

Consortium for a Healthier Miami-Dade
 Worksite Wellness Committee
 Meeting Minutes
 Thursday, November 5, 2015



TOPIC	DISCUSSION	ACTION NEEDED
Members Present	1. Alyssa Sousa, Hathorn & Associates 2. Anjana Morris, Health Council of South Florida 3. Arlene Nuñez, Jackson Health System 4. Beth Greenwald, Health Designs 5. Erick Hathorn, Hathorn & Associates 6. Fabio Quintero, Fabimar Harmony (Via Teleconference) 7. Islamiyat Nancy Adebisi, Florida Department of Health in Miami-Dade 8. Ivis I. Guerra, Baptist Health South Florida 9. Katiana Diaz, YWCA of Greater Miami-Dade (Via Teleconference) 10. Kristine Perez-Carrion, Flipany 11. Lynne Kunins, Flipany 12. <u>Chair</u> : Marlene Rodriguez, Bayview Asset Management 13. Mary Anne Sherman, Florida Department of Health in Miami-Dade 14. Mayra Garcia, Florida Department of Health in Miami-Dade 15. Samantha Sater, Health Council of South Florida 16. Sandra Jackson, Miami-Dade Aviation Department (Via Teleconference) 17. Santiago Leon, ACC Insurance Brokers 18. Whanadi-Ann Sobrevilla, Affinity for Wellness	
Welcome and Introductions	Meeting was called to order by Marlene Rodriguez, Committee Chair, at 9:42 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 conflict with the Strategic Planning Meeting for the Homeless Trust. Today is Homeless Awareness Day.	
Minutes	Minutes for the October 1, 2015 committee meeting were reviewed. Edits were read aloud and noted in the minutes. Marlene Rodriguez moved to approve the minutes with the noted changes. Sandra Jackson seconded that motion. The motion is approved.	

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<p>Executive Board and Committee Updates</p>	<ul style="list-style-type: none"> ○ Executive Board Update: <ul style="list-style-type: none"> ▪ The October Executive Board meeting was visited by District 8 County Commissioner Daniella Levine. ▪ In the meeting, the executive board discussed with the Commissioner how the Consortium can help move health initiatives forward with the county. ▪ The Healthy Happens Here stickers were also approved and will be in production soon. ○ 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 discussed updating the pre-existing Worksite Wellness Resource Directory to advertise the resources available in the community to employers. The directory will need to be located and a survey will be sent out to providers to update information in 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. • The committee decided the Worksite Wellness Program Assistance flyer would need to be revised to be more appealing to employers. Suggestions given were to revise the flyer to state: You have a problem, we can help you fix it/here's how you solve it. • The committee also discussed presenting and/or sharing information on the free assistance available for employers with major entities like the Beacon Council, Greater Miami 	<p><u>Action Items:</u></p> <ul style="list-style-type: none"> ▪ Santiago Leon will provide committee liaisons with a copy of the worksite wellness directory. ▪ Committee Liaison will send out survey to committee to collect information on services offered to include in worksite wellness directory. ▪ Committee Liaison will work on revising Worksite Wellness Program Assistance flyer. ▪ Committee Chair will follow up with Flipany and Mrs. Weller on potential
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	<p>Society for Human Resource Management and Chambers of Commerce.</p> <ul style="list-style-type: none"> • 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. • An action plan was drafted by the committee to move forward with assisting worksites. The target audience was identified as insurance brokers, human resource professionals, business owners and senior management. • A suggestion was made to use the Speaker's Bureau as a way to reach different entities about the free assistance and services the committee offers employers in regards to worksite wellness. • As a part of formalizing the action plan and steps to move forward with activities for year 2, the Chair Marlene Rodriguez announced a strategic planning committee will be formed. A subcommittee sign-up sheet was passed around for interested members to join. The subcommittee will meet by conference call at a later date. <ul style="list-style-type: none"> ▪ 2016 Worksite Wellness Awards Subcommittee <ul style="list-style-type: none"> • The Committee Chair gave a brief history on the Florida Worksite Wellness Awards and what is entailed with planning the event. The 2016 Florida Worksite Wellness Awards is slated for May 6, 2016. • The first subcommittee meeting will be held directly after this committee meeting. Members are welcome to join us if they are interested in participating in the subcommittee. 	<p>partnership.</p> <ul style="list-style-type: none"> ▪ Committee Liaisons will meet with Baptist in regards to entities in need of assistance with worksite wellness. ▪ Action items: revise flyer, identify resources/update directory, create game plan/strategy, commitment from committee members, execute plan and evaluate. ▪ Strategic planning subcommittee conference call will be scheduled after the Thanksgiving holiday.
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	<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 January 7, 2015. The following members noted that they would be willing to present at the next forum: Alyssa Sousa and Erick Hathorn, Hathorn & Associates; Arlene Nuñez, Jackson Health System; Beth Greenwald, Health Designs; Ivis I. Guerra, Baptist Health South Florida; Kristine Perez-Carrion, Flipany; and Whanadi-Ann Sobrevilla, Affinity for Wellness. 	
<p>Wins: Successes, Awards, Recognitions, Worksite Policy and/or Environmental Changes</p>	<ul style="list-style-type: none"> ▪ Kim Tillman shared that Royal Caribbean Cruises Limited was recognized as one of the 2015 Top 100 Healthiest Places to Work. ▪ Marlene Rodriguez shared that at Bayview Asset Management hosted a successful Wellness Day that focused on nutrition and physical activity at their Ft. Lauderdale office. 	
<p>Member Announcements/Upcoming Event</p>	<ul style="list-style-type: none"> ▪ The Miami-Dade Aviation Department Employee Health Fair was held on Tuesday, October 20, 2015 and attended by 497 employees. As a follow up to the event 10 employees received Avmed nutritional consultations. In addition to the employee health fair, identity theft workshops were also held for employees. These workshops were well attended and covered the importance of financial wellness. ▪ The American Heart Association will be hosting its 2015 Miami Dade Heart Walk on Sunday, November 22, 2015 at Museum Park. For more information, please visit www.miamidadeheartwalk.org. ▪ 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. ▪ Santiago Leon shared two articles with the committee on the Integrated Framework for obesity. The articles can be accessed at the 	



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	following links: http://content.healthaffairs.org/content/34/9/1456.full.pdf+html and http://content.healthaffairs.org/content/34/9/1456.abstract .	
Next Meeting	The next Worksite Wellness Committee meeting will held on Thursday, December 3, 2015 from 9:30 am - 11:30 pm at the Florida Department of Health in Miami Dade Beacon Center located at 8323 N.W. 12 Street, Suite 212, Miami, FL 33126.	
Adjournment	Committee Chair, Marlene Rodriguez, adjourned the meeting at 11:32am.	