



Because YOU Matter!
Trumbull County Wellness Committee
Meeting Summary
Wednesday, September 4 2019

The Trumbull County Wellness Committee met on Wednesday, September 4, 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
Lisa Blair, Commissioners' Office
Kelly Clark, Commissioners' Office
Mike Merk – UHC
Lana Hennings, TCHRB

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. Jenna passed out flyers to distribute to the county offices.

September — Why is HHC Calling?
October – Immunization Awareness

Blood Drive:

Jenna reported that she had not heard back from the Red Cross regarding having bi-annual blood drives – March and September 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 July winner was Barb Vingle.

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II. New Business

Flu Shot Clinic

The Health Department will have in mid-October

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 and if they are willing to join. She went over a potential list of questions.

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

Month	Date	Location	Topic	Presenter
August	19 (10 attended)	Commissioners' Room (Warren)	Mindfulness Intro	Marie Economos, OSU Extension
September	4 (8 attended)	Sanitary Engineer (Vienna)	Sleep Health	Michael Merk, UHC
October	9	Sanitary Engineer (Vienna)	Digital Detoxing	Marie Economos, OSU Extension
November	6	Commissioners' Room	Have fund 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, October 2, 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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