



CLEVELAND COUNTY WELLNESS COMMITTEE

MINUTES

FRIDAY, AUGUST 31, 2018

9:00 a.m.

The regularly scheduled meeting of the Cleveland County Wellness Committee was called to order this 31st day of August 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, Jacob McHughes, Carrie Welles, Brian Wint, Brenda Hill Alison Vinson, George Mauldin and Sherah Curren.

Those absent were: Tammy Belinson, Douglas Warr, John Roberts, Janet Langley, Carrie Wells, Bryan Jenkins and Bryant Rains.

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

After the reading of the minutes of regular meeting of **July 27, 2018** and there being no additions or corrections, Alison Vinson moved, seconded by Brian Wint, 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. The Health Fair is scheduled from 10:00 am to 2:00 pm on September 26, 2018. She confirmed the finalization of all arrangements.
2. Tony Terrell, Project Manager, **updated** on the County Wellness Gym Facility.



FITNESS CENTER

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

Meeting Date
August 31, 2018

JULY, 2018 OVERVIEW

- Total number of users for July: 241
- Busiest day: 19 (7-9-18)
- Reported Injuries: 0

Registered number of users was way up @. July usage was up significantly from June, 2018.

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 Temell 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

He discussed the family use of the Fitness Center and it was determined that the employee must be present at all times.

3. **Jacob McHughes discussed the Framework for County Wide Weight Loss Challenge.** The following selections were made:
 - a.) **A three-month time frame:** October through December.
 - b.) **Representatives from each office:** no discussion.
 - c.) **Method of weight loss charting** – Percentage basis; top two individuals' weight loss; total weight loss of 3 person team; and each office.
 - d.) **Designating an area to weigh-in;** Weigh In - George Mauldin's office.
 - e.) **Awards and Prizes:** no discussion.

4. **No discussion at this time from** Emergency Management Director regarding Wellness Committee issues.

5. Meredith Rowland, NP, updated on **Employee Health Clinic by saying they are ready for the health fair.**

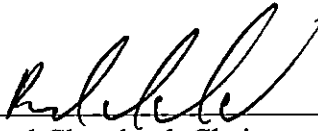
B. No new business to discuss at this time.

C. During **Wellness Committee Members** discussion concerning the login box at the Fitness Center, it was noted to let someone know if it isn't functioning properly.

D. There being no further business to come before the Wellness Committee, Brian Wint moved to **adjourn** at 9:20 am. Jacob McHughes seconded the motion. The ayes have it and the motion is carried.

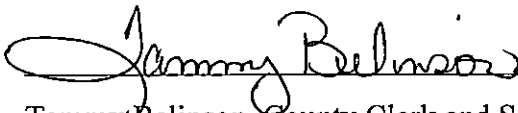
(Clerk's Note: Agenda was posted on August 29, 2018 @ 8:23 AM)

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