

Saline County Wellness Committee - February 1, 2021

The Saline County Wellness Committee meeting was called to order at 8:38 a.m. on February 1, 2021. Present were Marvin Kohout, Russ Karpisek, Jennifer Retchless, Diane Vlasak, Tim McDermott, Jamie Houser, and Bruce Filipi. Absent were Kory Mullen and Lori Moldenhauer.

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 Bruce. Motion carried.

The minutes from the December 14, 2020 meeting were reviewed. Bruce made a motion to approve the minutes from this previous meeting, seconded by Diane. Motion carried.

Employees were present for the Employee Open Forum. The employees present stated their concerns and opinions related to the upcoming 2022 Wellness Program. The committee collected their statements as well as feedback from the board meeting and will discuss further during the meeting.

Next on the agenda, the committee voted on the upcoming year for the reorganization of the Wellness Committee Chairperson and Secretary. Marvin moved to keep the elected individuals the same as in the previous year. Voting was done by roll call and motion carried.

A motion was made by Russ to proceed into Closed Session to discuss a recently received Alternative Standard request (#2021-01) by an employee. The motion was seconded by Jennifer. Motion carried.

Upon completion of the Alt-Standard #2021-01 discussion, Marvin motioned to exit Closed Session. The motion was seconded by Russ. Motion carried. Upon existing, Tim voiced the reason for the Closed Session again and asked for a motion relative to the same. Diane motioned to make an adjustment accordingly to reduce the exercise points on Alt-Standard #2021-01. Bruce seconded the motion. Motion carried.

All Wellness classes, at this point, continue to be postponed until late spring or summer due to limitations required for COVID-19. Jennifer suggested reaching out to Stephani Roth, with CAMC, on the topic "plant based eating" for a Wellness Class. Jennifer will contact Stephani for either a video or in person class keeping all social distancing in mind.

The "Holiday Bingo" mini-challenge concluded with a total of 13 participants.

The October – December online webinar class through Continuum entitled "Letting Your Emotions Interfere with Eating" concluded with a total of 7 participants. Currently, we are offering "Fixing Your Broken Sleep" which is available January – March with a certificate return deadline of April 9, 2021 to earn 75-points.

Tim mentioned to the committee that the NIRMA Online University had an administrative walkthrough on January 28, 2021, in which he will look into.

The committee agreed upon February 10, 2021 at 10 a.m. to review and verify the exercise portion of the returned 2020 Wellness Program booklets.

Tim also mentioned to the committee that he has received a spreadsheet from WorkWell on total points earned for those employees who participated in the 2020 Wellness Program through the MyVia portal.

As for the 2021 Wellness Program through the MyVia portal, WorkWell is continuing to work on the setup of the portal to accommodate our program. There were 81 participants who have signed up for the 2021 Wellness Program.

For the 2021 Health Fair, 31 employees registered to participate at the Law Enforcement Center with 39 employees at the Courthouse. This year's Health Fair has been extended an extra hour to properly social distance for COVID-19. Bruce has volunteered to get the refreshments needed for the Health Fair.

After discussing the feedback received on the 2021/2022 Wellness Program, the committee reviewed most questions and concerns from employees. Tim will construct a response to those stated questions/concerns and send in an email to the committee members to review before forwarding to everyone.

There being no new business, the next regular scheduled meeting will be decided later via email.

The meeting was adjourned at 10:07 a.m.

Respectfully submitted by Jamie Houser, Secretary