

Consortium for a Healthier Miami-Dade
Worksite Wellness Committee
Thursday, February 6, 2014



TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<ol style="list-style-type: none"> 1. Carolina Quintero, Custom Building Products 2. Crystal Hsu, Florida International University (FIU) (via teleconference line) 3. Darwin Disla, Student at FIU/Intern for NFC Amenity Management 4. Dr. M. Enrique Flores, Flores Chiropractic Group 5. Fabio Quintero, Fabimar Harmony 6. Francine Madera, Independent Consultant/Yoga Teacher (via teleconference line) 7. Georgette Baeza, NFC Amenity Management for Royal Caribbean 8. Helga Goebel, Entrepreneur 9. Jeannie Moise, Miami Dade College 10. Jessie Chen, Student at FIU 11. Kim Tillman, Royal Caribbean Cruises Ltd. (via teleconference line) 12. Lauren Sonnenberg, LifeCore 13. Peng Lei, Student at FIU 14. <u>Vice-Chair</u>: Marlene Rodriguez, Bayview Asset Management 15. Mayra Garcia, Florida Health Department in Miami-Dade County 16. Rachel Aborlleile, Custom Building Products 17. Sandra Castellano, MHS 18. <u>Chair</u>: Shawn Ramirez, Miami-Dade Parks, Recreation and Open Spaces 19. Stephen Diaz-Leis, Student at FIU/Intern for NFC Amenity Management 20. Suzanne Johnson, Florida Health Department in Miami-Dade County 	
Welcome and Introductions	The meeting was brought to order by Chair Shawn Ramirez at 9:45 a.m. The committee introduced themselves along with those present via teleconference line.	
Approval of Minutes	The January 2014 meeting minutes were reviewed by the committee. Georgette B. moved to approve the minutes. Marlene R. seconded the motion. The minutes were approved.	
Executive Board and Committee Updates	<p>Marlene R. reviewed the following old business and follow-up on action items was discussed:</p> <ul style="list-style-type: none"> ● Possible WW Committee community out-reach ideas/efforts to gain additional 	

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	<p>members and involved organizations:</p> <ol style="list-style-type: none"> 1) Presentation and networking presence at upcoming Greater Miami Society of Human Resource Management (GMSHRM) events to promote the Consortium and WW Committee-GMSHRM charges \$900 for vendors to get 4 minutes at podium for self-promotion at their dinner events. Instead, we may want to consider attending a non-dinner/networking event offered quarterly (next one is on Feb. 13th in Coral Gables, cost \$25 advance). 2) Mercedes-Benz <i>Corporate Run</i> in Downtown Miami on April 24th. 2014-Dr. M. Enrique F. found out it would cost \$2,000-\$3,000 to get a vendor table at this upcoming community event. Some members suggested we could perhaps make a WW team (team tents are \$900), or we could “piggyback” on another team such as the Royal Caribbean or Miami-Dade County teams. Registration deadline is March 28th. 3) Executive board approved going ahead with consortium partners co-branded promotional items (such as t-shirts) with their company logos and Make Healthy Happen Miami to promote membership in Consortium. Marketing and Membership Committee Chair, Adam Levy, is attempting to combine Make Healthy Happen Miami logo with Consortium logo. Perhaps will receive an update on combined logo status on Monday, Feb. 10th at upcoming Executive Board meeting. 4) The approved Consortium business card (double-sided) design and letterhead which can be used for networking/outreach was shown to all members. For now the business cards can be printed on cardstock in small batches in house by the Miami-Dade County Health Department, Office of Community Health and Planning. Once a combined Consortium and Make Healthy Happen Miami logo is finalized, the business cards can be formally ordered from a printer by Health Department. 5) A Consortium networking event for all committees will be held at Public House (smoke-free bar) in Miami Beach on Saturday, March 1st at 7 p.m. Email invitation with event details will be sent out by Tobacco Free Workgroup. 	<p>http://www.gmshrm.org/events.html</p> <p>Via email on 2/6/14 Rachel A. confirmed 10 of her co-workers would be interested in participating with the County’s team.</p> <p><u>Action Items:</u></p> <ol style="list-style-type: none"> 1) Marlene R. will talk to Executive Board to get approval for WW Committee’s involvement in Corporate Run. 2) Event t-shirts need to be ordered. 3) Need business cards
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	<p>6) Possibility of Consortium/WW Committee promotional piece in <i>305fit Wellness Magazine</i> (next issue coming out in May 2014; expensive to get an ad)-Shawn R. is going to be interviewed for Miami-Dade County WW program and he will try to tie in his work with WW Committee as Chair as well.</p> <ul style="list-style-type: none"> • The Chronic Disease Prevention section of Florida’s State Health Improvement Plan (SHIP) pertaining to promotion of healthy behaviors such as obtaining healthy weight and tobacco cessation (Strategy CD2.1), and evidence-based employee wellness programs which promote healthy behaviors (Strategy CD2.2) were reviewed by Shawn. He read these aloud and reminded the members that the Committee will need to align their initiatives and resources to target these health promotion goals once the CHIP (which is derived from the SHIP) is finalized. • Our next meeting will be a Forum on Thursday, March 6, 2014. Leah Holzwarth from Baptist Health South Florida will present on “Return on Investment for Worksite Wellness” and Nancy Maidique, Chair of Consortium’s Tobacco-Free Workgroup, will present on “Tobacco-Free Policy and Electronic Cigarettes in the Workplace.” Shawn shared that he is trying to get Raw Fuel (a juicing company) to bring product samples for the Forum event. • Please feel free to submit items to the Consortium Newsletter. Share your wellness program’s successes (e.g., policy and/or environmental changes), 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. 	<p><i>305fit Wellness Magazine</i> http://www.305fit.org</p> <p>For assistance with writing Tobacco-Free policy, call Florida Health Department in Miami-Dade County at 305-234-5400, x2590.</p> <p>To access prior monthly issues of newsletter go to: http://www.healthymiamidade.org/sources/consortium-connection</p>
<p>Wins: Successes, Awards, Recognitions, Worksite Policy and/or Environmental Changes</p>	<ul style="list-style-type: none"> • Shawn R. shared various details of Miami-Dade County wellness program developments, including <i>Fit Zones</i> at some of the local parks, as well as, free <i>Enhance Fitness</i> classes. He explained that he is a “Master Trainer” and an instructor (eleven in total) for these evidence-based, low impact aerobic, one hour long classes with cardio, stretching and small weight training components. Details and locations of classes will be distributed via email blast to members. Later Shawn shared additional details regarding the Mayor’s wellness initiative <i>Wellness Works</i> including branding, color-coded activities and signage which he can share with all members in pdf format via email. He mentioned their involvement with <i>10,000 Steps USA</i>. At the Corporate Run 	<p>Free tracking resource on <i>10,000 Steps USA</i> website: http://www.10000stepsusa.com/ Another self-tracking online resource (can also be used by employers for WW) shared by Georgette B.: http://www.startwalkingnow.org/start_workplace_mystart_tracker.jsp</p>

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	<p>their team of about 500 will have a celebration event. Shawn mentioned their plans for a Wellness Fair on May 15th (<i>Bring Your Child to Work Day</i>) at Stephen P. Clark Government Center. Also, shared a county-wide, 6-week challenge “Move Around the World” (to include the disabled) which is based on individual honor system to track one’s own steps.</p> <ul style="list-style-type: none"> • Lauren S. shared that a 3-5 minute focus piece on <i>Emotional Freedom Technique</i> (EFT), a therapeutic psychological tool which utilizes tapping key body points was aired on CBS 4 News last week. • Georgette B. shared that Royal Caribbean earned Platinum level of recognition as a <i>Fit-Friendly Worksite</i> from the American Heart Association (last year they were Gold level). Level awarded based on their strong, diverse WW program calendar and added onsite services which included expansion to include anyone who walks on campus. • Dr. M. Enrique F. and Helga G. ran in the <i>Miami Marathon</i> this past weekend. • Marlene R. shared great news on behalf of her friend’s father who at 68 years of age has lost weight and controlled pre-diabetic status with weight-loss, running and recently completed his first event, a half-marathon. 	<p>Note: 10,000 steps equal about 5 miles.</p> <p>Website for local events and activities like running and cycling: http://www.active.com/</p>
<p>Member Announcements/ Upcoming Events</p>	<ol style="list-style-type: none"> 1. Dr. M. Enrique F. announced the following events: 7th Annual <i>Keys100</i> marathons on May 17-18th 2014 and Corporate Run-5 K on April 24th 2014. 2. Lauren S. announced the <i>Holistic Health Fund’s Walkathon & Expo</i> on Saturday, February 22, 2014 at Tropical Park, 8 a.m. to 4 p.m. 3. Jeannie M. announced health fairs for MDC employees at the 8 different Miami Dade College campuses on dates ranging from February 12th to September 24th, 2014. If anyone is interested in participating contact her to be a vendor. 4. Crystal H. announced FIU’s Wellness Expo 2014 on March 3rd & 18th for employees and students. They are looking for vendors and giveaways. 5. Fabio Q. announced that there will be a health fair at Homestead Church of Christ on Saturday, May 31st 2014 from 9 a.m. to 2 p.m. For more detail email Fabio Q. 6. Georgette B. announced <i>National Wear Red Day</i> tomorrow. This year Royal Caribbean is having a fun, big fashion show event with all levels of employees involved at the Port of Miami and they will be signing up participants for the American Heart Walk. 	<p>http://www.holistichealthfund.org</p> <p>Email: jmoise1@mdc.edu</p> <p>Email: khsu@fiu.edu</p> <p>Email: salud@fabimarharmony.com</p>

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	7. Helga G. announced <i>Indian Creek Paddle Showdown Race</i> , Sun. March 2 nd 2014.	http://www.thepaddlehouse.com/
Next Meeting	The next meeting will be a Forum on Thursday, March 6, 2014 from 9:30 a.m. to 11:30 a.m. (arrival/sign-in 9 a.m. to 9:30 a.m.) at Beacon Center, 8323 NW 12 th St., Suite 212, Miami, FL 33126.	Consortium for a Healthier Miami-Dade County website: healthymiamidade.org/
Adjournment	Shawn Ramirez, Chair, adjourned the forum at 11:00 a.m.	