

Saline County Wellness Meeting July 25, 2016

All in attendance: Tim McDermott, Kory Mullen, Marvin Kohout, Jamie Houser, and Elly Reedy. (Jennifer Chavez arrived at 7:53am).

Meeting called to order at 7:45am.

Open Meetings Law was posted and given by Tim McDermott.

Marvin Kohout, second by Kory Mullen for the July 25, 2016 meeting, approved the agenda and no changes were made to the agenda.

For the approval of the minutes from the June 20, 2016 meeting, Kory Mullen made a motion to approve the minutes; Marvin Kohout seconded this motion. Motion carried.

No communications for additional alternative standard requests were received.

Fitness Center Code and Access will be changed, and this will be taken into effect on August 1, 2016.

We have had a request for potential fitness equipment to be declared as surplus property. The fitness equipment is located upstairs in the fitness center, and no records have been found on the purchase of said equipment (possibly donated?). Marvin Kohout made a motion to declare the equipment on surplus property, and was seconded by Kory Mullen. Motion carried.

The County Board meeting held on July 12, 2016 had an employee come forward and a decision was made by the county board to overrule the alternative standard decision. Marvin Kohout made a motion to go into executive session, seconded by Kory Mullen. Motion carried.

Marvin made a motion to come out of executive session, seconded by Jennifer. Motion carried.

Elly discussed the IMPACT survey results for 2015 for the employees that took the survey. The results were shared, and percentages reflecting the health and well being of employees were presented as well. Elly stated she will be providing employees with more health and nutrition information and classes for employees through educational classes and newsletter information.

Elly informed the committee that 8 employees were in attendance for the monthly educational class given by Brad Kalkwarf on July 21, 2016.

Tim shared that Chad Engel will be here on August 6, 2016 to give a presentation on Ergonomics on 9:00am and 10:30am, and Elly informed the committee that Brandi told her she was waiting to hear back from SCLC and Bruce if they would like Chad to give meetings there as well in addition to the other two time slots provided.

The committee discussed potential monthly educational classes, and all members showed interest in cooking classes, nutrition, and crock-pot classes to provide to the employees.

The committee discussed possible ideas for upcoming challenges that included: roadside clean up, November/December BINGO challenges.

New Business:

- Jamie informed the committee on an update for the Backpack Program (in replacement of Food Pantry for wellness points) and Tad is working with the Food Bank of Lincoln, Tad will get back to her about updates on items that will be needed to help for the program and placement of storage. Will wait to hear back.
- Jennifer brought up the idea of hosting a 5K and donating the funds to an organization.

The NIRMA class for “Back Injury” was completed by 29 employees. NIRMA Online University for the 1<sup>st</sup> Quarter (July 1 – September 30) is “Keeping Your Cool”.

Discussion of 2017 wellness program planning was held off until next meeting.

The next meeting was scheduled for August 15, 2016 at 9:00am at the SCLEC.