



**CLEVELAND COUNTY WELLNESS COMMITTEE**

**MINUTES**

**FRIDAY, JULY 27, 2018**

**9:00 a.m.**

The regularly scheduled meeting of the Cleveland County Wellness Committee was called to order this 27th day of July 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, Jacob McHughes, Carrie Welles, Brian Wint, Alison Vinson, and George Mauldin.

**Those absent were:** Tammy Belinson, John Roberts, Jordan Unger, Brenda Hill, Bryan Jenkins, Bryant Rains, and Christina Newburg.

**Ex-officio members present:** Linda Atkins, Aley Cristelli, Brittney Marshall, Janet Langley and Tony Terrill.

After the reading of the minutes of regular meeting of **June 29, 2018** and there being no additions or corrections, Jacob McHughes moved, seconded by Douglas Warr, that the minutes be approved.

The ayes have it and the motion is carried.

**A. Items of Business:**

1. Alison Vinson, HR, **updated** on health and wellness matters for county employees by saying the Mobile Mammography Van has confirmed their participation in the upcoming Employee Health Fair in September.
2. Tony Terrell, Project Manager, **updated** on County Wellness Gym Facility by reporting that everything is going smoothly. He said the gym equipment is working correctly and stated that no injuries were reported.



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

Meeting Date  
July 27, 2018

**JUNE, 2018 OVERVIEW:**

- Total number of users for April: 80 (2 week gap) 6-12 to 6-24.
- Busiest day: 14 (6-28-18)
- Reported Injuries: 0

Registered number of users was down. June usage was down significantly from May, 2018. It's funny, but for some reason I noticed that the sign-in did not register one user from 6-12 to 6-24. Please let your dept. know if the sign-in is not working properly ☺

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.

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. A brief discussion was had about interest shown by employees on attending an outing for the month of August 2018 at **Riversport Rapids** and plans will not go forward at this time.
4. Discussion was had on preparations for **County Wide Weight Loss Challenge** for September 2018.
5. **George Mauldin**, Emergency Management Director, requested a cork board (Bulletin Board) to post information on exercise routines on the wall in the gym. He is in the process of putting together a fitness booklet.
6. No report on the **Employee Health Clinic** given at this time by Meredith Rowland, NP.

- B. No **new business** to discuss at this time.
- C. During **Wellness Committee Members** discussion regarding Business, Chairman Cleveland said that Walmart donated seed to the OSU Extension to do a fall garden.
- D. There being no further business to come before the Wellness Committee, Jacob McHughes moved to **adjourn** at 9:19 am. Brian Wint seconded the motion. The ayes have it and the motion is carried.

(Clerk's Note: Agenda was posted on July 24, 2018 @ 9:00 AM)

**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

