

Consortium for a Healthier Miami-Dade
Worksite Wellness Committee
Thursday, February 7, 2013

TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<ol style="list-style-type: none"> 1. April Weatherly-Speaks, Baptist Health South Florida 2. Arleen Foreman, Kimberly Clark Professional 3. Carolina Quintero, Custom Building Products 4. Christiana Serle, Florida International University 5. Christina Woo Ching, Miami-Dade Employee Wellness Center 6. Islara Souto, American Heart Association 7. Jeannie Moise, Miami Dade College 8. Jessica Weinger, Miami-Dade County Health Department 9. George Velasquez, Student, Capella University 10. Kelly Shriver, Cabot Creameries (via teleconference) 11. Kerri-Ann Forbes, CHI 12. Kerri-Anne Parkes, Miami-Dade County Health Department 13. Leyanee Perez, The American Healthy Weight Alliance, Inc. 14. Marlene Rodriguez, Florida Heart Research Institute 15. Martha Garcia, Florida Blue 16. Nancy Maidique, Tobacco-Free Workgroup 17. Rachel Aborlleile, Custom Building Products 18. Rachelle Theodore, Miami-Dade County Health Department (via teleconference) 19. Raquel Dopico, Miami-Dade Employee Wellness Center 20. Sara Vallazza, Miami-Dade County CIAO 21. Sharon Baker, Fruit Fresh Delivery 22. Suzanne Johnson, Miami-Dade County Health Department 23. Tori Gabriel, Florida Heart Research Institute (via teleconference) 24. Valencia Morris, Miami-Dade County Health Department (via teleconference) 	
Welcome, Introductions and Wins	<p>The meeting was brought to order by Kerri-Anne Parkes at 9:35 am. The committee introduced themselves and shared their wins for the month.</p> <ol style="list-style-type: none"> 1. Rachel Aboreille shared that Marlene Rodriguez (Florida Heart Research Institute) presented to employees at Custom Building Products regarding nutrition and reading food labels. The presentation was very well received by employees. 	

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	<ol style="list-style-type: none"> 2. Islara Souto thanked all the organizations that submitted their information for an American Heart Association Fit-Friendly Award. 3. Martha Garcia announced that the Florida Blue Center just started a new weekly fitness class. Classes are free and open to members and non-members alike at the Florida Blue Center next to The Falls. The classes are a free resource to businesses that are looking to offer fitness classes to their employees. 4. Arleen Foreman shared an article from Forbes that highlights Kimberly Clark Professional’s infection control effort, The Healthy Workplace Project. Implementing the program can reduce the probability of catching the common cold or flu by 80%. 	<p>If you are interested in obtaining a copy of the article please let Arleen Foreman know.</p>
Approval of Minutes	<p>The minutes were reviewed by the committee. Sara Vallazza moved to approve the minutes. Islara Souto seconded the motion. The minutes were approved.</p>	
Community Presentation	<p>Nancy Maidique, Chair of the Tobacco-Free Workgroup spoke to the Worksite Wellness Committee about how the two committees could collaborate. The Tobacco-Free Workgroup works in the following areas: K-12 School System, Candy-Flavored Tobacco Products, Multi-Unit Housing, and Employee Tobacco Cessation.</p>	
Work Plan	<p><u>Upcoming Forums:</u> Sleep Health will be the topic for the next Forum. We will host the forum at The Miami-Dade County Health Department’s Kodak Office, 8600 NW 17th St., Miami, FL, 33126, on March 7, 2013 at 9:30 am.</p> <p><u>Website/Newsletter:</u> Please send any communications for the website or newsletter to Shawn, Marlene, & Kerri-Anne for approval. The deadline for submissions is the end of the month.</p> <p><u>2013 Worksite Wellness Awards Update:</u> Email blasts are going through GMSHRM, The Sterling Council, The Department of Health, Catalyst Miami, and others. Sponsorships are</p>	

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	<p>coming in and soon the Worksite Wellness Awards Committee will be able to put ads in major market newspapers.</p> <p>There will be a moderated panel of previous worksite wellness awards winners during the morning sessions.</p> <p>The Awards Committee is actively looking for giveaways for door prizes.</p>	<p>If there is anything you would like to donate, please contact Tori Gabriel.</p>
<p>CPPW/MDCHD Monthly Updates</p>	<p>MDCHD Updates:</p> <ul style="list-style-type: none"> • The CDC will be hosting a National Healthy Worksite Webinar on Monday February 11, 2013 at 1:00 pm. The topic of the webinar is “Community Partnership Building”. • The MDCHD’s Worksite Wellness Program will begin to focus more on employee tobacco cessation in 2013. We have begun to work with organizations to help them with developing tobacco-free workplace policies, reviewing their existing cessation benefits, and linking them to free tobacco cessation resources. 	<p>You can register for the webinar at www.cdc.gov/NHWP</p> <p>Contact Kerri-Anne Parkes or Jessica Weinger for more information.</p>
<p>Announcements</p>	<ol style="list-style-type: none"> 1. Kerri-Ann Forbes announced that CHI is undertaking a sustainability campaign. The theme is “Greening Your Lifestyle”. 2. Sharon Baker of Fruit Fresh Delivery announced that her company does fresh fruit delivery to offices across Miami-Dade County. They have seasonal fruit and can get organic produce if you would like. 	
<p>Next Meeting</p>	<p>March 7, 2013 9:30 am to 11:30 am at Beacon Center, 8323 N.W. 12th St., Suite 212, Miami, FL33126</p>	
<p>Adjournment</p>	<p>Kerri-Anne Parkes adjourned the meeting at 11:15 am.</p>	