

Saline County Wellness Committee – November 20, 2017 Minutes

The Saline County Wellness Committee meeting was called to order at 8:40 a.m. on November 20, 2017. Present were Tim McDermott, Marvin Kohout, Kory Mullen, Russ Karpisek, Lori Moldenhauer and Adam Drake.

In declaration of a Quorum, Tim advised those present of the open meetings law posted for review.

Marvin moved to approve the agenda as presented, seconded by Adam. Motion carried.

The minutes from the October 16th meeting were reviewed. Adam made a motion to approve the minutes from the previous meeting, seconded by Kory. Motion carried.

See no other visitors present, the Employee Open Forum was omitted.

A motion was made by Tim to proceed into Closed Session in order to explain and discuss a recently received Alternative Standard request (2017-G) by an employee. The motion was seconded by Adam. Motion carried.

Upon completion of the Alt-Standard 2017-G discussion, Marvin motioned to exit Closed Session. The motion was seconded by Russ. Motion carried. Upon exiting, Tim voiced the reason for the Closed Session again and asked for a motion relative to the same. Russ motioned to maintain consistency in allowing the same formula for adjusting the point totals to omit the remainder of 2017 as being removed from this employee's anticipated exercise routine as has been in earlier cases. Marvin seconded the motion. Motion carried.

The earlier held flu shot clinic was briefly discussed. There were no apparent difficulties that needed further review or correction. All seemed to have progressed well.

The recently held educational class, "Sneaky Sodium was discussed". Tim mentioned that participation in the classes have waned, yet some are requesting the viewing of the video's afterwards also. There was some discussion on either altering the "in person" participation verses "watching the video" to garner better attendance. However, it was also noted that some employees do not have the work schedule to make an easy variation.

Tim reminded the group that for both November & December there will be two variations of "Holiday Bingo" as mini-challenges. November's is currently in progress.

Tim and Lori both updated the WC on recent discussions with Karen Rehm of Madonna concerning the upcoming 2018 Health Fair. Lori & Tim both agree that making a move toward "online registration" to participate in the Health Fair would be beneficial to both the employee and Wellness Committee members. The WC also agreed in mass this would be our target approach leading up to the Fair. Tim & Lori stated that the Health Fair would likely occur on both February 14th and 15th from 5:00 a.m. to 8:00 a.m. at the Courthouse and LEC respectively. *

Tim noted any suggestions for topics placed in the November newsletter to please let him know.

The WC was reminded of the three-available online NIRMA classes available until the end of the year.

Tim is working to invite the CHI vendor to an upcoming meeting to begin discussions on using an online portal for employees to document their wellness activities. He will again invite this vendor do a presentation for the committee at the December meeting.

The updated "draft" of the 2018 Wellness Program was presented and discussed. Discussion was held on how the books will be printed/assembled for 2018 using an outside source. After review, Russ motioned to accept the "draft" as presented, to then be forwarded to the County Board for approval at the November 28th meeting. Adam seconded the motion. Motion carried.

Russ updated the WC on continued discussions with NACO regarding possibilities for a unified Program.

The next regular meeting has been scheduled for December 11th at 8:30 a.m. in the Assembly Room.

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

Respectfully submitted by Tim McDermott, Chair & Pseudo-Secretary

**Post meeting update: It is learned that the 2018 Health Fair has found altered dates: Feb 20th & 21st, 2018.*