

Saline County Wellness Committee – March 12, 2018 Minutes

The Saline County Wellness Committee meeting was called to order at 8:37 a.m. on March 12, 2018. Present were Tim McDermott, Marvin Kohout, Jamie Houser, Kory Mullen, Jennifer Retchless, Bruce Filipi, Adam Drake, and Russ Karpisek.

In declaration of a Quorum, Tim advised those present of the open meetings law posted for review. Jamie made an addition to the agenda to discuss allowing retired employees' spouses or significant others the access to use the Fitness Center. Bruce moved to approve the agenda with the addition added, seconded by Kory. Motion carried.

The minutes from the February 12, 2018 meeting were reviewed. Marvin motioned to approve the minutes from the previous meeting, seconded by Bruce. 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-E) by an employee. The motion was seconded by Jennifer. Motion carried.

Upon completion of the Alt-Standard 2018-E discussion, Kory motioned to exit Closed Session. The motion was seconded by Marvin. Motion carried. Upon exiting, Tim voiced the reason for the Closed Session again and asked for a motion relative to the same. Bruce motioned to make the appropriate adjustments needed for employee 2018-E. Jennifer seconded the motion. Motion carried.

Tim informed the committee that a monthly class is scheduled for Tuesday, April 3rd at 5:30 p.m. at the Extension Office with Hy-Vee presenting on clean eating. The cost of this presentation will be \$400. Jamie suggested promoting this monthly class in hopes of a higher attendance with flyers in each office. Tim suggested we also put a flyer in the breakroom and he will send out a reminder email as well.

February's mini challenge thus far has had 35 participants with the deadline approaching. We are currently in the March challenge of eating fresh fruits and vegetables. Kory presented the committee with an April Bingo containing new ideas to mix things up. This challenge would run for 4 weeks and Bruce suggested 10 points per week. The challenge will start April 1st, therefore, Tim will need to send out the newsletter a little sooner.

Tim reminded everyone of the "Know Your Numbers" presentation scheduled with Madonna on Wednesday, March 14th at 10:00 a.m. Following that presentation, Madonna will meet with the committee for an "Aggregate Data Review" presentation. It was then mentioned that there was an employee who missed the 10-day Health Fair window due to lack of communication with a committee member. During discussion, the committee agreed to give the employee a chance to get their 500 points by either making their own appointment with Madonna or attending one of the upcoming Health Fairs in Wilber or Crete. The employee will need to fund this themselves, as well as transferring their results to Madonna for next year's Health Fair comparisons. Adam made a motion to approve and it was seconded by Russ. Motion carried.

The committee agreed on the topic "Smoking Cessation" under the Health and Wellness category for the 4th quarter (April-June) NIRMA Online University class. We are currently offering "Sexual Harassment in the Workplace" for the 3rd quarter class.

Tim informed the committee that we were chosen by the Center for Disease Control to do an interview with us in regards to our Wellness Program. The interview will take place on Friday, March 16, 2018 at 11:00 a.m. Anyone wanting to participate would need to submit an Interview Release Form. Tim will supply the needed form to anyone interested. Tim also mentioned a BCBS Wellness Program Webinar for Thursday, March 22, 2018 at 10:00 a.m.

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

The committee set a date of April 12, 2018 at 9:00 a.m. in the Law Enforcement Center conference room for the 2017 Wellness Program Protest Hearing.

Per Lisa Henning of Work Well the Impact Survey is now ready. The committee agreed to run this year's Impact Survey from Monday, April 2nd through Friday April 27th, 2018. We also have the option of keeping it open for New Employees only through the end of the year to receive their Wellness Points. Jennifer made a motion to approve this to be open for new employees only and seconded by Adam. Motion carried.

Jamie mentioned the addition on the agenda of allowing retired employees' spouses or significant others the access of using the Fitness Center. As a committee, we agreed to allow them that access.

For new business, Kory suggested we add in the newsletter next year that if an employee feels their blood draw results could be altered in anyway, they have the option of submitting an Alternative Standard request to the Wellness Committee prior to the Health Fair.

The next regular meeting has been scheduled for April 24th at 8:30 a.m. in the Assembly Room.

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

Respectfully submitted by Jamie Houser, Secretary