



CLEVELAND COUNTY WELLNESS COMMITTEE

MINUTES

FRIDAY, JUNE 29, 2018

9:00 a.m.

The regularly scheduled meeting of the Cleveland County Wellness Committee was called to order this 29th day of June 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, Jacob McHughes, Carrie Welles, Bryan Jenkins, Alison Vinson, and George Mauldin.

Those absent were: John Roberts, Jordan Unger, Brenda Hill, Bryant Rains, Brian Wint and Christina Newburg.

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

After the reading of the minutes of regular meeting of **May 31, 2018** and there being no additions or corrections, Douglas Warr moved, seconded by Jacob McHughes, to **approve** the minutes.

The ayes have it and the motion is carried.

A. Items of Business:

1. Alison Vinson **updated** on HR, concerning health and wellness matters for county employees. She discussed sending out a flier for free five minute chair massages.
2. **Report** was submitted by Tony Terrell, Project Manager, for the Board's review and is made part of these minutes regarding County Wellness Gym Facility.



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

Meeting Date
June 29, 2018

MAY, 2018 OVERVIEW

- Total number of users for April: 211
- Busiest day: 17 (5-1-18)
- Reported Injuries: 0

Registered number of users was down. May usage was down significantly from April, 2018. It's funny, but for some reason I noticed that the weekend usage was down compared to other months. Maybe with the weather starting to get nicer, people do not want to spend their weekends inside a gym ☺

As stated last month, there really is 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.

The last day of May, PR Fitness came out and did a complete maintenance on all the equipment to make sure it was in safe working condition. Everything checked out good!!

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 ☺.

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 discussed the response to the presentation made on Riversport Rapids for the month of August 2018. Alison Vinson said that the email she sent out instructed everyone to contact Jacob if they were interested. She offered to put something in the July newsletter. Jacob said that he is not getting any feedback on the event. It was discussed to keep scheduling things and eventually employees will start taking advantage of these events. Another suggestion offered was going to Frontier City. It would require a lot of walking and employee/family interaction.

Rod Cleveland said everything will catch on in time by making events available.

4. Jacob McHughes discussed for **County Wide Weight Loss Challenge**. Jacob suggested doing another weight loss challenge. Tammy Belinson recommended donating prizes properly to the county first.

Jacob said that is fine and will be done.

Douglas Warr said that most in his office get into dieting around Thanksgiving and Christmas and suggested starting this around February 2019.

Rod Cleveland said that we could start in August, September and October.

Tammy Belinson said that the committee had talked about doing monthly events so if there is a weight loss challenge; just throw in some mini competitions.

Rod Cleveland asked for everyone to brain storm and come up with some challenges.

Rod Cleveland said to do this every year and then everybody will get into a habit. Especially if something is scheduled like every quarter.

Jacob McHughes said it brings accountability once it begins.

5. **George Mauldin**, Emergency Management Director, said he had nothing new to report about Wellness Committee issues.

6. **Meredith Rowland, NP**, updated on Employee Health Clinic, by saying that Dr. Yeaman is going to set up a time for a wellness group to do a hormone clinic. They would come in and offer additional services. She was not sure of all the services that they offer at this time.

George Mauldin asked to return to **Item No. 5**: And said that he is working on an agreement that Keith Reed at the Health Department must sign making Cleveland County a partner with the Health Department in the event there is a need for vaccines and medications for a variety of health issues, such as pandemic flu and should there be a terrorist attack. When shots are given, the folks from Yeaman Clinic will provide assistance. It is very unlikely that will occur, but if it does, it is very important to dispense the medication for whatever reason as quickly as possible. It is a good plan and the Health Department takes it very seriously.

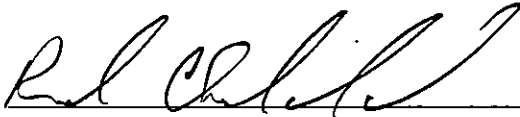
B. New Business:

Tammy Belinson said that she is reminded of something too. She discussed that public restrooms are now ground zero in the opioid epidemic. Public bathrooms are one of the few places where they can find privacy to inject heroin. No one expects to find some dead person in the bathroom. Kim Lopez, who is an employee of Oklahoma County Sheriff's Department, works with training senior citizens to carry lifesaving Narcan with them. It is an opiate antidote for use when a person is overdosing on an opioid. It blocks the effects of opioids and reverses an overdose. She said this is a public building and should have so many of the Narcan per floor. George Mauldin said that he should get some in stock. Tammy Belinson said each office should have it.

- C. During Wellness Committee Members discussion about business, Rod Cleveland discussed that he, Tammy Belinson and Jim Reynolds met with their consultant for the self-insured again.

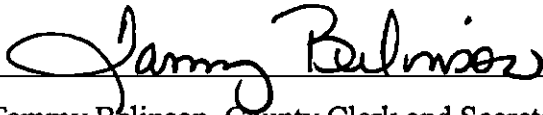
- D. There being no further business to come before the Wellness Committee, Jacob McHughes moved to adjourn at 9:25 am. Tammy Belinson seconded the motion. The ayes have it and the motion is carried.

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

