

## Saline County Wellness Committee Minutes - July 22, 2019

The Saline County Wellness Committee meeting was called to order at 8:35 a.m. on July 22, 2019. Present were Tim McDermott, Jamie Houser, Russ Karpisek, Marvin Kohout, Kory Mullen, Bruce Filipi, and Adam Drake. Absent were Lori Moldenhauer and Jenn 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 Kory. Motion carried.

The minutes from the May 2, 2019 meeting were reviewed. Kory made a motion to approve the minutes from the previous meeting, seconded by Marvin. Motion carried.

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

Tim informed the committee there were 12 people in attendance for the Wellness Class on Cholesterol that was held on June 26, 2019. The class was also videotaped for those interested in receiving 25 points. Russ asked how often we have a Wellness Class and the committee agreed to try and have one every quarter. Next meeting the committee will talk further about a topic for another class.

Tim also informed the committee that the new exercise equipment is now in the Fitness Center. The kick/punching bag was placed in the lower level and the dumbbells on the 2<sup>nd</sup> floor. Also, after some investigating, Zito Media was too high priced for internet access in the Fitness Center for a peloton bike, therefore, the committee agreed it wasn't feasible. Tim made it aware to the committee that the annual lock combination change was effective on July 15, 2019 for the Fitness Center, and that employees will need to resubmit their annual "Release from Liability" form.

Currently for mini-challenges, we are in the "100 miles/100 days" challenge which ends on August 8. Sheets are due August 16. "Walk Across Nebraska" will be the upcoming mini-challenge from September 1 through October 5. Jamie and Tim will work together on this challenge.

For the NIRMA Online University Class, we had 19 employees participate in the 4<sup>th</sup> quarter (April-June) class on "High Blood Pressure – Reducing Your Risk." Our next class offered for the 1<sup>st</sup> quarter (July-September) will be "Defensive Driving Basics." The 2<sup>nd</sup> quarter (October-December) will be "Eating Right for Health & Fitness".

Tim supplied the committee with a copy of the NACONE wellness grant application, which was submitted June 26, 2019 and asked the committee to retroactively approve the grant submission. Marvin made a motion to approve the 2019 grant submission and was seconded by Russ. Motion carried.

Tim informed the committee that on June 11, 2019, he attended the "Worker 360<sup>o</sup> Workshop" – Thayer County Health in Hebron, NE. Lisa Henning gave the program.

In Tim's absence, Jamie will attend the August 22, 2019 WorkWell "Advanced Wellness Group" meeting in Lincoln, NE.

The Wellness Committee Bylaws have been approved by the County Board and Tim forwarded a final copy to each committee member.

Currently there is a member on the Wellness Committee that has missed 3 or more consecutive meetings. The committee agreed to ask this individual if they would like to keep their membership on the committee or withdraw.

The NE Safety Council Governors Award luncheon on October 16, 2019 in York, NE is open to any wellness committee member who would like to attend.

The wellness committee discussed the options for the wellness program redesign. The committee agreed upon running the 2020 year as a trial run for those who would like to try the wellness tracking portal by way of the online resource, "MyVia," which would consist of a wearable for logging exercise. Tim was asked to place this topic in the upcoming newsletter to gauge potential interest or comment.

The committee discussed the 2019-2020 budget and it was agreed upon to add the anticipated cost in the Dues for the WorkWell portal, MyVia. Adam made a motion to approve the budget with the additional cost added and was seconded by Bruce. Motion carried.

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

The next regular meeting will be scheduled for August 19, 2019 at 8:30 a.m.

There being no further business, the meeting was adjourned at 10:02 a.m. - Respectfully submitted by Jamie Houser, Secretary