

Saline County Wellness Committee – March 9, 2020

The Saline County Wellness Committee meeting was called to order at 8:34 a.m. on March 9, 2020. Present were Marvin Kohout, Diane Vlasak, Kory Mullen, Jamie Houser, Bruce Filipi, Adam Drake, Jennifer Retchless, and Tim McDermott. Absent were Russ Karpisek and Lori Moldenhauer.

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.

As this is the second consecutive Wellness Committee meeting Diane has attended, Kory motioned to approve the membership of Diane as a newly listed committee member, seconded by Jennifer. Motion carried.

The minutes from the January 22, 2020 meeting were reviewed. Marvin 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.

Tim presented the committee with Alternative Standard #2020-03, which was time needed for recovery due to an upcoming medical procedure. The committee agreed to allow adjusted exercise points for the time the employee requested.

Jamie verified that the upcoming “Real Colors” class her and Anita will be presenting is on Wednesday, March 18th at 5:30 p.m. in the Courthouse Assembly Room. As far as the next Wellness Class, the committee discussed having Madonna present a class on glucose in April. Tim will reach out to Madonna on availability.

For mini-challenges, we had 22 participants signup for the “Know Stress” challenge through Continuum EAP with 19 completing the challenge. Tim also reminded the committee about the “Understanding Forgiveness” webinar through Continuum EAP and certificates on completing the course are due March 13th to either Tim or Jamie. We also have the upcoming “Shamrock Shuffle” on March 14th, which will be worth 50 points to those who participate or volunteer to work the event; in addition to any exercise points for participation. For April, the committee agreed upon the “Crazy 8” challenge with the “100 miles/100 days” challenge starting in May.

Currently for the NIRMA Online University class, we are in the 3rd Quarter (Jan-March) and offering the class “Understanding Pre-Diabetes.” As for the 4th Quarter (Apr-June), the committee agreed to discontinue the classes through NIRMA Online University and continue with the webinars through Continuum EAP and will be offering the “Mindful Meal Planning” webinar worth 75 points. Tim will state in the April newsletter the change and instructions needed to insure receiving points for participation.

Tim informed the committee that we had a total of 88 participants in our 2020 Health Fair with Madonna Fit-for-Work. Overall the Health Fair went smoothly with no known complaints. On Wednesday, March 4th, all participants received their results and Madonna presented a “Know Your Numbers” presentation.

For the return of the 2019 Wellness booklets, Jamie and Jennifer have volunteered to help Tim get all packets ready for distribution. Madonna Fit-for-Work has been informed of a mathematical error that they since have corrected and resubmitted those totals. Those corrections will be placed in the individual’s packets. As far as a designated protest period, the committee will be accepting protest notifications until March 27th with a set hearing date of March 30th. After such hearings, the committee will then draw a name for the Grand Prize in which was agreed upon a \$300 gift card.

Tim reminded the committee that the 2020 Impact Survey is currently available from March 1st – April 11th. Tim explained that he reduced the eligibility file due to the individuals who haven’t previously participated, however if they would like to they can easily be added. This was to reduce unnecessary costs.

The committee discussed the advantages and disadvantages of having all employees who participate in the 2021 Wellness Program be on the MyVia portal through WorkWell with everyone calculating their steps through a wearable device. The committee will continue this discussion at forthcoming meeting.

Jennifer spoke on behalf of those who will be working offsite for an extended time in Lexington and requested funding for gym memberships at the YMCA, which will be \$32 per month for 2 committed memberships and possibly a floating membership for those who won’t be there the entire length of time. Adam made mention this would be next budget year for funding. Marvin motioned to approve the memberships, seconded by Kory. Motion carried.

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

The next regular meeting will be scheduled on the protest hearing date March 30th. There being no further business, the meeting was adjourned at 10:17 a.m.

Respectfully submitted by Jamie Houser, Secretary