

Saline County Wellness Committee – October 10, 2018 Minutes

The Saline County Wellness Committee meeting was called to order at 8:42 a.m. on October 10, 2018. Present were Bruce Filipi, Marvin Kohout, Chrissy Niederklein, Jamie Houser, Tim McDermott, Russ Karpisek, Jennifer Retchless, 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 Bruce. Motion carried.

The minutes from the August 29, 2018 meeting were reviewed. Bruce motioned to approve the minutes from the previous meeting, seconded by Marvin. Motion carried.

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

The committee had discussed reaching out to Kevin Vogel about conducting a self-defense class. Jennifer will touch base with Kevin for possible open dates. Jennifer also mentioned possibly looking into a Dave Ramsey “Financial Freedom” class. Jennifer is willing to do some research for more information and present it to the committee. Lori also informed the committee that it was brought to her attention that a new television was needed in the basement of the Fitness Center. Tim said he will reach out to Dan about looking into cable for the basement television. Tim will also look into updating the channel cheat sheet in the Fitness Center.

Tim informed the committee that the 100 Miles/100 Days concluded with 25 participants with a total of 4,868 miles. Currently for our October mini-challenge, we are offering the Financial Fitness Challenge through Continuum EAP worth 75 points. The committee agreed upon using the Holiday Bingo for the November and December mini-challenges.

For the NIRMA Online University Class, we are in the 2nd quarter (October-December) and the committee has previously agreed upon the Understanding Behavior, Burnout and Depression class.

Tim reminded the committee about the upcoming flu shot clinic through Public Health Solutions on Friday, October 12th. The clinic will run from 10:00 a.m. to 1:00 p.m. at the Courthouse and from 2:00 p.m. to 4:00 p.m. at the Law Enforcement Center.

The committee continued to work on the Wellness booklets for 2019. Jamie brought up the idea of an extra incentive for those who achieve points over the required 10,000 for 2019. Possibly having an extra entry put in for the television drawing. The committee will continue to look into this idea.

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

The next regular meeting has been scheduled for November 5th 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