

MINUTES

Health & Wellness Committee

Wednesday, July 12, 2023, at 9:00am

3rd Floor Conference Room - City Hall – 212 SW 9th Street

The agenda for the regular meeting was posted on the bulletin board at City Hall in compliance with the Oklahoma Open Meeting Act. Meeting was called to order at 9:00am.

I. Roll Call

Members Present:

Charlotte Brown
Kaitlin Nunley
Wade Lewis
Christy James
Charles Criger
Kristen Fitzpatrick
Megan Loftis

Members Absent:

John Schwenk*
Tanya Organ*
Heath Want*
Chad Meyer*
Ashley Glaze-Lyle*
David Raynor**
Clayton Houseman**
David Wood**
Jackie Somerlott**

* Excused

** Unexcused

Others Present:

Michelle Crouse
Melissa Mayfield

II. Approve Minutes from the Regular Meeting on July 12th, 2023.

Wade Lewis made motion to approve. Kaitlin Nunley made motion to second.

III. Old Business

a. Annual Chairperson Election

Discussed the annual election of Chairperson for the Health and Wellness Committee. It was decided that Charlotte Brown remain Chairperson.

Christy James made motion to approve. Charles Criger made motion to second.

b. Incentive Program

Kaitlin Nunley discussed several ideas on potential Incentive program plans. The list includes Pilates classes with Kristen Fitzpatrick at 6:00pm, possibly at the library. Walking groups when it cools down. Healthy lifestyle changes, like drinking more water, eating better, and doing meal prep, etc. Nutrition seminars, walking challenges, like 5k and walk-tober, nutrition challenges, like prepping and fruit and veggie challenge. Water challenge. It was also discussed that we offer financial wellness with seminars by Arvest bank. They can discuss things such as: ID fraud, budgeting, credit loans, retirement, estate planning, investments, life insurance, trusts and more. Healthy cooking demos at the library. Michelle Crouse introduced Husk Nutrition as an option, it requires 6 meets online and you receive a free scale for participating. Crouse also introduced several Mental Health options. They are all provided online and will be private, or employee can watch a prerecorded zoom. Discussed ideas to promote a healthy lifestyle and offer an incentive for completion, and money given back to employees. The initial idea is to have 10 steps to be completed to qualify. It was agreed that all members should think on these ideas and at the Special meeting vote on an Incentive plan presented to them.

Wade Lewis made motion to approve. Charles Criger made motion to second.

c. Health and Wellness Activity Calendar

Kaitlin Nunley discussed ideas to promote Health and Wellness and create an activity calendar. Ideas include Additional 5k's, cooking classes, Pilates with Kristin Fitzpatrick, guided hiking groups, Medicine Park Aquarium Day, and LETRA Family Day. It was agreed that a plan will be presented at Special meeting for voting. Yolanda offered to teach a step class, location to be determined. Possible places for activities include Library, HC King Center, Owens Center,

Patterson Center, Lawton YMCA, Area Parks, walking trails, and more. These ideas are also part of the incentive program.

Motion made by Wade Lewis and second by Christine James.

d. Health Fair Date and Ideas

Discussed ideas to promote a healthy lifestyle and offer an incentive for completion, and money given back to employees. A subcommittee has been made. Members include Kaitlin Nunley, Wade Lewis, Michelle Crouse, and more to be determined. Wade Lewis is checking on more information for preventative health screenings. Michelle is checking with Higginbotham on what if anything they help with. Michelle will also be checking on budget. Other things to be available at the Health Fair are flu shots, vendors, lunch, prizes and more. The dates of October 16th - 20th are preferred and pending selection and will be voted on during the Special meeting.

Wade Lewis made motion to approve. Charles Criger made motion to second.

e. Peace of Mind Mental Health

Michelle Crouse presented the Peace of Mind flyer provided by Higginbotham. They offer workshops over mental health topics. They have also agreed to offer pre recorded videos to be watched at any time. An all-employee email will be sent out with links to the videos once activity calendar is approved.

No motion needed.

f. YMCA

Kaitlin Nunley, Charlotte Brown, and Michelle Crouse met with Rose Brantley with the YMCA. The YMCA is offering a discount to all city employees who bring their badge and state ID cards. Rates can be dropped on all packages, and if enough sign up the joiner fee can be waived. Michelle will check members and help keep rates better. Single is 34.00, employee and spouse are 36.00 and family are 45.00. Michelle will sending an All-Employee email with more information.

No motion needed.

g. Husk Nutrition

Michelle Crouse provided a flyer on Husk Nutrition. They take City of Lawton BCBS insurance and can run other insurances and check for approval. They offer 6 classes and once completed

they send you a free scale. The classes are customizable to your needs. Cooking, meal prep, weight loss, and athletic and more. Family members can join in on the classes and participate as well.

No motion needed.

h. Megan Loftis Open Meetings Act Presentation

Megan Loftis did the Open Meetings Act presentation and provided all members with information to conduct productive and compliant meetings.

No motion needed.

IV. Comments/Communication

Next Meeting scheduled for September 13th at 9:00am.

V. Adjournment

Wade Lewis made motion to adjourn at 10:17am, Charles Criger made motion to second.