



Plumas County Management Council
A Commitment to Coordinated Public Service
Minutes of November 4, 2011 meeting
Held in the Health & Human Services Building

The meeting was called to order at 9:05 am by Michelle Blackford, Chair, with Dave Preston, as Recording Secretary. Present were Bob Perreault, Craig Settlemire, Dave Preston, Kathy Williams, Michelle Blackford, Jack Ingstad, Dora Mitchell, John Sebold, Elliott Smart and Keith Mahan.

Additions to the Agenda

There were no additions to the Agenda

Approval of November 4, 2011 Agenda

Mimi made a motion for approval of the agenda, Keith seconded the motion.

Approval of October 7, 2011 Minutes

A motion to approve the minutes was made by Michelle and seconded by Keith.

Round Table:

Mimi shared that she is participating in community-wide health assessments including town hall meetings with hospital districts and other healthcare providers. Mimi also shared her concerns about the possible closing of long term care facilities and the impact that might have on County communities.

Bob Perreault gave an update on the paving of the bike path in Quincy.

Coping with Stress in the Workplace:

John Sebold gave a presentation on stress management. John talked of the negative health effects of stress and offered techniques for dealing with stress in the workplace. A discussion followed with department heads sharing stress related experiences. Members thanked John for a great presentation and John offered that in the future the Council may want to include a regular schedule for positive presentations. Kathy suggested that this might be accomplished with a regular scheduled topic of health and wellness.

Budget:

Jack explained the reasoning behind different budget decisions including furloughs and departmental meetings.

The meeting was adjourned at 11:48am