

## Saline County Wellness Committee – November 18, 2019

The Saline County Wellness Committee meeting was called to order at 8:37 a.m. on November 18, 2019. Present were Tim McDermott, Russ Karpisek, Jennifer Retchless, Marvin Kohout, Kory Mullen, Chrissy Niederklein, Jamie Houser, Adam Drake, and Bruce Filipi. Absent were 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 October 21, 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 reminded the committee that on November 20<sup>th</sup> at 5:30 p.m. Allison Leonard, with the Beatrice YMCA, will be conducting a wellness class on “Mindfulness.” The class will be in the extension room and Jamie will inform Allison of the class location.

Currently we are in the November Bingo mini-challenge. Then in December we will following up with another bingo challenge to finish out the year. Tim suggested a 5-week mini-challenge through Continuum EAP on “Know Stress” which starts mid-January through February. This challenge has some costs associated through Continuum EAP of a \$200 administration fee plus \$3.00 per each participate. Adam questioned if it was all online and Tim verified it in fact was. Russ feels this would be a good mini-challenge to offer and made a motion to participate in the upcoming challenge with Continuum EAP, seconded by Jennifer. Motion carried.

For the NIRMA Online University class, we are currently offering from October – December (2<sup>nd</sup> Quarter) “Eating Right for Health & Fitness.” The committee agreed upon “Understanding Prediabetes” for the January – March (3<sup>rd</sup> Quarter) class offered.

Tim informed the committee that the 2020 Health Fair has been scheduled for Tuesday, February 11<sup>th</sup> from 5:00 – 8:00 a.m. at the Law Enforcement Center and then Wednesday, February 12<sup>th</sup> from 5:00 – 8:00 a.m. at the Courthouse.

Next, the committee reviewed and discussed the 2020 draft copy of the Wellness Program that Tim provided. As no changes were noticed, Adam made a motion to approve the 2020 Wellness Program booklet, seconded by Russ. Motion carried. Tim will submit the draft booklet to the County Board for final approval on November 26<sup>th</sup>. Once approved he will send for printing and will get the new program booklets distributed in December.

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

Added to the agenda, Tim wanted input on offering to all employees a Madonna Fit for Work Tobacco Cessation program to help anyone who needs extra assistance in trying to quit the habit. The cost is \$150 for the 6 week program per individual that the committee would cover the cost. This program would be offered to all Saline County employees through June 30, 2020 and no additional points will be offered. Adam made a motion to offer the 6 week tobacco cessation program to any employee wanting further assistance, seconded by Kory. Motion carried.

Chrissy also made mention that if we could put in the newsletter or sent out an email about cleaning all equipment and weights after individual use.

The next regular meeting will be scheduled for December 16, 2019 at 8:30 a.m. There being no further business, the meeting was adjourned at 9:27 a.m.

Respectfully submitted by Jamie Houser, Secretary