

Saline County Wellness Committee

January 20, 2017

The Saline County Wellness Committee meeting was called to order at 8:08 a.m. on January 20, 2017. Present were Jamie Houser, Brandi Kelly, Tim McDermott, Adam Drake, Marvin Kohout, Russ Karpisek, Jenn Chavez and Kory Mullen. Lori Moldenhauer arrived at 8:31 a.m. Also in attendance were two guests.

Tim advised those present of the open meetings law posted at the back of the room.

Adam moved to approve the agenda as presented, seconded by Jenn. Motion carried.

The minutes from the October 25, 2016 were reviewed. Kory made a motion to approve the minutes from that meeting, seconded by Adam. Motion approved. Tim offered up the summary of the minutes from the November 21, 2016 and December 12, 2016 meetings. There was no quorum at either of those meetings.

At this time, the meeting was opened for Employee open forum to address the committee.

1. Concern # 1: An employee was present to request an alternative standard on their 2017 wellness program.
2. Concern #2: An employee has a concern about how the Smoking waiver constitutes 2000 points toward the final point tally and does not require some type of proof other than a signed and witnessed affidavit stating that they don't. However, going to the dentist only constitutes up to 200 points toward the final point tally and has to have an Explanation of Benefits from the insurance provider or something stating that they were there for an appointment. They would like to know what type of proof the committee receives to prove that one does not use tobacco/nicotine/illegal substance. Brandi stated that she too had a conversation with an employee regarding the same issue. After the issue was brought forward to her, she contacted Madonna Fit for Work to see if there was even a testing feature that the committee could do to ensure that the employees are being truthful on their affidavits. She informed the group that there is a test available, however, at that time did not have the cost of the testing or knowing how long the tobacco/nicotine stays in the body to know how reliable those tests would be. Both Brandi and Tim stated that the committee will have to look into this issue further.

Tim made a motion to enter closed session, seconded by Adam. Motion carried. Tim announced that the purpose of the closed session is to discuss Employee B's alternative standard request for the 2017 wellness program. Employee B was present. Marv moved to exit closed session, seconded by Adam. Motion carried. Tim announced that Employee B's request was considered and no action was taken.

According to the newly approved by-laws, the committee is required during the first meeting in January to select a chairperson or co-chairpersons and secretary. Russ made a motion to re-appoint Tim as Chairperson, seconded by Jenn. Motion carried.

Marv made a motion to re-appoint Brandi as Co-Chairperson, seconded by Kory. Motion carried.

Kory made a motion to appoint Brandi as Secretary, seconded by Jamie. Motion carried.

The by-laws also stated that the committee will be comprised of a Standing Committee. These members include the following: Russ Karpisek (County Commissioner), Brandi Kelly (Elected/Appointed Official), Lori Moldenhauer (Employee), Jamie Houser (Employee) and Jenn Chavez (Employee).

Tim made a motion to remove Colby Marks as a member of the wellness committee as he has not participated in three or more consecutive wellness meetings as stipulated in the by-laws. Seconded by Russ. Motion carried.

Marvin made a motion to enter into closed session, seconded by Jenn. Motion carried. Tim announced that the purpose of the closed session is to discuss employees' alternative standard requests for the 2017 program year.

Kory made a motion to exit closed session, seconded by Russ. Motion carried. Tim announced that in closed session, the committee discussed alternative standard requests of three employees and no action was taken.

Russ made a motion to fully exempt Employee A from the exercise points (2600 points) for the 2017 wellness program. Adam seconded. Motion carried.

Russ made a motion to fully exempt Employee B from the exercise portion (2600 points) for the 2017 wellness program. Adam seconded. Motion carried.

Russ made a motion to have Employee C use their physical therapy time as points and also encouraged employee to utilize other forms of exercise. Adam seconded. Motion carried.

Brandi informed the committee that there were 8 individuals who attended the Essential Oil/Zyto Compass class that was held in December. Those who attended were impressed with what type of results that they received with their scan from the Zyto Compass. Jamie reminded the group that the next educational meeting will be on January 24th. The class was originally scheduled for January 17th but was postponed due to the ice storm.

Brandi informed the committee that during the "Walk Across Nebraska" challenge, there were 21 participants. There was 1,598 miles walked during the challenge, which averaged 76 miles per participant. One team did reach the West border of the state and had started their way back East. It was suggested that if we do the challenge again, that participants be able to choose their own team members.

She also stated that there were 9 employees who participated in the December "Holiday Bingo" challenge. Tim reminded the group that the current "Day' zee Chain Resolution" challenge is currently underway. Tim also asked if anyone had a suggestion for an upcoming challenge. Jamie stated that she would review the challenges that we have printed of the WorkWell website and see if she could come up with something for February.

Tim informed the group that there were 31 participants that took the NIRMA Online class "Understanding Anxiety Disorder" class. He reminded the group that the current class being offered is "Suicide Prevention". It will continue running until the end of March.

Tim has recently updated the Waiver/Release of Liability & Indemnity Agreement for the Employee Fitness Facility. He has updated the form to allow individuals to contact either the Safety Committee or the Wellness Committee if he/she sees any equipment is needing repairs. Jamie made a motion to accept the changes on the waiver, seconded by Adam. Motion carried. All new applicants will sign the updated waivers. Those who have signed up will not need to sign a new waiver at this time.

He has also reviewed the current Fitness Center flyer and has determined that there are a number of things on there that are outdated. He suggested that the co-chairs will work on the flyer and bring it back to the committee at a later time to be reviewed and approved.

Tim reminded the committee that the deadline for turning in the 2016 wellness packets is Friday, January 27th. It appears that all of the 2017 wellness program packets have been distributed to all employees.

Brandi reminded the committee that the Health Fair will be held on Feb 7th and 8th. Brandi relayed information that Bruce will agree to purchase the supplies again this year and will distribute them to the law enforcement center and the extension office. In the past he was able to provide the coolers for both days. However, this year, he has requested that those at the law enforcement center make other arrangements for those.

The committee decided to meet on February 2nd at 8:30 a.m. at the law enforcement center, to begin going through the wellness packets to review points for the exercise portion. Madonna Fit for Work will be the 3rd party provider again this year to review the individual's medical information.

Jenn stated that she talked with Elly Reedy and that they would be interested in presenting a class on Complete Nutrition. Brandi requested that Jenn find out if Elly could either do a session in February or March.

Tim asked the group if they had any suggestions for topics to be placed in the February newsletter. If there are suggestions, please let him know.

Brandi has been in contact with Sami with UNICO regarding the Impact Survey. UNICO is offering the service again this year. The fee for the survey will be paid by the County, therefore, there will be no costs to the employee. The committee decided to continue with only offering the survey to the employee, rather than offering it to both the employee and spouse. After discussion, it was requested that Brandi contact Sami and have her begin preparing the survey for the employees. The survey period will begin on Monday, March 20th and run through Friday, April 7th.

Russ informed the group that he has participated in the State of NE's wellness program. In their program, they have completed something similar to our Walk Across Nebraska challenge. He stated that he would try to contact Barb Monroe to see if she has any recommendations or suggestions for our committee regarding ways to improve our challenges or program.

Brandi has been asked a number of questions by employees and wanted to bring those questions up to the committee:

1. Question #1. There are other health screening options out there that people are participating in. They were wanting to know if we would consider allowing points for participating in these screenings. The screening that they are referring to is called Life Line. It is a preventative screening that tests for carotid artery disease, atrial fibrillation, abdominal aortic aneurysm, peripheral arterial disease, osteoporosis and BMI. No action was taken regarding this request.
2. Question #2: It has been suggested that challenges not begin at the first of the month, but rather maybe the middle of the month. It appears the challenge for some employees when beginning the challenge on the first of the month, is that they miss out on the first couple days of the challenge, due to not having time to access the email until later in the month. It was recommended that these individuals either provide their personal emails so that information can be sent to them there, or that they ask for hard copies of the newsletters/challenges to be provided to them.
3. Question #3: It has been asked if someone is contracted with the county to do work for the county (such as pt. time data entry for veteran's memorial), can they use the fitness center? Russ made a motion to approve their use of the fitness center, with the understanding that once their contract is complete, they no longer will have access to the facility. Seconded by Kory. Ayes (6) Nays (1). Motion carried.
4. Question #4: It was suggested that the committee encourage employees to volunteer with the local blood banks. It was suggested to contact Bobbi Ripa to see if there is a need for volunteers.

The next regular meeting has been scheduled for February 17th at 8:30 a.m. in the assembly room.

There being no further new business, the meeting was adjourned.

Brandi Kelly
Co-Chair
Secretary