

Consortium for a Healthier Miami-Dade
Worksite Wellness Committee
Thursday, June 6, 2013

TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<ol style="list-style-type: none"> 1. April Weatherly Speaks, Baptist Health South Florida 2. Christiana Serle, Florida International University 3. Christina Woo Ching, Miami Dade County Employee Wellness Center 4. Dawn McSween, American Heart Association 5. Dr. M. Enrique Flores, Flores Chiropractic Group 6. Ian Hoare, Utopian Consulting LLC 7. Jessica Weinger, Florida Department of Health in Miami-Dade County 8. Kerri-Anne Parkes, Florida Department of Health in Miami-Dade County 9. Laura Villaverde, OrthoNOW 10. Marlene Rodriguez, Vice-Chair, Florida Heart Research Institute 11. Nicholle Rosemond, Independent Living Systems 12. Rachel Arbolleile, Custom Building Products 13. Rodne Valien, OthoNOW 14. Sara Vallazza, Miami Dade County CIAO 15. Suzanne Johnson, Florida Department of Health in Miami-Dade County 16. Sybil Holly-Charles, YWCA of Greater Miami 	
Welcome, Introductions and Wins	<p>The meeting was brought to order by Marlene Rodriguez at 9:40 am. The committee introduced themselves and shared their wins for the past month:</p> <ol style="list-style-type: none"> 1. Christina Woo Ching from the Miami Dade County Employee Wellness Center announced that they have launched their walking club on the new track at the Stephen P. Clark center. The club meets Thursdays at noon. 2. Kerri-Anne Parkes discussed the Consortium for a Healthier Miami-Dade's 10th Anniversary Event, which was very successful. Attendees enjoyed the keynote speaker, the speakers and hearing what the different committees are working on. 	<p>The committee is interested in hearing updates about this initiative as it progresses.</p>

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Approval of Minutes	The meeting minutes were reviewed by the committee. Marlene Rodriguez moved to approve the minutes. Rachel Arborlleile seconded the motion. The minutes were approved.	
Community Presentation	<p>Marlene Rodriguez introduced Ian Hoare, the guest speaker for the June committee meeting. Ian is an organizational psychologist who has been working on the Consortium’s sustainability plan. Marlene reviewed the shared goals and SWOT analysis document from the previous meeting with Ian and the committee.</p> <p>Ian reviewed some of the key findings of the sustainability report, specifically the need for planning and introduced the stage gate process. The committee was provided with a sample of stage 2/gate 2 to review how the process works. Ian recommended having 4-5 ideas in the stage gate process.</p>	Committee members were asked to come to the next meeting with ideas of what they think we should take on as a committee. Committee members should consider their development needs, the needs of the community, or ideas for their workplace. These items will be discussed at the next meeting.
Work Plan	<p><u>Upcoming Forums:</u> The next Worksite Wellness Forum is scheduled for Thursday, June 13, 2013 at 2:00 pm in the Florida Department of Health’s Kodak Office, 8600 NW 17th St., Miami, FL. The topic is “Wellness Designed: Integrating Health Insurance with Health Promotion”. The speakers are Santiago Leon, JD, of ACC Insurance Brokers and Stephen P. Rasnick, of Self Insured Plans.</p> <p><u>Website/Newsletter:</u> Please send any communications for the website or newsletter to Shawn, Marlene, Kerri-Anne & Jessica for approval. The deadline for submissions is the end of the month.</p> <p><u>Upcoming Community Presentations:</u> In July the community presentation will be delivered by Dr. M. Enrique Flores of the Flores Chiropractic Group. In August the community presentation will be delivered by Dr. Alejandro Badia, of OrthoNOW.</p>	<p>Committee members were asked to think about future topics for the Forums.</p> <p>The website contains some out of date information. Please bring any changes to the attention of the Committee Chairs and Liaisons so that corrections can be made.</p>

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<p>Florida Department of Health in Miami-Dade County Monthly Updates</p>	<p><u>Florida Department of Health in Miami-Dade County Updates:</u></p> <ol style="list-style-type: none"> 1. The wellness team continues to work in the area of employer cessation coverage. At this time we are conducting short interviews with employers and presenting the benefits of tobacco cessation to employers. Please let Jessica or Kerri-Anne know if you are interested in tobacco cessation. 2. The Bureau of Chronic Disease Prevention has a list of grants from outside agencies that may be of interest to committee members. These are not grants from the Florida Department of Health. Contact Kerri-Anne for more information. 3. There are several free wellness apps available that are nice to offer to your employees, such as the National Cancer Institute's QuitPal and MyFitnessPal. 	
<p>Announcements</p>	<ol style="list-style-type: none"> 1. Kerri-Anne Parkes announced that she will be leaving the Florida Department of Health in Miami-Dade County effective July 3rd to pursue her Doctorate in Public Health. The committee wished her the best of luck. 2. Sybil Holly announced that YWCA's Worksite Wellness Policy came back from the Board of Directors with revisions, but is another step closer to passing. YWCA also just finished their weight loss challenge which had 30 participants. 	
<p>Next Meeting</p>	<p>Thursday, July 11, 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>Marlene Rodriguez adjourned the meeting at 11:00 am.</p>	