



CLEVELAND COUNTY WELLNESS COMMITTEE

MINUTES

FRIDAY, APRIL 26, 2019

9:00 AM

The regularly scheduled meeting of the Cleveland County Wellness Committee was called to order this 26th day of April 2019 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, Jacob McHughes, Carrie Welles, Alison Vinson, Bryan Jenkins, Brian Wint and George Mauldin.

Those absent were: Janet Langley, Bryant Rains, Brenda Hill and Sherah Curren.

Ex-Officio members present: Linda Atkins, Brittney Marshall, Jennifer Slawson and Meredith Rowland, NP.

After the reading of the minutes of the regular meeting of **January 25, 2019, (Meetings for February 22, 2019 and March 29 were cancelled due to lack of quorum.)**, 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. No presentation on **Health and Wellness Issues** at this time.
2. **Chairman Rod Cleveland** said that he will take volunteers from each office to help on the proposed **Community Garden**. He said that it will be a small demonstration garden for now.
3. Alison Vinson, HR, **updated** on health and wellness matters for county employees, by saying that the Wellness Clinic surveys have come back with 142 returns containing a lot of positive feedback. Meredith said that the clinic will have a phlebotomist do lab work on Wednesday and Friday mornings each week. Alison said she will put something in the newsletter about it as well.
4. Brian Wint, Project Manager, **updated** on County Wellness Gym Facility with the following report:



Fitness Center Report

Cleveland County South Annex Building

Norman, Oklahoma 73069

March Report

Total number of Users: 180

Busiest Day: 16

Reports of Injuries: 0

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

All of the updates to the gym are done except for the cross over machine. We should have the new cables sometime next week and the crossover machine will be operational.

The massage therapist has been here the last 2 Tuesdays. The one report that I received was that it was an excellent experience. Looking for more input.

Please ask your fellow employees to wipe down the machines after each use.

7. Meredith Rowland, NP, **Employee Health Clinic**, updated on the Lab works that is done through the clinic. Massages are arranged by calling the clinic and paying \$15. Vaccines for measles are provided since the numbers of cases have risen. She warned of heat strokes and the importance of applying plenty of sun screens.

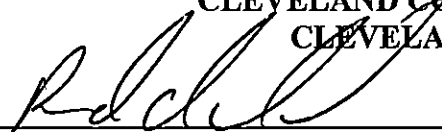
B. No new business for discussion at this time.

C. Wellness Committee Members discussed several issues such as going forward with an aerobics class and instructor. Brian Wint discussed repair work needing to take place in the gym.

D. There being no further business to come before the **Wellness Committee**, Tammy Belinson moved to **adjourn**. Jacob McHughes seconded the motion. The ayes have it and the meeting is adjourned at 9:29 AM. Motion carried.

(Clerk's Note: Agenda was posted on April 22, 2019 @ 2:49 P.M.)

**CLEVELAND COUNTY WELLNESS COMMITTEE
CLEVELAND COUNTY, OKLAHOMA**



Rod Cleveland, Chairman

ATTEST:



Tammy Belinson, County Clerk

Minutes Prepared by: 

Deputy County Clerk

