



CLEVELAND COUNTY WELLNESS COMMITTEE

MINUTES

FRIDAY, MAY 25, 2018

9:00 a.m.

The regularly scheduled meeting of the Cleveland County Wellness Committee was called to order this 25th day of May 2018 in the conference room at 122 E. Eufaula Street by Chairman Rod Cleveland. Roll was called by Linda Atkins, Deputy County Clerk/Secretary:

Those present were: Rod Cleveland, Douglas Warr, John Roberts, Jacob McHughes, Bryant Rains, Bryan Jenkins, Alison Vinson, Brian Wint, Brenda Hill and George Mauldin.

Those absent were: Tammy Belinson, Jordan Unger, Carrie Welles and Christina Newburg.

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

After the reading of the minutes of regular meeting of **April 27, 2018** and there being no additions or corrections, John Roberts 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. Tony Terrell, Project Manager, **updated** on the County Wellness Gym Facility.
(A copy of the report is attached hereto and made a part of these minutes.)



FITNESS CENTER

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

Meeting Date
May 25, 2018

APRIL, 2018 OVERVIEW

- Total number of users for April: 282
- Busiest day: 18 (4-9-18)
- Reported Injuries: 0

Registered number of user is up. April usage was up by 20 users from March, 2018.
There has been a steady climb of users each month this year: 172, 219, 242, & 282 for a total of 895 users so far in 2018.

There is really not much to report this month. I think everyone is getting in their routines using the fitness center and everything seems to be going smooth with no issues lately. As a friendly reminder on a few subjects, please see below ☺

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

Foam pads have been delivered, and hopefully everyone has noticed. They were added for comfort and safety.

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, 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. As a reminder, each employee and family member must have signed the 'Release and Hold Harmless Agreement'.

Please remind your departments to turn-off TV's and fans once they have finished their workout

3. Jacob McHughes reported on Riversport Rapids for the month of August 2018. He said that they will need \$35.00 per person and a head count for the event and set a date for the event. A county-wide email will go out to make everyone aware of the Family Fun Saturday in August.
4. **George Mauldin** Emergency Management Director, reported on Wellness Committee issues. He said the hike at Saxon Park went well and will continue to use that park for other scheduled hikes. He also spoke with the Commissioners about key cards for family members providing them access to the gym. No decision has been reached at this time. Commissioner Cleveland said that he looks forward to the next hike.
5. Meredith Rowland, NP, reported on the **Employee Health Clinic** and asked that the employees take their annual wellness exams.

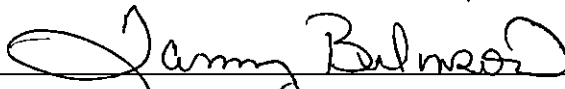
- B.** During **new business**, Chairman Cleveland accepted a check in the amount of \$400.00 from Aley Cristelli, on behalf of Norman Regional Hospital to be applied toward developing a community garden. Work will begin soon on that project. He discussed having an acquaintance of his who is a master gardener and herbalist to do a lunch and learn.
- C.** No **Wellness Committee Members'** discussion regarding **Business** at this time.
- D.** There being no further business to come before the Board, John Roberts moved that the meeting be **adjourned** at 9:11 A.M. Brian Wint 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

