

Saline County Wellness Committee – July 1, 2021

The Saline County Wellness Committee meeting was called to order at 8:36 a.m. on July 1, 2021. Present were Jamie Woltemath, Marvin Kohout, Russ Karpisek, Jennifer Filipi, Bruce Filipi, Lori Moldenhauer, Brandi Klaassen. Absent were Jennifer Retchless and Kory Mullen.

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 Marvin. Motion carried.

The minutes from the April 20, 2021 meeting were reviewed. Lori 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 Dee Drake'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.

Next, Jamie introduced Brandi Klaassen to the committee as the new appointed Chairperson.

Future Wellness classes were discussed and Brandi mentioned she would be willing to host a "Colors" class. The committee also discussed a Blood Pressure Clinic with Madonna. Brandi will look further into lining up a Wellness class with Madonna.

For mini-challenges, Jamie mentioned the "100 Miles in 100 Days" challenge. Brandi will construct the agreed upon mini-challenge for mid-July and send out via email to all employees.

Currently, we are offering the online webinar class through Continuum entitled "Eat Your Way to Better Health" which is offered July – September 2021 with a certificate return deadline of October 8, 2021 to receive 75 points.

Jamie informed the committee that there were 45 employees who participated in taking the 2021 Impact Survey.

After reviewing the Wellness program example received from the Nebraska Safety Council, all committee members were in agreement that there needs to be an updated user friendly program. Brandi had some new ideas and continued discussion will be done for the 2022 Wellness Program.

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

The meeting was adjourned at 9:38 a.m.

-Respectfully submitted by Jamie Woltemath, Secretary