

TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<ol style="list-style-type: none"> 1. Islamiyat Nancy Adebisi, Florida Department of Health in Miami-Dade County 2. Sharon Baker, Fruit Fresh Delivery* 3. Viviam Castellon, Amerigroup Solutions* 4. Darwin Disla, FIU/West Kendall Baptist Hospital 5. J. Jair Espinoza, City of Miami 6. Dr. Victor Estevez, Pinecrest Chiropractic 7. Dr. M. Enrique Flores, Flores Chiropractic Group 8. Mayra Garcia, Florida Department of Health in Miami-Dade County 9. Monica Garcia, WIC 10. Richard Jordan, Relax The Back 11. Jeannie Moise Cidel, Miami Dade College 12. Angela Mooss, Behavioral Science Research Corporation and Institute 13. Valerie Newman, Relax The Back 14. Fabio Quintero, FabiMar Harmony 15. Evelyn Rodriguez, Florida International University 16. <u>Vice Chair</u>: Marlene Rodriguez, Bayview Asset Management 17. Lindsay Scherr, Endlessly Organic <p style="text-align: right;">*On teleconference line</p>	
Welcome and Introductions	<p>Meeting was called to order by Marlene Rodriguez, Committee Vice-Chair, at 9:41am.</p> <p>Committee went around and introduced themselves.</p>	
Approval of the Minutes for April	<p>Minutes were reviewed by committee members. A notation to the minutes were made that Worksite Wellness Forum will now be held on June 4, 2014 instead of June 5, 2014 due to venue availability.</p>	

Thursday, May 1, 2014

	<p>A motion was made by Valerie Newman to approve the minutes. It was moved and seconded by Marlene Rodriguez, Vice Chair.</p>	
<p>Executive Board and Committee Updates</p>	<ul style="list-style-type: none"> • Worksite Wellness Forum <ul style="list-style-type: none"> ○ Forum date changed will now be held on June 4, 2014 from 9 am-12 pm. ○ Location is confirmed. Will be held at the Florida Blue Cross Blue Shield Office in Doral. Mayra and Nancy will do a site visit today. ○ Presenters, Valerie Newman and Dr. Flores, will have presentations ready week after next. ○ Importance of Biometrics collection in the workplace presenter secured thru Leah Holzwarth. ○ <u>Title for the forum</u>: 9 to 5 Fit: Wellness in the Workplace ○ Committee will invite companies that participated in the Mercedes Benz Corporate Run. ○ Vendors for health fair portion of the event will be asked to participate. Event is free of charge and vendors do not have to pay a participation fee. Marlene Rodriguez noted vendors that the committee reaches out to should engage the interest of employers and align to Worksite Wellness. ○ Vendors that are interested in participating in the event are: Relax the Back, Flores Chiropractic Group, Endlessly Organic, Amerigroup, Fruit Fresh Delivery, Pinecrest Chiropractic and FabiMar Harmony. 	<p><u>Action Item:</u> Mayra and Nancy will do a site visit of the Conference Room at Florida BlueCross BlueShield on May 1, 2014. Will ask about room capacity.</p> <p><u>Action Items:</u> Presenters will have presentations completed by May 15, 2014.</p> <p><u>Action Item:</u> Marlene will send list of companies involved in the M-B Corporate Run to Nancy and Mayra.</p> <p><u>Action Item:</u> Marlene will contact her Fit2Go contact to see if they would be interested in participating in event.</p>

	<ul style="list-style-type: none"> ○ It was suggested that the following organizations be contacted to be vendors: Fit2go/Deliver Lean, UM AHEC, Florida Blue, American Heart Association, Lauren Sonnenberg/Angela Mooss for Behavior Screenings, UM Sleep, Florida BlueCross Blue Shield. ○ Committee will try to see if event could be publicized or could information about it event be sent by email blasts from the Chamber South, Greater Miami Chamber, and Greater Miami Society for Human Resource Management. ○ Target audience for this event is those in HR/Benefits and Worksite Wellness/Wellness. <p>Executive Board Update</p> <ul style="list-style-type: none"> ● Marketing & Membership Committee is presenting the latest health initiative of the Health Promotion Disease Prevention Committee "Healthy Happens Here" on May 7, 2014 from 3-4pm at the CBS 4 News station. Information for event was forwarded out on our listserv. 	<p><u>Action Item:</u> Jeannie Cidel will supply Mayra with UM Sleep contact.</p> <p><u>Action Items:</u> J. Jair Espinoza will forward email blast to advertise to the City of Miami</p>
<p>Wins: Successes, Awards, Recognitions, Worksite Policy and/or Environmental Changes</p>	<ul style="list-style-type: none"> ● J. Jair Espinoza noted that great strides are being made for City of Miami employees. The city recently remolded its gym, bought new biometric equipment, and hired an on-site Wellness Coach. The city will also be having 3 health fairs for its employees May 14-16 from 9-3 each day. For their health fair, a number of vendors have been engaged like Green Monkey (yoga). If interested in being involved in health fair, please contact Mr. Espinoza. 	

	<ul style="list-style-type: none"> • Evelyn Rodriguez noted that Florida International University (FIU) received the Fit Friendly designation from the American Heart Association. FIU is making strides, just had a quarterly forum with 100 employee participants. Currently working on getting claims data to target areas of improvement. • Dr. Flores completed the Spartan 8+ mile obstacle race. • Lindsay Scherr through her work with Endlessly Organic recently launched four new corporate drop sites with Bayview Financial, Broward Performing Arts, Beckman Coulter, and AutoNation. • Fabio Quintero was proud to announce that Shaklee had 24 USA athletes in the Winter Olympics that were using the product line and came back with 28 medals. 	
<p>Member Announcements/Upcoming Events</p>	<ul style="list-style-type: none"> • The City of Miami will be having 3 health fairs for its employees May 14-16 from 9-3 each day. If interested in being involved in health fair, please contact Mr. Espinoza. • American Heart Walk will be held November 1, 2014. FIU will be participating. • Homestead Church of Christ Health Fair on May 31, 2014 from 9am-2pm. Vendors are needed please contact Fabio Quintero for specifics. 	<p><u>Action Items:</u> J. Jair Espinoza will forward information about the City of Miami health fairs this month to the Committee liaisons.</p> <p><u>Action Items:</u> Fabio Quintero will forward information about the Homestead Church of Christ Health Fair to the Committee liaisons so they can forward the information to the committee.</p>



WORKSITE WELLNESS COMMITTEE

Minutes

Thursday, May 1, 2014



Next Meeting	The next meeting will be our “9 to 5 Fit: Wellness in the Workplace Health Fair/ Forum” from 9:00 am to 12:00 pm at Florida BlueCross Blue Shield, 8400 NW 33rd Street, Miami, FL 33122	
Adjournment	Marlene Rodriguez, Vice Chair, adjourned the meeting at 10:59 am.	