

## Saline County Wellness Committee – December 6, 2018 Minutes

The Saline County Wellness Committee meeting was called to order at 8:40 a.m. on December 6, 2018. Present were Jamie Houser, Tim McDermott, Russ Karpisek, Jennifer Retchless, Marvin Kohout and Chrissy Niederklein.

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 Chrissy. Motion carried.

The minutes from the November 5, 2018 meeting were reviewed. Marvin motioned to approve the minutes from the previous meeting, seconded by Chrissy. Motion carried.

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

Tim asked the committee their thoughts on a time frame to have Kevin's Self Defense class. Jennifer suggested the first of the year. The committee agreed with Wednesday, January 9<sup>th</sup> or 16<sup>th</sup> at 5:30 p.m. for the class. Tim will follow up with Kevin on which date of the two would work for him. There will be 50 points given for those who attend the class and 25 if it is recorded. If there is further interest in the Self Defense topic, then the committee could possibly look into having another more in-depth class.

Tim informed the committee that a Samsung television was purchased and is now up and running for the basement of the Fitness Center.

As for the recent mini-challenges, we had 5 participants in the Continuum EAP Financial Fitness Challenge, 11 participants for the November Holiday Bingo and we are currently in the December Holiday Bingo. The committee agreed on no mini-challenge for January '19.

For the NIRMA Online University Class, we will be offering "Sleep and Your Health" for the 3<sup>rd</sup> Quarter class (January-March 2019) and "High Blood Pressure – Reducing Your Risks" for the 4<sup>th</sup> Quarter class (April-June of 2019).

Tim and Jamie met with Kim Amen with Madonna and the 2019 Health Fair Clinic has been scheduled for Tuesday, February 12<sup>th</sup> at the Law Enforcement Center from 5-8 a.m. and Wednesday, February 13<sup>th</sup> at the Courthouse from 5-8 a.m. Jamie informed the committee that Kim did confirm that Madonna's policy is to spin the blood onsite if they are within an hour away from their facility. Jennifer and Kory will work the Health Fair at the Law Enforcement Center and Tim at the Courthouse.

Tim informed the committee that the 2019 Wellness Program has been approved by the County Board and has received confirmation from the company printing the new booklets that they have been shipped.

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

The next regular meeting has been scheduled for January 10, 2019 at 8:30 a.m. in the Courthouse 2<sup>nd</sup> floor Conference Room.

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

Respectfully submitted by Jamie Houser, Secretary