



CLEVELAND COUNTY WELLNESS COMMITTEE

MINUTES

FRIDAY, DECEMBER 28, 2018

9:00 a.m.

The regularly scheduled meeting of the Cleveland County Wellness Committee was called to order this 28th day of December 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, John Roberts, Janet Langley, Bryan Jenkins, Brian Wint, Brenda Hill and George Mauldin.

Those absent were: Carrie Wells, Jacob McHughes, Alison Vinson, Bryant Rains and Sherah Curren.

Ex-officio members present: Linda Atkins, Brittney Marshall, Undersheriff Blake Green, Jennifer Slawson and Meredith Rowland, NP.

After the reading of the minutes of regular meeting of **November 30, 2018** and there being no additions or corrections, Bryan Jenkins moved, seconded by Brian Wint, that the minutes be **approved**.

The ayes have it and the motion is carried.

A. Items of Business:

1. No **presentation** on Health and Wellness Issues at this time.
2. No **update presented at this time** by Alison Vinson, HR, on health and wellness matters for county employees.
3. **Brian Wint** presented a report for **December** on the County Wellness Gym Facility.



Fitness Center Report

Cleveland County South Annex Building

Norman, Oklahoma 73069

December Report

Total number of Users: 110

Bustest Day: 9

Reports of Injuries: 0

December is traditionally a slow month. We do expect more activity in January.

Please remind your departments to turn off the lights when they are finished in an area. Also, remind your employees to sign in.

I am looking at a small construction project for the gym to create a bit more space downstairs. The new space would be used for the mats and ball that have moved downstairs. I presume that they are for those who have difficulty going up and down the stairs.

I have noticed a large portion of the users are now from the Sheriff's office.

We brought in mini fridge by request. It is for temp storage of food and drinks while working out. The fridge was donated by Under-Sheriff Green.

I also have had some requests to look into getting a stair climber and an inverted squat rack. Any input on those would be helpful.

4. **George Mauldin**, Emergency Management Director, stated that the Weight Loss Challenge will begin January 2, 2019 and end April 1, 2019. The weigh-in will take place in his office. There will be two separate categories for male and female, since men lose weight at a faster pace.
5. Meredith Rowland, NP, **Employee Health Clinic**, stated that she will do dietary tips for the newsletter.

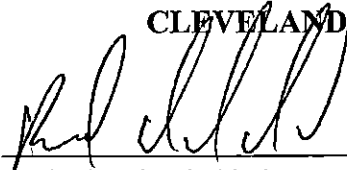
B. No new business to discuss at this time.

C. No Wellness Committee Members discussion by those being present.

D. There being no further business to come before the Wellness Committee, Tammy Belinson moved to adjourn. John Roberts seconded the motion. The ayes have it and the meeting is adjourned at 9:31 am. Motion carried.

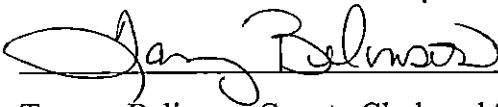
(Clerk's Note: Agenda was posted on December 26, 2018 @ 9:12 AM)

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

