

Saline County Wellness Committee

March 10, 2017

The Saline County Wellness Committee meeting was called to order at 8:10 a.m. on March 10, 2017. Present were Jamie Houser, Brandi Kelly, Tim McDermott, Marvin Kohout, Russ Karpisek, Bruce Filipi, Adam Drake and Lori Moldenhauer.

Tim advised those present of the open meetings law posted at the back of the room.

Bruce moved to approve the agenda as presented, seconded by Russ. Motion carried.

The minutes from the February meeting were reviewed. Russ made a motion to approve the minutes from that meeting, seconded by Bruce. Motion approved.

At this time, the meeting was opened for Employee open forum to address the committee. No employees were present.

Tim asked for a motion to be made to enter closed session. Marvin made the motion to enter into closed session, seconded by Jamie. Motion carried. Tim announced that the purpose of the closed session is to further discuss Employee E's alternative standard requests for the 2017 wellness program. Marvin moved to exit closed session, seconded by Russ. Motion carried. Tim announced that Employee E's request was further discussed and no action was taken.

Marvin made a motion to utilize Employee E's 2016 health fair results for the 2017 program year. Russ seconded. Motion carried.

Tim reminded the committee, that on March 21st, Bruce Wahl from Crete Chiropractic will be doing a presentation at 5:30 p.m. at the Extension office. Class will be recorded. Bruce Wahl has informed them that it will be a class that will be active and that individuals need to come in comfortable clothing.

Tim stated that the Safety committee has agreed to use the "QPR" or Question – Persuade – Refer class for the spring training. That class will be on April 11th at the Extension office. Tim has been contacted by Sheriff Moore and there will be an alternate class offered at the Law Enforcement Center staff. However, he may send a couple of representatives to these classes. The session held at the Extension office will be worth 25 Wellness points. Tim will verify with PHS that the class can be recorded.

Tim also presented information that was provided by Madonna Fit for Work based on conversations that were held at the Know Your Numbers presentation. He will contact them to see if there would be any changes that can be made to the current offerings.

Brandi stated that February's water challenge was the best received that she has seen since the wellness program has started. There were 39 participants in the challenge. Tim reminded that we are now in the middle of the Elite Eight Challenge. This current challenge started on March 6th and will run through April 31st.

Tim reminded the committee that the NIRMA online class runs through March 31st. After reviewing the classes being offered for the next session, it was agreed upon to have the class "Understanding Behavior, Burnout and Depression".

Tim has had a question presented to him regarding the use of the fitness center. They were wanting to know if people can use the facility if they were not immediate family. Tim asked for clarification. According to the instructions in the 2017 Wellness program, individuals must be family members that reside in the home of the employee. Tim will make those adjustments to the flyer for the fitness center.

Russ stated that he has been asked why the public can't use the facility, since it is paid by taxpayer's dollars. He stated that he will contact the County Attorney to see if this can be causing issues.

At a previous meeting, it was requested that the Committee research the possibility of testing for the use of tobacco. Tim provided information that he received from Madonna. There are a couple of ways that the screening can be completed. Samples can be taken by swabbing the saliva in the mouth, urine, with a blood sample or by the hair follicles. Cotinine is detectable in saliva, urine and blood a max of 3-4 days after use. It is detectable in hair follicles up to 90 days. In order to do the testing, it must be completed on all employees, not just a select group.

On February 27th, Megan Ksionzek and Karen Rehm from Madonna Fit for Work came to present the Know Your Numbers presentation and deliver the health fair results to those in attendance. Besides the wellness committee members, there were a few others that attended the session provided. Brandi reported that there have been a few questions that have been asked regarding the results from the health fair. She has requested that they contact Megan for those questions.

Tim stated that during the Safety committee a person requested that the health fair be moved until the summer. After some discussion, it was decided to leave it as it currently is.

Brandi and Tim have worked on the 2016 wellness packets that were turned in at the end of the year. There were a couple of questions that Brandi asked Adam regarding the processes that occur down at the law enforcement center. Madonna has provided Brandi with the listing of points for individuals. Those figures will be entered into the spreadsheet to determine the final point counts.

Brandi and Tim will work together to get the points calculated and sheets created to place on the packets in order to be distributed. It is planned to have the points calculated and ready for distribution by Wednesday, March 15th. Individuals will have until March 24th to notify the committee that they want to protest the final points. A protest period will be March 27th at 9 am in the county commissioner's room.

Brandi informed the group that she has been working with Samantha with UNICO regarding the 2017 Impact Survey. All information has been provided to Samantha and we are waiting to hear back from her. She stated that either Tim or Brandi will take the class first to make sure that all of the bugs are fixed before opening it up to the rest of the employees. After some discussion, it was decided to change the testing to run from April 3 through April 21, 2017 instead of the previous dates discussed.

Tim asked the group if they had any suggestions for topics to be placed in the April newsletter. If there are suggestions, please let him know.

The next regular meeting has been scheduled for April 20th at 8:00 a.m. in the law enforcement center due to construction in the assembly room.

There being no further new business, the meeting was adjourned.

Brandi Kelly
Co-Chair
Secretary