



CLEVELAND COUNTY WELLNESS COMMITTEE

MINUTES

FRIDAY, NOVEMBER 30, 2018

9:00 a.m.

The regularly scheduled meeting of the Cleveland County Wellness Committee was called to order this 30th day of November 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, Carrie Wells, Janet Langley, Bryan Jenkins, Alison Vinson, Brian Wint, Brenda Hill and George Mauldin.

Those absent were: Tammy Belinson, Douglas Warr, John Roberts, Jacob McHughes, Bryant Rains and Sherah Curren.

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

After the reading of the minutes of regular meeting of **October 26, 2018** and there being no additions or corrections, Brian Wint moved, seconded by Alison Vinson, that the minutes be **approved**.

The ayes have it and the motion is carried.

A. Items of Business:

1. Alison Vinson, HR, had **no discussion** on health and wellness matters for county employees and went to **Item No. 2**.
2. Alison Vinson said that the **2019 - Health/Wellness screenings** are scheduled for January 17, 2019 in the Commissioners' Meeting Room 200 from 9:00 AM until 12:00 Noon. Free Chair Massages are offered as well as other extras.
3. **Tony Terrell's** County Wellness Gym Facility report for pertained to the totals for September and October.



FITNESS CENTER

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

Meeting Date
November 30, 2018

SEPTEMBER, 2018 OVERVIEW

- Total number of users for August: 95
- Busiest day: 11 (9-10-18)
- Reported Injuries: 0

OCTOBER, 2018 OVERVIEW

- Total number of users for August: 167
- Busiest day: 10 (8-2-18)
- Reported Injuries: 0

September usage was down from previous months, but we did have about a week of the sign-in not working properly, and then October picked back up and had a high number of users.

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

I wanted to let everyone know that I accepted another job and that next Friday is my last day; therefore, moving forward Mr. Brian Wint will be taking over the wellness fitness center reports.

Please let your departments know to notify Brian Wint 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'.

We have been in contact with Dr. Yeaman and it appears that there is a chance that we may turn the storage area into a massage area that Dr. Yeaman will coordinate. Possibly the first of the year.

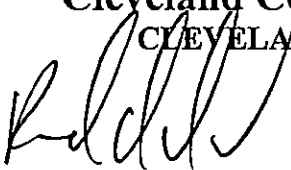
Please remind your departments to turn-off TV's and fans once they have finished their workout



4. **George Mauldin**, Emergency Management Director, presented the following recommendations on the Weight Loss Challenge: A buy-in of \$10.00 for a six-week challenge (Jan-Feb) based on individual competition; cash awards going to 1st, 2nd and 3rd; no gym check-in and out because of the extra work for someone and no measurements, just pounds lost. The Emergency Management Office will oversee the weigh in process and manage the weight loss chart. At the close of the competition, the winners will be recognized by the Board of Cleveland County Commissioners.
 5. Meredith Rowland, NP, **updated on the Employee Health Clinic** by saying they are finished giving flu shots.
- B. No **new business** to discuss at this time.
- C. No **Wellness Committee Members** discussion by those being present.
- D. There being no further business to come before the Wellness Committee, Brian Wint moved to adjourn. Alison Vinson seconded the motion.
The ayes have it and the meeting is adjourned at 9:11 am.
Motion carried.

(Clerk's Note: Agenda was posted on November 27, 2018 @ 12:14 PM)

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

