
Le Sueur County, MN

Tuesday, April 22, 2014

Board Meeting

Item 4

9:20am Cindy Westerhouse - Human Resources Director

Retirement

Trial Period Completed

Wellness Plan

Staff Contact:



Human Resources

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Cindy Westerhouse – Human Resources Director

HUMAN RESOURCES DETAILED AGENDA ITEMS April 22, 2014

Recommendation to accept the retirement request from Terry Sladek, part time Homemaker in Public Health, effective April 28, 2014. Terry has been employed with Le Sueur County since January 1995. The Public Health Director and Supervisor indicated the position would remain vacant at this time.

Recommendation to grant regular status to Judy Hepworth, full time Social Worker Team Leader in Human Services, effective April 21, 2014. Judy has completed the six-month trial period. Sue Rynda, Human Services Director, recommends granting regular status to Judy as she has been performing the duties and responsibilities of the position.

Recommendation to approve the 2014 Wellness Plan Program. The South Central Service Cooperative Wellness and Health Promotion Program (Wellness Program) is a result of recommendations set forth by the SCSC Insurance Advisory Committee and approved by the Board of Directors to encourage the goals outlined. Participation in the program is voluntary and the programs are coordinated at the individual participant sites. (A “participant” is defined as an entire employer group). The wellness dollars have increased from \$20.00 per person to \$40.00 per person. If the dollars allocated to our County are not used, we will lose the funds.

Equal Opportunity Employer



Le Sueur County Wellness Committee

Le Sueur County Wellness Program Plan 2014

The intent of the Le Sueur County Wellness Program is to improve the physical, mental and social well being of all individuals. The overall goals of the program are healthier, happier employees with an improved self-esteem, increased job performance, a decrease in the usage of sick days and ultimately a lower health plan utilization rate. Counties have specific authority for a wellness program under Minn. State. 15.46.

Through an opportunity from the South Central Service Cooperative, Le Sueur County developed a Wellness Program for 2014.

January – December 2014

Wellness articles from various resources, such as Blue Cross Blue Shield Wellness Center, are printed in the Employee Newsletter. Newsletters distributed every three months.

April 2014

Purchased batteries for AED devices at county buildings.

April 21 - May 3, 2014

Wellness Event - Employees received a calendar to keep track of nutrition and physical activity. At the end of the day, they check off if they met the goals. The goal at the end of the two weeks is to see an improvement in your nutrition and physical activity. Employees will receive a \$5.00 gift card to Subway.

April 29, 2014

Financial Wellness Event - Employees attended retirement planning sessions regarding Deferred Compensation 457 plans, health care cost assessments, Roth IRA and health care savings plan. Employees will receive a healthy snack and an identity guard wallet.

June 18, 2014

Employee's Assistance Program - Resilience Training - Employees will receive a stress ball.

June 2014

To promote drinking plenty of water, employees will receive infusion water bottles. Wellness Committee will have drinking stations with fruit infused water for employees to sample and vote for their favorite.

July 2014

Event to promote seat belt safety. Wellness Committee will check employees upon arrival to work if they are wearing their seat belts. Employees will receive an emergency punch and seat belt cutter.

August 2014

Event to promote nutrition to include eating more fruits and veggies. Employees will receive a 'On The Go Salad Shaker'.

October 2014

Event to promote physical activity at work to get employees to move during the day. Employees will receive an exercise resistance band.

November 2014

During open enrollment, employees will receive a healthy snack and an apple to promote healthy snacks.

December 2014

Campaign to promote choosing healthy food items during the holidays. Fruit and veggie trays will be distributed to employees.