



CLEVELAND COUNTY WELLNESS COMMITTEE

MINUTES

FRIDAY, SEPTEMBER 28, 2018

9:00 a.m.

The regularly scheduled meeting of the Cleveland County Wellness Committee was called to order this 28th day of September 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, Bryan Jenkins, Brian Wint, 1st Deputy Assessor Billijo Ragland represented Douglas Warr, George Mauldin and Sherah Curren.

Those absent were: Tammy Belinson, Douglas Warr, John Roberts, Janet Langley, Carrie Wells, Bryant Rains, Alison Vinson and Brenda Hill.

Ex-officio members present: Linda Atkins, Jennifer Frank, Sarita Scott, Jennifer Slawson, Meredith Rowland, NP, and Tony Terrill.

After the reading of the minutes of regular meeting of **August 31, 2018** and there being no additions or corrections, Brian Wint moved, seconded by Jacob McHughes, that the minutes be approved.

The ayes have it and the motion is carried.

A. Items of Business:

1. Jacob McHughes moved, seconded by Sherah Curren, to **approve** the Cleveland County Wellness Notice of Schedule of Regular Meetings for 2019.

The ayes have it and the motion is carried.

CLEVELAND COUNTY WELLNESS COMMITTEE
NOTICE OF SCHEDULE OF REGULAR MEETINGS FOR 2019

As required by Title 25, §311 of the Oklahoma Statutes, Notice is hereby given that the Cleveland County Wellness Committee will hold its regularly scheduled meetings for the calendar year of 2019 at 122 E. Eufaula, Norman, Oklahoma, 73069, at **9:00 a.m.** on the following dates:

Friday	January 25, 2019
Friday	February 22, 2019

Friday	March 29, 2019
Friday	April 26, 2019
Friday	May 31, 2019
Friday	June 28, 2019
Friday	July 26, 2019
Friday	August 30, 2019
Friday	September 27, 2019
Friday	October 25, 2019
Friday	November 22, 2019
Friday	December 27, 2019

2. Sarita Scott **updated** on health and wellness matters for county employees. She said that eighty-nine employees turned in favorable feedback ratings on the annual employee health fair. Over twenty door prizes were given away. The Mammogram truck was unable to make it due to mechanical failure and will reschedule for some time in October.

Employee Health Fair Statistics & Notes

- Feedback sheets returned: 89 (16 fewer than last year)
- Overall rating for event (1-10): 9.4
 - o Written feedback received included:
 - *Great! Very Informative*
 - *Very good experience!*
- Total of 24 vendors
- Over 20 door prizes given away
 - o Notes:
 - Good attendance at each booth
 - More time spent talking with vendors
 - Positive feedback on door prizes
 - Employees feel valued and that the county has an interest in keeping them healthy and providing information that can improve their quality of life
 - Better flow of traffic than years past

3. Tony Terrill **updated** on the County Wellness Gym Facility.



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

Meeting Date
September 28, 2018

AUGUST, 2018 OVERVIEW

- Total number of users for August: 28, 6 days (Avg. out to 145 for 31 days)
- Busiest day: 10 (8-2-18)
- Reported Injuries: 0

August usage appeared to have a slow start to the month; however, the sign-in did not register from August 7 to August 31, 2018.

As stated last month, there really is not much to report this month:

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

4. George Mauldin, Emergency Management Director, had no updates at this time regarding Wellness Committee issues.
5. Meredith Rowland, NP, **updated** on the **Employee Health Clinic**. She said that they enjoyed being a part of the Employee Health Fair this year. No updates on the flu shots at this time, but will let everyone know as soon as the flu shots are in.

B. No new business to discuss at this time.

C. During **Wellness Committee Members** discussion concerning the Weight Loss Challenge, the following terms of the challenge drafted by Jacob McHughes were reviewed. The contest will run from January through February 2019.

- \$10 Individual buys in.
- \$5 additional to enter for individual award.
- 6 week challenge January 7 through February 15, 2019.
- Competition between all county offices (total % of weight loss).
- Individual award(s) Calculated by lbs. lost.
- Each office will have a team captain.
- Weigh-in at emergency management office.

- Bonus exercise component.
 - a. Gym usage by each member **three times** a week
 - b. Add 2% team loss
 - c. Add 3 lbs. individual loss

- Winning team recognized by Board of County Commissioners.

Chairman Cleveland suggested adding the measurement loss as well.

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

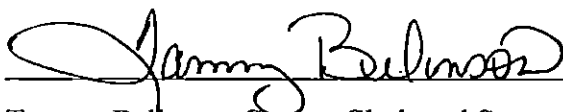
(Clerk's Note: Agenda was posted on September 25, 2018 @ 8:28 AM)

Cleveland County Wellness Committee
CLEVELAND COUNTY, OKLAHOMA

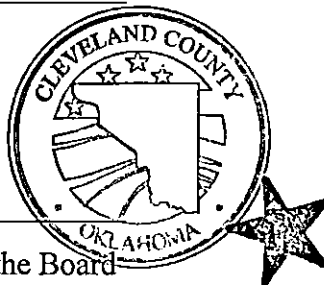


Rod Cleveland, Chairman

ATTEST:



Tammy Belinson, County Clerk and Secretary to the Board



Minutes Prepared by:



Deputy County Clerk