

Calvert County Wellness Committee  
Regular Meeting  
January 15, 2020  
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**MEMBERS PRESENT:**

Virginia Bassett, Hilary Dailey, Nick DeFelice, Liisa Donohue, Lindsay Halterman, Cally Iberg, Laura Kent, Mary Layman, Taylor Morton, Aimee O'Connor

**MEMBERS ABSENT:**

Victoria Boschert, Sharon Hudson, Suzy Meador

**MEMBERS RESIGNED**

Kim Gott, Sabrina Harbin

**OTHERS PRESENT:**

Dan Carpenter, Human Resources

**1. MEETING CALL TO ORDER:**

- A. Liisa Donohue called the meeting to order at 2:04 p.m. Attendance was taken.
- B. Mary Layman motioned to approve the December 18, 2019 meeting minutes. Virginia Bassett seconded the motion. All approved.

**2. OPEN DISCUSSION**

**A. Discuss Zumba Classes:**

Lindsey Halterman stated that Ed Sullivan, from Office on Aging, agreed for the committee to hold Zumba class at the Calvert Pines Senior Center. We can use the room as long as the seniors are not using it. The committee thinks that March would be a good time to start the class. Laura Kent has agreed to be the instructor. There was discussion regarding liability and the potential of someone getting hurt. Lindsey Halterman asked if Ellen from Risk Management/Human Resources could come to speak with this committee regarding liability. It was mentioned that if Laura was not available to instruct on the scheduled day, that DVD's could be used so that the class could still be held. Liisa Donohue motioned to commence Zumba classes at the Calvert Pines Senior Center once a week on Fridays starting in March, 2020. Taylor Morton seconded the motion. Motion carries.

**B. Discuss Cooking Demonstrations**

Lindsey Halterman also spoke about looking into cooking demonstrations/classes. The Health Department has a nutritionist who is willing to do some cooking/nutrition demonstrations. There was discussion doing Wednesdays Wellness Market for demonstrations. Nick DeFelice thought having a gathering at No Thyme to Cook located in Solomons, may be an idea. He will be looking into this and maybe doing something like this for May, 2020. He was thinking a weeknight would be good to hold something like this. He then discussed about having a "Wellness Calendar" for all county events for employees to access. The process in gathering information for the calendar could potentially be very time consuming and it was thought that maybe a separate committee within this committee could look into the possibility of this working.

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C. **Discuss Calendar 2020 Plans**

Ideas for the rest of 2020 Fiscal Year was discussed. April 22, 2020 has been scheduled for the Benefits Fair. A blood mobile will be set up for the same day as well and will be open to the community. The Wellness Committee needs people to sit and take names, hand out flyers, etc.

There was discussion regarding Biometric Screening. An employee could have this service and their health insurance could pay for this, or we could use Wellness Dollars to pay for these screenings. It is \$60.00 per person. We would still have dollars left for the rest of the fiscal year for other wellness programs. Dave Carpenter will be finding out if this committee would be able to receive an increase over the allotted \$10,000 in Wellness Dollars for Calvert County.

Virginia Bassett is going to look into skin screening. She attended a free skin cancer screening last year and will get information about it.

County Luncheons could be a place and time for promotion of the Wellness Committee and its programs.

D. **Other:**

Liisa Donohue announced that March 27, 2020 would be her last day working for the County. This means that this committee would need a new chairperson. Also, discussion followed, regarding the potential for other people who would like to be on this committee. This committee can have up to 20 people. Liisa Donohue said that applications would be available on the S drive and employees could apply and then have their supervisor sign off on the application before being considered for the committee.

The next Calvert County Wellness Committee meeting is scheduled for

February 19, 2020 at 2:00 p.m.

3. **ADJOURNMENT**

Motion to adjourn: Liisa Donohue.  
Second: Lindsey Halterman.  
All approved.

Calvert County Wellness Committee meeting was adjourned 2:35 p.m.