

Saline County Wellness Committee
October 27, 2014

The Saline County Wellness Committee meeting was called to order at 8:04 a.m. on October 27, 2014. Present were Tim McDermott, Cheri Slama, Kerry Hagemeyer, Linda Kastanek, Marv Kohout, Kory Mullen, Brandi Kelly, Bruce Filipi, and Sharon Jelinek.

The previous minutes were reviewed. Tim made a motion to approve the minutes from the September 10th meeting, seconded by Sharon. Motion approved. Kerry asked the group if they wanted to have the minutes placed on the Wellness portion of the Saline County website. By next meeting, she will have this set up.

Marv reported that at NIRMA's October Self Defense Awards dinner, Saline County received a Special Recognition plaque. The recognition was for its commitment to providing employees with a workplace wellness program that serves as a model for all NIRMA members and reflects Saline County's commitment to health and safety. He also reported that Linda Kastanek also received recognition as the NIRMA contact person of the year for 2014.

Kerry informed the group that the next monthly educational class will be on November 12th. It will be presented by Scott Donkin and will be regarding the topic of "Sit Smarter, Not Harder". Linda will contact Stacey Brandt and see if she can present a class in December on the exercise bands. Tentatively, January 14, will be the educational class presented by Steve Barnas regarding Drugs, Side effects and different interactions.

Kerry has not yet had a chance to create a Facebook group for the Saline County Wellness program.

The 100 Miles in 100 Days challenge ended September 8th. There were 12 winners which were listed in the October newsletter. They are: Sharon Jelinek, Kathy Nienaber, Marv Kohout, Judy Florian, Tim McDermott, Kerry Hagemeyer, Daryl Fikar, Lyle Weber, Cindy Wollenburg, Bruce Filipi, Diane Krupicka, and Kara Burda. The winners received a \$10 gift certificate to Subway. The challenge was worth 25 wellness points for those who completed the 100 miles.

As Kerry will no longer be available in the clerk's office to receive the monthly challenges, it was decided to have participants turn in their Bingo challenges to either Sharon or Kory. As a reminder, the October Bingo challenges are due back by November 7th.

As a reminder in the previous meeting, the 3 month Bingo Challenge will be worth 25 wellness points, if the criteria is met. In order to receive the wellness points, the participant must complete at least 1 bingo each month. In previous 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.

Kerry asked the group if we felt that the Fitness Center brochure should be updated to include the new equipment and any other changes that could be made. After some discussion it was decided to proceed with updating the brochure.

Kerry asked for an update with the usage of the equipment that was recently purchased. Brandi reported that she had been informed that there are people using the Les Mills Pump Workout program during their lunch break as well as after work hours. Kerry then asked if people were utilizing the barbell set that she had left up there. It was decided to give it another month to see if people are utilizing it. If no one is using it, she will take that back. However if people are utilizing it, she is willing to come to an agreement to continue to use it.

There was a flu shot clinic held on October 17th. According to the numbers, there were 43 people from the courthouse and 28 people at the jail who participated in the clinic. Discussion was held that if we have it again next year that we would need to adjust the time that the shots are being offered to meet people’s needs. It appears that we should start at 7 am at the courthouse and then the jail’s time should run later to catch those on the later shift. Kerry asked the group if we would want to open the shots up to the public. It was decided against that option.

After our last meeting, Kerry checked with Tonya regarding the application for the Governor’s Wellness Awards. Kerry found out that our application somehow did not get submitted for 2014. However they still allowed us to have one free admission on October 7th. Tim represented the county. Tim reported that there were a number of good speakers and that he received a lot of data. He stated that he would be willing to share that information with the group. While he was there he talked to Tonya about the Reasonable Alternative Standards. She had suggested that we contact our attorney.

Kerry asked the group if non employees would be allowed to take the NIRMA online classes. Discussion was held, but no decision was made. Tim stated too that he would forward the class listing so that we can continue to see what classes are being offered.

The NIRMA Assist grant is due at the end of this week. Kerry asked if we wanted to apply again this year. It was decided to again apply for the 2015 Health Fair and ½ of the Workwell dues.

The Nebraska vs. Kansas Food Drive was discussed again. The food drive will be held November 3-21. It was decided to give 1 point for each item donated. There will be a sign up sheet that participants will have to sign when dropping off the items. Drop off locations were discussed as being at the mailroom at the jail, assembly room at the courthouse and down at the Saline County Aging Services office as well as the county attorney/county extension offices. The items that are donated will be taken down to the Saline County Aging Services to be distributed to those in need. A motion was made by Kory, seconded by Linda. Motion carried. These locations will be verified prior to the notification in the November newsletter.

As in the past, the committee agreed to continue the giving spirit of donating items for the local organizations during the month of December. During this time, the items will be donated to both the Saline County Aging Services and Blue River Family Resources in Crete to be dispersed as needed. Rules regarding the December drive will follow those of the Nebraska vs. Kansas Food Drive.

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.

According to an email that Kerry received from Lisa Henning, the Unico Midlands health risk appraisal will be available beginning November 17th. We will have 2-3 weeks to complete the survey. They plan to have the information wrapped up by mid-December. After discussion, it was decided to have Kerry take the survey first and see what she thinks about it. Once she reports that it went smoothly for her, it will then be offered to the rest of the employees. Each employee who takes the survey will earn 250 wellness points. A motion was made by Kory, seconded by Sharon. Motion carried.

Cheri Slama was present and wanted to address the committee regarding their definition of "significant other". She felt that there have been some inconsistencies in the policy. As there were some points that she has brought up, the committee has tabled that discussion and will look into that issue further.

Tim presented information regarding the vending machines that he has researched. He has narrowed it down to a couple. The one that he feels would be sufficient for Saline County is called Infinity 5C. It costs \$4,400 plus shipping. He has talked with Fillmore County Hospital and they have the same machine. They are happy with the machine as it will hold both the cold items and the dry items.

Tim will contact Dan and Kim to see if they are willing to be responsible for filling the vending machine when it begins to get low. Another item that will need to be

coordinated will be the removal of the current machine and the installation of the new machine. Kerry made a motion to allow Tim to move forward with purchasing the vending machine, seconded by Marvin. Motion carried.

Kerry submitted letters regarding the 2015 Health Fair to 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. She only received information back from Madonna Fit for Work and Crete Area Medical Center. Crete Area Medical Center presented the same letter that they had for 2014. Madonna Fit for Work actually added the possibility of having the vitamin D test. Kerry will contact Madonna and verify the costs for Madonna. There had been confusion by the committee when reading the documentation. It was also discussed about trying to have the Health Fair in February 2015. Kerry made a motion to proceed with Madonna Fit for Work for the Health fair, seconded by Tim. Motion carried.

There again 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.

It was suggested that Kerry create a spreadsheet showing the committee of what exactly was paid for at the past health fair. This spreadsheet will be discussed at the November meeting.

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. 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.

Suggestions for changes in the 2015 booklet included; a disclaimer discussing the Reasonable Alternative Standards, a signature sheet stating that they were informed about the booklet, the inclusion of health insurance starting July 2016, and the possibility of moving away from the BMI and going to a waist circumference. In the November meeting, the committee will need to finalize the 2015 booklet, so that the committee will have time to present the booklet to the employees by the end of December.

The next meeting is scheduled for November 24 at 8 a.m. in the assembly room.

There being no further business, Kory made a motion to adjourn the meeting, seconded by Bruce. Meeting adjourned.

Brandi Kelly
Secretary