

Calvert County Wellness Committee
Regular Meeting
July 12, 2019
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MEMBERS PRESENT:

Virginia Bassett, Victoria Boschert, Nick DeFelice, Liisa Donohue, Kim Gott, Lindsay Halterman, Laura Kent, Mary Layman, Suzy Meador, Taylor Morton and Aimee O'Connor

MEMBERS ABSENT:

Hilary Dailey, Sabrina Harbin, Sharon Hudson and Cally Iberg

OTHERS PRESENT:

Dan Debrauwere, CareFirst
Trish Lehmann, CareFirst
Melanie Woodson, Human Resources Deputy Director
David Carpenter, Benefits Manager

Liisa Donohue called the meeting to order at 10:00 a.m.

First item on the agenda was the introduction of the committee members and other attendees.

PRESENTATION/DISCUSSION

Trisha Lehmann, CareFirst

Ms. Lehmann stated that she was excited that the Wellness Committee has been formed and there are many different roads to Wellness and it takes time to mature. Ms. Lehmann also stated that CareFirst is available to the committee to assist in any way.

Dan DeBrauwere, CareFirst

Mr. DeBrauwere explained the free wellness programs that CareFirst has to offer to our employees. He reviewed the ShareCare website with the committee.

Open Discussion

David Carpenter went over the Calvert County Wellness Committee Resolution.

Liisa Donohue asked if any member would like to be the Chairperson and/or Vice Chairperson. No one volunteered for the Chairperson. Nick DeFelice and Kim Gott mentioned they might be interested in being the Vice Chairperson.

Liisa Donohue asked if any member would like to be the Secretary and Suzy Meador stated that she would help in that role.

David Carpenter stated that all members should have access to the Q-Drive. Located in the wellness folder, there is a Wellness Program Catalog along with the Wellness Services Price Guide that the committee can use at future meetings to plan activities.

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Liisa Donohue asked volunteers to help with the Blood Drive scheduled for August 29, 2019. Five members volunteered to help. Mary Layman, Laura Kent, Lindsay Halterman, Taylor Morton and Victoria Boschert.

Liisa Donohue asked a volunteer to reach out to Tom Jones, Building & Grounds Division Chief, to get information about the vendor for the vending machines and to get healthier snacks. Kim Gott will contact Tom Jones.

Liisa Donohue mentioned that the Chairperson and Vice Chairperson might want to attend St. Mary's wellness fair scheduled for September 26, 2019. Ms. Donohue also noted that the Blood Mobile is scheduled for April 22, 2020 to be held at Harriett E. Brown Community Center along with the Benefits Fair.

Liisa Donohue will send out an email to the committee members to get agenda items two weeks prior to next scheduled meeting.

Meetings will be held once a month, on the third Friday of the month, and scheduled for an hour.

The next Calvert County Wellness Committee meeting is scheduled for August 16, 2019 at 10:00 a.m.

Calvert County Wellness Committee meeting was adjourned at 11:44 a.m.