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Cleveland County, OK

Cleveland County Office Building

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County Clerk, Cleveland County

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Norman, OK 73069
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Pam Howlett



Wellness Committee

Meeting Minutes

Friday, April 24, 2026
9:00 AM

Rod Cleveland - Chairman
Shannon Lane - Vice-Chairman
Lisa Ward - Member
Marilyn Williams - Member
George Mauldin - Member
Lisa Painter - Member
Bailey Breen - Member
Charles Hamilton - Member
Bryant Rains - Member
Tammy Richards - Member

Meeting Called to Order - At this point, Member George Mauldin consented to act as chairman.

Roll Call

Pam Howlett, Marilyn Williams, George Mauldin, Lisa Painter, Bailey Breen, Charles Hamilton, Tammy Richards.

Those absent: Rod Cleveland, Shannon Lane, and Bryant Rains

Notice of the meeting was properly posted on April 22, 2026.

“Action” means any official step on an item, including approving, amending, denying, deferring, giving directions, or similar decisions.

Approval of Minutes

1. Discussion and possible action regarding the minutes of the Regular Meeting of January 30, 2026.

Bailey Breen moved, seconded by Marilyn Williams, to approve the minutes of the Regular Meeting of January 30, 2026.

The motion carried by the following vote:

Aye: 7 - Pam Howlett, Marilyn Williams, George Mauldin, Lisa Painter, Bailey Breen, Charles Hamilton, and Tammy Richards

Public Comment: No comments from the public were made during this meeting.

Items of Business

2. Discussion and possible action regarding the Wellness Initiative.

Bailey Breen explained that the Wellness initiative plan is progressing well. The app developers have finalized the contract, and it will be reviewed for approval at the meeting scheduled for the following Monday—not this coming one.

Everyone has already received the list of approved activities. The objective is to earn 180 points within 90 days, which averages out to about two activities per day. Based on the list, reaching two points daily should be quite manageable. Some activities carry more weight than others—for example, spending an hour at the gym earns three points, while 30 minutes earns one point.

To verify participation, the app will include a feature that allows you to upload a photo as proof of your activity. For instance, at the gym, you can take pictures of your check-in and check-out times and submit them for approval. Once verified, the points will be awarded. Overall, the system is designed to make it easy for everyone to earn the incentive while building consistent, healthy habits.

It's also important to highlight that the program is inclusive. There are many activities suitable for individuals with disabilities. Even if someone has limited mobility, there are still plenty of options available, such as meditation, deep breathing exercises, journaling, creating a daily gratitude list, and stretching.

A daily gratitude list, for example, simply involves reflecting on and noting things you're thankful for. This practice supports mental well-being and encourages mindfulness. There is a \$250 incentive amount and it will begin in the middle of May for ninety days.

3. Discussion and possible action regarding an update presented on health and wellness matters for county employees.

Nothing to report at this time.

4. Discussion and possible action regarding a Report on County Wellness Gym Facility by Lisa Painter.

Lisa Painter reported the following: Several pieces of equipment are currently out of order or need servicing. PR Fitness came out in April and inspected much of it. She had them look into one elliptical and a couple of treadmills that were flagged for issues, but as far as she knows, the follow-up service hasn't been scheduled yet. They've been given the go-ahead to proceed, though.

They should probably keep people informed, she mainly hears secondhand since she does not go into the gym that often. She will try to stay on top of it, and added that things are going well.

George Mauldin said that regarding the treadmills, two are having problems. One still works but makes noise, while the other isn't usable due to a faulty emergency stop. The first two treadmills in the row don't get much use, since most people go straight to the newer ones farther down. Because of that, it might be a good idea to rotate the machines to balance usage.

Lisa Painter said that they could have maintenance handle the rotation.

5. Discussion and possible action regarding a Presentation from Emergency Management Director regarding Wellness Committee issues.

Discussion and updates on the wellness committee and the employee health clinic were differed to item 7.

6. Discussion and possible action regarding an Employee Health Clinic Update.

George Mauldin discussed the number of visits and reminded that the Clinic is opened on Tuesdays and Thursdays from 8 to 12 noon. The discussion covered updates on the wellness committee and the employee health clinic. Clinic usage has increased significantly, with March seeing the highest number of visits so far. Services like B12 injections, vaccines, and general care are available on Tuesdays and Thursdays, and employees are encouraged to take advantage of them.

7. Discussion and possible action regarding Wellness Checkups during the months of April and May.

Discussion was had that the Blood test could be done in the individual offices. The dates will be discussed with the county officials. There was also discussion about offering wellness checkups in May, including comprehensive blood testing (e.g., CBC, metabolic panel, lipids, and hormone-related tests). A discounted rate has been negotiated, making the testing very affordable, with an option to have a phlebotomist come onsite for convenience. However, the plan is still awaiting final approval from the commissioners before moving forward.

No new business was discussed during this meeting.

Board Member Statements and Announcements

During Board members discussion, Commissioner Rusty Grissom recommended approval and review of the Resolution appointing members to the Cleveland County Wellness Committee. The Board of County Commissioners will approve the Resolution on Monday, April 27, 2026. After a brief discussion, George Mauldin moved, seconded by Pam Howlett, to approve the resolution as reviewed.

Aye: 7 - Pam Howlett, Marilyn William, George Mauldin, Lisa Painter, Bailey Breen, Charles Hamilton, and Tammy Richards.

Adjourn

At 9:26 a.m., George Mauldin moved, seconded by Pam Howlett, to adjourn the meeting.

The motion carried as follows:

Aye: 7 - Pam Howlett, Marilyn Williams, George Mauldin, Lisa Painter, Bailey Breen, Charles Hamilton, and Tammy Richards

**Wellness Committee
CLEVELAND COUNTY, OKLAHOMA**

Chairman**ATTEST:**

Pam Howlett, County Clerk

Minutes Prepared by: _____
Deputy County Clerk