



CLEVELAND COUNTY WELLNESS COMMITTEE

MINUTES

FRIDAY, JANUARY 26, 2018

9:00 a.m.

The regularly scheduled meeting of the Cleveland County Wellness Committee was called to order this 26th day of January 2018 in the conference room at 122 E. Eufaula Street by Chairman Rod Cleveland. Roll was called by Tammy Belinson, County Clerk/Secretary:

Those present were: Rod Cleveland, Tammy Belinson, Douglas Warr, John Roberts, Jacob McHughes, Leann Clements, Bryan Jenkins, Alison Vinson, Brian Wint, Brenda Hill, George Mauldin and Christina Newburg.

Those absent were: Carrie Welles and Bryant Rains.

Ex-officio members present: Linda Atkins, Aley Cristelli, Brittney Marshall, Jennifer Slawson, Meredith Rowland, NP, and Tony Terrill.

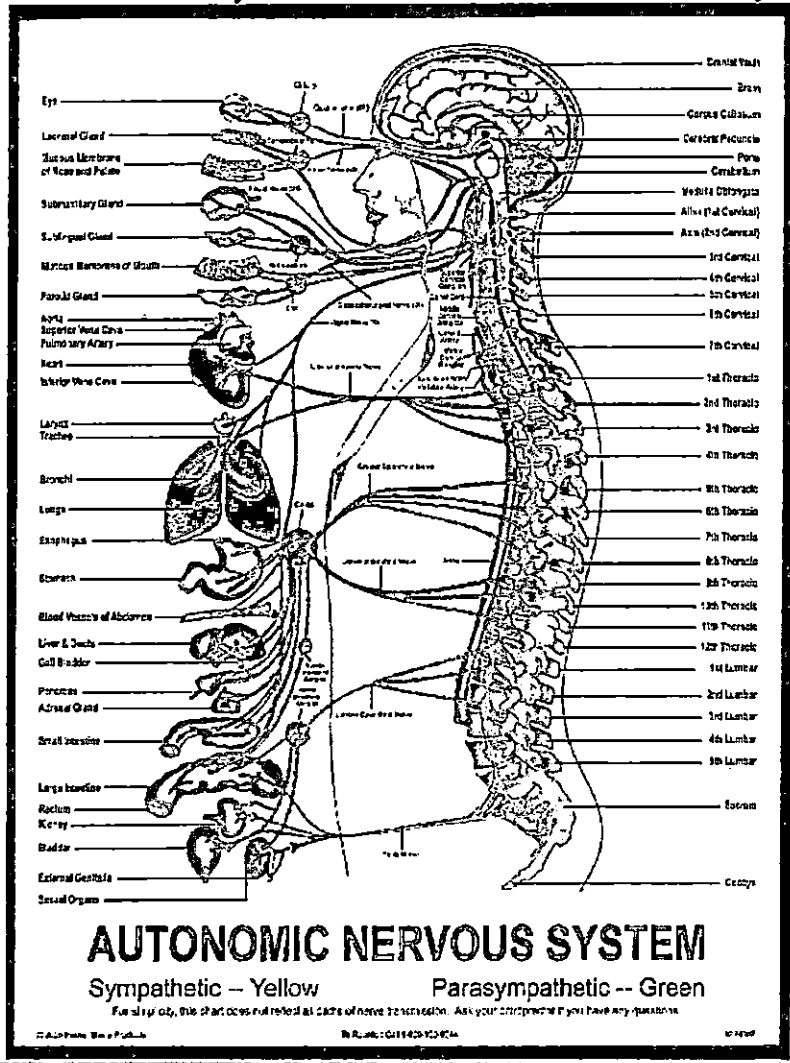
After the reading of the minutes of the Regular meeting of **December 29, 2017** and there being no additions or corrections, Brian Wint moved, seconded by Alison Vinson, that the minutes be **approved**.

The vote was: Rod Cleveland, yes; Tammy Belinson, yes; Douglas Warr, yes; John Roberts, yes; Jacob McHughes, yes; Leann Clements, yes; Bryan Jenkins, yes; Alison Vinson, yes; Brian Wint, yes; Brenda Hill, yes; George Mauldin, yes; Christina Newburg, yes.

Motion carried.

A. Items of Business:

1. Dr. Matt Spaulding, **Dr. of chiropractic medicine**, explained the benefits of chiropractic medicine. He passed out information on the Chiropractic Wellness Health from Within. (Copies of the handouts are attached hereto and made a part of these minutes.)



He said that all ages can benefit from the help of a Chiropractor. He said the spine is curved at the neck and curved at the lower back. He said if you work at a desk all day, you need to get up and walk around because the muscles draw up. The exercise equalizes the hip muscles and stretches those out. Your back will cause you to stoop when you get up and feel tight because it is tilting the pelvis forward and not allowing you to stand up straight. After years of working in an office you may end up with a lot of back issues.

Chairman Cleveland said that the employees can choose to have a Veridesk which will raise and lower to allow the employee to stand up or sit down. It is very versatile.

Dr. Spaulding said that is a good thing. He said that carpal tunnel syndrome is an over diagnosed as well as a misdiagnosed condition and can often come back even after surgery. He said no offense to anyone that has had the surgery, but he likes to make people aware there is a more noninvasive approach.

He said that by keeping the nervous system aligned everything is going to work as it should. He described the nervous system and how it controls the body. Nothing works unless the nervous system tells it to work and is the only system encased by bone signifying its importance. He said a Chiropractor can help by lining up a misalignment of the vertebra and retrain the muscle memory to make it stay in position.

2. Chairman Rod Cleveland updated on proposed **Community Garden**. He said a meeting took place with the master gardeners that want to take on the project. He asked them to draft a plan such as doing container gardening in the courtyard. Discussion was had on raising an herb garden and teaching the medicinal benefits in incorporating them in the diet. In the next few months some people will come in to do some lunch and learn sessions. He asked each one in attendance today to tell their offices about the employee garden project and to reply with a list of names of those interested in the project.
3. Alison Vinson, HR, updated on health and wellness matters for county employees. She said they will give a demo to see if it is something the county would like to do and be worthwhile. It was the general consensus to have them do a demonstration.

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From personal use only

Integrity Data Salesperson	Chris Murray	Chris Murray	Integrity Data
Company Name	Integrity Data	Company Contact (Full Name)	Chris Murray
Address	125 N. Kalamazoo Street	Job Title	Director of Sales
City	Indianapolis, IN	E-Mail Address	cmurray@integritydata.com
State	IN	Phone Number	317-542-5363
Zip	46204		
Payment Method	ACH	*Monthly payments will require ACH set up now	
Card Number (Optional)			
Total Employees	400		
Year Employees Hired Month	01/2018	Annual Cost Per Employee	\$18.50
2 Year Pay In Advance Price	\$42,000	Current Subscription Type	\$11,250.00
One Time Payment Fee	\$1,000.00		
Total Year 1 Cost	\$43,000.00		

Note: The One Time deployment fee is due at the time of acceptance and non-refundable billing is yet to be determined.

Integrity Data
125 N. Kalamazoo Street
Lancaster, IN 46206

Confidential 217-738-3727

4. Tony Terrell, Project Manager **updated** on County Wellness Gym Facility and presented the following report:



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

Meeting Date
January 26, 2018

NOVEMBER, 2017 OVERVIEW

- Current registered users: Over 400
- Busiest day: 16
- Total number of users for November: 184
- Reported Injuries: 0

DECEMBER, 2017 OVERVIEW

- Current registered users: Over 400
- Busiest day: 15
- Total number of users for December: 116 (Dec. 1st – Dec. 20)
Sign-in was out of order from Dec. 20 to 31st
- Reported Injuries: 0; however, 1 with the cleaning crew

Registered number of user is up. Usage is up from the last few months.
Phase 2 of the fitness center is 100% completed which included showers, restrooms, men and women changing areas, along with a dedicated outside entrance from the employee parking lot.

During the November, 2017 meeting it was brought up that some departments are requesting a leg press machine. I did some research and it was brought to my attention that the original purpose of the fitness center was to focus on cardio and healthy living, that being said, after conversations with the weight equipment representative and the former project manager, Mr. Todd Gibson; we feel that the fitness center is currently serving its purpose and that no new equipment will be added at this time; however, that does not mean that we won't continue to evaluate for possible equipment additions in the future.

Please let your departments know to notify Tony Terrell if there is anything that needs attention within the fitness center. This includes issues with the sign-in, cleaning materials, water, identifying mis-use of equipment, etc., please don't let issues linger, we are more than happy to resolve immediately.

Recently it was noticed that someone had messed with the TV settings through the remote and a lot of the channels were blocked. The TV's are here for everyone's enjoyment and to help with making working-out a pleasurable experience. Please remind your departments that this is a good way to start losing privileges within the fitness center.

Please remind your departments that anyone using the fitness center must have filled out the enrollment form and list any family members that also want to use the fitness center, and that each user must have signed the 'Release and Hold Harmless Agreement'.

5. George Mauldin, Emergency Management Director, discussed some **Wellness Committee** issues. Training at the Detention Center was completed and is lining up more training on the use of X-Ray Machines next week.

6. Meredith Rowland, NP, updated on the **Employee Health Clinic**. She said that a number of people have been sick and reminded everyone to wash their hands as often as possible to fight germs.

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

C. No **Wellness Committee Members** discussion regarding **Business** at this time.

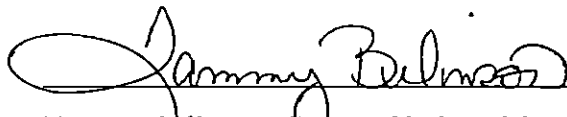
D. There being no further business to come before the Board, Tammy Belinson moved that the meeting be **adjourned** at 9:42 A.M. John Roberts seconded the motion. The ayes have it and the motion is carried.

Cleveland County Wellness Committee
CLEVELAND COUNTY, OKLAHOMA

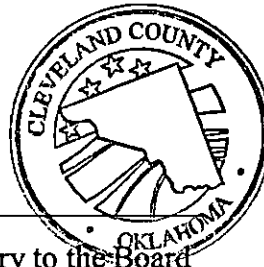


Rod Cleveland, Chairman

ATTEST:



Tammy Belinson, County Clerk and Secretary to the Board



Minutes Prepared by:



Deputy County Clerk