

Saline County Wellness Committee - July 27, 2017 Minutes

The Saline County Wellness Committee meeting was called to order at 8:10 a.m. on July 27, 2017. Present were Brandi Kelly, Tim McDermott, Kory Mullen, Russ Karpisek, Bruce Filipi, Marvin Kohout, Adam Drake, Jamie Houser and Jenn Chavez.

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

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

The minutes from the June 8th meeting were reviewed. Bruce made a motion to approve the minutes from the meeting, seconded by Russ. 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.

Brandi informed the group that she has been in contact with Public Health Solutions (PHS) regarding the 2017 flu shot clinic. It has been set for October 23rd. Time frame and locations will be available when that information has been finalized.

Brandi presented information that she had received from PHS regarding immunizations that are offered. Discussion was held to if Saline County would be interested in hosting an immunization clinic. It was decided that at this point, we will stick with flu shot clinic.

Marvin informed the committee that the Safety committee is wanting to have a nutritionist come and visit with the employees during the Fall training. It again was suggested to have Madonna Fit For Work do a presentation of Sneaky Sodium & Managing Blood Pressure during that training. Tim also offered up that Continuum also has presentations that they could possibly include that would relate.

Tim reminded the committee that we are currently in the 100 Miles in 100 Days challenge. It runs through August 15th, with the final day to turn information in as August 21st.

Tim asked for suggestions for upcoming challenges. Jenn and Adam spoke up and stated that they would like to see something different. Jenn recommended having a challenge that is based on attaining 300,000 steps in 30 days. She stated that she would contact PHS and see if they would be willing to supply the county with pedometers for those employees that do not have other types of fitness trackers. She and Adam also stated that they would work on those details and get the information to Tim for the month of September.

Tim informed that committee that there were 22 people who completed the NIRMA online class "Understanding Behavior, Burnout and Depression. He also reminded the committee that "Dealing with Heat Stress" runs July 1 through September 30th. It is reminded that a successfully completed class is worth 75 wellness points.

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

As 2018 is approaching, it is time to begin working on the upcoming wellness program. Tim asked if there were any thoughts at this time regarding the program. Thinking that it may save time, it was suggested to possibly have people turn in their paperwork quarterly instead of at the end of the year. Another suggestion would do something similar to what the State of Nebraska has in place. It was encouraged to begin thinking of ideas/changes that would like to be seen in the next year's program.

The next regular meeting has been scheduled for August 24 at 8:00 a.m. in the law enforcement center.

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