

### **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 participates.

The October – December online webinar class through Continuum entitled "Letting Your Emotions Interfere with Eating" concluded with a total of 7 participates. 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

### **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 participates. 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 participates. 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

## **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 27<sup>th</sup> 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.

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

### **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