



Because YOU Matter!

Trumbull County Wellness Committee Meeting Summary Wednesday, February 12, 2020

The Trumbull County Wellness Committee met on Wednesday, February 12, 2020, in the Conference Room of the Trumbull County Planning Commission, 185 E. Market Street in Warren, Ohio. Those in attendance included:

Jenna Amerine, TCCHD, Chairperson
Katie Phillips – Planning
Marge Seyer - JFS
Kris Kriebel, TCCHD
Zachary Svette, MetroParks
Tina Bowser, CSEA
Steve Charles, HR
Debbie VanWinkle, TCSE
Mitzi Sabella, Planning

Chairperson, Jenna Amerine called the meeting to order at 3:02 p.m.

I. Old Business

Rally

It was reported that there is still much misunderstanding on Rally. The Committee is going to continue to promote Rally this month. Several members are going to go to the Commissioners' workshop on February 25, 2020, to speak to Department Heads about promoting Rally.

A Blood Drive is scheduled for March 25, 2020, on Harmon Street in the Bloodmobile. Encourage everyone to pre-register and this saves time when going to the Bloodmobile.

It was reported that there will be 3 \$500 gift cards, and quarterly reminder emails will be sent in March, June, September and December. It was decided not to mention the coins unless someone asked about them since it is so confusing.

Wellness Satisfaction Survey

Jenna reported that over 100 people completed the wellness survey, and Mike Merk from UHC will analyze the data and send us a final report.

Know your Numbers

It was reported that 12 people participated in the know your numbers, but no one showed up for the follow-up presentation.

II. New Business

Website

Jenna reported that there is a meeting with Lisa Hovance at the IT Department on February 21st at 10 a.m. to discuss the website.

Lunch and Learn

It was decided that for Lunch and Learns in 2020 there will be 6 per year or every other month and will rotate between the Admin Building, JFS, and Sanitary Engineer's Building with 2 back to back presentations. Another suggestion was to make the presentations more active instead of sitting the whole time. Topics that were highly liked by committee members were Healthy Back, Preventative Immunizations Presentation, Chair Yoga or Desk exercises, and have Chair Massages by a local massotherapies' school or chiropractor.

The next Wellness Committee Meeting will be on March 11, 2020, at 3:00 p.m.

III. Adjournment

There being no further business, the meeting was adjourned at 3:55 p.m.

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