



**Because YOU Matter!**

**Trumbull County Wellness Committee  
Meeting Summary  
Wednesday, July 10, 2019**

The Trumbull County Wellness Committee met on Wednesday, July 10, 2019, in the Conference Room at the Law Library 120 High Street, in Warren, Ohio. Those in attendance included:

Mitzi Sabella, Commissioners' Grants Office  
Steve Charles, HR  
Lana Hennings, TCMHRB  
Marge Seyer, JFS  
Debbie Van Winkle, Sanitary Engineer's Office  
Barbara Vingle, TC Clerk's Office  
Shakeila Allen, Commissioners' Grants Office - YSU Student Intern  
Bobbie Chesbro, UHC  
Tina Bowser, TCCSEA  
Christinia Gargas, Red Cross

Chairperson, Jenna Amerine, was absent from the meeting, so Mitzi Sabella called the meeting to order at 3:03 p.m.

**I. Old Business**

It was stated that the Spring into Rally Promotion should continue to be promoted throughout this year. Ms. Sabella said that Jenna has flyers to distribute to the county offices.

Wellness Plan:

July – Virtual Visits and Telemental Health

August – Where to Go for Care

September – Immunization Awareness – committee would like to have a flu shot clinic in early October

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. The July prize will be a Warren Farmers' Market gift card.

## **II. New Business**

It was reported that the Niles Wellness Center Board approved the discounted prices for membership for county employees. Jenna will send out a flyer stating all the information and discount to the employees.

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

<b>Month</b>	<b>Date</b>	<b>Location</b>	<b>Topic</b>	<b>Presenter</b>
August	19	Commissioners' Room (Warren)	Mindfulness Intro	Marie Economos, OSU Extension
September		Sanitary Engineer (Vienna)	Sleep Health	Michael Merk, UHC
October		Commissioner's Room (Warren)	Have fun with Fitness	Michael Merk, UHC
November		Sanitary Engineer (Vienna)	Digital Detoxing	Marie Economos, OSU Extension
December		Commissioner's Room (Warren)	Sodium (Think your Drink)	Tracy Behnke

Christina Gargas from the Red Cross was in attendance to explain the blood drive that is occurring on July 16, 2019, in the Red Cross van behind the Administration Building from 9 to 3. She explained the process to register. Mitzi stated that she will have Jenna send out the flyer on Thursday to the employees.

## **III. Next Meeting**

The next meeting is scheduled for **Wednesday, August 7, 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.

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