

*Subject: WELLNESS COMMITTEE MEETING*

*January 9, 2020*

**WELLNESS COMMITTEE MEETING**

ATTENDANCE: Maria Sieck, Cheri Dahlheim, Gary Scott, Mark Shoemaker, Elizabeth Glenn, Jana Lemrick, Kellie Kincaid, Veronica Ross, Danielle Bentzinger, Angie Christensen, Nick Jedlicka, Kris Wood, Stephanie Dow, Cortny Garmong, Cat Teetor

**AGENDA:**

Motion to approve by Veronica Ross, seconded by Nick Jedlicka. Carried.

**MINUTES:**

Motion to approve by Elizabeth Glenn, seconded by Kris Wood. Carried.

**Election of Officers:**

Nomination for Chairperson: Maria Sieck self nominated, seconded by Veronica Ross. Carried.

Nomination for Vice Chairperson: Cheri Dahlheim nominated by Veronica Ross, seconded by Kris Wood. Carried.

Nomination for Treasurer: Becky Lenihan is not interested in continuing, Elizabeth Glenn declined nomination. Dixie Wilson nominated by Cheri Dahlheim, seconded by Danielle Bentzinger. Carried.

Nomination for Secretary: Veronica Ross nominated by Cheri Dahlheim, seconded by Mark Shoemaker. Carried.

**OLD BUSINESS:**

1. Budget Update
  - a. The budget has been increased to \$3000
  - b. Current balance as of 12/5/19, \$1309.55
  - c. Motion to approve 2020 budget by Kris Wood, seconded by Nick Jedlicka. Carried.
  
2. 2020 Project Updates
  - a. January weight loss challenge-Cortney Garmong suggested that a Lockton Nurse is on staff to meet with employees for coaching, we could ask her to weigh and measure employees.
  - b. Live Health Iowa-Lockton offered to donate a prize for this challenge.
  - c. Run/Walk-Someone from Conservation will be added to this committee.
  - d. Membership drive: how do we want to increase membership, emails?

**NEW BUSINESS:**

1. 2020 Meeting Dates: 1/9/2020, 4/2/2020, 7/9/2020, & 10/1/2020 with additional budget meetings on 5/7/2020 & 12/3/2020.

Motion to adjourn by Elizabeth Glenn, seconded by Veronica Ross. Carried.

**OTHER BUSINESS:**

1. Extension Program Enrollment Reopening-7 employees took advantage of the extension, 5 employees started but are missing data, Jana will look into what pieces are missing. We will not be having an extension next year.

Motion to adjourn by Elizabeth Glenn, seconded by Veronica Ross. Carried.

Next meeting: 4/2/2020

Respectfully Submitted:  
Jana Lemrick, Secretary  
Wellness Committee