

Saline County Wellness Committee – July 3, 2018 Minutes

The Saline County Wellness Committee meeting was called to order at 8:40 a.m. on July 3, 2018. Present were Tim McDermott, Jamie Houser, Kory Mullen, Adam Drake, Russ Karpisek, Marvin Kohout, Bruce Filipi, and Lori Moldenhauer.

In declaration of a Quorum, Tim advised those present of the open meetings law posted for review. Marvin moved to approve the agenda, seconded by Kory. Motion carried.

The minutes from the April 24, 2018 meeting were reviewed. Bruce motioned to approve the minutes from the previous meeting, seconded by Russ. Motion carried.

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

Tim introduced Chrissy Niederklein, who is possibly interested in becoming a member on the Saline County Wellness Committee. Chrissy was informed if she arrives to a 2nd meeting, she will then be formally voted in to the committee. It was then brought up about a committee member's continuous meeting absences and if absent from the next wellness meeting, the members will then need to make a decision on whether to keep this member on the wellness committee.

Tim had emailed all committee members a copy of the proposed budget prior to the meeting, as well as having extra copies available, Bruce made a motion to accept the budget with Adam seconding. Motion carried.

Tim informed the committee that NACO announced at a presentation in Kearney, they are working on building a plan or an incentive for our, and any NACO County, developing/maintaining a wellness program.

The committee discussed possible topics for a potential wellness class. Tim and Jamie brought up the idea of using Madonna to do some sort of class on glucose, due to the Aggregate Report showing an 10% increase of employees with a high risk of pre-diabetes from the previous year. Tim will call to see about getting something scheduled with Madonna. Jamie also mentioned Alison, the CEO of the YMCA in Beatrice, has agreed to do another presentation on a topic of our choice. Chrissy also brought up the idea of a meal prep class. Tim did comment that we do have enough funds in the budget if we decide on a class with cost associated to it.

Currently we have the 100 Miles/100 Days mini-challenge going until September 15th. We had 13 participate in our April "Healthy You Bingo" challenge. Next meeting we will discuss options for the next mini-challenge.

Awaiting NIRMA's continuation of the program, the committee agreed to offer "Cyber-security Threats to Public Entities" as our 1st Quarter (August-September) NIRMA Online University Class. If NIRMA decides not to continue the online classes, the committee agreed to check with NIRMA about possibly doing our own program directly through LocalGovU. If that would not be an option, the committee then discussed having Continuum do a training session.

For the Impact Survey, we had 63 participants. The survey will remain open to any new employees only throughout the remainder of 2018. The report will then be run again on December 31st for any new employees added.

Starting August 1st, the new access code for the Fitness Center will be changed. There is now a new fillable Waiver form available on the county's website as well.

Tim noted any suggestions for topics placed in the August newsletter to please let him know via email.

Tim also stated he is close to coming up with an idea for labeling the nutritional value on the vending machine items.

For new business, Kory had some concerns from county employees on the difficulty of the monthly bonus question in the newsletter. Russ asked Tim, if you answer incorrectly do you get another chance and Tim stated no. It's a one chance option only. The committee agreed to have the questions be a little more challenging due to the amount of points you receive. Tim also approached the committee with an accumulative point change for 2019. He suggested 4,000 points for being tobacco free and then adjusting the overall points to 10,000.

The next regular meeting has been scheduled for August 29th at 8:30 a.m. in the Assembly Room or the 2nd Floor Conference Room.

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

Respectfully submitted by Jamie Houser, Secretary