

Calvert County Wellness Committee  
Regular Meeting  
August 16, 2019  
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**MEMBERS PRESENT:**

Virginia Bassett, Victoria Boschert, Liisa Donohue, Kim Gott, Lindsay Halterman, Sabrina Harbin, Sharon Hudson, Cally Iberg, Laura Kent, Mary Layman, Suzy Meador, Aimee O'Connor

**MEMBERS ABSENT:**

Hilary Dailey, Nick DeFelice, Taylor Morton

**OTHERS PRESENT:**

David Carpenter, Benefits Manager

**1. MEETING CALL TO ORDER:**

- A. Liisa Donohue called the meeting to order at 10:00 am and also called for attendance/introductions.
- B. There was a motion to approve the July 12, 2019 minutes by Aimee O'Conner. Lindsay Halterman seconded the motion. All approved.

**2. OPEN DISCUSSION**

**A. Election of Officers:**

There was discussion on the duties for each of the positions. Suzy Meador stated that the duties of the board could be found in the resolution. Liisa Donohue said she was willing to be the Chairperson. Mary Layman is to be Co-Chairperson and Suzy Meador will be Secretary. There was brief discussion regarding the Chairperson and Vice Chairperson attending the St. Mary's Wellness Fair scheduled for September 26, 2019.

**B. Sharecare App Feedback:**

Liisa Donohue wanted some feedback on the ease/use of the Sharecare App. There was discussion on the ease/use of the app versus using the browser. Some had trouble with the app, while others logged in through the Carefirst site. Suzy Meador asked how each of us shared information with their respective offices. Discussion followed and most emailed their coworkers or directly talked them.

**C. Suggestion(s) of Wellness Focus:**

1. Healthy Snack Machines-Sharon Hudson will be looking into healthier snack machines for employees.
2. Lindsay Halterman shared information regarding food trucks and green space. She had handouts showing areas of interest. She will have more information for the next meeting. Liisa Donohue will find out what is involved with the process of being able to have food trucks available for healthier meals.
3. Activities for Main Street-committee needs to brainstorm ideas.
4. Farmers Markets-Could possibly meet with Agricultural Specialist with Economic Development for more information.
5. A committee was formed to look into Wellness Rocks. The group (Virginia Bassett, Aimee O'Conner, and Laura Kent) will come up with some ideas and Sharon Hudson will look into getting the rocks.
6. Suzy Meador found a possible tag line: Health is a state of mind, Wellness is a state of being.
7. Liisa Donohue gave a schedule to the five volunteers to help with the blood drive on August 29, 2019.

**D. Smart Dollars Campaign:**

Liisa Donohue spoke about promoting Smart Dollars through Human Resources and will be sending an email to county employees regarding this information. Also helping Liisa Donohue will be Cally Iberg.

**E. Wellness Dollars:**

The Wellness Committee does not have a budget. Dave Carpenter talked about the Wellness Catalog which is located on 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. There are mostly group activities as opposed to individual activities. Carefirst gives value, (Wellness Dollars) not money. Liisa Donohue has obtained access for committee members to have access to the "Q" Drive. Aimee O'Conner said she could try to come up with some group activities using the catalog.

**F. Newsletter Committee:**

Questions for committee: How many pages, use a tag line, and who would like to serve on this committee? Sabrina Harbin, Liisa Donohue, and along with the possibility of others, have volunteered to work on newsletter items for insertion into the County Employee Newsletter. Liisa Donohue will contact Technology Services to see if the Wellness Committee can get an email address.

**Discussions:**

Liisa Donohue reiterated that the Blood Mobile is scheduled for April 22, 2020 to be held at Harriett E. Brown Community Center along with the Benefits Fair.

Meeting Schedule Change(s): Meetings will be held once a month, on the third Wednesday of the month, and scheduled for an hour. There was discussion as to the time: Late afternoon (3:30 pm) or early? The time that was agreed upon was set for 8:30 am.

The next Calvert County Wellness Committee meeting is scheduled for September 18, 2019 at 8:30 a.m.

**3. ADJOURNMENT**

Motion to adjourn: Aimee O'Conner  
Second: Kim Gott  
All approved.

Calvert County Wellness Committee meeting was adjourned at 11:00 a.m.