

Saline County Wellness Committee – December 14, 2020

The Saline County Wellness Committee meeting was called to order at 8:35 a.m. on December 14, 2020. Present were Marvin Kohout, Lori Moldenhauer, Jennifer Retchless, Tim McDermott, Jamie Houser, Diane Vlasak, and Bruce Filipi. Absent were Kory Mullen and Russ Karpisek.

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

The minutes from the November 09, 2020 meeting were reviewed. Jennifer made a motion to approve the minutes from this previous meeting, seconded by Diane. Motion carried.

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

All Wellness classes, at this point, continue to be postponed until late spring or summer due to limitations required for COVID-19.

As a reminder, Tim mentioned the “Holiday Bingo” mini-challenge is to conclude on December 25, 2020 with a return deadline of January 8, 2021.

Currently, we are offering the online webinar class through Continuum entitled “Letting Your Emotions Interfere with Eating.” This class concludes December 31, 2020 and has a certificate return deadline of January 8, 2021 to earn 75-points. The next online webinar class through Continuum will run from January – March 2021 entitled “Fixing Our Broken Sleep” with a certificate return deadline of April 9, 2021 and 75-points earned when completed.

Tim informed the committee that the 2021 Wellness Program had been approved by the County Board on November 10, 2020. New booklets and materials were ordered and received. Tim and Jamie have packaged the 2021 program booklets for those who signed-up only and distributed them. We have received 88 participation sign-up sheets altogether and with that there were 77 who indicated they would participate in the 2021 Wellness Program and a MyVia participation list was submitted to WorkWell. We did have 11 employees who rejected against the program. We still have 29 employees who we have not received a response from. It was also mentioned that 20 additional wearables have been ordered at the 30% super-sale price from Fitbit.

All 2020 Wellness Program packets will be returned to Jamie and held until the committee is able to meet for verification of earned points.

For the 2021 Health Fair preparations the online registration is being constructed by Madonna. Also it was suggested to include Blood Type and Coronavirus Antibodies tests. Bruce suggested against this and indicated it really isn't a Wellness option. In addition, Tim gave information from Madonna relative to an expected price tag, which was not comfortable enough to consider. With that, the committee agreed to eliminate the additional suggested tests.

For new business, Tim received a request for new fitness stretch bands in the Wellness Center. Jennifer made a motion to order a couple new sets, seconded by Lori. Motion carried. Tim will submit this order.

The next regular meeting will be decided upon at a later date via email. There being no further business, the meeting was adjourned at 9:06 a.m.

Respectfully submitted by Jamie Houser, Secretary