

Saline County Wellness Committee – August 29, 2018 Minutes

The Saline County Wellness Committee meeting was called to order at 8:42 a.m. on August 29, 2018. Present were Marvin Kohout, Chrissy Niederklein, Tim McDermott, Jamie Houser, Lori Moldenhauer, Adam Drake, Bruce Filipi, and Jennifer Retchless.

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

The minutes from the July 3, 2018 meeting were reviewed. Bruce motioned to approve the minutes from the previous meeting, seconded by Adam. Motion carried.

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

The August 8th Wellness class on The Math of Weight Management had 10 participants. The committee discussed the attendance for these monthly classes and Lori mentioned the time of the day is an issue for most. Marvin feels double points is sufficient for attending compared to those who watch the video. As this time, the committee has agreed to keep the points as is for the remainder of the year.

For a mini-challenge we currently have the 100 Miles/100 Days until September 15th. Tim presented to the committee an October Financial Fitness challenge through Continuum EAP. Tim feels this challenge will also get people to use the Continuum website more as there are a lot of useful information and tools they provide. The committee discussed the point value for this challenge and Jennifer suggested a higher point incentive, which would be beneficial for those with an Alternative Standard. Tim will look into more information from Continuum before we set a point value on this challenge. Challenges for November and December, the committee agreed to stick with the Holiday Bingo.

For the NIRMA Online University Class, we currently have the Cyber Security Threats in the Workplace course from July - September. The committee agreed on Understanding Behavior, Burnout, and Depression for the October – December course.

Tim mentioned the Fitness Center access code was changed effective August 1, 2018 and new signed waivers are needed in order to receive the new code. He also brought to the committees' attention that one of the elliptical machines are broke and needs a part replaced, but it is discontinued. Tim contacted Body Basics and they are looking into finding a replacement part.

Tim also stated he had been in contact with Public Health Solutions in regards to our Flu Shot Clinic and they have either September 25th or September 28th open. PHS said they are filling up fast and we needed to get a time booked. Bruce mentioned trying to get an October date like in the past years. Tim said he will get in contact with PHS about an October date. The committee did agree with the September 28th date if there was no available time in October.

The committee discussed possible point changes for the 2019 Wellness Program and agreed upon changing the overall point value to 10,000 and the tobacco free point value to 4,000. The committee also agreed on offering incentive points for blood donations given throughout the year. Lori mentioned she is working on an Aging Services 5K Run/Walk for 2019 and we could incorporate a mini-challenge for those who participate or volunteer to help work. Chrissy mentioned adding mammograms and colonoscopies to our 2019 program. The committee discussed this and decided that the 500 points we currently give for a physical is suitable and more equal then splitting up certain tests that some might not have to have until later than others.

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

Tim also stated his 1st attempt on labeling the nutritional value on the vending machine is complete.

For new business, Jamie suggested a class or speaker on self-defense. Adam said he will talk to Kevin Vogel, as he is certified on Pressure Point Control Tactic, about a possible monthly class.

Before concluding our meeting, Marvin made a motion to add Chrissy as a member of the Wellness Committee and Bruce seconded. Motion carried.

The next regular meeting has been scheduled for October 10th at 8:30 a.m. in the Conference Room on the 2nd floor.

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

Respectfully submitted by Jamie Houser, Secretary