

Saline County Wellness Committee
April 20, 2017

The Saline County Wellness Committee meeting was called to order at 8:07 a.m. on April 20, 2017. Present were Jamie Houser, Brandi Kelly, Tim McDermott, Marvin Kohout, Russ Karpisek, Bruce Filipi, Adam Drake, Jenn Chavez, and Lori Moldenhauer.

Tim advised those present of the open meetings law were available for review.

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

The minutes from the March 10th meeting as well as the March 27th protest meeting were reviewed. Russ made a motion to approve the minutes from both of those meetings, seconded by Bruce. Motion approved.

At this time, the meeting was opened for Employee open forum to address the committee. No employees were present. Tim had received feedback from an employee regarding the current process of answering the monthly bonus question and they provided possible solutions to the problem. After discussion, it was suggested that Tim place notice in the next newsletter, stating that the answer to the bonus question will only be considered if received prior to the release of the subsequent newsletter.

Tim asked for a motion to be made to enter closed session. Marvin made the motion to enter into closed session, seconded by Jamie. Motion carried. Tim announced that the purpose of the closed session is to discuss Employee F's alternative standard requests for the 2017 wellness program. Marvin moved to exit closed session, seconded by Jenn. Motion carried. Tim announced that Employee F's request was further discussed and no action was taken.

Marvin made a motion to prorate the exercise points for a 6 weeks post-surgery time frame which Employee F was not allowed to exercise. Jenn seconded. Motion carried.

Jenn wanted to know how to handle new employees that were not able to participate in the health fair in February. Brandi informed her that in the past, new employees would be able to receive the 500 points if they provided a copy of blood work that they received from either a health fair or their physician that was comparable to the blood work offered during the health fair; and documentation so provided when submitting their medical records to Madonna upon the close of that Program year. Brandi also stated that when new employees come in to sign up for the program, they are provided with that information.

Tim reminded the committee, that on March 21st, Bruce Wahl from Crete Chiropractic was here to do a presentation. Class was well attended. Brandi also stated that there have been a number of individuals who have checked out the video also (at the court house). Tim stated that the Safety committee hosted the "QPR", or Question – Persuade – Refer, class for the spring training on April 11th at the Extension office.

Tim has contacted Karen Rehm with Madonna Fit for Work to see if they would be available in May to do presentations. It was determined that the next class will be "Operating with Peak Energy" on May 10th at 5:30 p.m. at the Extension room.

Currently we are still in the Elite-Eight challenge. It will continue to run through the end of April. It had been suggested that we consider doing the 100 Miles in 100 Days challenge again. Discussion was held to possibly do this particular challenge twice in one year once during the summer time frame and then again during the winter months. After discussion it was decided to go ahead and run the 100 Miles in 100 Days challenge again during the months of May, June and July. There was also discussion of doing something in August to correlate with the solar eclipse, possibly something like a bingo challenge. If others have suggestions, they are encouraged to bring them forward.

Tim reminded the committee that the NIRMA online class “Understanding Behavior, Burnout and Depression” runs April 1 through June 30th. Both Jamie and Brandi encouraged people not to wait until the last minute to take the test, because it took about an hour to do the class and test. It was encouraged for individuals also to take good notes during the class.

Tim has made adjustments to the fitness center flyer to clarify the rules on who is allowed to use the facility. These instructions also correlate to the rules that are currently in the 2017 Wellness booklet.

The 2016 Wellness program has been finalized. The final points have been tabulated, employees have been notified of their points and have received their correlating incentive. Tim will be providing the Clerk’s office the final numbers so that the insurance payments can be paid out based on individual levels reached for FY2017-18.

Brandi wanted to know how the officials/department heads were notified if their employees chose the partial day or full day off versus the gift card. It was suggested that Tim notify the officials/department heads who it would affect, so that they were aware. It was also stated those who chose the time off were provided with a little ticket stating what they were awarded. It is the responsibility of the employee to work with his/her official/department head regarding the award time off.

Brandi informed the group that she contacted Samantha from UNICO yesterday afternoon, and at that time 46 individuals had already completed the Impact Survey. It was reminded that the test runs for current employees until Friday, April 21 at 5:00 p.m. UNICO can keep the testing open so that new employees can take the survey after they are hired. After some discussion, it was agreed by the committee to allow new employees the opportunity to take the survey.

Tim asked the group if they had any suggestions for topics to be placed in the May newsletter. If there are suggestions, please let him know. He is wanting to alter it from being just a “wellness” newsletter to being more of a “county” based newsletter. Featuring sections such as “classified” or other “Departmental News”.

Marvin stated that he attended one of the ‘Wellness Connections’ meeting on defensive driving and multi-tasking. He stated that there were a number of tests that they had people perform to show how multi-tasking and driving at that same time is not advisable. He also stated that he believes that it has been a number of years since Saline County had the defensive driving session. The Safety committee is looking into that for a possible fall presentation.

Marvin also informed the committee that Lisa Henning is back with WorkWell.

The next regular meeting has been scheduled for June 8th at 8:00 a.m. in the law enforcement center due to construction in the assembly room.

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

Brandi Kelly
Co-Chair
Secretary