



**CLEVELAND COUNTY WELLNESS COMMITTEE**

**MINUTES**

**FRIDAY, APRIL 27, 2018**

**9:00 a.m.**

The regularly scheduled meeting of the Cleveland County Wellness Committee was called to order this 27th day of April 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, John Roberts, Alison Vinson, Jordan Unger, Brian Wint, George Mauldin Jacob McHughes, Christina Newburg and Carrie Welles.

**Those absent were:** Douglas Warr, Bryan Jenkins, Bryant Rains and Brenda Hill.

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

After the reading of the minutes of regular meeting of **March 23, 2018** and there being no additions or corrections, Brian Wint moved, seconded by John Roberts, to **approve** the minutes. The ayes have it and the motion is carried.

**A. Items of Business:**

1. Alison Vinson, HR, had no **updates** to report at this time on health and wellness matters for county employees.
2. George Mauldin **updated** for Tony Terrell, in his absence, on County Wellness Gym Facility. He said that the numbers are climbing each month and asked about issuing card key to family members of the county employees. Chairman Cleveland said that he will address this matter to the other County Commissioners.



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

Meeting Date  
April 27, 2018

**MARCH, 2018 OVERVIEW**

- Total number of users for March: 242
- Busiest day: 18 (3-27-18)
- Reported Injuries: 0

Registered number of user is up. March usage was up by 23 users from February, 2018. The 242 users is the most since I have been here at Cleveland County, so it appears to me that people are trying to get ready for summer, LOL.

We added the recycle bins a couple months ago, and it appears that people are getting used to them. Please remind your departments to use the recycle bins.

I received word that the foam pads that have been on order will be delivered this afternoon! These will be for comfort and safety.

Please let your departments know to notify Tony Torrell if there is anything that needs attention within the fitness center. This includes issues with the sign-in, cleaning materials, water, TV, identifying misuse 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 to list any family member that wants to use the fitness center, and that each user must have signed the 'Release and Hold Harmless Agreement'.

\*Please turn-off TV's and fans once you have finished your workout\*

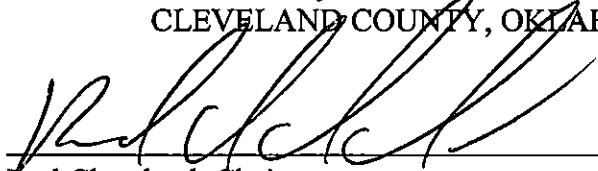
3. George Mauldin, Emergency Management Director, discussed a few **Wellness Committee** issues such as scheduling a County Hiking Field Trip to Saxon Park or Sutton Park. Laurie Beth Marshall is working on forming a rowing team at the Oklahoma River. Participation in this sport as a group will save a sizable amount of money.
4. Meredith Rowland, NP, had nothing to report at this time on the Employee Health Clinic located at 119 E. Main Street, Norman, Oklahoma.

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


**C. During Wellness Committee Members' discussion regarding Business, Tammy Belinson said that Brenda Hill will do some Lunch and Learn sessions on the following dates: May 16, 2018; June 13, 2018; and July 18, 2018. Rod Cleveland said that the Master Gardener is willing to teach some classes on the basics of gardening.**

- D. There being no further business to come before the Board, John Roberts moved that the meeting be **adjourned** at 9:14 A.M. Alison Vinson seconded the motion. The ayes have it and the motion is carried.

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

  
\_\_\_\_\_  
Rod Cleveland, Chairman

**ATTEST:**

  
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Tammy Belinson, County Clerk and Secretary to the Board

Minutes Prepared by:   
\_\_\_\_\_  
Deputy County Clerk

