

Saline County Wellness Committee Minutes – August 19, 2019

The Saline County Wellness Committee meeting was called to order at 8:47 a.m. on August 19, 2019. Present were Marvin Kohout, Russ Karpisek, Jamie Houser, Tim McDermott, Adam Drake, Chrissy Niederklein, and Bruce Filipi. Absent were Lori Moldenhauer, Jennifer Retchless, and Kory Mullen.

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 Russ. Motion carried.

The minutes from the July 22, 2019 meeting were reviewed. Russ 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.

Adam informed the committee that he reached out to the committee membership who has missed 3 or more consecutive meetings and they would like to stay on the committee. The committee agreed to allow them to be an active member.

Next the committee discussed upcoming potential wellness classes. Adam will reach out to Kevin for a part 2 class on self-defense. Jamie will also contact Allison Leonard with the YMCA to see if she would be interested in conducting another class.

Tim updated the committee on our mini-challenges. The “100 miles/100 days” concluded August 8th with 19 participants. The upcoming “Walk Across Nebraska” mini-challenge will begin on September 1st. Jamie reported we had 16 employees sign up for the challenge. The committee drew names to create 4 teams of 4.

Currently for the NIRMA Online University Class, we are offering “Defensive Driving Basics” which started July – Sept (1st Quarter). Next class will be “Eating Right for Health & Fitness” and that will run from October – December (2nd Quarter).

Tim supplied the committee with a letter from NACONE on our grant approval of \$4,744.56 and this will be awarded to Saline County at a regularly scheduled board meeting in September. Tim will send an email to all wellness committee members to attend.

Tim reminded the committee of the upcoming Nebraska Safety Council Governors award luncheon in York, NE on October 16, 2019. As of now, we have two committee members attending and anyone who would like to as well, Tim can get them registered.

Debbie with Public Health Solutions gave Tim a list of open dates they had for our Flu Shot Clinic. The committee agreed on Tuesday, October 15th. The clinic will be held at the Courthouse from 10:00 a.m. to 1:00 p.m. and the Law Enforcement Center from 2:00 p.m. to 4:00 p.m.

Next on the agenda, the committee discussed the wellness program redesign. Tim suggested to put a notice in the September newsletter to begin to collect those interested in trying the wellness tracking portal by way of the online resource, “MyVia,” which would consist of a wearable for logging exercise and indicate whether using a personal wearable device or a county owned device. Adam made a motion to purchase wearables as needed for those who would like to try the new program as a trial run in 2020. Russ seconded. Motion carried.

Tim informed the committee that Madonna Fit4Work is willing to give us a credit for the overcharge on our most recent health fair. Tim has not had much success in finding another company in handling our health fair. Russ made a motion to continue using Madonna for our next year Annual Health Fair. Bruce seconded. Motion carried.

Tim noted any suggestions for topics placed in the September newsletter to please let him know via email. The next regular meeting will be scheduled for September 30, 2019 at 8:30 a.m.

There being no further business, the meeting was adjourned at 10:16 a.m.

– Respectfully submitted by Jamie Houser, Secretary