

Consortium for a Healthier Miami-Dade
Worksite Wellness Committee
Thursday, May 2, 2013

TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<ol style="list-style-type: none"> 1. Anita Singh, Nurse Practitioner (via teleconference) 2. April Weatherly-Speaks, Baptist Health South Florida 3. Christiana Serle, Florida International University 4. Christina Woo Ching, Miami-Dade County Employee Wellness Center 5. Gladimir Simeon, Glad Health and Fitness, Inc 6. Jeannie Moise, Miami Dade College 7. Jessica Weinger, Florida Department of Health in Miami-Dade County 8. Kate Senly, Citrix (via teleconference) 9. Kerri-Anne Parkes, Florida Department of Health in Miami-Dade County 10. Larysa Mysyk, Florida International University 11. Lindsay Scherr, Endlessly Organic 12. Marie Boursa, Broward Health (via teleconference) 13. Marlene Rodriguez, Florida Heart Research Institute 14. Raquel Dopico, Miami-Dade County Employee Wellness Center 15. Reed Douglas, Take Your Child to Work Day Participant 16. Santiago Leon, ACC Insurance Brokers 17. Shawn Ramirez, Miami-Dade County Parks Recreation and Open Spaces 18. Shelly-Ann Gibson, Florida Department of Health in Miami-Dade County 19. Simona Marlow, Miami-Dade County Public Housing Community Development 20. Tori Gabriel, Florida Heart Research Institute 21. Ty Ramirez, Take Your Child to Work Day Participant 	
Welcome, Introductions and Wins	<p>The meeting was brought to order by Shawn Ramirez at 9:40 am. Shawn provided the committee with an overview of what would be discussed at this meeting, specifically reviewing the strategic planning process for the Consortium for a Healthier Miami-Dade. The committee introduced themselves and shared their wins for the month.</p>	

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	<ol style="list-style-type: none"> 1. Shawn Ramirez and Christina Woo Ching discussed Miami-Dade County's win for the month: The Spring Into Wellness Fair. The fair was a huge success with many vendors both inside and outside the Stephen P Clark Center. This event kicked off the walking track and was hosted by Mayor Carlos A. Gimenez, who did a ribbon cutting ceremony. Several county residents also came out to use the walking track. 2. April Weatherly-Speaks shared Baptist Health's win for the month which was a great employee turnout at Corporate Run. This year Baptist had 2,600 people run with their team, many employees ran with "We Run for Boston" stickers. Overall employees were very happy with this event. 3. Anita Singh introduced herself to the committee. Ms. Singh is a Nurse Practitioner in Broward County looking for an opportunity to work in corporate health and wellness. She is looking forward to meeting everyone. 4. Marlene Rodriguez discussed the Worksite Wellness Awards that occurred on April 12, 2013. The event was a great success. This year the awards went statewide and the committee received 24 nominations from organizations across Florida. HR, RN, CHES and RD Continuing Education credits were provided for participants that attended the morning educational workshops. Marlene thanked all the sponsors of the Worksite Wellness Awards. 5. Larysa Mysyk informed the group that the FIU Wellness Committee is working to establish Wellness Ambassadors to help promote health and wellness throughout their organization. 	
Approval of Minutes	The minutes were reviewed by the committee. April Weatherly-Speaks moved to approve the minutes. Marlene Rodriguez seconded the motion. The minutes were approved.	
Community Presentation	Marlene Rodriguez reviewed the Consortium's Sustainability Plan and provided an overview to the committee. The mission of the Consortium is to be a catalyst for healthy living in Miami-Dade through the support and	E-mail a copy of Ian's presentation to the Worksite Wellness Committee

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	<p>strengthening of sustainable policies, systems and environments.</p> <p>Marlene highlighted the top three perceived worksite wellness committee strengths: 1. Members 2. Capacity 3. Performance. Marlene also highlighted the top three perceived worksite wellness committee development areas: 1. Roles 2. Communication 3. Planning.</p> <p>Marlene and Shawn led the committee in a discussion about the shared goals of the committee members. Each member shared their goals for attending the meetings and why they continue to attend the meetings. Following the shared goals discussion, Shawn and Marlene led a S.W.O.T. Analysis.</p>	
<p>Work Plan</p>	<p><u>Upcoming Forums:</u> The next worksite wellness forum will be self-funded insurance plans led by Santiago Leon. The forum will occur on June 13th from 2-4pm. Location is to be determined, but at this time we will look into the Florida Blue Community Room or the Florida Department of Health in Miami-Dade County's Kodak office.</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 submission is the end of the month.</p> <p><u>2013 Worksite Wellness Awards Update:</u> The Awards were a great success. A satisfaction survey was emailed to all participants and exhibitors following the event. Most participants were 100% satisfied with the event. David Hunnicutt, the President of the Wellness Councils of America, will be next year's keynote speaker.</p>	
<p>MDCHD Monthly Updates</p>	<p><u>MDCHD Updates:</u> The Consortium for a Healthier Miami-Dade's Annual Event will occur on May 24th, 2013. More details to come in the next few weeks. Watch your email for the invitation.</p>	

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Announcements	No announcements were made.	
Next Meeting	Thursday, June 6, 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 11:42 am.	