

Saline County Wellness Committee
September 10, 2014

The Saline County Wellness Committee meeting was called to order at 7:35 a.m. on September 10, 2014. Present were Tim McDermott, Sharon Jelinek, Kerry Hagemeyer, Linda Kastanek, Marv Kohout, Kory Mullen, Bruce Filipi, Jenn Chavez and Brandi Kelly.

The previous minutes were reviewed. Tim made a motion to approve the minutes from the July 30 meeting, seconded by Linda. Motion approved. As previously discussed, Kerry will begin to distribute the meeting minutes to the employees by email. Bruce will then distribute the minutes to the various shops so that they can be posted in those locations.

Kerry reminded the group that Amy Hansen will be holding a Retirement, Social Security, Medicare presentation on September 18th at the extension office. This presentation is free to all county employees and their spouses, a friend or relative. The class will be recorded and will be able to be checked out at a later time.

Linda got in touch with Renee Hardester from Omaha who is the CEO/Sales Director from Fit in the City. Renee has emailed Linda a list of presentations that she is willing to present. At this time, her fee would be \$150 for the presentation with an additional charge of \$60 to cover mileage and gas. She will provide handouts and a door prize. After discussion with the group, Linda is going to contact Renee again and see how long the presentations last. Linda will also be requesting to have a demonstration on the exercise bands along with the class. We will wait to hear what Linda finds out before the committee decides whether or not to precede with this presentation.

Kerry has thought about creating a Facebook group for the Saline County Wellness program. She is envisioning placing articles, reminders of meetings and events, different recipes, challenge information, etc. on the page. She asked Tim, if he would be willing to help set it up. Linda made a motion to have Kerry and Tim set up a Saline County Wellness Facebook page, seconded by Kory. Voting aye were Filipi, Jelinek, McDermott, Hagemeyer, Chavez, Kastanek, Mullen. Voting no were Kohout and Kelly. Motion carried.

The 100 Miles in 100 Days challenge ended September 8th. As of this morning, there were 7 people who have turned in their sheets. Kerry estimated that there will be approximately 10-15 people participating. After discussion on prizes, it was decided to give a \$10 gift certificate to Subway. The challenge is worth 25 wellness points for those who completed the 100 miles. Sharon made a motion to give a \$10 gift certificate to Subway to all participants who completed the 100 miles in 100 days, seconded by Linda. Motion carried.

After discussion, it was decided to finish off 2014 with a 3 month Bingo Challenge. There will be a different Bingo cards for October, November and December. Sharon will work with Kerry to update the Bingo cards for the year. The October Bingo Challenge will run October 1 – 31, and will be required to be turned in by Friday, November 7th. The 3 month Bingo Challenge will be worth 25 wellness points, if the criteria is met. In order to receive the 25 wellness points, the participant must complete at least 1 bingo each month. In discussion, it was determined that each participant's name would be entered into a drawing for each month they participated, so their name could possibly go into the drawing 13 times each month. The grand prize will be a choice of a: massage, a dinner & movie for 2 or a choice of hunting and/or fishing license.

For each time a participant receives a BINGO, their name would be entered into the "hat". At the end of the three month Bingo Challenges the person who has received the MOST BINGO's will also receive a prize. Again, it will be a choice of a massage, dinner & movie for 2 or a choice of hunting or fishing license. If there is a tie, there will be a drawing. Kory made a motion to proceed with the BINGO challenge and prizes, seconded by Sharon. Motion approved.

Kerry informed the group that the 2 sets of barbells for the fitness center arrived this week. There are currently 6 people that are regularly participating in the nightly body pump/exercise tape routine, who will be utilizing the barbells. Kerry and Jenn stated that they have heard that others would be interested in utilizing the Les Mills Pump Workout DVD's and barbells at other times than what is currently being offered. Kerry requested to be allowed to purchase the Les Mills Pump Workout program which includes another set of barbells along with a set of DVD's. This set would be at the fitness center at all times to allow more flexibility in usage. Marvin made a motion to allow Kerry to purchase the Les Mills Pump Workout DVD's and barbells, seconded by Jenn. Motion approved.

Discussion was held on the county possibly hosting a flu vaccination clinic for employees. Kerry has contacted Madonna Fit for Work, Crete Area Medical Center and Public Health Solutions (PHS) regarding the costs. After reviewing the information provided by the suppliers, Linda made a motion for Kerry to proceed with contacting Public Health Solutions about coming on-site and holding the clinic, seconded by Tim. Motion approved. During further discussion, it was suggested that there be language in the newsletter and flyers stating that the flu shots would be free to all employees covered by the County's Blue Cross Blue Shield plan. All employees who have opted out of BCBS should also present their cards and that PHS would assist them in dealing with their insurance company. All others are subject to their individual insurance policies.

The Governor's Wellness Awards Luncheon will be held on October 7th. Kerry has submitted the application for Saline County, but has not heard anything. She will check with Tonya to see what the status is on the award. If Saline County is in the running, the committee felt that there needed to be representation from the county at the luncheon. Registration for the lunch is \$40.

The NIRMA online courses were discussed to which ones we want to offer for this coming quarter that will run from October 1 through December 31. It was decided to go with the three classes under the Health and Wellness category. Those topics chosen include: Sleep and Your Health, Smoking Cessation and Understanding Nutritional Information and Labels. Completion of each class will be worth 25 wellness points. Tim made a motion to offer the above mentioned classes, seconded by Linda. Motion carried.

Kerry has drafted a letter regarding the 2015 Health Fair. She will be submitting the letter to the same entities as she did in 2014. Those entities are: Madonna Fit for Work, Crete Area Medical Center, Public Health Solutions, Company Care – Physician’s Network, Pathology Medical Services – NE Lab Link, Memorial Health Care Systems in Seward and Jefferson Community Health Center.

There was discussion regarding having a disclaimer in the results the employee receives after the health fair, stating that we are making every effort to have their results submitted to their physicians. However, due to the continued issues, it would be advised to still contact the physician and bring their paper results with them. Discussion was also held on the possibility of adding a body composition test to the health fair. After some discussion, it was decided to not proceed with the test.

Tim had previously visited with Leanne Manning about the committee volunteering to help with next year’s Blue River Run. He had no more information to report. Kerry had previously talked with Bobbie Ripa about the upcoming blood drives. She had no additional information to report on those either.

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

Brandi, Sharon, Kerry and Marv listened to WorkWell’s Best Practice’s webinar on August 19th. During the webinar, Kerry presented information on the year-long wellness point system that we started this year. After the webinar, Kerry was contacted by Lisa Henning about the wellness challenge. She was calling to inform Kerry that Congress has enacted a law stating that those companies, who implement wellness plans, must also have a “Reasonable Alternative Standard”. Both Tim and Marv felt that in the full scope of our program that we have enough opportunities to succeed in our wellness program.

Tim had sent Kerry an email about bringing up the topic of the 3rd party reviewer for the point system as the end of the year was approaching. During this past year’s health fair, Madonna Fit for Work mentioned that they would be able to provide the 3rd party reviewer service for a fee. Bruce requested that Kerry contact Madonna Fit for Work again and see what exactly they would be able to provide/review for the fee. Discussion was held on to what exactly we would be expecting the 3rd party reviewer to

review and also how the committee members would be involved in calculating the participants' points. There were two names provided as possible 3rd party reviewers.

A short discussion was held on possible changes for the 2015 challenge. Thoughts that were brought up consisted of possibly changing the number of points from 8000, whether or not health insurance should be tied into the program for all employees and how the booklet can be revised.

Kerry briefly discussed receiving an email from Andrea Thieman with NIRMA. NIRMA has partnered with Unico Midlands and has the opportunity to be part of a free beta test for a new health risk appraisal. The beta test will not be available until November.

The next meeting is scheduled for October 14th at 7:30 a.m. in the assembly room.

There being no further business, the meeting was adjourned.

Brandi Kelly
Secretary