

Saline County Wellness Committee
March 10, 2014

The Saline County Wellness Committee meeting was called to order at 7:10 a.m. on March 10, 2014. Present were Tim McDermott, Kerry Hagemeyer, Marv Kohout, Kory Mullen, Brandi Kelly, Sharon Jelinek and Bruce Filipi. Linda Kastanek was present at approximately 7:40 a.m.

Tim had questions on the previous meetings minutes, which were clarified by Kerry. Bruce made a motion to approve the minutes for both the January 8th and January 17th meetings, seconded by Kory.

Kerry informed the group that there were 130 people who took advantage of the health fair. Just about all the results have been hand delivered to the participants by either Kerry, Bruce, Bill, Kory or Jenn. Kerry stated that there were about 5 that she still had with her. Madonna has faxed all results to the participant's doctors. However, it had come to Kory and Kerry's attention that as of Friday, some of doctor's offices were slow getting the information into the participant's files.

For the 2015 Health fair, the following recommendations have been or will be made to Madonna. It has been suggested to Madonna to include: (1.) the vitamin D test as well as the LFT (liver functioning test) on the lab work; (2.) to remind people to wear short sleeves or suitable attire for getting blood drawn/blood pressure; (3.) to possibly have a question on their sheet that states if someone is pregnant or if they have a pacemaker; (4.) individuals get the results when the doctors do.

Madonna will be sending a flyer "Health at a Glance" to Kerry at the first of the month. When the blood tests were originally handed out on March 6th, Madonna had presented the group with an option to run a trending/subgroup report using Warren Memorials previous blood tests results and this year's results. This would be an additional cost from what was originally agreed upon—about \$375 to \$475. At this time, it was decided the benefit was not worth the additional cost. Kerry will keep the signed authorization forms in the HIPPA folder. If it is later determined that the committee would like this information, then the authorization forms are available.

Kerry presented the idea of opening up the blood tests to a child instead of a spouse. For example, say Jane and Dick have a 21 year old daughter. Dick does not want to partake in the blood test, but they would like to have the daughter take his place. Would it be acceptable to allow Jane and her daughter to have the blood work done? As there was no immediate conversation, it was determined to table the issue until a later meeting.

Kerry also presented the idea of opening the blood tests to non-county workers that work at the courthouse, jail and extension office. Again, as there was no immediate conversation, it was determined to table the issue until a later meeting.

Bryan Health online screenings were discussed. Kerry had gone to the website and did the initial questionnaire. She was then eligible for the “free screening”. She has opened that up to the group to find out if these screenings are truly a legit deal and if they are truly “free”.

At this time, there are about 3 people who are using the walking/dance/abs dvd’s at the fitness center. They currently are meeting on Mondays & Thursday’s right after 5 p.m. and working out about 1 hour. It was encouraged to try it out and if a need arrives, possibly moving it over to the library, as they have a room available most times.

Bruce purchased a new DVD player in the amount of \$37.88. Sharon made a motion and seconded by Kory to pay the claim on the DVD player.

Amy Hansen has requested that Kerry see if anyone is interested in starting a Tai Chi class. She would be interested in teaching one, if there was interest. Typically it is a 12 course/1 hour class. Her fee would be \$2 per person/per class. It was discussed that maybe this could be another class that could be held over at the library’s side room as there should be plenty of room. At this time, the library does not charge for the use of the room, but would accept donations for the utilities. Kerry will check with Amy to see if it would be possible to have it be a 6 week course/2 hour class. She will get back to the group and place something in the newsletter to see if there is any interest from others.

It was encouraged that the committee members review the WorkWell website for information, such as the first quarter calendar, newsletters, presentations, archived webinars along with various tools and resources. Kerry mentioned that there was going to be another Wellness Huddle session in April, which she encouraged the group to check out.

There are currently 67 people signed up for the Healthy Living challenge as of Friday. The committee members were provided with a listing of those who are/are not participating.

Sharon has confirmed March 24th, as the date that Tom Sorensen will be here to talk about retirement/estate planning. She has also confirmed that Champion’s Family Chiropractic will be here on April 22 to visit about what they have available for services.

Sharon has contacted Crete Area Medical Center to see if they would be available to talk about handling pain management. She was quoted a cost of \$250/hour. She had told CAMC that she would have to get back to them, due to the cost. After discussion, it was decided that the most the committee would be willing to spend would be \$75-\$100/hr.

Kerry also mentioned that Lori Moldenhauer teaches Body Pump/Body Flow. Kerry asked if she or Stacy Brandt would be interested in offering a FREE class for county employees. Lori said that they probably would. Another idea for classes would be Jerry Berggren, offering a tango class. Sharon will look into these options further.

Tim stated that the first quarter of the NIRMA online classes will be over at the end of March. The next quarter will begin on April 1st. He will inform Kerry of which classes will become available for the quarter, so that she can include those in the April newsletter.

A reminder was given that the CPR/AED training would be held on April 22nd and 23rd. Those classes will be worth 25 points on the point system. Kory asked about those who get certified through other sources, such as the American Heart Association. Do they have to take the NIRMA classes to get the points? It was decided that if the person can provide a copy of certificate showing that they are certified through the year, that they too would be eligible for the 25 points.

Discussion was held on whether or not to have a Wellness Champion, via vote from the committee or peers. After discussion, it was decided to pass on this option.

The Crazy 8 challenge is halfway over. At this time, there are 17 participants.

Kerry has challenged the group to start brain storming on the next fitness challenge. Ideas were brought up such as: (1) poker challenge (2) go fish challenge (3) step it up challenge (4) walk across Nebraska (5) 100 miles in 100 days. It was decided to brainstorm ideas and bring them forward at the next meeting.

May 21, 2014 is National Employee Health and Fitness day. Did we want to do anything with this? Brandi suggested having Tom Sweeney and Vicki Rethmeier come and do a meeting together. Sharon will check and see if both of them would be available during that time period. It was suggested to have the meeting either around 11:30-1:30 or maybe 5-7.

March is National Nutrition month. Kerry asked if the group would be interested in doing anything for this. It was decided to skip this for 2014.

Kerry went over the notes she had taken from the WorkWell Wellness Huddle in February. She pointed out various points that she felt were important for the group to be aware of.

She also talked to the group regarding the various webinars that are available on www.wellsteps.com.

It was decided not to renew the Fitness Magazine subscription, but to look to see if there are others out there that deal with healthy menus/ healthy living, such as prevention, etc.

National Wellness Institute is offering a free three month membership to all WorkWell members. Kerry has signed Saline County up. She will let everyone know how to log in after March 24th. The time frame is March 24 thru June 22.

The next meeting will be Wednesday, March 19th at 7:30 a.m.

Meeting was adjourned at 8:43 a.m.

Submitted by Brandi Kelly for Linda Kastanek