

# Saline County Wellness Committee Minutes

January 10, 2019

The Saline County Wellness Committee meeting was called to order at 8:42 a.m. on January 10, 2019. Present were Bruce Filipi, Adam Drake, Chrissy Niederklein, Tim McDermott, Jamie Houser and Lori Moldenhauer.

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 Adam. Motion carried.

The minutes from the December 6, 2018 meeting were reviewed. Bruce 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.

A motion was made by Adam to proceed into Closed Session in order to explain and discuss a recently received Alternative Standard request (2019-A) by an employee. The motion was seconded by Bruce. Motion carried.

Upon completion of the Alt-Standard 2019-A discussion, Adam motioned to exit Closed Session. The motion was seconded by Bruce. Motion carried. Upon exiting, Tim voiced the reason for the Closed Session again and asked for a motion relative to the same. Adam motioned to make an adjustment accordingly for Alt-Standard 2019-A. Bruce seconded the motion. Motion carried.

Tim mentioned it was the time of year for reorganization of the Wellness Committee for the upcoming year and to elect a Chairperson, Secretary and the election of a Standing Committee. Adam nominated Tim as the Chairperson and Jamie offered to continue with being the Secretary. For the Standing Committee the committee elected Russ, Bruce, Lori, Adam and Chrissy.

Jamie informed the committee that the wellness class held January 9, 2019 on Self Defense went over very well. We had 16 in attendance and lots of positive feedback for a continuation session. The committee agreed on scheduling a part 2 session on Self Defense for later in the year.

Tim updated the committee on our mini-challenges. We had 18 participants each for our November and December "Holiday Bingos." The committee discussed the options for our next mini-challenge and Jamie mentioned doing another "Walk Across Nebraska" challenge. She will talk to Brandi on how we setup that challenge in the past.

For the NIRMA Online University Class, Tim informed the committee there were 26 participants for the 2<sup>nd</sup> Quarter (October-December) class on "Understanding Behavior, Burnout and Depression and currently offering "Sleep and Your Health" for the 3<sup>rd</sup> Quarter (January-March).

The committee discussed how to track the points for the "Shop with a Cop" and "Operation Under a Tree" for the current year and forthcoming. The committee receives no verification for

donations received, however the employee gets a receipt of donation. Chrissy suggested a signup sheet in the future so the committee is aware of who donated and can cross reference to make sure those participated receive their allowed points. For the current year when calculating points, the committee will keep aware of the receipts of donations to make sure those who participated receive their points.

Tim reminded the committee of the 2019 Health Fair Clinic held on Tuesday, February 12<sup>th</sup> at the Law Enforcement Center from 5:00 a.m. to 8:00 a.m. and Wednesday, February 13<sup>th</sup> at the Courthouse from 5:00 a.m. to 8:00 a.m. Bruce will take care of the snacks, water and juice for both locations. Jennifer and Kory have previously volunteered for the Law Enforcement Center location and Tim will handle the Courthouse location.

The committee has scheduled January 24<sup>th</sup> at 8:30 a.m. in the Courthouse Conference Room as the date in which to gather packets and calculate the 2018 Wellness Points.

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

For new business, Lori mentioned she will have a flyer and registration form to be put in the newsletter for the March 16<sup>th</sup> 5K or 1 mile Fun Run/Walk. The committee agreed to use this as our March mini-challenge. All participants will receive 25 additional points on top of their exercise points.

The next regular meeting will be scheduled via email for March.

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

Respectfully submitted by Jamie Houser, Secretary