

Saline County Wellness Committee - June 8, 2017 Minutes

The Saline County Wellness Committee meeting was called to order at 8:08 a.m. on June 8, 2017. Present were Brandi Kelly, Tim McDermott, Kory Mullen, Russ Karpisek, Bruce Filipi, Adam Drake 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 April 20th meeting were reviewed. Bruce made a motion to approve the minutes from the meeting, seconded by Adam. Motion approved.

At this time, the meeting was opened for Employee open forum to address the committee. No employees were present. There were no new alternative standard requests received since last meeting.

Tim presented a budget proposal for the committee to review. In the 2017-2018 Budget, he has proposed the following changes: to remove monies for a wellness coordinator; remove the monies for purchasing a second vending machine for the law enforcement center; increase monies in the line item for blood tests due to increase costs. Russ made a motion to accept the proposed budget, seconded by Adam. Motion approved. Tim will provide the budget to the Commissioners for their review and approval.

While talking along the lines of budgets for next year, Lori encouraged the committee to consider the possibility of supplying some type of fitness trackers to employees, such as a Fitbit or pedometer. She would like to see a year-long program that works toward steps. After some discussion, it was suggested that she come up with an idea how to incorporate something like that into a year-long program and/or possible consideration in their use with an upcoming mini-challenge.

Russ stated that at a recent conference, he visited with Larry Dix regarding wellness programs and incentives that can be obtained while working with NACO.

Tim informed the committee that at the last safety meeting, the safety committee came up with a new code for the fitness center. In order to receive the new code and use the facility, one must complete a new affidavit and return it to Tim. New affidavits were provided to everyone in their paychecks. If someone has misplaced theirs or need another one for a family member, they can contact Tim at 402-821-2374.

Tim reminded the committee, that on May 10th, Karen Rehm from Madonna Fit for Work was here to do a presentation on "Operating with Peak Energy". 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).

Brandi stated that she has been thinking of ideas for educational topics for the upcoming months. She was suggesting the topics of Sneaky Sodium & Managing Blood Pressure, a session on mental health and a possible topic of sun exposure. After some discussion, it was suggested to possibly have the sodium/blood pressure class go with the Fall NIRMA training. It was requested to look further into the class on sun exposure and skin care.

Brandi stated that there were 20 participants in the Elite-Eight challenge. The current challenge is 100 Miles in 100 Days challenge running during from May 8 through August 15th. Deadline to turn in challenge paperwork is August 21st to any wellness member.

Tim asked the committee to review the upcoming listing of the NIRMA online classes. After discussion it was decided to offer "Dealing with Heat Stress" from July 1 through September 30th. It is reminded that a successfully completed class is worth 75 wellness points.

The 2017 Impact Survey has been completed by the current employees. The committee reviewed the aggregate report.

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

The next regular meeting has been scheduled for July 27 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