

Saline County Wellness Committee – September 25, 2017 Minutes

The Saline County Wellness Committee meeting was called to order at 8:40 a.m. on September 25, 2017. Present were Brandi Kelly, Tim McDermott, Kory Mullen, Bruce Filipi, Jenn Retchless, Lori Moldenhauer 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 August 24th 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. However, at this time, Brandi wanted to inform the committee that it has been brought to her attention that the employees are wanting to know if there will be filters placed on the water fountains or the sinks in the new breakroom. The water has a bad taste to it coming from the new fountains and the sinks. It has personally caused heartburn in a number of employees after drinking the water. Tim stated that he would look into that.

There were no new alternative standard requests received since last meeting.

Tim reminded the group that the Flu shot clinic 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 for educational classes in October and November. The October 23rd class will be on “Anywhere Exercise”. The November 8th class will be on “Sneaky Sodium”. Both classes will be at 5:30 p.m. at the extension office. The classes will be recorded and 25 wellness points will be allowed for those attending the session or watching the video.

Tim told the committee that he felt the fall training on September 20th was well attended. Those individuals who attended the training received 25 wellness points. The portion of the class presented by Vicki Rethmeier was recorded and is available to be checked out.

Tim stated that he had been contacted by an individual who wanted to know what the criteria was on the current Crazy Eight challenge. After discussion, it was decided to leave the same point system in place as it was during the last Crazy Eight challenge. In order to earn 25 Wellness points, you must have at least 1,000 points at the end of the 8 weeks. If you have 1,350 or more points at the end of the 8 weeks, you will earn 50 Wellness points. He stated that he would place a notification out to employees informing them of the criteria.

After some discussion, it was decided that the November and December challenges would be the Bingo Challenges again.

Tim reminded the committee that “Dealing with Heat Stress” runs through September 30th. It is reminded that a successfully completed class is worth 75 wellness points. After discussion, it was decided for the October through December class, there would actually be three classes offered. Individuals would qualify for those 75 points when successfully taking any one of those three classes during that quarter. “Risk Management for Law Enforcement”, “Workplace Ergonomics” and “Defensive Driving” were chosen.

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.

Again, as 2018 is approaching, it is time to begin working on the upcoming wellness program. The committee began to review the 2017 wellness booklet making adjustments to the program. This will continue to be worked on at the upcoming meetings.

Brandi informed the committee that after the flu shot clinic, she will be stepping down from the wellness committee. Tim then asked for a committee member to volunteer to take meeting minutes. It was suggested that the committee wait until all committee members are in attendance to ask for a volunteer as no volunteers came forward. Jenn stated that she would be willing to take on the task of setting up the monthly classes beginning in January. Lori stated that she would be willing to organize the health fair.

The next regular meeting has been scheduled for Monday, October 16 at 8:30 a.m. in the Assembly Room.

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

Brandi Kelly, Co-Chair/Secretary