

Saline County Wellness Committee  
April 27, 2015

The Saline County Wellness Committee meeting was called to order at 7:05 a.m. on April 27, 2015. Present were Bruce Filipi, Sharon Jelinek, Tim McDermott, Linda Kastanek, Marv Kohout, Brandi Kelly, Jenn Chavez, Tad Eickman, Kory Mullen and Kerry Hagemeyer.

The minutes from the March 27th meeting were reviewed. Marv made a motion to approve the minutes, seconded by Linda. Motion carried.

Kerry passed around a number of blank thank you cards for the committee members to sign. In the past, she sent thank you cards out to the people who had donated their time in making the monthly presentations. She will send the thank you cards to people that have donated their time this year. Kerry also passed around a sympathy card for Lisa Henning's grandmother who recently has passed away.

Kerry reminded committee members that those who attended or watched the Active Shooter training will receive 25 wellness points. She reminded Marv that she still needed the sign in sheet from the class, so that she can get the participants points placed into her spreadsheet. Tad mentioned that Terry Baxter with NIRMA will be back to do a presentation on the Active Shooter for the District and County Court Judge's as well as their staff.

Kerry stated that if the committee members are feeling too overwhelmed with receiving the answers to the monthly newsletter questions, to let the employees know that they can email her directly. After discussion, it seemed that the majority of the committee members were not feeling overwhelmed. However, only Bruce and Sharon have been relaying this information to Kerry to update the points spreadsheet.

Sharon informed the committee that as of today, she is stepping down as the committee co-chairperson. She stated that she enjoyed it until the last few months. She said that she will be willing to continue to work on the wellness booklet portion. Tim and others thanked her for her time on the committee and reassured her that she did a great job for the committee.

Sharon did have some suggestions while the committee is in the process of interviewing for an Independent Wellness Consultant. She recommended that the individual that is hired be required to be "on-site" for so many hours per week so that employees can talk and visit with them. She also suggested to have a computer set up and have it available for those who don't have access to a computer or internet so that they can utilize it to take the NIRMA online classes or items such as the Impact Survey. She would also like to see a centralized email, so that people can email the one account and get their questions answered. She thinks that by having the centralized email, it may also help regarding multiple emails regarding the same things, which may be getting sent out by multiple committee members.

As the committee no longer has a co-chair, it was recommended to possibly vote one in at the next meeting. Some discussion was held, but nothing was finalized or voted on.

Kerry reminded the group that there was a "What's Trending in Wellness" presentation in Lincoln from 12:30 – 5:30. She also reminded the group of upcoming WorkWell events for the months of May and June. As always, if interested, please contact Kerry to register you for the presentations.

Tonya Vyhlidal with WorkWell has informed Kerry that she has begun talks with Larry Dix (NACO) to see if there was any possibility of getting reduced health insurance rates, if the counties participate in a wellness program. Marv mentioned that until this legislative session is over, that Larry Dix will more than likely not be available much to discuss this idea any further. The committee members were happy to hear that this discussion has been started and will be interested to see how it goes.

Kerry submitted the application for the Governor's Wellness Award for 2015. She applied for the Grower's Award which rewards businesses for changing health behaviors. National awards are available for those that choose to take their wellness program to a higher level. Businesses that have achieved national recognition are "harvesting" financial return on investment. **The Governor's Wellness Awards have been developed to begin the process of planting, growing, and harvesting a quality, evidence based worksite wellness program.** The committee should hear back in mid-September to if we have been picked as a winner. The annual Awards Ceremony will be on October 20<sup>th</sup>.

Linda informed the group that we still not have received the ASSIST grant money from NIRMA. She will let the committee know when we do. \*\*After the meeting, you contacted Kerry and told her that we have indeed received the NIRMA grant money for the ½ portion of the WorkWell Dues and \$2,000 for the health fair.

Kerry has received many responses from the Sodium Challenge. She has requested that those who have the paperwork need to get them to her by noon today so that she can contact Madonna Fit for Work, so that they can tally the final numbers for the challenge to get this information into the next newsletter.

The next challenge will be the **100 Miles in 100 Days**. It will begin on **May 1<sup>st</sup>** and will run through **August 8<sup>th</sup>**. The sheets will need to be turned back in by August 14<sup>th</sup> to any wellness committee member. Participants can either walk/run or bike during this challenge. Walking/running 1 mile = 1 mile. Biking 2 miles = 1 mile. This challenge will be worth 100 wellness points, if the participant achieves the 100 miles. As a bonus this year, for every mile over 100 the participant will receive 1 point for each mile. For example: an employee jogged 135 miles in the 100 days, he/she would receive 135 points for the challenge. As previously discussed, in order to keep consistent with the challenge and the year-long wellness point systems, employees will receive double points on holidays that they work out and get double miles. Ie. On July 4 an employee jogs 4 miles in 1 hour, he/she will be able to write down 8 miles for that date on the 100 Miles in 100 Days challenge PLUS write down 1 hour work out (40 points) in the year-long wellness book.

Kerry informed the group that during the latest Impact Survey, there were 59 individuals who took the survey. According to Lisa Henning, the survey will remain open for the rest of 2015 for new employees who are hired and would like to take the survey will receive the 500 points. Lisa also informed Kerry that she will be providing the committee with an aggregate report now and again at the end of the year to pick up those new employees numbers. It appears that with this round, those who took the IMPACT Survey in December were the ones that had issues with survey. Those participants did not remember their password and had difficulties with resetting their passwords. It was recommended to possibly add written tests next year, since not everyone has access to computers.

Kerry informed the committee that she was recently received her Certification as a Certified Wellness Program Coordinator through the Chapman Institute.

Tim, Marv, Kerry and Jenn have begun working on the power point presentation for the Treasurer's workshop in June. Any additional information would be appreciated.

Kerry informed the group that she participated in a 2-mile walk last weekend for the Hope Crisis – Put your Foot Down Against Sexual Assault. She felt that they had a great turn out.

The River Run will be on June 13<sup>th</sup>. It will be at Tuxedo Park in Crete with registration from 7:15 – 7:45 am. The 5 K Race starts at 8 am and the 1 mile race/walk begins at 8:30 am. Registration fee is \$20. Kerry asked the committee their thoughts about employees receiving wellness points for either volunteering or participating in the run. The committee consensus was not to allow points. Kerry also informed the group that Stacy Brandt is in the process of setting up a Night Run here in Wilber. She will let the committee know when the date and times have been set.

Kerry informed the group of 13 ideas for possible monthly classes. Some of the individuals were from Crete, Wilber, Lincoln and Beatrice. The next monthly class will be Zumba on May 18<sup>th</sup>. It will be held at 5:45 p.m. in Crete at Basic Fitness.

Tim informed the group that we still have not received the new part for the vending machine.

Kerry thanked Bruce for purchasing the majority of the prizes for the 2014 Wellness prize recipients. Those individuals who participated in the 2014 wellness challenge were recognized on April 10<sup>th</sup> at the Employee Recognition dinner. The winner of the 32" flat screen smart TV was Randy Younger. The prizes along with the 2014 packets have been dispersed back to the employees. Kerry provided Daryl with the information that he needs for the payroll/insurance. Kerry also sent emails regarding participation of the roads department to Tim and Bruce to start union discussions and she also sent emails to any supervisors that had employees that requested a ½ day or full day off from work as their 2014 wellness incentive. In addition, Kerry notified all employees that received a prize of the tax consequences of that prize.

Kerry mentioned that on the minutes from the last meeting, the commissioners were going to have something on the agenda to discuss vacation days with officials. She wondered if this had been done and they could report back to the committee. Nothing has been done regarding this as of this meeting.

Tad still has not had a chance to visit with BCBS regarding a possible reimbursement for the CMP tests. This topic was tabled until the next meeting.

A question again had been brought up about watching the past wellness DVD's. It was decided in the Feb 19<sup>th</sup> meeting, that yes, if they watch past videos they will receive 25 wellness points. Some employees had been misinformed by a committee member stating they would only receive points for watching current DVDs.

Kory informed the group that she has signed 1 new employee up for the 2015 wellness program and will talk with the other new employee so that he is aware that he can sign up. Kerry feels that when new employees start, while filling out their new employment paperwork with Daryl, that would be the appropriate time to also inform the new employee about the wellness program and get them signed up at that time. Linda said she would do this. \*\*As of this meeting, Sharon had not received paperwork on the 1 new employee that had been signed up. Both employees started in February.

39 people attended the Lunch and Learns that were offered in April. There will be another set of Lunch and Learns set for May 12 & 13. So far she has 4 people signed up. Kerry visited with Kory and Jenn and encouraged them to pick a few dates that may work for having another set of Lunch and Learns down at the jail, as well as the Individual Health Coaching. 17 people participated in the Individual Health coaching sessions in April. At this time she has 8 people signed up for the May

sessions. She has received great feedback on both the lunch and learns as well as the health coaching. \*\*Public Health Solutions contacted Kerry after the meeting and stated that they will not be able to provide meals for any Lunch and Learns set up after May 13. Their grant did not cover food, but since they had made that promise to us in February, they did provide food for the Lunch and Learns we set up in April and May.

Public Health Solutions are looking for facilitators for a Diabetic Prevention Program (DPP). There will be a training course in Beatrice on June 18-19. If anyone is interested, let Kerry know. \*\*The time and date of the training has been changed since the meeting.

Kerry filled out a survey from PHS regarding healthy vending. We might be eligible for a grant for future vending machines.

The May newsletter is in the works and will be out soon. The May bonus question is: what blood pressure reading is considered optimal? The answer is 120/80. As discussed previously in the meeting, Kerry felt that it would be easiest to have everyone email her the answers. However, it will be fine if individuals send answers to other committee members.

Kerry has worked on a frequently asked questions type of document. It was intended to provide information to the employees to help further explain the wellness program. At a previous meeting, it was decided to have the employees' sign that they have received the information. After some discussion it was decided to further review the documents and come back next meeting and finalize the information.

During this discussion the on-site NIRMA classes were also discussed as there was some confusion to why we have received 25 wellness points for attending some classes. Tad made a motion that any on-site NIRMA classes offered to employees and taped would be worth 25 points. The on-site NIRMA classes offered and not taped, will not be worth any points. Marv seconded. Voting aye: Filipi, Chavez, Kohout, Mullen, Kastanek, Jelinek, Eickman. Voting nay: Kelly and McDermott. Motion carried.

The committee has been notified that we have an employee who might need to use the Reasonable Alternative Standard. Lisa Henning at Unico has been contacted regarding how the committee should proceed. She has given the committee a couple of suggestions. The committee decided that we need more information regarding the doctor's restriction for that employee before proceeding.

Now that the committee has information from the latest health fair and the latest Impact Survey, it is time to start reviewing the data, evaluating the data and setting goals for the upcoming year regarding our program. As mentioned before, WorkWell would be interested in coming down and helping the committee set goals/programs for the upcoming year(s).

Tad has been asked to contact Pam Bourne to see if it would be advisable for the handbook committee to place information regarding the insurance payments into an updated employee handbook.

It was decided to make a decision on the next meeting time/location at a later time.

There being no further business meeting was adjourned

Brandi Kelly  
Secretary