



Because YOU Matter!

**Trumbull County Wellness Committee
Meeting Summary
Thursday, November 12, 2020**

The Trumbull County Wellness Committee met on Thursday, November 12, 2020, via Zoom. Those in attendance included:

Jenna Amerine, TCCHD, Chairperson
Debbie VanWinkle, TCSE
Mitzi Sabella, Planning Commission
Brittainy Norris, UHC
Mike Merk, UHC
Barb Vingle, Auto Title

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

I. Old Business

Wellness Plan

Jenna Amerine reported the following:

- There was a blood drive two weeks ago, but the attendance is not known at this time.
- There was a flu clinic held at the Health Department and 28 people attended.
- November – email went out for Real Appeal and Diabetes prevention and Management information will go out soon
- December – Final reminder to complete Rally Mission will go out and information on Holiday Healthy Eating.
- Rally Promotion 2020 – There will be 2 \$500 gift cards and a final reminder email will be sent in December.
- UHC/Optum Biometric Screenings for 2021. Administration Building is booked for May 13, 2021. JFS is not interested. UHC will provide small incentives for all who attend and a raffle prize. There will be 5 \$15 gift cards given out. Jenna is potentially looking into getting water bottles with wellness logo to also distribute at wellness events.

II. New Business

- Jenna discussed doing a Stair/Climb Challenge during the winter months. The committee agreed to do this for a 12-week period, January, February and March 2021. They can use the app called ASCEND for their Fitbit or pediments.

II. New Business, Continued:

- Mike Merk discussed the 2021 Well Calendar
- There was discussion of the Wellness Committee website. Jenna will reachout to Lisa in IT about the website after the first of the year.

The next Wellness Committee Meeting will be on December 10, at 3:00 p.m. via Zoom.

III. Adjournment

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

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