

## Saline County Wellness Committee

March 12, 2019

The Saline County Wellness Committee meeting was called to order at 8:40 a.m. on March 12, 2019. Present were Marvin Kohout, Kory Mullen, Jamie Houser, Tim McDermott, Russ Karpisek, Lori Moldenhauer and Bruce Filipi.

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

The minutes from the January 10, 2019 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.

Tim asked the committee their thoughts on a potential upcoming wellness class or topic. Kory suggested a class on cholesterol and will reach out to Dr. Miller if he would be willing to do a presentation. Tim mentioned Madonna as a backup plan for a class on cholesterol if Dr. Miller was unavailable. If needed Tim will contact Madonna.

For mini-challenges, Tim reminded the committee of the "Shamrock Shuffle - 5K or 1 mile Fun Run/Walk" on March 16<sup>th</sup>. Those who participate will receive an extra 25 points on top of their exercise points. Jamie suggested for the month of April to run the "Crazy 8" mini-challenge. Then the committee agreed on May, June, July and mid-August we would run the "100 miles 100 days" challenge and September 1st through October 5<sup>th</sup> the "Walk Across Nebraska" challenge.

For the NIRMA Online University Class, Tim mentioned we are currently offering "Sleep and Your Health" for the 3<sup>rd</sup> Quarter (January-March) and for the 4<sup>th</sup> Quarter (April-June) the committee has previously agreed upon offering the class "High Blood Pressure – Reducing Your Risk."

Tim reported to the committee for the 2019 Health Fair Clinic, there were 83 individuals at the clinic who were on the insurance plan and 18 that were not and the invoice from Madonna was for \$6,375.68. Overall this year's clinic went fairly smooth. We only had 5 individuals that missed due to conflict and of those individuals who missed 2 setup appointments directly with Madonna to reschedule within the allowed time frame. Tim informed the committee that Lisa with Work Well would be willing to come present to our committee what they have to offer for a Wellness Health Fair for next year. The committee agreed to listen to what they have to offer. Tim will set up a meeting with Lisa.

The final 2018 Wellness Points are tallied and the committee has agreed to open a Protest Period upon receipt of Wellness booklets until noon, March 29<sup>th</sup> as well as a protest hearing if needed on April 1<sup>st</sup> beginning at 8:30 a.m.

The Impact Survey is ready to go and Tim will put all information in the upcoming newsletter. The survey will be open from April 1<sup>st</sup> through April 30<sup>th</sup> for all current employees and worth 500 wellness points.

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

For new business, Lori inquired about getting a cycling machine for the fitness center. Tim mentioned we do have a budget for equipment. Lori will look into prices. Marvin informed the committee that the next NIRMA training will be May 29<sup>th</sup> and 30<sup>th</sup> from 8:30 a.m. to 12:30 p.m. at the Extension Office on "Defensive Driving." Tim will create a spreadsheet for employees to sign up for which day they are able to attend. This training will be for 25 Wellness Points.

The next regular meeting will be scheduled via email.

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

Respectfully submitted by Jamie Houser, Secretary