



Because YOU Matter!

**Trumbull County Wellness Committee
Meeting Summary
Thursday, April 13, 2023**

The Trumbull County Wellness Committee met on Thursday, April 13, 2023, in the Conference Room of the Trumbull County Planning Commission, 185 E. Market Street in downtown Warren. Those in attendance included:

Jenna Amerine, TCCHD, Chairperson
Mitzi Sabella, Planning Commission
Barb Vingle, Clerk of Courts
Marge Seyer, JFS
Brittany Norris, UHC – on phone
Sean Kelly, UHC
Lisa Hovance, IT Department

Chairperson, Jenna Amerine, called the meeting to order at 3:05 p.m.

I. Old Business

- Brittany went over other options for different activities besides gym check-ins. She is going to give the committee a quote on the three options and to look over and make a decision for next year.
- Barb Vingle went over the Biggest Loser Competition and reported that there were 18 participants with a total weight loss of 57.5%, with winners being 1st place – Terry Swauger, 2nd place – Cynthia Speaker, 3rd Place – Kellie Steinbeck, There was also a random drawing with Vanessa Lytle and Bonnier Flynn winning. There was discussion on having another completion later in the year.
- Mitzi Sabella reported that she is going to get the list of AED machines in county building from Bill Hart so we can have them check on the expiration dates on machines and tags.

II. New Business

- Jenna reported that possible on line on lunch and learns with OSU extension. Committee felt that there will not be many that will want to participate, but maybe they can be recorded on put the Wellness website.
- Lisa Hovance of the IT department gave a presentation on the Wellness website. She stated it will be live next week. Everyone found the website very favorable and easy to use. It will be posted on the County's Intranet.
- Biometric screening will be on May 11, 2023, in the Commissioners' Hearing Room. All slots are filled.
- April – Fitness Challenge based on gym check ins.
- Will do a Virtual 5K in July

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New Business, Continued:

Mitzi Sabella reported that Jenna was presented with the Something Good Initiative Award from the Trumbull County Planning Commission at their meeting on March 14, 2023, for her work in the Wellness Committee. Congratulations Jenna!

III. Adjournment

Next meeting will be on **Wednesday May 10, 2023**, (instead of Thursday, May 11 because the Biometric screenings will be taking place) at 3:00 p.m. in the Commissioners' Hearing Room. There being no further business, the meeting was adjourned at 3:58 p.m.

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