

Saline County Wellness Committee Minutes

January 10, 2019

The Saline County Wellness Committee meeting was called to order at 8:42 a.m. on January 10, 2019. Present were Bruce Filipi, Adam Drake, Chrissy Niederklein, Tim McDermott, Jamie Houser and Lori Moldenhauer.

In declaration of a Quorum, Tim advised those present of the open meetings law posted for review. Bruce moved to approve the agenda, seconded by Adam. Motion carried.

The minutes from the December 6, 2018 meeting were reviewed. Bruce motioned to approve the minutes from the previous meeting, seconded by Chrissy. Motion carried.

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

A motion was made by Adam to proceed into Closed Session in order to explain and discuss a recently received Alternative Standard request (2019-A) by an employee. The motion was seconded by Bruce. Motion carried.

Upon completion of the Alt-Standard 2019-A discussion, Adam motioned to exit Closed Session. The motion was seconded by Bruce. Motion carried. Upon exiting, Tim voiced the reason for the Closed Session again and asked for a motion relative to the same. Adam motioned to make an adjustment accordingly for Alt-Standard 2019-A. Bruce seconded the motion. Motion carried.

Tim mentioned it was the time of year for reorganization of the Wellness Committee for the upcoming year and to elect a Chairperson, Secretary and the election of a Standing Committee. Adam nominated Tim as the Chairperson and Jamie offered to continue with being the Secretary. For the Standing Committee the committee elected Russ, Bruce, Lori, Adam and Chrissy.

Jamie informed the committee that the wellness class held January 9, 2019 on Self Defense went over very well. We had 16 in attendance and lots of positive feedback for a continuation session. The committee agreed on scheduling a part 2 session on Self Defense for later in the year.

Tim updated the committee on our mini-challenges. We had 18 participants each for our November and December "Holiday Bingos." The committee discussed the options for our next mini-challenge and Jamie mentioned doing another "Walk Across Nebraska" challenge. She will talk to Brandi on how we setup that challenge in the past.

For the NIRMA Online University Class, Tim informed the committee there were 26 participants for the 2nd Quarter (October-December) class on "Understanding Behavior, Burnout and Depression and currently offering "Sleep and Your Health" for the 3rd Quarter (January-March).

The committee discussed how to track the points for the "Shop with a Cop" and "Operation Under a Tree" for the current year and forthcoming. The committee receives no verification for

donations received, however the employee gets a receipt of donation. Chrissy suggested a signup sheet in the future so the committee is aware of who donated and can cross reference to make sure those participated receive their allowed points. For the current year when calculating points, the committee will keep aware of the receipts of donations to make sure those who participated receive their points.

Tim reminded the committee of the 2019 Health Fair Clinic held on Tuesday, February 12th at the Law Enforcement Center from 5:00 a.m. to 8:00 a.m. and Wednesday, February 13th at the Courthouse from 5:00 a.m. to 8:00 a.m. Bruce will take care of the snacks, water and juice for both locations. Jennifer and Kory have previously volunteered for the Law Enforcement Center location and Tim will handle the Courthouse location.

The committee has scheduled January 24th at 8:30 a.m. in the Courthouse Conference Room as the date in which to gather packets and calculate the 2018 Wellness Points.

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

For new business, Lori mentioned she will have a flyer and registration form to be put in the newsletter for the March 16th 5K or 1 mile Fun Run/Walk. The committee agreed to use this as our March mini-challenge. All participants will receive 25 additional points on top of their exercise points.

The next regular meeting will be scheduled via email for March.

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

Respectfully submitted by Jamie Houser, Secretary

Saline County Wellness Committee

March 12, 2019

The Saline County Wellness Committee meeting was called to order at 8:40 a.m. on March 12, 2019. Present were Marvin Kohout, Kory Mullen, Jamie Houser, Tim McDermott, Russ Karpisek, Lori Moldenhauer and Bruce Filipi.

In declaration of a Quorum, Tim advised those present of the open meetings law posted for review. Russ moved to approve the agenda, seconded by Bruce. Motion carried.

The minutes from the January 10, 2019 meeting were reviewed. Bruce motioned to approve the minutes from the previous meeting, seconded by Kory. Motion carried.

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

Tim asked the committee their thoughts on a potential upcoming wellness class or topic. Kory suggested a class on cholesterol and will reach out to Dr. Miller if he would be willing to do a presentation. Tim mentioned Madonna as a backup plan for a class on cholesterol if Dr. Miller was unavailable. If needed Tim will contact Madonna.

For mini-challenges, Tim reminded the committee of the "Shamrock Shuffle - 5K or 1 mile Fun Run/Walk" on March 16th. Those who participate will receive an extra 25 points on top of their exercise points. Jamie suggested for the month of April to run the "Crazy 8" mini-challenge. Then the committee agreed on May, June, July and mid-August we would run the "100 miles 100 days" challenge and September 1st through October 5th the "Walk Across Nebraska" challenge.

For the NIRMA Online University Class, Tim mentioned we are currently offering "Sleep and Your Health" for the 3rd Quarter (January-March) and for the 4th Quarter (April-June) the committee has previously agreed upon offering the class "High Blood Pressure – Reducing Your Risk."

Tim reported to the committee for the 2019 Health Fair Clinic, there were 83 individuals at the clinic who were on the insurance plan and 18 that were not and the invoice from Madonna was for \$6,375.68. Overall this year's clinic went fairly smooth. We only had 5 individuals that missed due to conflict and of those individuals who missed 2 setup appointments directly with Madonna to reschedule within the allowed time frame. Tim informed the committee that Lisa with Work Well would be willing to come present to our committee what they have to offer for a Wellness Health Fair for next year. The committee agreed to listen to what they have to offer. Tim will set up a meeting with Lisa.

The final 2018 Wellness Points are tallied and the committee has agreed to open a Protest Period upon receipt of Wellness booklets until noon, March 29th as well as a protest hearing if needed on April 1st beginning at 8:30 a.m.

The Impact Survey is ready to go and Tim will put all information in the upcoming newsletter. The survey will be open from April 1st through April 30th for all current employees and worth 500 wellness points.

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

For new business, Lori inquired about getting a cycling machine for the fitness center. Tim mentioned we do have a budget for equipment. Lori will look into prices. Marvin informed the committee that the next NIRMA training will be May 29th and 30th from 8:30 a.m. to 12:30 p.m. at the Extension Office on "Defensive Driving." Tim will create a spreadsheet for employees to sign up for which day they are able to attend. This training will be for 25 Wellness Points.

The next regular meeting will be scheduled via email.

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

Respectfully submitted by Jamie Houser, Secretary

Saline County Wellness Committee

April 1, 2019

The Saline County Wellness Committee meeting was called to order at 10:05 a.m. on April 1, 2019. Present were Marvin Kohout, Chrissy Niederklein, Kory Mullen, Jamie Houser, Tim McDermott, Russ Karpisek, Adam Drake, and Bruce Filipi.

In declaration of a Quorum, Tim advised those present of the open meetings law posted for review. Marvin moved to approve the agenda, seconded by Adam. Motion carried.

The minutes from the March 12, 2019 meeting were reviewed. Jamie brought to the committee's attention that the Wellness Points for the "Defensive Driving" should be 50 points for the onsite NIRMA class. Russ motioned to approve the minutes with the point adjustment from the previous meeting, seconded by Marvin. Motion carried.

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

Kory reported to the committee that she has not received a reply from Dr. Miller on presenting a cholesterol educational class. She will reach out to him again, otherwise Tim will contact Madonna.

For mini-challenges, Tim informed the committee that there were 4 employees who participated in the March "5K – Shamrock Shuffle". Currently we have the "Crazy 8" mini-challenge that runs from April 1 – April 28. Then the upcoming "100 miles/100 days" challenge from May 1 – August 8 and the "Walk Across Nebraska" challenge from September 1 – October 5.

Tim also reported that we had 27 employees who completed the January – March (3rd Quarter) "Sleep and Your Health" NIRMA Online University Class. For April – June (4th Quarter), the committee has previously agreed upon the class "High Blood Pressure – Reducing Your Risk."

The 2018 Wellness Points are tallied and Tim created a spreadsheet of all qualifying employees for them to make their final incentive choice or they have the option to decline if they choose to. Adam will get in touch with all the employees at the Law Enforcement Center for their incentive decision and Jamie will handle those at the Courthouse. The committee then discussed how to handle those individuals who no longer work for the county but qualified for an incentive in the 2018 Wellness Program. As a committee, we decided to allow those who participated in the program to still receive their appropriate incentive after their employment with the county for the qualifying year. Next, the committee drew for the Grand Prize winner. Every employee's name was put into the drawing and when drawn we verified that employee was eligible for the TV. This year's winner was Kevin Vogel.

Tim informed the committee the 2019 Impact Survey is open from April 1st through April 30th for all current employees and will remain open for all newly hired county employees in 2019. Invoicing has been received for 120 people @ \$6.00 per person for a total of \$720.00

Tim will be attending a Workwell Connections meeting on "Increasing Safety & Wellness Engagement." In order to receive grant money from NACO, we need to have someone certified with 2 hours of Workwell training and Tim has volunteered to stay on top of that training.

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

New business: Tim will schedule Lisa Henning with Workwell to come present to the committee what they have to offer on a Wellness Health Fair for next year. Also, Tad Eickman came and spoke to the committee on behalf of his concerns regarding the difficulty of the newsletter bonus questions and for those employees unable to access a computer.

Protest Hearing

Upon the arrival of Protest #1 at 11:05 a.m., Tim asked for a motion to go into closed session. The motion was moved by Marvin. Seconded by Kory. The purpose of the protest hearing is to listen to the concern of a miscalculation of points as stated to be experienced by the protester. The motion carried. The Wellness Committee heard the issue. Upon the dismissal of Protester #1, and further discussion relative to the understanding of the calculation, a motion was made to come out of closed session by Chrissy. Seconded by Kory. Tim announced that during the closed session, the committee heard Protest #1 and asked questions relative to its understanding. Motion carried.

Once out of closed session, a brief discussion was had relative to the relationship between Madonna Fit For Work and the Wellness Committee. Chrissy motioned to discuss with Madonna any corrective response or action for next year that would eliminate an issue where an elevated HDL score, a great thing to have, would generate a situation where this could negatively affect the overall "cholesterol ratio", leading to a loss of points if it ultimately tipped the scale negatively as an added risk factor. Added to this motion is the desire to add a face-to-face, scheduled meeting date with a Madonna representative, in addition to the "Know Your Numbers" meeting, that would provide another avenue by which participants can interact and pose questions, or address issues with point calculations, with medical staff. Russ seconded the motion. Motion carried.

The next regular meeting will be scheduled for May 2, 2019 at 8:30 a.m.

There being no further business, the meeting was adjourned at 11:55 a.m.

Respectfully submitted by Jamie Houser, Secretary

Saline County Wellness Committee

May 2, 2019

The Saline County Wellness Committee meeting was called to order at 8:36 a.m. on May 2, 2019. Present were Marvin Kohout, Chrissy Niederklein, Kory Mullen, Tim McDermott, Jamie Houser, Adam Drake, 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, seconded by Chrissy. Motion carried.

The minutes from the April 1, 2019 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.

Per Kory, she was not successful in reaching out to Dr. Miller in regards to conducting a class on Cholesterol. Therefore, Tim will reach out to Madonna and get an upcoming class scheduled.

Lori reported to the committee that she has not had the time to look into a new exercise bike for the Wellness Center. She will research yet the options available for a new bike. Tim will check with Zito on Wifi availability in the Wellness Center.

For mini-challenges, Tim informed the committee the "Crazy 8" challenge sheets are due May 6th and the upcoming "100 miles/100 days" mini-challenge started May 1 – August 8th. Jamie will work on the details for the "Walk Across Nebraska" challenge which will start September 1 – October 5th.

Tim also reported we are currently offering the (4th Quarter) April – June 2019 NIRMA Online University Class "High Blood Pressure – Reducing Your Risk." Tim also made the note that we will need to update the instruction sheet for NIRMA in the 2020 program booklet.

The final 2018 Wellness Points are tallied and delivery of incentives will be the 1st week in May. Also, the FY19-20 health insurance premium impact sheet has been prepped and submitted to the Payroll Clerk.

Tim informed the committee there were 56 participants in the 2019 Impact Survey which ran from April 1 – April 30th and will remain open for newly hired employees in 2019.

Tim discussed with the committee that he is working on a NACO outcome-based Wellness Grant Program. NACO will offer a Wellness Grant to all counties in the NACO Health Insurance Pool who qualify. A county meeting the grant requirements could receive up to 1% of total single annual premiums paid by the county. Tim informed the committee of the requirements and will make sure we qualify for submission of the Wellness Grant.

Tim previously provided to the committee the changes made to the Wellness Committee Bylaws. Adam made a motion to accept the changes as made to the Bylaws. Lori seconded. Motion carried.

The Wellness Committee Budget is due June 7, 2019. Tim and Jamie will provide a preliminary budget for next meeting. The committee has discussed in the past an online tracking program for logging exercise. Tim informed the committee that he reached out to Group Health Solutions for such programs available and with the potential grant money to be used on wearable devices. Tim will look into the cost to be worked into the budget.

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

For new business, Tim had scheduled Lisa Henning with Workwell to present to the committee some options for our Annual Health Screening next year. Lisa presented to the committee her thoughts of not running our health screening through our insurance plan and asking Madonna for a cash price. Then if NACO would lower our insurance premiums if we pay for our screens and not run them through our program. After her presentation, the committee agreed to further discuss this topic.

The next regular meeting will be scheduled for June 13, 2019 at 8:30 a.m.

There being no further business, the meeting was adjourned. -Respectfully submitted by Jamie Houser, Secretary

Saline County Wellness Committee Minutes - July 22, 2019

The Saline County Wellness Committee meeting was called to order at 8:35 a.m. on July 22, 2019. Present were Tim McDermott, Jamie Houser, Russ Karpisek, Marvin Kohout, Kory Mullen, Bruce Filipi, and Adam Drake. Absent were Lori Moldenhauer and Jenn Retchless.

In declaration of a Quorum, Tim advised those present of the open meetings law posted for review. Bruce moved to approve the agenda, seconded by Kory. Motion carried.

The minutes from the May 2, 2019 meeting were reviewed. Kory made a motion to approve the minutes from the previous meeting, seconded by Marvin. Motion carried.

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

Tim informed the committee there were 12 people in attendance for the Wellness Class on Cholesterol that was held on June 26, 2019. The class was also videotaped for those interested in receiving 25 points. Russ asked how often we have a Wellness Class and the committee agreed to try and have one every quarter. Next meeting the committee will talk further about a topic for another class.

Tim also informed the committee that the new exercise equipment is now in the Fitness Center. The kick/punching bag was placed in the lower level and the dumbbells on the 2nd floor. Also, after some investigating, Zito Media was too high priced for internet access in the Fitness Center for a peloton bike, therefore, the committee agreed it wasn't feasible. Tim made it aware to the committee that the annual lock combination change was effective on July 15, 2019 for the Fitness Center, and that employees will need to resubmit their annual "Release from Liability" form.

Currently for mini-challenges, we are in the "100 miles/100 days" challenge which ends on August 8. Sheets are due August 16. "Walk Across Nebraska" will be the upcoming mini-challenge from September 1 through October 5. Jamie and Tim will work together on this challenge.

For the NIRMA Online University Class, we had 19 employees participate in the 4th quarter (April-June) class on "High Blood Pressure – Reducing Your Risk." Our next class offered for the 1st quarter (July-September) will be "Defensive Driving Basics." The 2nd quarter (October-December) will be "Eating Right for Health & Fitness".

Tim supplied the committee with a copy of the NACONE wellness grant application, which was submitted June 26, 2019 and asked the committee to retroactively approve the grant submission. Marvin made a motion to approve the 2019 grant submission and was seconded by Russ. Motion carried.

Tim informed the committee that on June 11, 2019, he attended the "Worker 360° Workshop" – Thayer County Health in Hebron, NE. Lisa Henning gave the program.

In Tim's absence, Jamie will attend the August 22, 2019 WorkWell "Advanced Wellness Group" meeting in Lincoln, NE.

The Wellness Committee Bylaws have been approved by the County Board and Tim forwarded a final copy to each committee member.

Currently there is a member on the Wellness Committee that has missed 3 or more consecutive meetings. The committee agreed to ask this individual if they would like to keep their membership on the committee or withdraw.

The NE Safety Council Governors Award luncheon on October 16, 2019 in York, NE is open to any wellness committee member who would like to attend.

The wellness committee discussed the options for the wellness program redesign. The committee agreed upon running the 2020 year as a trial run for those who would like to try the wellness tracking portal by way of the online resource, "MyVia," which would consist of a wearable for logging exercise. Tim was asked to place this topic in the upcoming newsletter to gauge potential interest or comment.

The committee discussed the 2019-2020 budget and it was agreed upon to add the anticipated cost in the Dues for the WorkWell portal, MyVia. Adam made a motion to approve the budget with the additional cost added and was seconded by Bruce. Motion carried.

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

The next regular meeting will be scheduled for August 19, 2019 at 8:30 a.m.

There being no further business, the meeting was adjourned at 10:02 a.m. - Respectfully submitted by Jamie Houser, Secretary

Saline County Wellness Committee Minutes – August 19, 2019

The Saline County Wellness Committee meeting was called to order at 8:47 a.m. on August 19, 2019. Present were Marvin Kohout, Russ Karpisek, Jamie Houser, Tim McDermott, Adam Drake, Chrissy Niederklein, and Bruce Filipi. Absent were Lori Moldenhauer, Jennifer Retchless, and Kory Mullen.

In declaration of a Quorum, Tim advised those present of the open meetings law posted for review. Marvin moved to approve the agenda, seconded by Russ. Motion carried.

The minutes from the July 22, 2019 meeting were reviewed. Russ made a motion to approve the minutes from the previous meeting, seconded by Marvin. Motion carried.

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

Adam informed the committee that he reached out to the committee membership who has missed 3 or more consecutive meetings and they would like to stay on the committee. The committee agreed to allow them to be an active member.

Next the committee discussed upcoming potential wellness classes. Adam will reach out to Kevin for a part 2 class on self-defense. Jamie will also contact Allison Leonard with the YMCA to see if she would be interested in conducting another class.

Tim updated the committee on our mini-challenges. The “100 miles/100 days” concluded August 8th with 19 participants. The upcoming “Walk Across Nebraska” mini-challenge will begin on September 1st. Jamie reported we had 16 employees sign up for the challenge. The committee drew names to create 4 teams of 4.

Currently for the NIRMA Online University Class, we are offering “Defensive Driving Basics” which started July – Sept (1st Quarter). Next class will be “Eating Right for Health & Fitness” and that will run from October – December (2nd Quarter).

Tim supplied the committee with a letter from NACONE on our grant approval of \$4,744.56 and this will be awarded to Saline County at a regularly scheduled board meeting in September. Tim will send an email to all wellness committee members to attend.

Tim reminded the committee of the upcoming Nebraska Safety Council Governors award luncheon in York, NE on October 16, 2019. As of now, we have two committee members attending and anyone who would like to as well, Tim can get them registered.

Debbie with Public Health Solutions gave Tim a list of open dates they had for our Flu Shot Clinic. The committee agreed on Tuesday, October 15th. The clinic will be held at the Courthouse from 10:00 a.m. to 1:00 p.m. and the Law Enforcement Center from 2:00 p.m. to 4:00 p.m.

Next on the agenda, the committee discussed the wellness program redesign. Tim suggested to put a notice in the September newsletter to begin to collect those interested in trying the wellness tracking portal by way of the online resource, “MyVia,” which would consist of a wearable for logging exercise and indicate whether using a personal wearable device or a county owned device. Adam made a motion to purchase wearables as needed for those who would like to try the new program as a trial run in 2020. Russ seconded. Motion carried.

Tim informed the committee that Madonna Fit4Work is willing to give us a credit for the overcharge on our most recent health fair. Tim has not had much success in finding another company in handling our health fair. Russ made a motion to continue using Madonna for our next year Annual Health Fair. Bruce seconded. Motion carried.

Tim noted any suggestions for topics placed in the September newsletter to please let him know via email. The next regular meeting will be scheduled for September 30, 2019 at 8:30 a.m.

There being no further business, the meeting was adjourned at 10:16 a.m.

– Respectfully submitted by Jamie Houser, Secretary

Saline County Wellness Committee Minutes – September 30, 2019

The Saline County Wellness Committee meeting was called to order at 8:38 a.m. on September 30, 2019. Present were Chrissy Niederklein, Russ Karpisek, Jamie Houser, Tim McDermott, Bruce Filipi, Adam Drake, Marvin Kohout, Kory Mullen, and Jennifer Retchless. Absent was Lori Moldenhauer.

In declaration of a Quorum, Tim advised those present of the open meetings law posted for review. Russ moved to approve the agenda, seconded by Bruce. Motion carried.

The minutes from the August 19, 2019 meeting were reviewed. Marvin made a motion to approve the minutes from the previous meeting, seconded by Bruce. Motion carried.

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

Tim informed the committee that he is working with Kevin Vogel on scheduling a part 2 class on self-defense. The original date scheduled of October 30th had conflicts and is now awaiting a reschedule date from Kevin.

For mini-challenges the “100 miles/100 days” concluded on August 8th with a total of 23 participants. Currently we are in the “Walk Across Nebraska” mini-challenge and Jamie reported the challenge is going well. We have two teams that are battling against each other on who will cross the finish line first.

Currently for the NIRMA Online University Class, we are just finishing up with the July - Sept (1st Quarter) “Defensive Driving Basics” class with a total of 18+ participants. Next, we are offering “Eating Right for Health & Fitness” which will run from October – December (2nd Quarter). Due to low participation, if NIRMA decides to remove the classes, Tim will update the committee.

Tim updated the committee that himself, Jamie and Marvin will be attending the Nebraska Safety Council Governors Award luncheon in York, NE on October 16, 2019.

The 2019 Flu Shot Clinic that is scheduled with Public Health Solutions on October 15th will be open from 10 a.m. – 1 p.m. at the Courthouse and 2 p.m. – 4 p.m. at the Law Enforcement Center. Jamie will be overseeing the courthouse location and Kory will at the Law Enforcement Center.

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

Next, we had Nicole Osborn with Workwell explain to the committee on how the MyVia portal would operate. She explained to the committee that Workwell would tailor our wellness program to the MyVia portal. Nicole also informed the committee that not only exercise logs but all points earned towards our wellness program can be uploaded. Nicole also confirmed the price of this online portal is \$25/per person per year. Tim mentioned he will begin the process of getting our program setup with Workwell.

As of now, we have 42 employees who signed up to continue with the wellness program as it was, 17 employees signed up for the new program with a county device, and 10 would like to participate in the new program with their own device. Tim had given each committee member the cost breakdown of various Fitbits. It was seen that some committee members wanted to research each Fitbit option individually and will email their choice to Tim. Tim would like to get them ordered and given to the employees in November.

The next regular meeting will be scheduled for October 21, 2019 at 8:30 a.m. There being no further business, the meeting was adjourned at 10:32 a.m.

Respectfully submitted by Jamie Houser, Secretary

Saline County Wellness Committee – October 21, 2019

The Saline County Wellness Committee meeting was called to order at 8:42 a.m. on October 21, 2019. Present were Chrissy Niederklein, Kory Mullen, Marvin Kohout, Tim McDermott, Jamie Houser, Adam Drake, and Russ Karpisek. Absent were Bruce Filipi, Jennifer Retchless, 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, seconded by Russ. Motion carried.

The minutes from the September 30, 2019 meeting were reviewed. Russ 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.

Tim updated the committee, that due to schedule conflicts, Part-2 on Self Defense is put on hold at this time. Jamie mentioned she can reach out to Allison with the Beatrice YMCA for a topic of her choice for a possible wellness class in November.

The “Walk Across Nebraska” mini-challenge concluded with Team #2 (Tim Reetz, Hollie Zurcher, Eric Stehlik, and Marvin Kohout) winning the challenge with 459.5 miles total. Great effort was had by all teams. For the months of November and December the committee agreed on having the holiday bingo mini-challenges again this year. Looking ahead for January or February 2020, Tim informed the committee of a possible 5-week online challenge through Continuum EAP on “Know Stress.” However, this course would have a \$3.00 per person charge.

Tim reported the NIRMA Online University Class, July – September (1st Quarter) on “Defensive Driving Basics” concluded with 21 participants total. We are now offering from October – December (2nd Quarter) “Eating Right for Health & Fitness.” NIRMA clarified they will continue Online U through the spring of 2020; beyond that remains unknown.

Tim, Jamie, and Marvin attended the Nebraska Safety Council Governors award luncheon on October 16, 2019 in York to receive the Large Grower wellness award.

Tim attended the Advanced Wellness meeting on October 17, 2019 with Workwell in Lincoln and informed the committee it was an overall good informative meeting.

The 2019 Flu Shot Clinic that was held on October 15 via Public Health Solutions went very smoothly. We had 53 participants at the Courthouse and 25 total at the Law Enforcement Center. 56 of those participants were Saline County employees.

Tim informed the committee that he will be scheduling a planning meeting with Madonna Fit-for-Work in regards to the 2020 Health Fair.

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

Next, the committee discussed the different options of the Fitbits and had poll results from the 17 county employees that signed up to use a Fitbit from the county. After discussion, Adam made a motion to purchase the Charge 3 Fitbit, seconded by Russ. Motion carried. Tim will get them ordered and also suggested putting screen protectors on each Fitbit to further protect from daily wear.

Adam supplied Tim with an example of an “Acknowledgement of Receipt of County Property” agreement form which Tim shared with the committee for the Fitbits and it was by general consensus agreed upon to use.

Next, the committee went through the 2019 wellness booklets making changes for the 2020 year and incorporating the option #2 (wearable device) into the 2020 wellness booklets along with the standard option #1 program. Workwell is awaiting alterations or changes to our program before configuring our script for MyVia portal use.

The next regular meeting will be scheduled for November 18, 2019 at 8:30 a.m. There being no further business, the meeting was adjourned at 10:11 a.m.

Respectfully submitted by Jamie Houser, Secretary

Saline County Wellness Committee – November 18, 2019

The Saline County Wellness Committee meeting was called to order at 8:37 a.m. on November 18, 2019. Present were Tim McDermott, Russ Karpisek, Jennifer Retchless, Marvin Kohout, Kory Mullen, Chrissy Niederklein, Jamie Houser, Adam Drake, and Bruce Filipi. Absent were 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, seconded by Russ. Motion carried.

The minutes from the October 21, 2019 meeting were reviewed. Russ 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.

Tim reminded the committee that on November 20th at 5:30 p.m. Allison Leonard, with the Beatrice YMCA, will be conducting a wellness class on “Mindfulness.” The class will be in the extension room and Jamie will inform Allison of the class location.

Currently we are in the November Bingo mini-challenge. Then in December we will following up with another bingo challenge to finish out the year. Tim suggested a 5-week mini-challenge through Continuum EAP on “Know Stress” which starts mid-January through February. This challenge has some costs associated through Continuum EAP of a \$200 administration fee plus \$3.00 per each participate. Adam questioned if it was all online and Tim verified it in fact was. Russ feels this would be a good mini-challenge to offer and made a motion to participate in the upcoming challenge with Continuum EAP, seconded by Jennifer. Motion carried.

For the NIRMA Online University class, we are currently offering from October – December (2nd Quarter) “Eating Right for Health & Fitness.” The committee agreed upon “Understanding Prediabetes” for the January – March (3rd Quarter) class offered.

Tim informed the committee that the 2020 Health Fair has been scheduled for Tuesday, February 11th from 5:00 – 8:00 a.m. at the Law Enforcement Center and then Wednesday, February 12th from 5:00 – 8:00 a.m. at the Courthouse.

Next, the committee reviewed and discussed the 2020 draft copy of the Wellness Program that Tim provided. As no changes were noticed, Adam made a motion to approve the 2020 Wellness Program booklet, seconded by Russ. Motion carried. Tim will submit the draft booklet to the County Board for final approval on November 26th. Once approved he will send for printing and will get the new program booklets distributed in December.

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

Added to the agenda, Tim wanted input on offering to all employees a Madonna Fit for Work Tobacco Cessation program to help anyone who needs extra assistance in trying to quit the habit. The cost is \$150 for the 6 week program per individual that the committee would cover the cost. This program would be offered to all Saline County employees through June 30, 2020 and no additional points will be offered. Adam made a motion to offer the 6 week tobacco cessation program to any employee wanting further assistance, seconded by Kory. Motion carried.

Chrissy also made mention that if we could put in the newsletter or sent out an email about cleaning all equipment and weights after individual use.

The next regular meeting will be scheduled for December 16, 2019 at 8:30 a.m. There being no further business, the meeting was adjourned at 9:27 a.m.

Respectfully submitted by Jamie Houser, Secretary