

Saline County Wellness Committee – February 12, 2018 Minutes

The Saline County Wellness Committee meeting was called to order at 8:40 a.m. on February 12, 2018. Present were Tim McDermott, Marvin Kohout, Kory Mullen, Russ Karpisek, Jamie Houser, Bruce Filipi, and Lori Moldenhauer.

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 Kory. Motion carried.

The minutes from the January 8, 2018 meeting were reviewed. Bruce motioned to approve the minutes from the previous meeting, seconded by Marvin. Motion carried.

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

A motion was made by Marvin to proceed into Closed Session in order to explain and discuss a recently received Alternative Standard request (2018-D) by an employee. The motion was seconded by Bruce. Motion carried.

Upon completion of the Alt-Standard 2018-D discussion, Marvin motioned to exit Closed Session. The motion was seconded by Kory. Motion carried. Upon exiting, Tim voiced the reason for the Closed Session again and asked for a motion relative to the same. Kory motioned to adjust as discussed the wellness points for employee 2018-D. Bruce seconded the motion. Motion carried.

Tim updated the committee that he was waiting for feedback on a spring Harassment training class from either NIRMA or Continuum. This class would be worth 25 points. Kory asked how much we pay for these classes if she would know of someone to present a future class. Tim said we typically pay \$75 and as of now we have enough funds in our budget for that.

Mini challenges were discussed as a group brainstorming for new ideas. Kory has asked employees at the Law Enforcement Center for suggestions and hasn't heard anything. Russ mentioned the counting steps challenge, but realizes this challenge would be difficult for everyone to participate due to the lack of a tracking device. Jamie suggested a clean eating challenge of no processed foods. As a committee, we decided that the tracking for us could be too difficult, therefore, Tim was in favor for a challenge consisting of 6 servings of fresh or frozen fruits and vegetables a day. The Committee agreed on this for the March 2018 mini challenge. Russ liked the idea of clean eating, but suggested to have a class on it then follow up with a mini challenge. Tim will reach out to Hy-Vee for a presentation on clean eating.

Per Madonna, the online registration seems to be going well. As of February 9th, 36 signed up for February 20th and 57 for February 21st. Bruce will be getting and delivering the drinks and snacks to both locations. Kory and Jenn will assist Madonna at the LEC location and Tim and Lori will help at the Courthouse Assembly Room location. Tim will put in the March newsletter that March 14th at 10 am in the Assembly Room, Madonna will have a "Know Your Numbers" presentation as well as all blood draw results.

The Committee was reminded of the January-March NIRMA Online University class qualifying for the 75 Wellness Points is entitled, "Sexual Harassment in the Workplace."

Tim went through the email response to questions we asked after Joanne Bartels' CHI-Online Portal presentation, Jamie suggest we keep the program that we currently have established in place. Russ agreed, but said he can talk to his connection on how to put our Wellness program online. Everyone in the committee agreed to leave our program as it is at this time.

Tim noted any suggestions for topics placed in the March newsletter to please let him know. Tim also mentioned he will put in there that the potential date for the 2017 Wellness Protest Hearing will tentatively be the 1st part of April.

Tim also suggested labeling the nutritional value on the vending machine items. The Committee agreed this would be a great idea and will make the employees, as well as the public, more aware of the nutritional value of the items they are selecting. Tim said he will come up with something on this that details each choice.

Jamie mentioned that an employee had asked why we don't have a landline in the Fitness Center. Tim explained due to our new data this would entail an extensive amount of data cable running from the courthouse to the Fitness Center, therefore, it was agreed upon that this would not be an option. Marvin mentioned he talked to Tad Eickman about allowing retired employees to use the Fitness Center and Tad explained there is no additional liability and does not see an issue with allowing them.

The next regular meeting has been scheduled for March 12th at 8:30 a.m. in the Assembly Room.

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