

Saline County Wellness Committee – April 6, 2021

The Saline County Wellness Committee meeting was called to order at 11:02 a.m. on April 6, 2021. Present were Lori Moldenhauer, Bruce Filipi, Jennifer Retchless, Marvin Kohout, Jamie Woltemath, Kory Mullen, Diane Vlasak. Absent were Russ Karpisek.

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

The minutes from the March 08, 2021 meeting were reviewed. Bruce made a motion to approve the minutes from this previous meeting, seconded by Jennifer. Motion carried.

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

Jamie recognized Jennifer Filipi's first appearance to the Wellness Committee meeting and mentioned if attending a second consecutive meeting the committee at that time could then approve her membership as a newly listed committee member.

The "Plant Based" Wellness Class held on March 31, 2021 with Steph Roth had 10 participants. Jamie reported the class was very informative and overall those who attended mentioned it was a beneficial class. The committee will discuss possible future Wellness Classes at a later date.

Next the committee discussed ideas for a May mini-challenge. Jamie mentioned the Water Challenge that we have done in the past. The committee agreed with this challenge and Jamie will get something emailed out to all employees. Lori will get a list of employees who either participated or volunteered to help at the "Shamrock Shuffle – 5K or 1 mile Fun Run/Walk" that was held on March 27th to receive their 50 Wellness points.

Currently, we are offering the online webinar class through Continuum entitled "Master Your Mind: Emotional and Physical Health Connections" which is offered April – June 2021 with a certificate return deadline of July 6, 2021 to receive 75 points.

Madonna presented the Know Your Numbers Health Risk Score Card on March 10, 2021 and Jamie offered a copy to any committee member that was unable to attend the presentation.

To finish up the incentives for the 2020 Wellness Program, the committee agreed on a \$300 VISA gift card for the grand prize and Jamie had all eligible employee's names as well as an additional name for every 1,000 points earned over 10,000 points in a drawing. This year's winner was Anita Novotny. Jamie will submit to claims for approval from the board to finish up the purchase of all the incentive gift cards earned for the 2020 Wellness Program.

The committee discussed offering Wellness points for the COVID-19 vaccine. It was agreed upon allowing 200 total Wellness points for those who receive the COVID-19 vaccine providing a copy of your card as proof to Jamie.

With Tim's resignation, the committee next discussed the reorganization of the 2021 Wellness Program. Jamie offered to stand as the interim Chairperson for the time being while decisions were being made on the program. Marvin mentioned that WorkWell would be willing to come and answer any questions we might have on the MyVia portal and discuss different options to successfully and efficiently run our Wellness Program. The committee agreed to set up a time with WorkWell. Marvin will reach out to Lisa Henning on their availability to come speak to the committee. Marvin will also get the current expenditures for the Wellness budget. Bruce has offered to take over all duties with the vending machine and Lori mentioned Maddie Hoover as a possible candidate do the monthly newsletter as she is currently constructing the Saline County Aging Services newsletters.

As far as the 2022 Wellness Program, the committee will wait to discuss further options at a later date.

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

The meeting was adjourned at 12:00 p.m.