.

The next meeting is scheduled for September 17th at 7:30 a.m. in the assembly room.

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

Brandi Kelly
Secretary