

CLEVELAND COUNTY WELLNESS COMMITTEE

MINUTES

FRIDAY, JUNE 30, 2017

9:00 a.m.

The regularly scheduled meeting of the Cleveland County Wellness Committee was called to order this 30th day of June 2017 in the conference room at 122 E. Eufaula Street by Chairman Rod Cleveland. Tammy Belinson, County Clerk/Secretary, called roll:

Those present were: Rod Cleveland, Tammy Belinson, Doug Warr, John Roberts, Jacob McHughes, Bryant Rains, Alison Vinson, Brian Wint, Brenda Hill, George Mauldin and Christina Newburg.

Those absent were: Carrie Welles, Jamie Roye, Leann Clements and Bryan Jenkins.

Ex-officio members present: Linda Atkins, Brittany Marshall, Joanna Parker and Meredith Rowland, NP, Aley Cristelli and Kimberly Bray.

After the reading of the minutes of the Regular meeting of **May 26, 2017** and there being no additions or corrections, John Roberts moved, seconded by Jacob McHughes, that the minutes be **approved**.

The ayes have it and the motion is carried.

A. Items of Business:

1. Chairman Cleveland called for discussion regarding the **Employee Health Fair** on September 27, 2017.
Joanna Parker said that she has a flyer made up for the Health Fair and submitted to the Chairman. She said that it was discussed having the fair outside at the last meeting and will try to find out if the vendors will provide their own tents.
2. Chairman Cleveland called for discussion regarding **Passport Health and Wellness Screenings**.

Alison Vinson said that she met with Kimberly Bray and Joanna Parker on the Passport Health and Wellness Screenings. She said that they will come in and take vital signs and ask questions. She complimented Passport Health and Wellness Screenings on the services that they offer. Alison Vinson said that Yeaman Clinic will partner with them on follow-up with the employees.

Kimberly Bray said with every screening they offer A1C that they can get within minutes and they do an on sight bone density scan that takes about a minute. They can send out providers to do a basic exam and health history. They offer vaccines for shingles, pneumonia, flu, etc. She said they network with many insurance companies.

3. George Mauldin presented on **County Wellness Gym Facility** and stated that Phase II was approved and construction is going forward. In his opinion it will greatly increase the usage.

May 2017 Overview

- Current registered users: 352
- Busiest day: 20
- Total number of users for May: 213
- Reported Injuries: 0

4. Emergency Management Director George Mauldin reported on **Wellness Committee issues**. He said there is a weight challenge taking place and he will let Teresa Heard speak to that proposal.

Teresa Heard said that the County Treasurer's office plans to do a weight loss challenge. It was done one time before and they would like to do it again. She said the County Treasurer, Jim Reynolds, suggested getting other offices involved by making it a competition between offices. She said there are cash prizes for incentives. She explained how to enter the challenge.

OSU Extension Director Brenda Hill said she developed a program for Oklahoma Home and Communication because she was seeing more and more of them getting heavy. Along with that come all types of diseases. The program is based on portions, exercise and nutrition. The end result was a weight loss of over 800 pounds. She said the presentation would take thirty minutes. It is based on visualizing portions as being no larger than a clenched fist which is the same size as the stomach. She asked how many people overfill their stomachs every meal. She listed all types of little tricks to do to control the temptation to over eat. She is willing to come and give a presentation to help people think to stop the urge to overeat.

Rod Cleveland said we should train the mind to eat for energy, not for pleasure.

5. Meredith Rowland, NP, **Employee Health Clinic**, said that she has some information for the flyer put together.

B. There was no **new business** to present at this time.

- C. During **Wellness Committee Members** discussion regarding **Business**, Chairman Cleveland discussed the possibility of having a community employee garden.
Teresa Heard said the Weight Challenge will last ten weeks and start July 17, 2017.
Alison Vinson discussed scheduling chair massages for the employees on July 18, 2017 and will send a link to everyone. They will be here for four hours.
- D. There being no further business to come before the Board, Tammy Belinson moved that the meeting be adjourned at 9:27 A.M. The motion was seconded by Jacob McHughes.
The ayes have it and the motion is carried.

(Clerk's Note: Agenda was posted on June 27, 2017 at 4:02 PM)

Cleveland County Wellness Committee
CLEVELAND COUNTY, OKLAHOMA

Doug Warr

~~Rod Cleveland, Chairman Absent~~

Doug Warr, Member

ATTEST:

Tammy Belinson

Tammy Belinson, County Clerk and Secretary to the Board

Minutes Prepared by: *Linda Atkins*

Deputy County Clerk





FITNESS CENTER

Cleveland County Annex Building
122 East Eufaula Street
Norman, Oklahoma 73069

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