



**Because YOU Matter!**  
**Trumbull County Wellness Committee**  
**Meeting Summary**  
**Wednesday, March 6, 2019**

The Trumbull County Wellness Committee met on Wednesday, March 6, 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  
Richard Jackson  
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

Chairperson, Jenna Amerine, called the meeting to order at 3:08 p.m.

It was announced that Jennie Amerine is now the 2019 Wellness Committee Chairperson since it was approved by the Trumbull County Health Commissioner.

**I. Wellness Plan**

The Committee discussed having Blood Pressure screenings in May since it is Blood Pressure Awareness Month. Jenna Amerine will reach out to Mercy Health and TCTC to find nurses/student nurses to do the screenings. The Committee also wants to have a drawing for anyone that attends for a chance to win a \$50 gift card.

It was mentioned that Maria Economos, Director of the OSU Extension Office, is willing to come and give talks on different topics.

The committee also discussed having lunch and learns for county employees on subjects such as smoking cessation, sleep management and mindfulness.

Jenna Amerine reported to the Committee that there is a Regional Tobacco Treatment Center located in Warren on Tod Avenue that treats people for free.

Mr. Jackson stated that the Spring into Rally Promotion will start at the Commissioners' meeting on March 20, 2019.

**Trumbull County Wellness Committee**  
**March 6, 2019**  
**Page 2**

**II. Gym Membership APP**

Bobbie Chesbro found out this App is not available

**III. Next Meeting**

Jenna Amerine had sent out a Doodle to the committee members to see what is best time for the Wellness Committee to meet each month, and the top answer was the first Wednesday of the month at 3:00 p.m. The next meeting is scheduled for April 3, 2018, at 3:00 p.m.

There being no further business, the meeting was adjourned at 3:50 p.m.

mas