

Consortium for a Healthier Miami-Dade
Worksite Wellness Committee
Thursday, January 10, 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. Cheryl Miller, Chamber South 4. Christiana Serle, Florida International University 5. Evelyn Rodriguez, Florida International University 6. Islara Souto, American Heart Association 7. Jessica Weinger, Miami-Dade County Health Department 8. Kelly Shriver, Cabot Creameries (via teleconference) 9. Kerri-Anne Parkes, Miami-Dade County Health Department 10. Leyanee Perez, The American Healthy Weight Alliance, Inc. 11. Marlene Rodriguez, Florida Heart Research Institute 12. Nicholle Rosemond, Independent Living Systems (via teleconference) 13. Rachel Aborlleile, Custom Building Products 14. Rachelle Theodore, Miami-Dade County Health Department (via teleconference) 15. Sara Vallazza, Miami-Dade County CIAO 16. Shawn Ramirez, Miami-Dade Parks and Recreation (PROS) 17. Sybil Holly, YWCA of Greater Miami-Dade 18. Tammie Poplewko, Chamber South 19. Tori Gabriel, Florida Heart Research Institute 20. Valencia Morris, Miami-Dade County Health Department (via teleconference) 	
Welcome, Introductions and Wins	<p>The meeting was brought to order by Shawn Ramirez at 9:40 am. The committee introduced themselves and shared their wins for the month.</p> <ol style="list-style-type: none"> 1. Shawn shared that Miami-Dade Parks Recreation and Open Spaces will be partnering with the fitness center at the Stephen P. Clark Center. The Wellness Domination Campaign is all over the Stephen P. Clark Center. It has been encouraging people to take the stairs. Also Miami-Dade PROS had a very successful Family Adventure Challenge; 600 people registered and 300 children participated. 	

Consortium for a Healthier Miami-Dade
Worksite Wellness Committee
Thursday, January 10, 2013

Approval of Minutes	The minutes were reviewed by the committee. Tori Gabriel moved to approve the minutes with corrections. Marlene Rodriguez seconded the motion. The minutes were approved.	
Community Presentation	Cheryl Miller from the Chamber South Wellness Committee introduced the Challenge that runs from January 7 th through February 23 rd . Last year 100 people participated in the cardio challenge. Registration and sign-up usually run for the first two weeks of the program. There is also a social component to the challenge, such as group runs and group classes.	For more information please visit the Chamber South Wellness Committee Facebook page.
Work Plan	<p><u>Upcoming Forums:</u> The committee began to discuss potential topics for upcoming forums. Some ideas include:</p> <ol style="list-style-type: none"> 1. Have FootWorks come and speak about running/walking. Ask them to do a run/walk clinic. 2. Host a cooking demonstration. 3. Healthy vending 4. Reading food labels (Marlene is a registered dietician and can lead sessions related to nutrition) 5. Sleep Hygiene (April can contact someone at the Baptist Health Sleep Clinic to see if they can help) 6. Liability, waivers, workman’s compensation and how it is related to wellness activities. 7. Best practices on how to get a program started, keep a program sustainable and how to keep the momentum going. <p><u>Website/Newsletter:</u> The Consortium has a monthly newsletter that comes out around the 15th of every month. It is sent via email and posted to the Consortium’s website. Consortium members are welcome to submit articles to the newsletter.</p> <p><u>2013 Worksite Wellness Awards:</u> The Awards Ceremony will take place on April 12, 2013. Continuing</p>	<p>Review past forum evaluations to see if participants had any suggestions for topics.</p> <p>Please send submissions to Shawn, Marlene & Kerri-Anne and they will submit it.</p>

Consortium for a Healthier Miami-Dade
Worksite Wellness Committee
Thursday, January 10, 2013

	<p>Education Credits will be available for RN , HR, RD and CHES.</p> <p>Nominations have started. The deadline for all nominations is March 15th. A new electronic brochure is coming out soon. The application is available on the website: www.worksitewellnessawards.org</p> <p>An announcement will be made soon. If you have a distribution channel to promote the awards, please let Tori know. There are some sponsorship levels still available.</p> <p>There will be a beginner and advanced tracks for the education sessions in the morning. There will be a panel of past award winners very similar to the Why Wellness Matters Forum during the beginner session.</p> <p>Paul Terry, CEO of StayWell Health Management will be the keynote speaker. Jason Lang of the CDC’s National Healthy Worksite Program will be the leading an education session. A VIP cocktail reception (\$25 per person) will follow the awards.</p>	
<p>CPPW/MDCHD Monthly Updates</p>	<p>CPPW Updates:</p> <ul style="list-style-type: none"> • Two agencies passed worksite wellness policies over the holidays: Florida Heart Research Institute and FootWorks/Team FootWorks. <p>MDCHD Updates:</p> <ul style="list-style-type: none"> • The MDCHD’s Worksite Wellness Program will begin to focus more on employee tobacco cessation in 2013. 	<p>Contact Kerri-Anne Parkes or Jessica Weinger for more information.</p>
<p>Announcements</p>	<ol style="list-style-type: none"> 1. Shawn Ramirez announced that Miami-Dade Parks and Recreation will be beginning their walking club soon. There will be an 8-week walking program leading up to Corporate Run. Healthy Action signs will be placed on the track outside of the Stephen P. Clark Center soon. Shawn shared copies of the Parks and Recreation guide with 	

Consortium for a Healthier Miami-Dade
Worksite Wellness Committee
Thursday, January 10, 2013

	<p>committee members.</p> <ol style="list-style-type: none"> 2. Islaura Souto from the American Heart Association announced that the Fit-Friendly Award deadline is approaching. The application is free and it is a national recognition program. The American Heart Association has a new healthy messaging system they are piloting that sends health messages to your phone via text message. AHA is also trying to pass a bill to open the recreation areas at the schools so if you see a school playground that is closed after hours, please snap a photo and send to Islara. 3. Kerri-Anne Parkes announced that the National Healthy Worksite will be having a webinar on Monday January 14, 2013. She will send information to the committee members. 4. Evelyn Rodriguez announced that Florida International University received recognition from the American Heart Association as a Gold Fit-Friendly Company. FIU's wellness program is moving forward organization-wide. They have partnered with student health services to open a position for a wellness coordinator, which will be posted in the next month before the wellness fair. They are also partnering with Recreation Services for the Wellness Fair in March. They are really trying to drive employees to the wellness fair. 5. Sybil Holly from YWCA thanked Kerri-Anne and Jessica for helping her to plan her worksite wellness program. The CEO will send out a new message of support to all employees. The first newsletter of the year is going out soon. 	<p>Please visit www.heart.org for more information.</p> <p>Please visit http://www.cdc.gov/nationalhealthyworksite/index.html for more information</p>
Next Meeting	February 7, 2013 9:30 am to 11:30 am at Beacon Center, 8323 N.W. 12 th St., Suite 212, Miami, FL33126	
Adjournment	Shawn Ramirez adjourned the meeting at 11:15 am.	