

Thursday, November 6, 2014

TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<ol style="list-style-type: none"> 1. Dr. M. Enrique Flores, Flores Chiropractic 2. Dr. Victor Estevez, Pinecrest Chiropractic 3. Frantz Theodore, American Red Cross (By Teleconference) 4. Georgette Baeza Kores, Royal Caribbean 5. Islamiyat Adebisi, Florida Department of Health in Miami-Dade County 6. Jaqueline Gavino, Royal Caribbean Intern 7. Karen Weller, Florida Department of Health in Miami-Dade County 8. Kim Tillman, Royal Caribbean (By Teleconference) 9. Leah Holzwarth, Baptist Health South 10. Mayra Garcia, Florida Department of Health in Miami-Dade County 11. <u>Vice Chair</u>: Marlene Rodriguez, Bayview Asset Management 12. <u>Chair</u>: Shawn Ramirez, Battle Frog 13. Rachel Aborlleile, Custom Building Products 	
Welcome and Introductions	<p>Meeting was called to order by Shawn Ramirez, Committee Chair, at 9:45am. Committee went around and introduced themselves.</p>	
Approval of the Minutes	<p>Minutes were reviewed by committee members.</p> <p>A motion was made by Dr. Estevez to approve the minutes. It was moved and seconded by Georgette Baeza Kores.</p>	
Elections	<p>Question was asked if elections should be postponed due to low turnout to meeting.</p> <p>A motion was made by Dr. Estevez to move the elections</p>	

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	<p>to another date. It was moved and seconded by Georgette Baeza Kores.</p> <p>Committee will do elections electronically. Ballots will be sent to members who have been active in the last year.</p>	
<p>Executive Board and Committee Updates</p>	<p>Old Business</p> <ul style="list-style-type: none"> • 2015 Worksite Wellness Awards will be held on Friday, May 1st, 2015. <ul style="list-style-type: none"> ○ Subcommittee meeting will be held after committee meeting today. • Worksite Wellness Forum will be on Thursday, December 4th, 2014 at Beacon. Topics that will be presented on: <ul style="list-style-type: none"> ○ Nutrition, reading food labels, comparing ingredients, healthier food options to be presented by Marlene Rodriguez. ○ Physical activity for the worksite to be presented by Shawn Ramirez. <p>New Business</p> <ul style="list-style-type: none"> • Consortium Strategic planning meeting was held on October 9th, 2014. Vice Chair Marlene Rodriguez who was in attendance gave the following recap: <ul style="list-style-type: none"> ○ CDC grant, <i>Partnerships to Improve Community Health (PICH)</i> - the Florida Department of Health in Miami-Dade County was awarded a grant to address chronic disease prevention in Miami-Dade County over the next 3 years. Marlene read the Consortium strategic goals and gave a synopsis on how the committee will need to work plan for the 	<p><u>Action Items:</u></p> <ul style="list-style-type: none"> ○ Shawn will work on providing resources that can be found online and local vendors for forum. ○ Shawn will work on getting Sergio's to cater. ○ Shawn and Marlene will turn in presentations to liaisons.

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	<p>committee aligned to these goals and worksite wellness.</p> <ul style="list-style-type: none"> ○ The committee discussed ideas for promoting these initiatives, such as, providing education to businesses on worksite wellness programming via a Consortium branded exposure packet. Other ideas mentioned were as follows: flexible work schedules which allow employees time to exercise; worksite wellness newsletters with read-receipts option used to capture number of employees engaged; third-party vendor for employee biometric screenings; after-hours walking clubs, sports leagues with signed release of responsibility forms. ○ Dr. Flores wants to remind committee members that regular attendance at meetings and promptness are important. ○ Georgette Baeza Kores said we should continue recruitment efforts with larger corporations in the area. Also, existing committee members should be encouraged to renew their commitment to participate actively. She also suggested that we continue hosting forums and asked for results of Survey Monkey which was sent out to all members last month asking for suggestions for future forums, such as “financial wellness.” ○ Try to have a Consortium promotional article or advertisement included in <i>305biz</i> magazine with circulation to Miami-Dade business community. 	<p><u>Action Items:</u></p> <ul style="list-style-type: none"> ○ Marlene requested liaisons email all WW committee members with PICH goals to get their ideas and begin to work on implementing a work plan in January, 2015. <p><u>Action Items:</u></p> <ul style="list-style-type: none"> ○ At next meeting, share results of Survey Monkey sent out in October for future forum topic suggestions.
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		<p><u>Action Items:</u></p> <ul style="list-style-type: none"> ○ Shawn will try to contact <i>305biz</i> about this promotional possibility. ○ Mayra Garcia sent email to 305media@miamidade.gov “Attention: Ana Chammas & Jean Milan” inquiring about same on 11/19/2014.
<p>Wins: Successes, Awards, Recognitions, Worksite Policy and/or Environmental Changes</p>	<ul style="list-style-type: none"> ● Georgette Baeza Kores hosted “Stroke Awareness” activities last week at Royal Caribbean. They also participated in AHA’s Heart Walk last weekend. ● For the past 1.5 years, tobacco-free policy development has continued. ● Leah Holzwarth discussed healthy food options at Baptist Health. Baptist Health South Florida received the Platinum Best Employers for Healthy Lifestyles award from the National Business Group on Health for exceptional commitment to promoting a healthy workplace. They just completed 10,000 employee health screenings at all their facilities. Leah recently spoke at a CDC worksite wellness symposium. ● Marlene Rodriguez shared that Bayview Asset Management has signed with Vitality to offer their official wellness program nationwide, starting Feb.1, 2015. ● Karen Weller shared that the surgeon general, John H. Armstrong, MD, FACS, recently presented on 	

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	<p>the Healthiest Weight initiative and he supports worksite wellness in health department. This should help leverage worksite wellness promotion locally in Miami-Dade County.</p> <ul style="list-style-type: none"> • Shawn Ramirez shared that he left Miami-Dade County Parks, Recreation and Open Spaces, and is now the National Youth Program Director for BattleFrog which designs obstacle courses and events. He hopes to develop group fitness “team building” package to promote worksite wellness to businesses. Shawn also shared that his brother-in-law, Michael Bileca was recently reelected to the FL House of Representatives. As a past business owner of Main Street Dental, he could be a potential worksite wellness advocate. 	
<p>Member Announcements/Upcoming Events</p>	<ul style="list-style-type: none"> • As part of their wellness programs, some of the members mentioned that they have shown or will show the movie <i>Fed Up</i>, a 2014 American documentary film with Katie Couric, to their employees. The film explores obesity in the US and presents the concern over the amount of sugar in processed foods, and is now available on DVD. • The City of Hialeah along with the Florida Department of Health in Miami Dade are hosting the 8th annual Tobacco Prevention Summit on November 7, 2014 from 5:30 to 10 p.m. with free admission, food, drinks and activities for the entire family. • The Florida Department of Health in Miami-Dade County and Tobacco Free Florida will be 	

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	<p>recognizing the 39th Annual Great American Smokeout on November 20, 2014 by encouraging tobacco users in Miami-Dade County to plan in advance to quit on that day or to use the day to make a quit plan. The Department of Health in Miami-Dade will be joining community partners in celebrating this day. Some of the events will take place at: Miami Dade Students Working Against Tobacco Clubs at various Miami Dade County Public Schools, University of Miami Miller School of Medicine and Royal Caribbean International.</p> <ul style="list-style-type: none"> • Shawn Ramirez announced that <i>BattleFrog</i> will have a 5K event on February 28, 2014. 	
<p>Next Meeting</p>	<p>The next meeting will be the Worksite Wellness Forum on Thursday, December 4, 2014 from 9:30 a.m. to 11:30 a.m. at the Florida Department of Health in Miami-Dade County, Beacon Center, 8323 NW 12th Street, Suite 212, Miami, FL 33126.</p>	
<p>Adjournment</p>	<p>Vice Chair, Marlene R. adjourned the meeting at 11:04 am.</p>	