



Because YOU Matter!
Trumbull County Wellness Committee
Meeting Summary
Wednesday, April 3, 2019

The Trumbull County Wellness Committee met on Wednesday, April 3, 2019, in the Trumbull County Commissioners' Hearing Room at 160 High Street, in Warren, Ohio. Those in attendance included:

Jenna Amerine, Trumbull County Combined Health District, Chairperson
Mitzi Sabella, Commissioners' Grants Office
Barbara Vingle, Clerk of Courts
Steve Charles, HR
Bobbie Chesbro, UHC
Lana Hennings, TCMHRB
Marge Seyer, JFS
Debbie Van Winkle, Sanitary Engineer's Office
Mike Merk, UHC
Lisa DeNunzio Blair, TCC
Kelly Clarke, TCC
Also in attendance: Kevin Ruse, Director of Healthcare & Business Development, YMCA
Stephen Pelton, President, hChoices, LLC

Chairperson, Jenna Amerine, called the meeting to order at 3:00 p.m.

I. Old Business

Ms. Amerine stated that the Spring into Rally Promotion started at the Commissioners' meeting on March 20, 2019, and she thanked everyone that participated in the promotion. She stated that the Committee should promote this program throughout this year.

II. New Business

Presentation: Kevin Ruse gave a presentation on the YMCA Workplace Wellness Programs, membership rates, and services they provide. He stated that he also works in collaboration with Mr. Pelton on the Wise Choices Program.

Wellness Plan: Ms. Amerine is working with Mercy Health on the blood pressure screenings and locations to happen in May or June of this year.

Lunch & Learn Topics: The following were suggested to be presenters for Lunch & Learns: Lori Kussin – The Wellness Champions, Marie Economos – OSU Extension, Becky (?) – Mindfulness; and Mike Merk, UHC.

Farmers' Market: Ms. Amerine stated that the Farmers' Market runs June – October and TNP is willing to once again collect the names of county employees that purchase items from the Market and give to the Wellness Committee to be placed in a drawing for a gift card. It was suggested to have a drawing at the end of each month. Gift card suggestions are: Simple Greek, Pulp, Core Light, and Giant Eagle.

Trumbull County Wellness Committee
April 3, 2019
Page 2

II. New Business, Continued:

Discounted gym memberships are a big request from county employees that the Wellness Committee is trying to address. It was suggested to speak to Bob at the Niles Wellness Center. Barb Vingle said that Quantum in Howland offers a discount to County Employees.

III. Next Meeting

The next meeting is scheduled for **Thursday, May 2, 2019, at 3:00 p.m.** in the Commissioners' Hearing Room.

There being no further business, the meeting was adjourned at 4:10 p.m.

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