

**Consortium for a Healthier Miami-Dade**  
**Worksite Wellness Committee**  
**Thursday, October 3, 2013**

TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<ol style="list-style-type: none"> <li>1. Arleen Foreman, Kimberly Clark Professional</li> <li>2. Carolina Quintero, Custom Building Products</li> <li>3. Christiana Serle, Florida International University</li> <li>4. Christina Woo Ching, M-DC Employee Wellness Center</li> <li>5. Dawn McSween, American Heart Association</li> <li>6. Derrick Corker, City of North Miami</li> <li>7. Dr. M. Enrique Flores, Flores Chiropractic Group</li> <li>8. Fabio Quintero, FabiMar Harmony</li> <li>9. Georgette J. Baeza, NFC Amenity Management-Royal Caribbean</li> <li>10. Islara Souto, American Heart Association</li> <li>11. Jessica Weinger, Florida Dept. of Health in Miami-Dade/ OCH&amp;P</li> <li>12. Lauren Sonnenberg, LifeCore</li> <li>13. Mayra Garcia, Florida Dept. of Health in Miami-Dade/ OCH&amp;P</li> <li>14. Monica Garcia, Florida Department of Health in Miami-Dade/WIC</li> <li>15. Rachel Aborlleile, Custom Building Products</li> <li>16. Sara Vallaza, Miami-Dade County CIAO (via teleconference line)</li> <li>17. Shawn C. Ramirez, Chair, M-DC Parks, Recreation &amp; Open Spaces</li> <li>18. Suzanne Johnson, Florida Dept. of Health in Miami-Dade/OCH&amp;P</li> <li>19. Sybill Holly-Charles, YWCA of Greater Miami Dade</li> <li>20. Tal Amasay, Barry University (via teleconference line)</li> <li>21. Tori Gabriel, Florida Heart Research Institute</li> </ol>	
Welcome, Introductions and Wins	<p>The meeting was brought to order by Shawn C. Ramirez at 9:39 am. The committee introduced themselves and shared their wins for the past month:</p> <ol style="list-style-type: none"> <li>1. Suzanne Johnson welcomed recently hired community health nurse, Mayra Garcia, who will be the interim liaison for Worksite Wellness Committee.</li> <li>2. Christina Woo Ching reminded everyone about Mayor Carlos A. Gimenez's <i>Fall Into Wellness Fair</i> taking place on Friday, October 18<sup>th</sup>, 2013 from 10am-2pm at Stephen P. Clark Government Center. She also mentioned that they still have availability for vendors.</li> </ol>	

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	<p>3. Shawn Ramirez and Sara Vallaza shared that the current issue of <i>305fit Wellness Magazine</i> will be mailed out to all residents of Miami-Dade County (i.e., 1 million households) and has a “<i>Workplace Wellness</i>” tab on the website <a href="http://www.305fit.org">www.305fit.org</a>. <i>305fit Wellness Magazine</i>, which offers residents a mix of articles and events designed to promote a healthy and active lifestyle, is published by Miami-Dade County Community Information and Outreach in conjunction with Jackson Health System.</p>	
Approval of Minutes	<p>The August 1, 2013 meeting minutes were reviewed by the committee and approved with correction of CHIP Community Health Improvement Plan meeting date from 10/1 to 10/18/13.</p>	
Community Presentation	<p>The community presentation for <i>EFT (Emotional Freedom Techniques) for Worksite Wellness</i> was delivered by Lauren Sonnenberg, LMHC, D.PSc, CAP of LifeCore. This was an introductory seminar on how to use EFT as a stress-reduction technique in the worksite. The committee members were invited to follow along in a guided demonstration of EFT which incorporated physical stimulation of various acupressure points in combination with experiencing a negative feeling (e.g., pain and tension in the neck). After the guided exercise, some committee members shared that they had experienced a reduction in their physical discomfort. The concept of Mind-Body connections was explained. Possible applications of EFT in Worksite Wellness programs include, stress reduction, smoking cessation, reduced procrastination, headaches, pain, illness and weight loss. The use of EFT is not regulated and can be used without a license; however additional training is available in the form of 1-2 day trainings to obtain certification.</p>	
Work Plan	<p><b><u>Committee Planning Survey Results:</u></b>  The committee reviewed the latest survey results from the September 5<sup>th</sup>, 2013 Worksite Wellness Committee Forum on <i>Walking Programs: Learn From the Experts</i>. A total of 23 evaluations were collected and overall the responses were positive. The speakers were said to be “great, very informative, and very engaging.” Notably, Christina Woo Ching, who presented on Miami-Dade County employees walk program, received the following comment: “Her experience was very valuable.” Jessica Weinger shared her observation that</p>	

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	<p>those in attendance of the Forum had a valuable networking opportunity in addition to gaining useful information and inspiration from the community experts which presented .</p> <p><b><u>WW Forums:</u></b>  The next Worksite Wellness Forum will take place on December 5th, 2013 from 9:30-11:30AM with networking that can occur from 11:30AM to 12:00PM. Shawn Ramirez initiated a discussion among those present regarding possible topics for the Forum. Potential speakers and topics were identified. It was decided that the main topic will be <i>Worksite Wellness Program Planning &amp; Goal-Setting for the New Year.*</i></p> <p>*As of 10/10/13, we received confirmation from Marlene Rodriguez and Georgette Baeza to be speakers at the Forum. Marlene’s presentation will focus on planning and goal-setting for the new year from the perspective of a worksite wellness program. Georgette’s presentation will feature weight-loss program planning and how employees are assisted with individual goal-setting.</p> <p><b><u>Website/Newsletter:</u></b>  Please feel free to submit items to the <i>Consortium Connection</i>, the Consortium for a Healthier Miami-Dade's monthly newsletter. Share your wellness program’s successes, various events, or articles in your area of expertise. To contribute content to the newsletter contact <a href="mailto:amelinda_loddo@doh.state.fl.us">amelinda_loddo@doh.state.fl.us</a></p>	<p>To access prior monthly issues of the newsletter go to:</p> <p><a href="http://www.healthymiamidade.org/resources/consortium-connection">http://www.healthymiamidade.org/resources/consortium-connection</a></p>
<p>Florida Department of Health in Miami-Dade County Monthly Updates</p>	<p><b><u>Florida Department of Health in Miami-Dade County Updates:</u></b></p> <ul style="list-style-type: none"> <li>• CHIP meeting 10/18/13 from 8AM-12PM at United Way of M-D, The Ansin Bldg. at the Ryder Room, 3250 SW 3 Ave., Miami, FL 33129</li> <li>• November 21, 2013 is the <i>Great American Smokeout</i>, an ideal day for smokers to make a quit attempt and join the many Floridians who have quit for good. This observance, currently in its 38th year, is sponsored by the American Cancer Society and raises awareness about the dangers of smoking and the many effective resources available to successfully quit.</li> </ul>	<p>Worksite Wellness programs can use the following website as a great source of information and for materials on smoking hazards and cessation strategies:</p> <p><a href="http://www.tobaccofreeflorida.com">http://www.tobaccofreeflorida.com</a></p>

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	<ul style="list-style-type: none"> <li>• <i>Tobacco Free Florida</i> now offers weight management counseling in addition to tobacco cessation counseling for Floridians utilizing their Quitline’s services. For Type 2 diabetics looking to quit smoking, they will have 3 calls available with a registered dietician who specializes in weight management for diabetics to help them quit smoking without gaining weight.</li> </ul>	<p>Call the toll-free <i>Florida Quitline</i> 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>
<p>Announcements</p>	<ol style="list-style-type: none"> <li>1. Christina Woo Ching spoke about the upcoming American Cancer Society fundraiser <i>Making Strides Against Breast Cancer</i> walk on Saturday, Nov. 9th, 2013 at 9AM at Marlins Park. She invited companies/groups to sign up their own team or join the Miami-Dade County (M-DC)team.</li> <li>2. Sybill Holly-Charles announced that M-DC employees can get their mammograms done this month on Thursdays from Jackson Health System’s Mobile Unit parked outside the Stephen P. Clark Center (SPCC). Also, Zumba fitness classes are being offered at the M-DC Employee Wellness Center on Thursdays 5-6PM.</li> <li>3. Dr. M. Enrique Flores announced 2<sup>nd</sup> <i>iRun 5K/10K</i> event on Sunday, Dec. 1<sup>st</sup>, 2013 at 7AM.</li> <li>4. Derrick Corker announced North Miami Mayor’s <i>Walk This Way</i> event on Saturday, Oct. 19<sup>th</sup>, 2013 at 7-9AM at Cagni Park in North Miami.</li> <li>5. Tori Gabriel announced that they are looking for sponsors for the 6<sup>th</sup> <i>Annual Florida Worksite Wellness Forum and Awards</i> on May 9th, 2014.</li> <li>6. Lauren Sonnenberg announced that she is still recruiting members for her <i>Optimal Wellness Cancer Group</i> which meets on the first Wednesday of each month from 3-4:30PM at Miami Shores Medical Center.</li> </ol>	
<p>Next Meeting</p>	<p>Thursday, November 7<sup>th</sup>, 2013 from 9:30-11:30AM at Beacon Center, 8323 NW 12<sup>th</sup> Street, Suite 212, Miami, FL 33126</p>	
<p>Adjournment</p>	<p>Shawn Ramirez adjourned the meeting at 11:05 am.</p>	