

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

TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<ol style="list-style-type: none"> 1. Adrienne Barker, Barker Specialty Company (via teleconference line) 2. April Weatherly, Baptist Health South Florida 3. Arleen Foreman, Kimberly Clark Professional 4. Carolina Quintero, Custom Building Products 5. Christiana Serle, Florida International University 6. Diana Kachan, University of Miami School of Medicine 7. Dr. Alberto Caban-Martinez, University of Miami School of Medicine 8. Dr. M. Enrique Flores, Flores Chiropractic Group 9. Fabio Quintero, FabiMar Harmony 10. Gayle Dietz, Pasco Co Dietetic Internship 11. Islamiyat Nancy Adebisi, Florida Health in Miami-Dade County 12. Jeannie Moise, Miami Dade College 13. Lauren Sonnenberg, LifeCore 14. Marlene Rodriguez, Vice Chair, Bayview Asset Management 15. Mayra Garcia, Florida Health in Miami-Dade County 16. Monica Garcia, Florida Health in Miami-Dade County/WIC 17. Rachel Aborlleile, Custom Building Products 18. Tal Amasay, Barry University (via teleconference line) 	
Welcome, Introductions and Wins	<p>The meeting was brought to order by Marlene Rodriguez at 9:36 am. The committee introduced themselves and shared their wins for the past month:</p> <ul style="list-style-type: none"> ● New members Dr. Alberto Caban-Martinez and Diana Kachan introduced themselves. Both work for the University of Miami School Of Medicine. ● April Weatherly and her team recently completed their series of health fairs for employees at Baptist Health South Florida where they were able to screen 11,000 employees. 	

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<p>Approval of Minutes</p>	<p>The meeting minutes were reviewed by the committee. April Weatherly moved to approve the minutes. Marlene Rodriguez seconded the motion. The minutes were approved.</p>	
<p>Community Presentations</p>	<p>The community presentation on Breaking the Chain of Germ Transmission in the workplace was delivered by Arleen Foreman of Kimberly Clark Professional. In her presentation, the importance of teaching healthy habits in regards to germ transmission was emphasized by the fact that the #1 reason people are not in the office is due to common illnesses such as colds, the flu, and gastrointestinal viruses. Committee members learned that it is best to incorporate best practices year round by using several methods to communicate and educate employees and provide tools to encourage them to adapt healthy habits. To teach healthy habits: Share key information with your employees, provide the tools they will need (i.e. hand sanitizers, Kleenex, etc.) as well as information on when and where to use them (i.e. typical germ hotspots in the office-break rooms, conference rooms, desk area, etc.).</p> <p>A second community presentation was delivered by Mr. Fabio Quintero of FabiMar Harmony about the Nature and Science of Supplementation. Committee members were given an overview of how supplements help fill the gap between our nutritional needs and what we actually take in. In particular, the findings of the Landmark study were discussed and how with a proper diet, healthy lifestyle, supplementation, and weight loss the development of many diseases can be prevented.</p>	
<p>Committee Updates</p>	<ul style="list-style-type: none"> • The next Worksite Wellness Forum will occur on December 5, 2013 from 9:30am-11:30am with networking from 11:30am to 12:00pm in the Beacon Center Conference room. The topic will be Worksite Wellness Program Planning & Goal-Setting for the New Year. The 	

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	<p>presenters for the forum are Marlene Rodriguez who will be presenting on Planning Your 2014 Wellness Program Goals and Georgette Baez from Royal Caribbean who will be presenting on “ ‘Weighing-In’ on Wellness Programming” where she will discuss the implementation of her company’s walking program in great detail.</p> <ul style="list-style-type: none"> ● The next Worksite Wellness Meeting will occur on Thursday, January 9, 2014 from 9:30am-11:30am. Please note this is the 2nd Thursday of January. ● 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. To contribute content to the newsletter contact amelinda_loddo@doh.state.fl.us. ● Reminder: Tobacco Free Florida offers weight management counseling in addition to tobacco cessation counseling for Floridians utilizing their Quitline’s services. This is a great resource especially for those who fear weight gain. ● The stage gate process was revisited (based off of a presentation given by Ian) that the committee was working on a couple of months ago to get members engaged and involved. Ways to keep the Consortium growing and members coming back was discussed as well as methods to better communicate between the different committees. ● Marlene Rodriguez will take back the following suggestions to the Executive Board: to have Quarterly Networking Events for the Consortium, having a representative from each committee visit other committees with updates, and having one email sent out with all the information about Consortium events sent by each Committee liaisons to their respective committee. 	<p>To access prior monthly issues of the newsletter go to: http://www.healthymiamidade.org/resources/consortium-connection</p> <p>Call the toll-free Florida Quitline at 1-877-U-CAN-NOW (1-877-822-6669) to speak with a trained and certified Quit Coach® who will help you create a personalized quit plan. You’ll receive proactive coaching sessions, self-help materials, and quit aids like nicotine replacement therapy (Available while supplies last).</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> <ul style="list-style-type: none"> • The Community Health Improvement Plan meeting was held on October 18, 2013 from 8 a.m.-12 p.m. at United Way of Miami Dade, Ansin Bldg. The top 20 MAPP Community Health Priorities were discussed and a number of the CHIP components were reviewed. Another meeting that will be held at a later date will be announced to complete the discussion and documenting of the CHIP components. • Please make sure to validate your desire to continue as a member in the committee by completing the short survey sent out by November 15, 2013. You can also sign up for all the other committees your involved in at the same time rather than completing the survey multiple times. Also, if you did not receive the email let the committee liaison, Islamiyat Nancy Adebisi, know at the end of the meeting. 	
<p>Announcements</p>	<ol style="list-style-type: none"> 1. Lauren Sonnenberg announced she is hosting an Optimal Wellness event to be held on Wednesday, November 20, 2013 from 6:30-8:00 p.m. at Miami Shores Medical Center, 9526 NE 2 Ave., 202F, Miami Shores, FL. 2. Dr. Flores announced he will be running in the <i>2nd iRun 5K/10K</i> event on Sunday, December 1, 2013 at 7AM. 3. Jeannie Moise announced she is currently planning health fairs for MDC employees at the 8 different Miami Dade College campuses. If anyone is interested in participating contact her to be a vendor. 4. Christiana Serle announced that FIU kicked off their walking program on October 9th. Due to its success in the month of October, the program will be continued for the rest of the year. 5. Rachel Aborlleile requested that members please inform her of any HR Wellness opportunities out in the community. 6. Mayra Garcia announced that the Autism Speaks invites small business employers to learn more about autism and the opportunities for and benefits of employing people with autism at a Town Hall Meeting that will 	<p>http://www.meetup.com/Optimal-Wellness-Group/</p> <p>http://www.autismspeaks.org/sites/default/files/docs/miami_town_hall_flyer_no_businesses.pdf</p>

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	<p>be hosted by University of Miami, Newman Alumni Center on November 11, 2013 at 7 p.m.</p> <p>7. Mayra Garcia also announced that great resources are available to assist members with their Worksite Wellness programs. They are the CDC National Healthy Worksite Program and the Worksite Walking Campaign Tools. Miami Dade Matters website also has great information on funding opportunities. Information was emailed to the committee and links to these resources are also posted on the Consortium committee website.</p>	<p>The following websites may be helpful to you:</p> <p>http://www.cdc.gov/nationalhealthworksite/index.html</p> <p>http://www.cdc.gov/nationalhealthworksite/join/walkingtools.html</p> <p>http://www.miamidadematters.org/index.php?module=Article&func=collection&cid=5</p>
Next Meeting	<p>Worksite Wellness Forum will be held Thursday, December 5, 2013 from 9:30 a.m. to 11:30 a.m. at Beacon Center, 8323 NW 12th St., Suite 212, Miami, FL 33126.</p> <p>The next meeting will be held Thursday, January 9, 2013 from 9:30 a.m. to 11:30 a.m. at Beacon Center, 8323 NW 12th St., Suite 212, Miami, FL 33126.</p> <p>Everyone have a Happy Thanksgiving and Happy Hanukkah!</p>	
Adjournment	Marlene Rodriguez, Vice Chair, adjourned the meeting at 11:22 am.	