

Consortium for a Healthier Miami-Dade
 Worksite Wellness Committee
 Meeting Minutes
 Thursday, December 3, 2015



TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<ol style="list-style-type: none"> 1. Alyssa Sousa, Hathorn & Associates 2. Beth Greenwald, Health Designs 3. Fabio Quintero, Fabimar Harmony 4. Islamiyat Nancy Adebisi, Florida Department of Health Miami-Dade 5. Katiana Diaz, YWCA of Greater Miami-Dade (Via Teleconference) 6. <u>Chair</u>: Marlene Rodriguez, Bayview Asset Management 7. Maria Negahbani, Florida Department of Health in Miami-Dade 8. Melissa Hernandez, Florida Department of Health in Miami-Dade 9. Samantha Sater, Health Council of South Florida 10. Santiago Leon, ACC Insurance Brokers 11. Whanadi-Ann Sobrevilla, Affinity for Wellness 12. Nathan Burandt, Florida International University 13. Nancy Vazquez, Florida Department of Health in Miami Dade 14. Jeannie Moise Cidel, Miami Dade College 15. Jasmine Reid, Marsh and McLennan Agency 16. Charlaine Loriston, Humana 17. Natouchka Murray, Florida Department of Health in Miami-Dade 18. Thamara Labrousse, City of Miami Gardens (Via Teleconference) 19. Willmarie Latorre, Strategic Consultant (Via Teleconference) 20. Karen Clarke, City of Miami Gardens (Via Teleconference) 21. Monique Spence, Aspirant Wellness (Via Teleconference) 22. Arlene Nunez, Jackson Health Systems 23. Heather Yant, Marsh and McLennan Agency 24. Helena Denham-Carter, Miami Dade County 	
Welcome and Introductions	<p>Meeting was called to order by Marlene Rodriguez, Committee Chair, at 9:40 am. Committee members and guests introduced themselves. The Chair noted that Dr. Flores, the Committee Vice Chair, sends his regards to the committee. He could not attend the meeting today due to illness.</p>	

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<p>Minutes</p>	<p>Minutes for December 5, 2015 committee meeting were reviewed. Marlene Rodriguez moved to approve the minutes. Nathan Burandt seconded that motion. The motion is approved.</p>	
<p>Executive Board and Committee Updates</p>	<ul style="list-style-type: none"> ○ Executive Board Update: <ul style="list-style-type: none"> ▪ The November Executive Board meeting continued to discuss ways of improving our numbers for the PICH Grant and how to move forward within our own committees to reach our goals. ▪ The Worksite Wellness Forum will be held on February 4, 2016. ▪ The Strategic Planning Subcommittee will be held sometime after the Worksite Wellness Forum and will directly relate to ways we can improve our numbers for the PICH Grant. ○ Old Business: <ul style="list-style-type: none"> ▪ PICH Grant <ul style="list-style-type: none"> • A brief synopsis was given about the PICH grant and the work being done on the committee level. • The committee continued to discuss updating the pre-existing Worksite Wellness Resource Directory to advertise the resources available in the community for employers. Suggestions were made by the committee on categories that can be added to better suit the employers. The directory will be located on the consortium website and a survey will be sent out to providers to update information on the directory. The directory will be categorized by services and will list a brief description of the services provided with the contact information for each provider. A draft was created with additional information to be added on the existing directory. The task will be assigned at our next meeting. 	<p><u>Action Items:</u></p> <ul style="list-style-type: none"> ▪ Committee Liaison will work on revising Worksite Wellness Program Assistance flyer. ▪ Committee Chair will follow up with Flipany and Mrs. Weller on potential partnership. ▪ Action items: revise flyer, identify resources/update directory, create game plan/strategy, commitment from committee members, execute plan and evaluate. ▪ Strategic Planning subcommittee

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	<ul style="list-style-type: none"> • The committee decided the Worksite Wellness Program Assistance flyer would need to be revised to be more appealing to employers. Previous suggestions were to be changed and to include a 3-question self-evaluation tool that is focused on challenges encountered by employers who do not have a well-developed worksite wellness policy available to their employees. • A suggestion was made that once the flyer was revised and a clear game plan was made, committee members can target two employers each and bring back feedback to the committee on their interest in receiving assistance. • As a part of formalizing the action plan and steps to move forward with activities for the upcoming year, the Chair Marlene Rodriguez announced ideas that have been discussed for the upcoming Strategic Planning Committee. A subcommittee sign-up sheet was passed around for interested members to join. The subcommittee will meet by conference call at a later date and its purpose will focus on developing a strategy that will result in increasing the numbers for the PICH Grant. ▪ 2016 Worksite Wellness Awards Subcommittee <ul style="list-style-type: none"> • The Committee Chair gave a brief history on the FL Worksite Wellness Awards and what is entailed with planning the event. The 2016 Florida Worksite Wellness Awards is slated for May 6, 2016. • The 2nd subcommittee meeting will be held on the 3rd Tuesday of this month, December 15, 2015 at 9:30-10:30 AM via conference call. The 1st subcommittee meeting was held in November 2015. 	<p>conference call will be scheduled at our next meeting.</p> <ul style="list-style-type: none"> ▪ Hathorn & Associates, Beth Greenwald and Santiago Leon will present on Culture of Health for the upcoming Worksite Wellness Forum that will be held on February 4, 2016. Deadline to turn in presentation outline will be January 7, 2016. Liaison will send a notification reminder via email prior to deadline.
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	<p>Members are welcome to join us if they are interested in participating in the subcommittee. Sign-up sheets were passed around for interested members to join.</p> <ul style="list-style-type: none"> ○ New Business: <ul style="list-style-type: none"> ▪ Worksite Wellness Forum <ul style="list-style-type: none"> • The committee decided to postpone the forum and have it on February 4th, 2016. The following members noted that they will be presenting at the upcoming forum: Alyssa Sousa and Erick Hathorn, Hathorn & Associates; Beth Greenwald, Health Designs; Santiago Leon, ACC Insurance Brokers. • The committee discussed on topics that can be presented for the next Forum. Suggestions were accepted to have the 2 hour presentation divided between 3 speakers. The first speaker will have an allotted timeframe of 45 minutes followed by 30-35 minute intervals for the next two speakers. • Marlene introduced adding a sub-calendar which includes the second month of every quarter to begin hosting the Forums. The committee agreed to focus on Culture of Health as the next upcoming topic. • The Forum will take place at the Beacon Center and invitations will be sent out in January 2016. The deadline to turn in speaker presentations for review and approval will be January 7, 2016. Notification reminders will be sent prior to deadline via email to participating speakers. 	
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	<ul style="list-style-type: none"> ▪ Strategic Planning Subcommittee Meeting <ul style="list-style-type: none"> • The meeting will consist of 2-3 conference call meetings via email notification. The sign-up sheet was collected and an email will be sent out to those members with the upcoming date and agenda. • The meeting will focus on setting our goals for year 2 of the PICH Grant, constructing a strategy and establishing our role as committee members. 	
Wins: Successes, Awards, Recognitions, Worksite Policy and/or Environmental Changes	<ul style="list-style-type: none"> ▪ The City of Miami Gardens has begun to implement a worksite wellness strategy through their Live Healthy Miami Gardens Initiative, to develop a comprehensive worksite wellness policy for the city of Miami Gardens and its employers. They are hoping to finalize their program and launch sometime in February 2016. ▪ Santiago Leon shared information on an article published by The Wall Street Journal in December related to American pharmaceutical costs being grossly greater than any other country. The article can be found at http://on.wsj.com/1OmX2S2 	
Member Announcements/Upcoming Event	<ul style="list-style-type: none"> • Flipany will be hosting its 10th Annual Flipany Fun Run on Saturday, January 9, 2016. The event will be a 5K/10K/Paddleboard event. For more information, please visit www.flipanyfunrun.org. • Melissa Hernandez from the Florida Department of Health in Miami Dade County will be transitioning to Worksite Wellness Liaison for the upcoming year in 2016. 	
Next Meeting	The next Worksite Wellness Committee meeting will held on Thursday, January 7, 2016 from 9:30 am - 11:30 am at the Florida Department of Health in Miami Dade Beacon Center located at 8323 NW 12 Street, Suite 212 Miami FL 33126.	
Adjournment	Committee Chair, Marlene Rodriguez, adjourned the meeting at 11:31am.	