

Saline County Wellness Committee
May 19, 2014

The Saline County Wellness Committee meeting was called to order at 10:03 a.m. on May 19, 2014. Present were Kerry Hagemeyer, Sharon Jelinek, Brandi Kelly, Marv Kohout, Kory Mullen, Tim McDermott, Bruce Filipi and Linda Kastanek.

Kerry introduced Elly Reedy and Chelsea Burger. Elly Reedy is a student at University of Nebraska-Kearney (UNK) and Chelsea is a student at Doane College. Kerry invited them to come and visit with the group as they both have experience with working with various walks/runs with different organizations.

As requested at the April meeting, Tim visited with various people regarding the possible fun run/walk. He first visited with Amy Hansen with Saline County Aging Services. In their conversation, she informed him that there are also other avenues out there that assist the public, such as Blue Valley Community Action and the Lincoln Food Bank. If we decide to raise monetary or food donations, we should consider all entities in Saline County.

After visiting with Amy, he contacted Wilber High School. They told him that they would get back to him. Next, he contacted Michelle McIntire, CAMC. He felt that he got quite a bit of advice from her. She recommended that if we want it to be a “whole county” fun run/walk that we have it in Crete. She felt that if it were held in Wilber, we wouldn’t have as good of a turnout. She commented that it definitely takes committee involvement and should not be all placed on one person’s shoulders. She also stressed to him that when advertising, to have a specific goal/organization that we intent to help. Tim then spent time visiting with Lori Otte at Doane College, who manages onsite events. She informed him that it would be possible to hold the walk/run at their track, but that they would require the County to have insurance and the participants would then be required to sign a release.

As of this meeting, there was talk of something like the color run, glow run or poker run. Elly and Chelsea both suggested that if we were to do something like a 5K, to have something at each K, to give people the motivation to make it to the next K.

Further discussion on the fun walk/run will be tabled until another meeting. In the time being, it was recommended that the committee members find out from other staff/peers, if they would be interested in participating/volunteering for such an activity.

Elly stated that another program that she is involved with at UNK is called Building Healthy Families. She stated that it is focused on families that are obese and educating them on ways to become healthier, such as educating them on portion sizes or different activities that they could do as families. Most of their families have been recommended by their family doctors or the children’s teachers.

Kerry received information regarding a Norris Grant. A few years ago, the committee had applied for a grant, however was not awarded with one. However, if we are trying to have a walk/run, the possibility that we may be eligible this time may be greater, as our focus is on a larger number of individuals and not just for a specific group. It was recommended to wait until later to make a decision on the grant.

Kerry informed the group that Tad Hunt from CAMC had not really gotten back with her regarding the things that they could do for Saline County along the line of the health fair and the health risk score card. She said that he did recommend that we look at the link <http://www.bryanhealth.com/CAMC> and see what we thought. It sounded like a number of the committee did take the time to fill out the survey, but didn't feel that the information would really meet the criteria for the year-long wellness points system. It did provide some information regarding the different categories, such as blood pressure, diabetes, etc.

The group was reminded that on Tuesday, May 27th, there would be a Nutrition and Fitness discussion with Vicki and Tom at the extension office; and that on Thursday, June 19th, there would be a class on Body Pump and Body Flow in the Wilber Physical Therapy building.

Champion Family Chiropractic informed Kerry that they also had other topics that they could present on, such as nutrition, toxicity, etc. These classes also would be at no charge. It was agreed to have Linda contact them to come and present their nutrition course.

Another idea that Tim had regarding a class would be to find someone to do a healthy cooking class. It was recommended to possibly see if a Hy-Vee dietitian or someone similar could provide this.

The Poker Challenge ended yesterday, May 18th, with approximately 15 people participating. The participants are required to turn in their sheets to Sharon, Kory and Bruce by 4pm on Wednesday. After all sheets have been turned in, Bruce will determine the Best and Worst hand in each category. As previously decided, the winners of the Best and Worst hands will be given a "movie night for two" at Isis Theatre. It was determined to make the gift certificates \$20 each.

As the Poker Challenge is over, it was decided to begin a new challenge on **June 1st** and ending **September 8th**. **100 Mile in 100 Days Challenge**. Participants will be able to either walk/run or bike. Walking/Running 1 mile = 1 mile. Biking 2 miles = 1 mile. In order to qualify for the 25 fitness points, the participant must complete the 100 miles in 100 days. Participants will be required to turn in their sheet to Kerry or Kory on or before September 12th.

The previous meetings minutes were handed out and reviewed. Marv made a motion to approve the minutes for the April 14th meeting, seconded by Tim.

Since we have depleted the safety committee's budget, Kerry decided to wait until the next fiscal period to order any fitness magazines.

Kerry has been asked several health insurance questions and how it relates to the wellness programs. The road and bridge department negotiated their health insurance through the Union and now some of those members have questions on how their health insurance ties into the wellness program. As previously determined at the April 14th meeting, there was an addendum added to the roads wellness booklets, stating that on July 1st:

Health Insurance Premium Reduction Incentives:

1. 4000 points: 33% reduction in the employee ONLY, premium buy-in
2. 6000 points: 66% reduction in the employee ONLY, premium buy-in
3. 8000 points: 100% reduction in the employee ONLY, premium buy-in

The following questions have been asked:

1. Does the connection between health insurance and the wellness program only affect the road and bridge department?
2. What happens if someone chooses to "opt-out" of the county sponsored health insurance?
3. Are other departments going to start paying for a portion of their health insurance?
4. If people are getting extra raises to cover the amount the employee has to pay for the premium, are they all getting the same raise? – If a % raise, some people will get a higher raise even though the health insurance will be the same for everyone, correct?
5. What happens for those who opt-out? Are they also getting an extra raise?

Tim thanked Kerry for bringing up the questions, so that they are aware of the questions, so that they can make a better informed decision.

Marv mentioned that as the county has not determined what they are going to do for health insurance plans, they are looking into going month by month with Blue Cross Blue Shield, until a decision has been made. However, at this time, as far as the employee is concerned, nothing has changed on their coverage. The Board of Commissioners is in the process of working with NACO Benefits Services to get quotes for providers that service large groups. In order to provide the county reliable quotes, they are requiring Saline County to provide them with a 2-year insurance history on each employee. Therefore, in order to do this, employees are going to be asked to complete a 5 page report and return it to the Clerk's office as soon as possible.

Marshall Tofte & Andrea Thieman with NIRMA were present to discuss our wellness program for an upcoming article in their newsletter. **

The next meeting is scheduled for June 16th at 10 a.m. in the assembly room.

There being no further business, Kory made a motion to adjourn, seconded by Linda.

Brandi Kelly
Secretary

**Discussion points with Marshall & Andrea were

- History of the wellness program, how it was developed, number of members, projects (past/current/future), participation by employees, fitness center(usage/equipment), etc.