

Saline County Wellness Committee – August 24, 2017 Minutes

The Saline County Wellness Committee meeting was called to order at 8:20 a.m. on August 24, 2017. Present were Brandi Kelly, Tim McDermott, Kory Mullen, Bruce Filipi, Marvin Kohout and Jamie Houser.

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 July 27th meeting were reviewed. Bruce made a motion to approve the minutes from the meeting, seconded by Jamie. 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. The clinic will be held from 7 a.m. – 9:30 a.m. at the courthouse and 3 p.m. – 6:30 p.m. at the law enforcement center.

Brandi has contacted Madonna Fit-for-Work to do a wellness class in October. The class will be on “Anywhere Exercise”. It will be held on October 23rd at 5:30 p.m. at the extension office. The class will be recorded and 25 wellness points will be allowed for those attending the session or watching the video.

Tim and Marvin informed the committee that the Safety committee has set up the Fall training for September 20th. There will be two presentations in the morning session and two presentations in the afternoon session. Presentations will be on Civility in the Workplace and health/nutrition. ¹This class will be recorded and 25 wellness points will be allowed for those attending the sessions or watching the video.

Brandi informed the committee that the 100 Miles in 100 Days challenge has concluded and there were 21 participants based on the worksheets that she had received as of the deadline of August 21st.

Tim stated that he had not received any feedback from Jenn or Adam regarding the step challenge that they stated they would work on for the September Challenge. During the meeting, we were informed that they were not able to obtain pedometers from PHS and had not had a chance to work on another option for the challenge. Tim then asked the committee for suggestions for other ideas for challenges. After some discussion, Brandi suggested to have the Crazy 8 Challenge again, as it was already basically set up. The committee agreed to do the Crazy 8 Challenge. It will run the beginning of September for 8 weeks.

Tim 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 September 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. It again was encouraged to begin thinking of ideas/changes that would like to be seen in the next year’s program.

Marvin informed the group that the County Board is discussing budgets right now and that Tim had presented the Board with the budget that was recommended on behalf of the committee.

The next regular meeting has been scheduled for September 25 at 8:30 a.m. in the assembly room.

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

Brandi Kelly, Co-Chair
Secretary

¹Post meeting conversations with the presenters about recording those presentations are still being worked through. The offering of Wellness points associated with this training may be limited to attendance only. Clarification will follow at a later date.