



**CLEVELAND COUNTY WELLNESS COMMITTEE**

**MINUTES**

**FRIDAY, FEBRUARY 23, 2018**

**9:00 a.m.**

The regularly scheduled meeting of the Cleveland County Wellness Committee was called to order this 23<sup>rd</sup> day of February 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, Alison Vinson, Brian Wint, George Mauldin and Carrie Wells.

**Those absent were:** Jacob McHughes, Leann Clements, Bryan Jenkins, Christina Newburg and Brenda Hill.

**Ex-officio members present:** Linda Atkins, Sarita Scott, Brittney Marshall, Jennifer Slawson, Holly Proctor, Alexis Verplank, Tony Terrill and Meredith Rowland, NP.

Others present were: Dave Moravec and Tom Franz, Associates of Integrity Data.

After the reading of the minutes of the Regular meeting of **January 26, 2018** and there being no additions or corrections, Alison Vinson moved, seconded by John Roberts, that the minutes be **approved**.

The vote was: Rod Cleveland, yes; Tammy Belinson, yes; Douglas Warr, yes; John Roberts, yes; Alison Vinson, yes; Brian Wint, yes; George Mauldin, yes; Carrie Wells, yes.

Motion carried.

**A. Items of Business:**

1. **Chairman Cleveland** said that he had a few people respond back on the proposed **Community Garden**. Discussion was had about what to plant and how to make the raised beds. Since one of the master gardeners specializes in herb gardening, Chairman Cleveland suggested setting up a time for lunch and learns. Tammy Belinson recommended scheduling two opportunities so everyone may attend.
2. Alison Vinson, HR, introduced Integrity Data representatives Dave Moravec and Tom Franz, to talk about the financial wellness software.

Dave Moravec said he is the Sales Manager for Integrity Data that is based in Lincoln, Illinois, half way between Chicago and Saint Louis. His colleague, Tom

Franz, was in attendance. Together, their professional experiences have spanned more than twenty years in supporting Human Services and Payroll solutions. Mr. Moravec was available for questions at the end of the presentations. The reason for the presentation is that well-being goes beyond physical well-being. In the office environment, the employee may stress about bill paying. One will benefit by removing stress from the equation. Employees are more likely to stay on the job and satisfied with their career choice. This is why Integrity Data developed the software to help relieve financial stressors.

He assured everyone that the app has no pop-up ads, like many of the ads that occur on the phone. The app respects everyone's privacy and promises to keep all the information confidential. The information is not shared with anyone including the employer. A money coach is available, not a financial planner, which is different. The app helps with all budgeting issues and wealth management issues and is completely free to the employee.

3. **Update** was presented by Tony Terrell, Project Manager, on County Wellness Gym Facility.



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

Meeting Date  
February 23, 2018

**JANUARY, 2018 OVERVIEW**

- Current registered users: Over 400
- Busiest day: 16 (1-22-18)
- Total number of users for January: 173
- Reported Injuries: 0

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 January, PR Fitness came and did a complete maintenance on all the equipment to make sure it was in safe working condition. They are going to get back to me some estimates for some padding on some of the equipment. Please let me know if there is anything that you feel may be needed.

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.

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'.

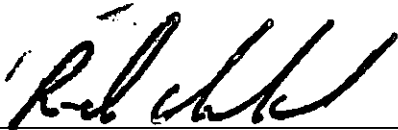
4. No **updates** at this time from Emergency Management Director regarding Wellness Committee issues.
5. Meredith Rowland, NP, updated on the **Employee Health Clinic**. She said that they will be in the new clinic by March 5, 2018.

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

**C.** During **Wellness Committee Members** discussion regarding **Business**, Chairman Cleveland asked Alison Vinson to make an inquiry on the Dave Ramsey programs for financial planning and budgeting.

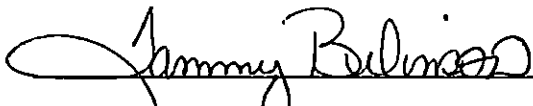
**D.** There being no further business to come before the Board, Tammy Belinson moved that the meeting be **adjourned** at 9:55 A.M. John Roberts seconded the motion. The ayes have it and the motion is carried.

**Cleveland County Wellness Committee**  
-CLEVELAND COUNTY, OKLAHOMA



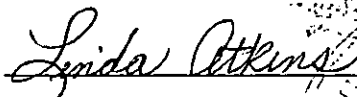
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Rod Cleveland, Chairman

**ATTEST:**



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Tammy Belinson, County Clerk and Secretary to the Board

Minutes Prepared by:

  
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Deputy County Clerk

