

## Saline County Wellness Committee Minutes – September 30, 2019

The Saline County Wellness Committee meeting was called to order at 8:38 a.m. on September 30, 2019. Present were Chrissy Niederklein, Russ Karpisek, Jamie Houser, Tim McDermott, Bruce Filipi, Adam Drake, Marvin Kohout, Kory Mullen, and Jennifer Retchless. Absent was Lori Moldenhauer.

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 August 19, 2019 meeting were reviewed. Marvin made a motion to approve the minutes from the previous meeting, seconded by Bruce. Motion carried.

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

Tim informed the committee that he is working with Kevin Vogel on scheduling a part 2 class on self-defense. The original date scheduled of October 30<sup>th</sup> had conflicts and is now awaiting a reschedule date from Kevin.

For mini-challenges the “100 miles/100 days” concluded on August 8<sup>th</sup> with a total of 23 participants. Currently we are in the “Walk Across Nebraska” mini-challenge and Jamie reported the challenge is going well. We have two teams that are battling against each other on who will cross the finish line first.

Currently for the NIRMA Online University Class, we are just finishing up with the July - Sept (1<sup>st</sup> Quarter) “Defensive Driving Basics” class with a total of 18+ participants. Next, we are offering “Eating Right for Health & Fitness” which will run from October – December (2<sup>nd</sup> Quarter). Due to low participation, if NIRMA decides to remove the classes, Tim will update the committee.

Tim updated the committee that himself, Jamie and Marvin will be attending the Nebraska Safety Council Governors Award luncheon in York, NE on October 16, 2019.

The 2019 Flu Shot Clinic that is scheduled with Public Health Solutions on October 15<sup>th</sup> will be open from 10 a.m. – 1 p.m. at the Courthouse and 2 p.m. – 4 p.m. at the Law Enforcement Center. Jamie will be overseeing the courthouse location and Kory will at the Law Enforcement Center.

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

Next, we had Nicole Osborn with Workwell explain to the committee on how the MyVia portal would operate. She explained to the committee that Workwell would tailor our wellness program to the MyVia portal. Nicole also informed the committee that not only exercise logs but all points earned towards our wellness program can be uploaded. Nicole also confirmed the price of this online portal is \$25/per person per year. Tim mentioned he will begin the process of getting our program setup with Workwell.

As of now, we have 42 employees who signed up to continue with the wellness program as it was, 17 employees signed up for the new program with a county device, and 10 would like to participate in the new program with their own device. Tim had given each committee member the cost breakdown of various Fitbits. It was seen that some committee members wanted to research each Fitbit option individually and will email their choice to Tim. Tim would like to get them ordered and given to the employees in November.

The next regular meeting will be scheduled for October 21, 2019 at 8:30 a.m. There being no further business, the meeting was adjourned at 10:32 a.m.

Respectfully submitted by Jamie Houser, Secretary