

Saline County Wellness Committee – October 21, 2019

The Saline County Wellness Committee meeting was called to order at 8:42 a.m. on October 21, 2019. Present were Chrissy Niederklein, Kory Mullen, Marvin Kohout, Tim McDermott, Jamie Houser, Adam Drake, and Russ Karpisek. Absent were Bruce Filipi, Jennifer Retchless, and Lori Moldenhauer.

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 September 30, 2019 meeting were reviewed. Russ made a motion 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 updated the committee, that due to schedule conflicts, Part-2 on Self Defense is put on hold at this time. Jamie mentioned she can reach out to Allison with the Beatrice YMCA for a topic of her choice for a possible wellness class in November.

The “Walk Across Nebraska” mini-challenge concluded with Team #2 (Tim Reetz, Hollie Zurcher, Eric Stehlik, and Marvin Kohout) winning the challenge with 459.5 miles total. Great effort was had by all teams. For the months of November and December the committee agreed on having the holiday bingo mini-challenges again this year. Looking ahead for January or February 2020, Tim informed the committee of a possible 5-week online challenge through Continuum EAP on “Know Stress.” However, this course would have a \$3.00 per person charge.

Tim reported the NIRMA Online University Class, July – September (1st Quarter) on “Defensive Driving Basics” concluded with 21 participants total. We are now offering from October – December (2nd Quarter) “Eating Right for Health & Fitness.” NIRMA clarified they will continue Online U through the spring of 2020; beyond that remains unknown.

Tim, Jamie, and Marvin attended the Nebraska Safety Council Governors award luncheon on October 16, 2019 in York to receive the Large Grower wellness award.

Tim attended the Advanced Wellness meeting on October 17, 2019 with Workwell in Lincoln and informed the committee it was an overall good informative meeting.

The 2019 Flu Shot Clinic that was held on October 15 via Public Health Solutions went very smoothly. We had 53 participants at the Courthouse and 25 total at the Law Enforcement Center. 56 of those participants were Saline County employees.

Tim informed the committee that he will be scheduling a planning meeting with Madonna Fit-for-Work in regards to the 2020 Health Fair.

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

Next, the committee discussed the different options of the Fitbits and had poll results from the 17 county employees that signed up to use a Fitbit from the county. After discussion, Adam made a motion to purchase the Charge 3 Fitbit, seconded by Russ. Motion carried. Tim will get them ordered and also suggested putting screen protectors on each Fitbit to further protect from daily wear.

Adam supplied Tim with an example of an “Acknowledgement of Receipt of County Property” agreement form which Tim shared with the committee for the Fitbits and it was by general consensus agreed upon to use.

Next, the committee went through the 2019 wellness booklets making changes for the 2020 year and incorporating the option #2 (wearable device) into the 2020 wellness booklets along with the standard option #1 program. Workwell is awaiting alterations or changes to our program before configuring our script for MyVia portal use.

The next regular meeting will be scheduled for November 18, 2019 at 8:30 a.m. There being no further business, the meeting was adjourned at 10:11 a.m.

Respectfully submitted by Jamie Houser, Secretary