

Saline County Wellness Committee – April 20, 2021

The Saline County Wellness Committee meeting was called to order at 9:35 a.m. on April 20, 2021. Present were Jamie Woltemath, Marvin Kohout, Diane Vlasak, Russ Karpisek, Kory Mullen, Jennifer Filipi and Bruce Filipi. Absent were Lori Moldenhauer and Jennifer Retchless.

As this is the second consecutive Wellness Committee meeting Jennifer has attended, Russ motioned to approve the membership of Jennifer as a newly listed committee member, seconded by Diane. Motion carried.

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

The minutes from the April 6, 2021 meeting were reviewed. Bruce made a motion to approve the minutes from this previous meeting, seconded by Kory. Motion carried.

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

Nicole Osborne and Karen Rehm with the Nebraska Safety Council spoke to the committee on different ideas for an efficient Wellness Program as well as any questions there might have been on the MyVia portal. The committee took note of their ideas they presented and will discuss for future planning of the Wellness Program.

For mini-challenges, Jamie informed the committee she constructed the previously agreed upon Water Challenge and will have it included in the May newsletter. This challenge will have a potential to earn up to a total of 60 points with a return deadline of June 4, 2021.

Currently, we are offering the online webinar class through Continuum entitled “Master Your Mind: Emotional and Physical Health Connections” which is offered through June 2021 with a certificate return deadline of July 6, 2021 to receive 75 points. For July – September 2021, the committee agreed to offer the class “Eat Your Way to Better Health.”

Jamie supplied each committee member with a current copy of the expenditures for the Wellness budget.

Next, the committee agreed to place an ad in the newspaper as well as in the May newsletter for a part time Wellness Committee Chairperson for 10-20 hours per week. The County Board of Commissioners will discuss the wage for this position. Jamie will compile a list of duties to Anita Bartels.

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 11:00 a.m.

-Respectfully submitted by Jamie Woltemath, Secretary