

## Saline County Wellness Committee – January 22, 2020

The Saline County Wellness Committee meeting was called to order at 9:10 a.m. on January 22, 2020. Present were Bruce Filipi, Marvin Kohout, Tim McDermott, Jamie Houser, Russ Karpisek, Lori Moldenhauer, Diane Vlasak. Absent were Jennifer Retchless, Kory Mullen, and Adam Drake.

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 Marvin. Motion carried.

Per the bylaws, Tim mentioned it was the time of year for reorganization of the Wellness Committee for the upcoming year. Marvin made a motion to retain the offices as they are currently with the change of Chrissy Niederklein resigning, seconded by Bruce. Motion carried.

The minutes from the November 18, 2019 meeting were reviewed. Russ made a motion to approve the minutes from the previous meeting, seconded by Bruce. Motion carried.

Seeing none other than committee members present, the Employee Open Forum was omitted.

A motion was made by Marvin to proceed into Closed Session in order to explain and discuss a recently received Alternative Standard requests (#2020-01 and #2020-02). The motion was seconded by Russ. Motion carried.

Upon completion of the Alt-Standard #2020-01 and #2020-02 discussion, Russ motioned to exit Closed Session. The motion was seconded by Bruce. Motion carried. Upon exiting, Tim voiced the reason for the Closed Session and that adjustments will be made accordingly for Alt-Standard #2020-01 and #2020-02, then provided to those employees.

The previous wellness class on “Mindfulness” was held on November 20<sup>th</sup> with good participation. Jamie Houser and Anita Novotny are willing to give a wellness educational class in March on “Real Colors,” which allows people to better understand themselves and others and improving communication by creating positive and rewarding personal and professional relationships.

For mini-challenges we had 16 participants for the November Bingo and 17 participants for the December Bingo challenge. The current mini-challenge on “Know Stress” through Continuum EAP, we’ve had 22 participants signup. This 5-week challenge is all online and will run from 1/20–2/23; costs include a \$200 administration fee plus \$3.00 for each participant. Lori mentioned for the March mini-challenge, the Saline County Aging Services will be hosting its second “Shamrock Shuffle” event on March 14, 2020 that will consist of a 5K or 1 mile Fun Run/Walk. The committee agreed to allow 50 points for those who participant or volunteer in the event; in addition to any exercise points for participation.

Currently for the NIRMA Online University class, we are in the 3<sup>rd</sup> Quarter (Jan-March) and offering the class “Understanding Pre-Diabetes.” We had 16 participants for the 2<sup>nd</sup> Quarter (Oct-Dec) on “Eating Right 4 Health & Fitness.” In preparation of the phasing out of the NIRMA Online University, the committee agreed to offer for the month of February a webinar through Continuum EAP on “Understanding Forgiveness.” February will be used as a test month in making use of this option in the future and will be worth 25 points. In order to receive the points, the certificate of participation needs to be turned into Tim or Jamie on or before March 13<sup>th</sup>.

Tim reminded the committee that the upcoming 2020 Health Fair with Madonna Fit-for-Work is scheduled for Tuesday, February 11<sup>th</sup> from 5-8a at the Law Enforcement Center and Wednesday, February 12<sup>th</sup> from 5-8a at the Courthouse. Kory and Jennifer volunteered to work the Health Fair on Tuesday with Tim and Jamie working on Wednesday’s.

Jamie updated the committee that all 2019 Wellness packets have been received, therefore, the committee agreed upon Monday, February 3<sup>rd</sup> at 8:30 a.m. to review the exercise points.

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

The next regular meeting will be scheduled at a later date. There being no further business, the meeting was adjourned at 10:11 a.m.

Respectfully submitted by Jamie Houser, Secretary