

## Saline County Wellness Committee – November 5, 2018 Minutes

The Saline County Wellness Committee meeting was called to order at 8:38 a.m. on November 5, 2018. Present were Bruce Filipi, Marvin Kohout, Kory Mullen, Chrissy Niederklein, Tim McDermott, Jamie Houser, Adam Drake, 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 Marvin. Motion carried.

The minutes from the October 10, 2018 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.

Adam confirmed that Kevin will be willing to do a self-defense class and he will check with him on open dates to present to the committee. The committee agreed the Assembly or Extension Room would be suitable for the class. Jennifer informed the committee that she has sent an email, with no response, in regards to the David Ramsey Finance Class, but will continue to research.

Tim informed the committee that the television in the basement of the Fitness Center is not compatible to receive the digital cable through Zito Media. Jamie questioned if we had enough money in the budget to purchase a television. Tim confirmed we did, therefore, Adam made a motion to purchase a new television for the basement workout room, seconded by Jennifer. Motion carried. Tim also mentioned that Dan did update the channel cheat sheet located in the Fitness Center.

For the November and December mini-challenge, the committee has previously agreed upon the Holiday Bingo and Tim has already included the November mini-challenge in the monthly newsletter. Tim mentioned that he had not received any updates from Continuum EAP as far as how many people participated in the Financial Fitness Challenge.

For the NIRMA Online University Class, we are in the 2<sup>nd</sup> quarter (October-December) and offering the Understanding Behavior, Burnout and Depression class for 75 points.

Public Health Solutions reported 44 participants at our flu shot clinic that was held October 12, 2018. Kory suggested later in October for next year like years past when the clinic was held. Tim mentioned maybe we should look into bringing someone in next year to educate everyone on the flu shot and the best time.

The committee looked over the changes printed in the 2019 Wellness draft booklet. After some discussion of the new changes, the committee agreed upon the change of adding an additional name in the drawing for the Grand Prize for every 1,000 points earned above 10,000. Tim asked for a motion to accept the change as stated in the 2019 draft booklet. Adam made a motion to accept the changes, seconded by Marvin. Motion carried. The 2019 Wellness booklet will be presented to the board for approval and then be printed.

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

The next regular meeting has been scheduled for December 6<sup>th</sup> at 8:30 a.m. in the Conference Room on the 2<sup>nd</sup> floor.

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

Respectfully submitted by Jamie Houser, Secretary