

Saline County Wellness Committee
June 8, 2015

The Saline County Wellness Committee meeting was called to order at 7:12 a.m. on June 8, 2015. Present were Bruce Filipi, Sharon Jelinek, Tim McDermott, Marv Kohout, Brandi Kelly, Jenn Chavez, Tad Eickman, Kory Mullen and Elly Reedy. Guests: Adam Zobel and Deb Wendelin from Public Health Solutions.

The minutes from the April 27th meeting were reviewed. Kory made a motion to approve the minutes, seconded by Sharon. Motion carried.

Tim introduced Elly Reedy to the committee as the new Saline County Wellness Consultant. Elly informed the group on her qualifications and stated that she was excited to be part of the group and hopes to help the committee move forward.

As the committee no longer had co-chairs as of the last meeting, Marv nominated Tim and Brandi as the new co-chairpersons. Bruce seconded the nominations. It was then called to make a unanimous vote for Tim and Brandi as co-chairs. Unanimous vote was issued.

Brandi issued a nomination for Kory to be secretary. Marv seconded the nomination. It was then called to make a unanimous vote for Kory for secretary. Unanimous vote was issued.

Elly has been in contact with Jackie Varicak from WorkWell and will be the new representative, replacing Kerry.

Marv wanted to initiate the conversation about inviting additional committee members from the offices that are not currently represented on the wellness committee. When inviting these individuals, Marv stressed that he wanted with this invitation is only if they want to volunteer. These individuals shouldn't be forced to be part of the group. Kory and Jenn had already presented the idea to Alan and he did not want to expand the number of committee members from the jail. Jenn said that she would ask Joyce (District Ct), Marv said he would talk to the extension office, Sharon said she would ask Debbie (Treasurer). Jenn, Marv and Sharon will report back at the next meeting.

Tabled updates from Tad, as he was not present at the meeting at this time.

Adam and Deb from (PHS) were here to give us an update on the April/May lunch and learns and the personal health coaching. They informed the committee that there were 45 individuals who participated in the lunch and learns. During the lunch and learns they handed out 22 colon test kits. Of those 22, 10 of the kits were completed and all came back negative.

There were 26 individual who participated in the personal health coaching. Of those individuals: 2 were 65+ of age; 15 were 50-64 of age; 8 were 40-49; and 1 was 30-39. 6 individuals had not had mammograms in the last 2 years, 5 individuals had never been screened for colon cancer, and 2 individuals have been told that they are diabetic. 11 of the 26 individuals have been told by their doctor that they have high blood pressure. 12 of the 26 individuals have been told by their doctor that they have high cholesterol.

Adam and Deb would like to come back in July and do more health coaching sessions with the 26 individuals again and others that weren't able to attend earlier. Adam also briefly mentioned the Diabetic Prevention Program (DPP) that will be held on July 29 & 30th. If there are others that are

interested in becoming facilitators, let Natalie Kingston know so that they can get signed up for the program.

In the fall, PHS will begin the 16 week Diabetic Prevention course for individuals who are pre-diabetic or at risk for diabetes. They would be interested in having classes at the courthouse for convenience. This class could ideally be available for the public but could also be just for the county employees- that would be the committee's decision.

They also encourage the committee to consider allowing wellness points for those who have participated in the health coaching and participate in the DPP course.

We currently have two individuals who are requesting the Reasonable Alternative Standard. We have one individual who has had eye surgery and will be having other surgery's in the future. She has provided a letter from her doctor indicating the restrictions. The committee will need to come up with a plan for the individual so that she can attain points while she is restricted from physical activity. The second individual has requested the committee to come up with a RAS for her, as she has limitations when attempting the 100 Miles in 100 days. The committee has discussed it and has determined that she would earn 1.5 miles for every 30 minutes she works out.

Tim reminded the group that we are needing something in writing from these individuals regarding the RAS. It states in the booklet that they must let the committee know in writing. Further discussion will be held on this topic at the next meeting.

There have been questions that have been brought up since the last meeting.

1. If someone gets hurt during one of the monthly fitness classes, can the employee claim workman's comp. According to Marv, if the injury happens while the employee is "on the clock" then, yes, a claim can be made. However, if the injury happens "off the clock" then, no, a claim cannot be made.
2. If someone missed a deadline for a challenge due to unforeseen reasons, (i.e. Self/spouse in hospital at time of deadline challenge), are they still allowed to turn in their forms to receive points? If so how long do we allow to be open? Yes, they may turn in the form within a reasonable amount of time.
3. Why don't we get points for mammograms and colonoscopy? Because they are preventative tests not typically part of the annual wellness checkups.

At the last meeting, Kerry had presented a Frequently Asked Questions/signature sheet discussion. It was decided to table this for the next meeting.

Brandi informed the group of the newest challenge created by Madonna Fit for Work. It is a Fruit and Veggie challenge that is designed to last 28 days. It was decided to begin the "**Fit in More Fruits & Veggies**" Challenge on **July 1st** and run for the 28 days. Individuals will turn in their sheets to Elly or any wellness committee member by August 3rd. The challenge will have two levels, Produce Packer and Fruit & Veggie Fanatic and the individual will qualify under only one category, not both. For the **Produce Packer** the participant can earn **50 points**. For the **Fruit & Veggie Fanatic** the participant can earn **100 points**. **Max points earned is 100**.

Tim reminded the group that the current online NIRMA class will be done on June 30th and is worth 75 points. The committee reviewed that classes listed for the next session. After discussion, Marv made a motion to have the class "The Risks of Social Media" be our next class offered. Motion was seconded by Sharon. Motion carried. The class will run from July 1 through September 30th and will be worth 75 points.

Elly informed us that the newsletters have been emailed to employees. She gave the committee members the answer to the newsletter question, being c. 3oz of Salmon. Elly also informed the group that there are Summer Water Aerobics and Water in Motion class at the swimming pool in Wilber starting on June 8th. Monday, Wednesday, and Friday mornings from 7:30 -8:30 am are the Water Aerobics class and the Water in Motion class is on Tuesday & Thursday from 8 – 9 pm.

Tim informed the group that he, Marv and Jenn have been working on the presentation that will be given at the Treasurer's workshop. He is still working on the power point presentation and may still be looking to add additional information. Those three made an appointment to finish working on the project.

Sharon has been given the budget for the wellness committee, but doesn't really understand why it has been given to her. She is able to place the figures in a spreadsheet to verify the account, but does not receive copies of the claims to verify the correct amounts are being paid out of the correct accounts. Tim and Marv both agreed that she should also receive copies of the claims for verification purposes.

Brandi informed the group that the vending machine appears to be going well. She and Bruce are filling the machine at least once, if not multiple times a week. Tim and Bruce have still been going to get the supplies for the machine. She has worked with Debbie and have figured out which accounts to place the surplus monies into. Brandi will begin placing monies into that account in the near future.

As of May 11th, the machine had been filled with 1,746 items. At this time, the biggest sellers appear to be: plain bottle water, Dr. Pepper and Miss Vickie's Chips and Kar's Sweet & Salty mix.

Tim and Brandi also mention that there will be an individual coming to review our machine on June 15th. They are in the process of gathering information for a survey on healthy vending machines.

Elly informed the group that she has left messages with Dr. Crandell (chiropractor) a couple times, but has not heard back from him. She will also be in contact with Jenna from Lincoln's Life Pointe, to see if she would be willing to come down and make a presentation. Jenn has a 3 session class on meal planning, reading labels and carb counting.

Elly wanted to know how much the committee was willing to spend per presenter. She was provided with the figure of \$75/presentation.

Jenn requested that we set up a meeting specifically to talk about the point system for 2016. It was decided that this meeting will be held on July 13th @ 7am.

Tim informed the group that he would like for the committee to look into creating their own webpage for Saline County Wellness. In doing this, the committee would have more control as to what, when and how items are placed onto the website. Further discussion will be had on this issue.

The next meeting will be on July 13th @ 7 am to work on the point system for 2016. The next general meeting was set for July 27th @ 7 am in the assembly room.

There being no further business meeting was adjourned

Brandi Kelly
Secretary