

Saline County Wellness Committee – January 8, 2018 Minutes

The Saline County Wellness Committee meeting was called to order at 8:45 a.m. on January 8, 2017. Present were Tim McDermott, Marvin Kohout, Kory Mullen, Russ Karpisek, Jamie Houser, Bruce Filipi and Adam Drake.

In declaration of a Quorum, Tim advised those present of the open meetings law posted for review.

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

The minutes from the November 20, 2017 meeting were reviewed. Bruce motioned to approve the minutes from the previous meeting, seconded by Kory. Motion carried.

See no other visitors present, the Employee Open Forum was omitted.

As prescribed by Committee Bylaws, appointments were made by nomination for the positions of Chairperson(s) and Secretary. Motion to retain Tim as Chairperson was accepted; the Committee voted in favor to retain. An offer of acceptance to fill the Secretary position was provided by Jamie; the Committee voted in favor of this motion.

A motion was made by Adam to move into Closed Session in order to review recently received Alternative Standard requests (2018-A, 2018-B and 2018-C). The motion was seconded by Russ. Motion carried.

Upon completion of the Alt-Standards discussion, Bruce motioned to exit Closed Session. The motion was seconded by Russ. Motion carried. Upon exiting, Tim voiced the reason for the Closed Session as a review and explanation for each of the Alternative Standard requests. Tim motioned to removed the months of January & February from the exercise portion of 2018-A's request, to remove the exercise portion entirely from 2018-B, and to similarly make adjustments of the exercise portion as provided in the previous year for 2018-C. Adam seconded the motion. Motion carried. Adjusted point sheets will be provided to these employees.

Tim updated the committee that 14 participants were involved in the November Bingo Challenge. December Bingo Challenge sheets are still being collected.

Tim updated the Committee on the dates of the upcoming 2018 Health Fair. "Online registration" is currently being constructed by Madonna. It is hoped this process to participate in the Health Fair would be beneficial to both the employee and the Wellness Committee. The Health Fair is slated to occur on February 20th and 21st from 5:00 a.m. to 8:00 a.m. at the LEC and Courthouse respectively.

The Committee was reminded of the January-March NIRMA Online University class qualifying for the 75 Wellness Points is entitled, "Sexual Harassment in the Workplace".

Tim noted any suggestions for topics placed in the February, 2018 newsletter to please let him know.

The Committee took note that all the Wellness Books for 2018 have now been distributed.

The Committee discussed the date for tabulating exercise points; Monday, January 22nd at 8:30 in the Assembly Room of the courthouse was suggested and accepted.

Joanne Bartels of CHI Health was invited and presented material and a presentation on their Employee Engagement Solution – online portal. The Committee asked questions and Tim will email additional questions in mass to Joanne – as some of them involved customization work that she could not fully speak about. The Committee was impressed with the potential this possesses. The cost was estimated to be \$1000 for a one-time setup fee, plus \$3.50 per person, per month.

New Business Item #1 - A motion by Jamie to use the Water Challenge as the February offering. The motion was seconded by Russ. Motion carried.

New Business Item #2 – Discussion held on allowing 'retired' County Employees access to the Fitness Center. The Committee would like to await comment of this likelihood by the County Attorney, then be placed on the February agenda.

In addition to the exercise tabulation date of Monday, January 22nd, the next regular meeting is also scheduled for February 12th at 8:30 a.m. in the courthouse Assembly Room.

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

Respectfully submitted by Tim McDermott, Chair & Pseudo-Secretary