

Saline County Wellness Committee – March 8, 2021

The Saline County Wellness Committee meeting was called to order at 8:35 a.m. on March 8, 2021. Present were Jamie Woltemath, Tim McDermott, Diane Vlasak, Lori Moldenhauer, Jennifer Retchless, Marvin Kohout, Bruce Filipi, and Russ Karpisek. Absent were Kory Mullen.

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

The minutes from the February 01, 2021 meeting were reviewed. Bruce made a motion to approve the minutes from this previous meeting, seconded by Diane. Motion carried.

See no other visitors present, the Employee Open Forum was omitted.

A motion was made by Russ to proceed into Closed Session to explain and discuss recently received Alternative Standard requests, #2021-02 and #2021-03, by employees. The motion was seconded by Marvin. Motion carried.

Upon completion of the Alt-Standards #2021-02 and #2021-03 discussion, Russ motioned to exit Closed Session. The motion was seconded by Jennifer. Motion carried. Upon exiting, Tim voiced the reason for the Closed Session again and asked for a motion relative to the same. Bruce motioned to make an adjustment accordingly to reduce the exercise points on Alt-Standard #2021-02 and to eliminate exercise points altogether for Alt-Standard #2021-03. Marvin seconded the motion. Motion carried.

Tim informed the committee that he reached out to Stephanie Roth with Crete Area Medical Center on the potential availability of doing a Wellness Class on “Plant Based Eating.” She is willing to do an in-person class at the Courthouse. After the committee provided some possible dates, Tim will reach out to Stephanie on getting a class scheduled.

For a mini-challenge, the committee agreed upon the upcoming “Shamrock Shuffle – 5K or 1 mile Fun Run/Walk” the Saline County Aging Services will be conducting. For those who sign up to participate or volunteer to help with the event will receive 50 Wellness points in addition to any regular exercise points.

The January – March online webinar class through Continuum entitled “Fixing Your Broken Sleep” has currently seen a total of 8 participants. The certificate return deadline for this class is April 9, 2021. For the April – June online webinar class through Continuum, the committee has agreed upon a class offering entitled “Master Your Mind: Emotional and Physical Health Connections.”

The 2021 Health Fair was completed with a total of 75 participants. Overall, the Health Fair went smoothly given the current limitations required for COVID-19.

The 2020 Wellness Program booklets that were submitted with exercise points have been reviewed and documented as well as the MyVia participation points. We are now awaiting from Madonna the 2020 “Risk Factor” points as well as Madonna reviewing and documenting the additional confidentiality (custom reports) points that were submitted. No start date has been set yet for the 2021 Impact Survey – HRA Assessment.

Tim suggested to the committee on trying to get the 2020 Wellness packets redelivered with final points by March 17, 2021 with a protest date of Wednesday, March 31, 2021 at 8:30 a.m. if needed. The committee agreed with the suggested dates and time.

The committee next continued their discussion on the 2022 Wellness Program and after further research on a couple of program related conversations and costs that were mentioned in the prior Wellness Meeting. For example, a Virgin Pulse Connection and a brief comment by Steph Roth. A cost restraint was a suggested concern, or likely limitation, due to the expense associated with Virgin Pulse. Russ motioned to keep an activity alternative, other than just steps, as we are currently doing for 2021 for 2022, in addition to continuing with the MyVia portal. Jennifer seconded. Motion carried.

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

The meeting was adjourned at 9:25 a.m.

- Respectfully submitted by Jamie Woltemath, Secretary