

Saline County Wellness Committee – November 09, 2020

The Saline County Wellness Committee meeting was called to order at 8:40 a.m. on November 09, 2020.

Present were Tim McDermott, Jamie Houser, Bruce Filipi (via teleconference), Diane Vlasak, Jennifer Retchless, Kory Mullen, and Lori Moldenhauer. Absent were Marvin Kohout and Russ Karpisek.

In declaration of a Quorum, Tim advised those present of the Open Meetings Law available for review. Jennifer moved to approve the agenda, seconded by Diane. Motion carried.

The minutes from the October 19, 2020 meeting were reviewed. Diane made a motion to approve the minutes from this previous meeting, seconded by Kory. Motion carried.

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

As a reminder, all Wellness classes continue to be postponed due to limitations required for COVID-19. Jennifer brought up possibly borrowing Probation's prerecorded video they have on "Colors" and will look into that possibility. While under these limitations, the committee discussed different ways to offer wellness classes in the future.

Tim mentioned the upcoming "Holiday Bingo" mini-challenge is to begin on November 25 with a conclusion date of December 25 and January 8, 2021 being the return deadline.

Currently, we are offering the online webinar class through Continuum entitled "Letting Your Emotions Interfere with Eating." The return of a certificate showing participation by the January 8, 2021 deadline, earns 75-points. So far there has been eight (8) participants having shown completion of this webinar class.

Next the committee discussed the 2021 Wellness program for final approval. At the previous meeting, the committee carried a motion for an all-portal access for the 2021 Wellness program. Prior to our meeting, Tim forwarded a final draft copy of the 2021 Wellness program booklet to all members of the committee for review. Upon the providing of an outline of changes for 2021, Lori motioned to approve the 2021 Wellness program, seconded by Diane. Motion carried. Tim will submit the placement of final draft on the County Board agenda for November 10, 2020. In addition, he will place an order for a minimum of 20 Fitbit Charge 4 devices to take advantage of the 30% super sale that begins on November 14th and ending November 30th.

In preparation of the upcoming 2021 Health Fair, the committee decided on the dates of February 23, 2021 and February 24, 2021 to hold the health fair. Tuesday, February 23rd from 5:00 a.m. to 9:00 a.m. the health fair will be at the Law Enforcement building for LEC employees only. On Wednesday, February 24th from 5:00 a.m. to 9:00 a.m. the health fair will be held at the Courthouse in the Assembly Room available for all employees. Tim will touch base with Madonna in getting the Health Fair booked and information on limitations required for COVID-19.

For new business, Jennifer brought up offering virtual 5k's for Wellness points. She will get more information to the committee on the upcoming 5k's and how the virtual part of it would work.

The next regular meeting will be scheduled for December 14, 2020 at 8:30 a.m. in the Assembly Room. There being no further business, the meeting was adjourned at 9:20 a.m.

Respectfully submitted by Jamie Houser, Secretary