

Minutes

Thursday, October 2, 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. Fabio Quintero, Fabimar Harmony 4. Jaqueline Gavino, Royal Caribbean Intern 5. Lauren Sonnenberg, LifeCore 6. Mayra Garcia, Florida Department of Health in Miami-Dade County 7. <u>Vice Chair</u>: Marlene Rodriguez, Bayview Asset Management 8. Melissa Yero-Sanchez, WIC Intern 	
Welcome and Introductions	<p>Meeting was called to order by Marlene Rodriguez, Committee Vice-Chair, at 9:45am. Committee went around and introduced themselves.</p>	
Approval of the Minutes	N/A – September meeting was a Forum	
Executive Board and Committee Updates	<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"> ○ 5-year history of Awards (2009-2013) given by Marlene. Awards were not held in 2014 because organizing partner, Florida Heart Research Institute, closed their corporate wellness dept. ○ Subcommittee needed to plan event. Members are encouraged to join. Marlene says Ted Marefka, Director HR, Health Choice Network, is willing to Chair the subcommittee. Members present, Dr. Estevez and Dr. Flores expressed interest in joining subcommittee. ○ Sponsors are needed. Marsh & McLennan Agency/Seitlin has pledged to sponsor the 2015 	<p><u>Action Items:</u> If anyone is interested in joining the subcommittee to help plan and attain sponsorships for the 2015 Worksite Wellness Awards, please respond to Survey Monkey (link was resent on 10/3/2014) or email one of the liaisons (Islamiyat.Adebisi@FLHealth.gov or Mayra.Garcia@FLHealth.gov).</p>

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	<p>event at the \$10,000 level. Members can start spreading the word and encourage employers who have a worksite wellness program to consider applying for one of three awards: Small Employer, Mid-sized Employer or Large Employer.</p> <ul style="list-style-type: none"> ○ Raffle items are needed. Can be a wellness service provided by one of the members for the winner (e.g., nutrition presentation for employees) ● Executive Board (Chair and Vice-Chair for each committee) nominations are due by 10/10/2014. <ul style="list-style-type: none"> ○ Members can either nominate themselves or another member. ○ Elections will take place during our regular committee meeting in November and results will be announced at the meeting in December. ○ The new 2-year term will run from January 1, 2015 and through December 31 2017. ● CDC grant, <i>Partnerships to Improve Community Health (PICH)</i> - the Florida Department of Health in Miami-Dade County was awarded a grant of \$3,353,274 to address chronic disease prevention in Miami-Dade County over the next 3 years. <ul style="list-style-type: none"> ○ Marlene read the two Project Period Objectives pertaining to worksite wellness (“Increase...access to environment with healthy food and beverage through healthy food option policies in the workplace” and 	<p>Past WW Awards Sponsor Levels: Presenting Partnership - \$10,000 Award Level Partnership - \$5,000 Gold Level - \$3,500 Silver Level - \$2,500 Bronze Level - \$1,500</p> <p>WW Awards Employer Group Categories: Small Employer (less than 500 employees) Mid-sized Employer (500 to 1,000 employees) Large Employer (more than 1,000 employees)</p>
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	<p>“Increase...access to physical activity by working with community partners...”)</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. ● WELCOA-Workplace & Corporate Wellness Programs mentioned by Marlene R. as a worksite wellness program planning and training resource. Marlene said she just completed the WELCOA University webinar training series in August and has found it to be quite useful in her position at Bayview Asset Management to move from actions to outcomes-based program. <p>New Business</p> <ul style="list-style-type: none"> ● Consortium Speaker’s Bureau is being re-developed. ● Committee should create a list of potential topics/speakers for future forums in 2015. ● Next Worksite Wellness Forum will be on Thursday, December 4th, 2014 at Beacon. Topics 	<p>WELCOA website: https://www.welcoa.org/</p> <p>Action Items: Survey Monkey will be sent out to collect member responses for future forum topics of interest.</p>
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	<p>that will be presented on:</p> <ul style="list-style-type: none"> ○ Nutrition, reading food labels, comparing ingredients, healthier food options to be presented by Marlene R. ○ Physical activity for the worksite to be presented by Chair Shawn Ramirez (absent from meeting). Alternate presenters: Dr. Flores or Dr. Estevez. 	<p>Action Items: Mayra will send Marlene a PowerPoint template branded for Consortium presentations.</p> <p>Action Items: Marlene will contact Shawn about presenting physical activity component for December forum.</p>
<p>Wins: Successes, Awards, Recognitions, Worksite Policy and/or Environmental Changes</p>	<ul style="list-style-type: none"> ● Dr. Flores gave another worksite wellness presentation at Bayview Asset Management’s Dallas, Texas location. ● Lauren S. simplified her life by eliminating her second job and consolidating her offices to Coral Gables location. ● Lauren S. has been giving “Mental Health Awareness” presentations at several local Bayview Asset Management offices. ● Fabio Q.’s father recently had a stroke and his remarkable recovery is attributed to his dietary supplementation. 	
<p>Member Announcements/Upcoming Events</p>	<ul style="list-style-type: none"> ● Executive Board members will have a Consortium Strategic Planning meeting on October 9, 2014. Marlene will attend. ● Royal Caribbean is having their “Walktober” worksite wellness event this month based on recommended 10,000 steps/day. Pedometers were distributed to all employees who registered. Employees self-report their progress. 	

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	<ul style="list-style-type: none"> • Consortium food drive culminating on Food Day, October 24th, to benefit Farm Share for our needy neighbors. Donations are being collected at the upcoming committee meetings through this month (see flyer for specific dates). 	
Next Meeting	The next meeting will be on Thursday, November 6, 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.	
Adjournment	Vice Chair, Marlene R. adjourned the meeting at 11:15 am.	