

September 1, 2016

## WELLNESS COMMITTEE

The September meeting for the Wellness Committee met at 1:30 P.M. on the above date in the Pottawattamie County Board Room, Chair Person Patty Holeton presiding. Present: Mark Shoemaker, Conservation; Ashley Gray, Community Services; Victoria Larsen, Jail; Jeanne Pfeifer, Recorder; Jamie Smothers, Treasurer; Jamie Petersen, GIS; Suzanne Tanner, Veterans; Mary Davis, Human Relations Director; Scott Belt, Supervisor; Mike Williams, Insurance Consultant; and Marilyn Jo Drake, Auditor

### OLD BUSINESS:

Discussion on the upcoming "Lunch and Learn" sessions. The sessions will be 30 minutes in length; everyone bring their own sack lunch, Patty will send flyers to all; the meeting date is September 20, 2016; and Patty will confirm this date with our first guest, Mouw Chiropractic (Wellness Champions).

Next Step Challenge: We now have 20 teams signed up for the challenge. We can still add teams, but the pedometer might cost an additional \$5.00 each. Patty is questioning whether we should have a prize for the winning team for Pottawattamie County. This event is a state wide challenge in Iowa. There was lots of discussion on the \$3.99 limit on a gift amount for public employees. A traveling plaque was discussed. Everyone entered will be able to track their own steps into the program.

### New Business:

#### Communication Process:

Mary Davis questioned the line of communication regarding our Wellness Effort. Should we notify department heads first and they pass the data on to their employees? Should the Wellness Committee send the data straight to all office personnel? After discussion the decision was to send notification through both.

Patty then passed out a sheet on the Wellness Program—a questionnaire on interest in the program. To obtain participation shall we send an email with a link?

She has requested that each committee member take the sheet with them and tweak it and return it to the October meeting. It was decided that the questionnaire will go to all employees, not just Wellness members. Then discussion took place on some amenities for our employees. Jeanne Pfeifer asked if a cafeteria could ever be added to the Courthouse. Also, if there was any room available for employees to use on their break, for a rest period. Board of Supervisor Scott Belt noted there is a possibility that one could be added when the County redoes the Law Enforcement wing.

### WELLNESS PARTICIPATION:

Single and Family incentive = \$30.00

Disappointing amount of spouses participating

Mike Williams: The incentive amount can be changed, but remember, we are just starting out, feeling our way, trying to see what encourages participation most greatly. We can allow more family incentive by half if the Committee elects this.

August 31<sup>st</sup> is the deadline for the Health Risk Assessment (HRA) to be completed and turned in.

September 30<sup>th</sup> is the deadline for the doctor physical exam to be completed and turned in.

Mary Davis reviewed the law on “gifts for public workers” and found food at a meeting is not described as being a gift, therefore, it will be acceptable for our speakers to provide us food, should they desire to do so.

Next meeting will be October 6<sup>th</sup>, 2016.

Motion by Victoria Larsen, seconded by Mark Shoemaker to adjourn. Unanimous vote aye. Carried.  
2:38 P.M.

Respectfully Submitted:

Marilyn Jo Drake

Secretary