

MINUTES

Health & Wellness Committee

Wednesday, September 11, 2024, 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 9:07am.

I. Roll Call

Members Present:

Christine James
Kaitlin Golden
Wade Lewis
Heath Want
Ashley Glaze-Lyle
Megan Loftis

Members Absent:

Charlotte Brown*
Charles Criger*
Chad Meyer*
Clayton Houseman**
David Raynor**
David Wood*
Jackie Somerlott*
John Schwenk*
Tanya Organ*
Kristin Fitzpatrick*

* Excused
** Unexcused

Others Present:

Michelle Crouse

II. Approve Minutes from the Regular Meeting on July 10th, 2024.

Christine James made motion to approve. Kaitlin Golden made motion to second.

III. Approve Minutes from the Special Meeting on August 13th, 2024.

Heath Want made motion to approve. Kaitlin Golden made motion to second.

IV. New Business

- a. Discuss Health Fair Progress – Michelle Crouse (Take action as necessary)

Michelle updated all members on the status of the bags and other items being shipped. She said she is confirming with the vendors to confirm attendance and prizes. Christine shared the sign in sheet to schedule more people to work the fair. Kaitlin and Megan can attend as needed. Ashley can be there first thing in the morning. Wade and Charels will be there all day. Tiffany and DaLynna will be there at the end to help Michelle with prize drawings. Ashley will check with her sister on helping. Christine suggested a grand prize that way there are two chances to win. Michelle will follow up with Total Wellness on a link to sign up.

No Motion Needed

- b. Discuss Health Incentive Program– Kaitlin Golden (Take action as necessary)

Kaitlin updated members that there are 67 employees so far that have sign up and picked up their Incentive folders. Christine suggested we have folders and the sign in sheet at the Health Fair so more employees could sign up. Michelle mentions the program in all new hire orientations.

No Motion Needed

- c. Discuss Floor Time – Christine (Take action as necessary)

Christine suggested using some of the Health and Wellness money to provide a safe place, room, or area for employees to go when overwhelmed or stressed. Providing employees with a decompress and self-care time needed. The area will have yoga mats, chair or couch. She also suggested a open/close sign or in use. Megan suggested always telling a coworker in case someone falls asleep. Ashley suggested putting a timer in the

room to remind you it's time to go. She also mentioned this would be a great place for breast feeding mothers to pump. Wade mentioned offering this room to all city of Lawton employees. Heath suggested a sound machine or water machine for more relaxation. Kaitlin suggested tabling this item and coming back in January after all the departments in city hall have been moved.

No Motion Needed

V. Comments/Communication

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

VI. Adjournment

Christine James made motion to adjourn at 9:37 am, Kaitlin Golden made motion to second.