



Because YOU Matter!
Trumbull County Wellness Committee
Meeting Summary
Wednesday, October 2, 2019

The Trumbull County Wellness Committee met on Wednesday, October 2, 2019, in the Commissioners' Hearing Room, 160 Street, in Warren, Ohio. Those in attendance included:

Mitzi Sabella, Trumbull County Planning Commission
Marge Seyer, JFS
Barbara Vingle, TC Clerk's Office
Jenna Amerine, TCCHD, Chairperson
Bobbie Chesbro – UHC
Debbie VanWinkle, TCSE

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

I. Old Business

It was stated that the Spring into Rally Promotion should continue to be promoted throughout this year.

October — Why is HHC Calling? Bobbie gave Jenna a flyer to send out.

November – Diabetes Prevention & Management

The committee picked a prediabetes Risk Test to distribute.

December – Preventative Care

Mercy Health – Know your numbers – November 14, 2019

Blood Drive:

Jenna reported that she has heard back from the Red Cross regarding having bi-annual blood drives – and the dates are March 25, 2020, and September 15, 2020.

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 August winner was Marg Seyer.

II. New Business

Flu Shot Clinic

The Health Department will have a flu shot clinic at the Admin Building in Commissioners' Hearing Room on October 18, 2019, from 9:30 a.m. to 11:30 a.m. and 1:00 p.m. to 3:00 p.m.

Year-end survey

Jenna suggested sending out a survey in at the end of the year to the county employees regarding the Wellness Committee and ask some questions about the Wellness Committee. Mike Merk from UHC gave Jenna a survey to use.

2020 Wellness Plan/Calendar – Mike Merk is working on this.

Discussion of website – Jenna stated that the website needs revamped and she will work with Lisa Hovance at IT on this.

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

Month	Date	Location	Topic	Presenter
October	9	Sanitary Engineer (Vienna)	Digital Detoxing	Marie Economos, OSU Extension
November	6	Commissioners' Room	Have fun with Fitness	Michael Merk, UHC
December	10	Commissioners' Room (Warren)	Sodium (Think your Drink)	Tracy Behnke

III. Next Meeting

The next meeting is scheduled for **Wednesday, November 6, 2019, at 3:00 p.m.** in the Commissioners' Hearing Room.

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

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