

Consortium for a Healthier Miami-Dade
Worksite Wellness Committee
Thursday, August 1, 2013

TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<ol style="list-style-type: none"> 1. Arleen Foreman, Kimberly Clark Professional 2. Charlotte Waddell, Florida Department of Health in Miami-Dade County 3. Christiana Serle, Florida International University 4. Christina Woo Ching, Miami Dade County Employee Wellness Center 5. David Angarita, Florida Department of Health in Miami-Dade County 6. Lauren Sonnenberg, LifeCore 7. Dr. M. Enrique Flores, Flores Chiropractic Group 8. Jessica Weinger, Florida Department of Health in Miami-Dade 9. Marlene Rodriguez, Vice-Chair, Florida Heart Research Institute 10. Racquel Dopico, Miami-Dade County Employee Wellness Center 11. Sybill Holly Charles, YWCA of Greater Miami 	
Welcome, Introductions and Wins	<p>The meeting was brought to order by Marlene Rodriguez at 9:45 am. The committee introduced themselves and shared their wins for the past month:</p> <ol style="list-style-type: none"> 1. Raquel Dopico informed the committee that the Mayor's Office sent out an internal memo supporting worksite wellness at all Miami Dade County departments. At this point the wellness coordinators are being appointed at the different departments. 2. Arleen Foreman shared that Kimberly Clark Professional was listed as the 4th on the list of the World's Best Multinational Workplaces by the Great Places to Work Institute. 3. Dr. Enrique Flores shared that he has been able to successfully network and several people have expressed interest in lunch and learn presentations. 	
Approval of Minutes	<p>The meeting minutes were reviewed by the committee. Marlene Rodriguez moved to approve the minutes. Christina Woo Ching seconded the motion. The minutes were approved.</p>	

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<p>Community Presentation</p>	<p>The community presentation for August was delivered by Charlotte Waddell of the Florida Department of Health in Miami-Dade County. Charlotte delivered a presentation about the Community Health Improvement Plan (CHIP). The CHIP has specific objectives for worksite wellness, to support the use of evidence based worksite wellness programs at state agencies and also private organizations. The CHIP will be presented on October 1st, 2013 at the United Way building.</p>	<p>The following websites may be helpful to you if you need data:</p> <p> www.miamidadematters.org www.floridacharts.com/charts/default.aspx http://www.healthymiamidade.org/resources/reports-publications </p>
<p>Work Plan</p>	<p><u>Committee Planning Survey Results:</u></p> <p>The committee reviewed the latest survey results. The possibility of an online bulletin board or closed linkedin group was discussed. Several questions were raised regarding privacy and email notifications. It was decided that a draft proposal will need to be created and delivered to the Executive Board regarding the online bulletin board or a linkedin group.</p> <p>The committee revisited the Stage Gate process and chose the top three ideas that will be put through the process:</p> <ol style="list-style-type: none"> 1. Networking Tool or Event 2. Quarterly Forums 3. Roles and Responsibilities of Committee Members <p><u>WW Forums:</u></p> <p>The next Worksite Wellness Forum will occur on September 5th, 2013 from 9:00am-11:30am with networking that can occur from 11:30am to 12:00pm. The topic is Walking Programs: Learn From the Experts, and we have received confirmation from all speakers that were identified in the previous committee meeting.</p> <p><u>Website/Newsletter:</u></p> <p>Please feel free to submit items to the Consortium Newsletter. Share your wellness program's successes, various events, or articles in your area of expertise. We welcome your submissions.</p>	<p>Social Media Draft Proposal will be drafted by Christina Woo Ching. The draft will be submitted to Shawn and Marlene by August 9, 2013.</p>

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Florida Department of Health in Miami-Dade County Monthly Updates	<p><u>Florida Department of Health in Miami-Dade County Updates:</u></p> <ul style="list-style-type: none"> • FDOHMDC is continuing to offer free assistance with employee tobacco cessation coverage and worksite wellness. 	
Announcements	<ol style="list-style-type: none"> 1. Lauren Sonnenberg announced that she is recruiting members for her cancer group at LifeCore. Lauren also announced that she has a monthly newsletter through LifeCore- right now she is doing a four part series on Multiple Sclerosis and Parkinson's. 2. Christina Woo Ching announced that the Parkinson's Walk, Moving Day Miami, will occur at Bayfront Park on October 6th. 3. Sybil Holly-Charles announced that the American Diabetes Walk will occur on September 21st at the Miami Marlins Park. Registration is free. 	
Next Meeting	Thursday, October 3, 2013 9:30 am to 11:30 am at Beacon Center, 8323 N.W. 12 th St., Suite 212, Miami, FL33126	
Adjournment	Marlene Rodriguez adjourned the meeting at 11:20 am.	