

Saline County Wellness Committee Meeting
October 25, 2016

The Saline County Wellness Committee meeting was called to order at 7:39 a.m. on October 25, 2016. Present were Tim McDermott, Marv Kohout, Jamie Houser, Adam Drake, Lori Moldenhauer, Kory Mullen and Brandi Kelly.

The Open Meetings Law was posted for the wellness committee.

The agenda for the October 25, 2016 meeting was approved by Marv, seconded by Kory. Motion carried.

The minutes from the September 26th meeting were reviewed. There was an error made on second page, stating that the meeting was called to order at 1:10 p.m. It should have read that the meeting was adjourned at 1:10 p.m. Kory made a motion to approve the minutes as amended, seconded by Jamie. Motion carried.

Tim asked if there have been any alternative standard requests had been received. There being none at this time.

As Elly has stepped down as Wellness Coordinator, Tim brought up for discussion on how the committee would like to proceed with that position. Do we want to divide the duties between committee members and tackle it ourselves or do we want to hire it out again, whether that be a part-time position or contracted position. Marv mentioned that he had been approached by Public Health Solutions (PHS), stating that they would be able to assist with our program if needed. Brandi read an email that she had received from Karen Rehm with Madonna Fit for Work, stating that they would be willing to discuss the possibility of filling that position and assisting the committee at the cost of \$75/hour plus mileage. Conversations were also held on the position of secretary for the committee. In order to make it easier, it was suggested for the committee to possibly purchase a laptop to have available for taking minutes as well as a recorder to record the meetings. No decision was made at this time.

Brandi informed the group that the second bike that was listed as surplus and not sold during the bid process has been disposed of.

Tim informed the group that he has purchased the sit-up decline bench and that it is over at the fitness center. Adam stated that he would go over and put it together and place it in one of the upstairs room areas. Adam also stated that he would then look at the basement area to see if he felt that the punching/kicking bag would work down there. Brandi mentioned that she had gone over to the fitness center to look at that and didn't think it would work due to the height of the ceiling. Tim suggested that we wait to look into the punching/kicking bag until after EM moved out of that area on the jail side. It has better ceiling heights in there.

In a previous meeting, Jenn stated that she would contact Hy-Vee and see about a possible diet/cooking class. As Jenn was not at the meeting, we will wait to hear back from her.

Brandi informed the group that she has contacted Chris Linhart with City Bank and Trust in Crete. Chris mentioned that there were two topics that she could speak on. The first topic was Home Refinancing and the second was How to Better One's Credit Score. The committee decided to have Brandi contact Chris and set up a class on How to Better One's Credit Score. **(After the meeting, the class has been set for November 15th at 5:30 p.m. at the extension office's meeting room.)*

Brandi was approached by Judy Florian regarding a Zyto Compass machine and essential oils. Judy has access to a zyto compass and wanted to know if others would be interested in having a scan done. During the conversation, it was decided by the group to see if Judy would be interested in doing a session on essential oils and having the zyto compass machine available to those interested.

Jamie stated that there were 24 participants in the Lucky 7 Poker Challenge. The individual with the High hand was: Kory Mullen and the individual with the Lowest Hand was Tim McDermott.

The upcoming November challenge "Walk across Nebraska" was discussed. This challenge involves teams and in the instructions, we determined that the committee would randomly draw teams. Notification would then be mailed out to the participants. At this time, there are 21 participants. It had previously been requested that individuals notify Brandi by October 24th if they want to participate in the challenge so that teams

can be drawn. It was decided that before the final challenge was placed in the November newsletter, there would be a note placed on it that others could participate as individuals, but would not get the benefit of points for being on a team.

For the December challenge, it was decided to do another Bingo Challenge. Kory and Tim will work on this.

Tim reminded the committee that the NIRMA onsite CPR/AED training would be held on October 26th and October 27th. Those individuals who participate will receive 25 wellness points. It was also reiterated that those who have current CPR certificates can receive 25 wellness points by supplying a copy of their cards during at the end of the program year.

NIRMA Online University classes were discussed. For the “Keeping Your Cool” class, there were 32 participants. The current class available is called “Understanding Anxiety Disorder” and will run through the end of December.

Tim informed the group that the bylaws are still with the County Attorney awaiting edits. The bylaws along with the 2017 program will be presented to the County Board at the November 15th meeting. Tim has been also updating the draft sheet for the alternative standard application form. He will work on updating both the alternative standard form along with the 2017 program updates and email that out to the committee to have them proof them before the county board meeting.

PHS came and provided employees and families flu shots on Monday, October 24th. Brand informed the group that there were 42 participants at the courthouse in the morning. Kory informed the group that there were 22 participants at the law enforcement center.

Marv had recently been at a meeting and brought back information to the committee regarding a program he thought the county may be interested in participating in. It is a toy/clothing/money drive that will benefit families throughout Saline County. Discussion was held that donations of new toys, clothing and money will be accepted down at the Law Enforcement Center will be accepted through December 2nd. Adam stated that he would work with the committee and Jenn with the donations. It was determined that individuals will earn 1 wellness point for each \$1 spent.

Tim went over a couple items on the 2017 Wellness program for verification of changes.

Tim also informed the group that he has submitted an application for a grant for the Health Fair costs through the NIRMA Assist grant. This year, he did not submit a grant for the WorkWell dues as we were recently informed that NIRMA has taken over paying the dues for those entities who participate.

Brandi recently met with Karen Rehm with Madonna Fit for Work and has tentatively scheduled the 2017 Health fair for February 7th and 8th. Karen is in the process of looking at their schedule in January to see if they have any dates available. As in the past, the county will pay for ALL employees, regardless of them being on the BCBS NACO plan or have opted-out. The county will also pay for those employee’s spouses who are covered under the BCBS NACO plan provided by the county. Discussion was held on whether county should pick up the TSH (thyroid) costs should the insurance not cover it. The following tests will be available; however will be paid by the individual: Vitamin D, A1C, and Cortisol. Brandi will get back with costs for these and present the information when available.

Brandi asked for clarification regarding the watching of the videos and receiving points. In order to get points for the 2016 program year, the videos must be from 2016. Individuals can watch previous year videos; however, they will not receive points for them.

It was also verified that if a new employee has had a dental check-up or eye care exam in the current calendar year, prior to being hired, they are able to use those exams for points in the program. In order for them to use a blood test, it must be comparable to what Madonna has provided.

The next meeting is scheduled for November 21 at 7:30 a.m. in the law enforcement center.

There being no further business meeting was adjourned at 9:30 a.m.

Brandi Kelly