



Because YOU Matter!
Trumbull County Wellness Committee
Meeting Summary
Wednesday, August 7, 2019

The Trumbull County Wellness Committee met on Wednesday, August 7, 2019, in the Commissioners' Hearing Room, 160 Street, in Warren, Ohio. Those in attendance included:

Mitzi Sabella, Commissioners' Grants Office
Becky Smith, HR
Marge Seyer, JFS
Barbara Vingle, TC Clerk's Office
Shakeila Allen, Commissioners' Grants Office - YSU Student Intern
Jenna Amerine, TCCHD, Chairperson
Lisa Blair, Commissioners' Office

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

I. Old Business

It was stated that the Spring into Rally Promotion should continue to be promoted throughout this year. Jenna passed out flyers to distribute to the county offices.

Wellness Plan:

August – Where to Go for Care

September – Immunization Awareness – Health Department will do flu shots this year in November

October – Why is HHC Calling?

Blood Drive:

Jenna reported that the blood drive went really well and we exceeded the goal of 20 pints and received 27 pints that helped 81 patients. The committee decided to have bi-annual blood drives – March and September 2020.

Warren Farmers' Market

It was reported that the market is every Tuesday from 3 – 6 p.m. in Courthouse Square, and employees just need to stop at the information booth and sign the sign-in sheet to be put in a monthly raffle. It was reported that the June winner was Jennifer P. Flager from Job & Family Services, and she won a McDivitt maple vendor donation. Tawnyka Tabor received the July prize of a Warren Farmers' Market gift card. The August prize will be a \$15 gift card from Scarpaci's Market.

II. New Business

Year end survey

Jenna suggested sending out a survey in November to the county employees regarding the Wellness Committee and ask some questions about the Wellness Committee and if they are willing to join.

There was discussion on Lunch and Learn Topics. The tentative schedule is as follows:

Month	Date	Location	Topic	Presenter
August	19	Commissioners' Room (Warren)	Mindfulness Intro	Marie Economos, OSU Extension
September	4	Sanitary Engineer (Vienna)	Sleep Health	Michael Merk, UHC
October	9	Sanitary Engineer (Vienna)	Digital Detoxing	Marie Economos, OSU Extension
November	6	Commissioners' Room	Have fund with Fitness	Michael Merk, UHC
December	10	Commissioners' Room (Warren)	Sodium (Think your Drink)	Tracy Behnke

Anyone attending the Lunch and Learn is eligible for a \$15 gift card and they get a light lunch. The committee wants to see how the scheduled Lunch and Learns go before deciding on continuing next year.

III. Next Meeting

The next meeting is scheduled for **Wednesday, September 4, 2019, at 3:00 p.m.** in the Commissioners' Hearing Room.

There being no further business, the meeting was adjourned at 3:45 p.m.

mas