



Because YOU Matter!
Trumbull County Wellness Committee
Meeting Summary
Wednesday, December 4, 2019

The Trumbull County Wellness Committee met on Wednesday, December 4, 2019, in the Commissioners' Hearing Room, 160 Street, in Warren, Ohio. Those in attendance included:

Mitzi Sabella, Trumbull County Planning Commission
Barbara Vingle, TC Clerk's Office
Jenna Amerine, TCCHD, Chairperson
Angie Mackey – UHC
Steve Charles – HR
Richard Jackson – HR

Chairperson, Jenna Amerine called the meeting to order at 3:09 p.m.

I. Old Business

It was stated that the Spring into Rally Promotion should continue to be promoted throughout this coming year. Jenna stated that she needs the list of names for the drawing. State stated that next year maybe we could use the Eastwood Gift Certificate.

II. Wellness Plan

December is for Preventative Care. Jenna will send out UHC Preventative Care Infographics this coming week.

III. Know your Numbers

Know your Numbers has been moved to January 10, 2019, from 9:30 to 12:30 in the Commissioners' Hearing Room, and a follow-up presentation will occur 2 to 3 weeks after the Know you Numbers Program.

IV. Year-end survey

Jenna passed out a draft of the year-end survey for the employees to fill out. There were some corrections that need to be made to the draft. Jenna stated that the survey will run January 10 to February 7, 2020, and 2 to 3 random survey takers will win a \$25 gift card. Jenna will mail out the surveys, but Barb Vingle stated that not every county employee has email. The Committee decided to also have paper copies of the survey for folks to fill out and Mike Merk at UHC will tally up the data.

V. New Business

Angie passed out the Draft Trumbull County 2020 Proposed Wellness Plan prepared by Mike Merk. The Committee reviewed it and the only changes are to add the blood drives (once they are confirmed) and change any \$50 incentives mentioned to \$25.

It was mentioned that a follow-up is needed to be made with Lisa Hovance regarding the Wellness Website.

The next and last Lunch and Learn for 2019 will be held on December 10th in the Commissioners' Hearing Room and Tracy Behnke will discuss the topic: Sodium (Think your Drink) and Health Holiday Eating. There was discussion on continuing the Lunch and Learns next year. Some suggestions were changing the time, have back-to-back sessions, have one at JFS. Jenna also stated that there is a 3-week Mindfulness class that Maria offers.

The committee also decided that they will continue the Farmers' Market drawings next year.

The committee will discuss keeping the 1st Wednesday of the month meetings at 3 p.m. at the January meeting since there were not many people in attendance at this meeting. Because of the holidays the next Wellness Committee will be on January 15, 2020, at 3:00 p.m.

VI. Adjournment

There being no further business, the meeting was adjourned at 3:40 p.m.

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