

MARCH 3, 2016

WELLNESS COMMITTEE MEETING:

PRESENT:

Patty Holeton, Tina Hauger, Jamie Petersen, Mark Shoemaker, Jamie Smothers, Jeanne Pfeifer, Bill Kealy, Ryan Avis, Katie Pattee, Brady DeYeager, Scott Manz, Miranda Clark, Ashley Gray, Karen Foreman, Suzanne Tanner, Mary Davis, Mike Williams, Merry Foyt, and Marilyn Jo Drake.

BUSINESS MEETING:

Patty Holeton brought the meeting to order at 1:30 P.M. The February minutes were read and approved.

Discussion was tabled on our By-Laws.

Update from Mary Davis:

Lockton sent a survey for our committee to send to employees. Mary has returned it to Lockton requesting some changes. Tina suggested that our committee wait a period of time before sending out the survey, to give employees more time to have some experiences. Mike Williams agrees with Tina, stating we will get a lot of neutral answers if we send out the survey now. Patty suggests that it might be practical to send the survey now, and then again later. Scott agrees saying all feedback would be positive for the committee. A vote was held and the committee voted to send two surveys.

A quarterly review with nurses will be held. Ryan Avis recommends an area on the survey to specify how many times an employee meets with a nurse.

Patty then discussed sub-committees:

1. Physical Fitness
2. Nutrition
3. Mental Health
4. Technology and Information

Jamie Petersen:

I will set up group email communications for all of our committee. I'll put in a calendar invite to our meetings with minutes, agenda, etc. Concerning the website: we will do it within the framework of Pottawattamie County "Word Press". Tina suggests we link our page to that of the Board of Supervisors. Mary suggests we send the email to department heads and notify employees to go to this website for Wellness information. Jamie Petersen suggests the committee not use a protected website. He feels no passwords. It is not a blog. Info portal only. Mike offered that we try it one way and revise to suit. Jeanne states the committee add " for Pottawattamie County Employees Only". This website will be for information only, no personal information.

Patty Holeton:

Patty than returned to the subject of sub committees. She wants them to meet this month. Mike sanctions the above suggestions. Patty feels we could develop a calendar and post our activities on the website. Scott Manz asks if we could incorporate with the YMCA? Nurse Merry Foyt agrees that one sub committee should be Mental Health as we could offer Yoga, Stress Management, Non-Smoking ability, etc. She also feels we could offer Lunch and Learn sessions. Patty stresses we must not leave anyone out no matter how far they live. We must reach our rural and distanced towns.

Mike suggests we offer an activity quarterly. Karen Foreman agrees with quarterly activities but believes we need lots of activities to give every employee a choice. Manz suggests we order and distribute posters. Tina Hauger suggests we initiate a logo contest for a name for our committee. She feels the area high schools should be invited to participate. Everyone agreed.

Sub-Committees:

The following volunteers will serve on these sub-committees:

1. Physical Fitness:.....Tina, Bill, Brady, Vicki, Suzanne
2. Mental Health:.....Ashley, Miranda, Karen
3. Nutrition:.....Jamie Smothers, Katie, Jeanne, Brady
4. Information:.....Jamie Petersen, Mary, Patty

Merry Foyt, Mary Davis, and Mike Williams will do the stats. Ryan Avis and Mark Shoemaker will serve on the Wellness Participation Committee.

Merry has offered to inform us what program Lockton celebrates each month.

By-Laws:

The following have volunteered to serve on the By-Laws Committee:
Scott, Kerrie, Jeanne, Kris

Merry asked about incentives. Mike suggests we get participation going first. Open enrollment will be in June. Mary states the Board has not discussed incentives for the next fiscal year. The Senior Center of Council Bluffs would like to come and speak to our committee.

Next meeting will be April 7, 2016 at 1:30 P.M. in the Board Room.

Note:

Tina called back and would suggest changing the school age of children available to be in a "logo" contest to that of 6th, 7th, and 8th, due to high schools being so busy with their own schedules.

Respectfully Submitted

Marilyn Jo Drake
County Auditor

Note: Please inform Marilyn of name misspellings, wrong committee assignments, etc. Thank you.