

“Building healthier lives for Douglas County employees by empowering lifestyle change through education and support.”

**MINUTES OF THE DOUGLAS COUNTY EMPLOYEES’ WELLNESS COMMITTEE
JANUARY MEETING
January 20, 2009**

The following members were present:

Tina Acosta	Kevin Colon	Kathy Goodman
Jan Johnson	Carol Jennings	Connie Lehman
Lee Lazure	Brian Burleigh	Jane Faust
Denise Lickei	Jennifer Beisheim	Maryann Borgeson

Kathy Goodman welcomed the committee.

Kathy confirmed that everyone was on board with the mission statement as follows and the apple logo

The Mission Statement:

“Building healthier lives for Douglas County employees by empowering lifestyle change through education and support.”

The committee was asked to list their top three team names out of over 100 team name suggestions that were submitted. The top two voted were “Healthy Directions” and “Commit to be Fit.” It was decided that Healthy Directions would be the Team Name and “Commit to be Fit” would be used as the tag signature. Connie will work to put the team name on the apple logo and send the art work out to the committee members before the next committee meeting.

There was discussion on incentive donations for the Health Assessment Campaign and concerns if County employees could ask area business for such donations. It was decided to ask for a formal opinion from the County Attorney’s Office not only if donation requests could be made to area business on behalf of an incentive gift for the Health Assessment Campaign but also if any County Medical Funds can be utilized for such incentive promotion. Kathy Goodman will prepare the “request for opinion” regarding both questions. Until an opinion is received from the County Attorney all requests for incentives are on hold.

The committee discussed the timeline to begin the Health Assessment Campaign. It was determined that the committee would sponsor the campaign in April with specific dates and times will be determined later. That would be enough time to get an opinion from the County Attorney’s Office on the incentive promotion and to set up the campaign to be successful. It was also discussed how employees that do not have access to the internet would be able to complete the assessment since it is all on line with United Healthcare. A paper assessment would have a cost associated and therefore the internet access would be desired. Kathy mentioned that she would work on gaining a kiosk set up at the larger locations such as Correction, Sheriff, Health Center and potentially the County Roads department so all employees could have the ability to take the HAS.

In Other business there was discussion on sponsoring a Health Fair with blood pressure checks, and other routine checks. Jan Johnson mentioned the possibility of Excel Therapy assisting in this venture. Other types of program ideas were mentioned such as walking clubs, smoke free assistance, Weight Watchers Program, etc. There was also discussion on the role of the committee as each member sees this role. There was further discussion regarding an Employee Needs Assessment brought by Brian Burleigh. Brian has had discussion with his contact at the Med Center regarding a student taking this on as a project at no cost to Douglas County. Brian will follow up on getting this started around the same time frame as the Health Assessment Survey. There was discussion having fund raising efforts such as selling t-shirts or other materials to sell in an employee store of sorts. More discussion to follow on these items in upcoming meetings.

No further business the meeting was adjourned with the next meeting February 17th @ 1:30p in Room 505 Human Resource conference room.