

Consortium for a Healthier Miami-Dade
 Worksite Wellness Committee
 Meeting Minutes
 Thursday, April 7, 2016



TOPIC	DISCUSSION	ACTION NEEDED
Members Present	1. Chair: <u>Marlene Rodriguez, Bayview Asset Management</u> 2. Vice Chair: <u>Dr. M. Enrique Flores, Shin Wellness</u> 3. Santiago Leon, BenRx Inc. 4. Fabio Quintero, Fabimar Harmony 5. Katiana P. Diaz, YWCA Greater Miami-Dade 6. Melissa Hernandez, Florida Department of Health in Miami-Dade 7. Jasmine Reid, Marsh and McLennan Agency (via Teleconference) 8. Beatriz Hartman, Consolidated Credit 9. Charlaine V. Loriston, Humana (via Teleconference) 10. Whanadi-Ann Sobrevilla, Affinity for Wellness (via Teleconference) 11. Guadalupe Rodriguez Viada, United HomeCare (via Teleconference)	
Welcome and Introductions	Meeting was called to order by Marlene Rodriguez, Committee Chair, at 9:43 am. Committee members and guests introduced themselves.	
Minutes	Minutes for March 3, 2016 committee meeting were reviewed. Correction motioned by Marlene Rodriguez, for name error. Submission for correction of error approved. Marlene Rodriguez moved to approve the minutes. Santiago Leon seconded that motion. The motion is approved.	

Consortium for a Healthier Miami-Dade
 Worksite Wellness Committee
 Meeting Minutes
 Thursday, April 7, 2016



<p>Executive Board and Committee Updates</p>	<ul style="list-style-type: none"> ○ Executive Board Update: <ul style="list-style-type: none"> ▪ The Consortium Annual Event will be held Friday, April 15, 2016 at the Intercontinental Hotel to give recognition to all committees and their members who have gone above and beyond in their contribution to making healthier changes in the community. Evites will be sent out to all committee members in the upcoming month so members can RSVP to the event. ○ Old Business: <ul style="list-style-type: none"> ▪ PICH Grant Update <ul style="list-style-type: none"> • Maria Negahbani, Florida Department of Health is working on increasing the numbers of worksite wellness policies with businesses in the community. As of now, there are 15 policies pending and 4 policies completed. Shin Wellness presented their completed policy today. Maria Negahbani will continue to attend consultations as previously discussed to reach the numbers for Year 2 of the PICH Grant. • Companies have been reaching out to the Committee Liaison requesting free technical assistance services thanks to all of the staff and committee members for their wonderful outreach in the community. • Committee members will focus on their strategic plan to reach the worksite wellness policy goal (36 total; Year 2) ▪ Worksite Wellness Resource Directory <ul style="list-style-type: none"> • The committee continued to discuss updating the pre-existing Worksite Wellness Resource Directory to align our resources to make ourselves available in the community. The directory will be located on the consortium website and a survey will be sent out to 	<p><u>Action Items:</u></p> <ul style="list-style-type: none"> ▪ Action items: identify resources/update directory, create game plan/strategy, commitment from committee members, execute plan and evaluate. ▪ The Consortium Annual Event will be held Friday, April 15, 2016, Intercontinental Hotel. RSVP will be sent via email to all committee members. ▪ All Worksite Wellness Committee members will contribute to increasing our PICH numbers by providing at least one referral per member.
--	--	--

Consortium for a Healthier Miami-Dade
 Worksite Wellness Committee
 Meeting Minutes
 Thursday, April 7, 2016



	<p>providers in our distribution list 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. The template was created with additional information by Jasmine Reid and Heather Yant. Suggestions from committee members were added from the meeting. The directory is pending approval for use, still requires further completion by committee. The deadline for the completion of the directory will be by the end of May. The directory will be up on the website by June 2016.</p> <ul style="list-style-type: none"> ■ 2016 Worksite Wellness Awards Update <ul style="list-style-type: none"> • The Worksite Wellness Awards event location has been secured for The Dadeland Marriott Hotel. Baptist Health South Florida is scheduled to begin the event with their free “Best Practices in Worksite Wellness” presentation from 8:00 am – 11:00am. The three companies that will be addressing the presentation in the morning will be FPL, Nature’s Product and World Fuels. Continental Breakfast will be served during that time, while guests will have the chance to visit the vendors. • The Florida Worksite Wellness Awards website went live on Friday, March 25, 2016. An email was sent from the Committee Liaison to all consortium members with an invite for organizations to apply for nomination. Deadline to apply for nominations will be Friday, April 15, 2016. • Vendors and sponsors can also register for the event on the FWWA website. Marlene went over the website, explaining the different packages available for both the sponsorship levels and vendors. Registration for vendors is open through Monday, May 	<ul style="list-style-type: none"> ■ The Resource Directory will be completed by the Committee Liaison during the last week of May 2016. The directory will be up on the Consortium website by June 2016. ■ The Worksite Wellness Awards will be held on Thursday, May 5th, 2016 at the Dadeland Marriott Hotel. For more information on the Worksite Wellness Awards please visit: www.worksitewellnessawards.gov ■ Beatriz Hartman, Consolidated Credit presentation on “KOFE: Knowledge of Financial Education” can be
--	---	---

Consortium for a Healthier Miami-Dade
 Worksite Wellness Committee
 Meeting Minutes
 Thursday, April 7, 2016



	<p>2, 2016. Sponsorship registration will be open through Monday, April 25, 2016.</p> <ul style="list-style-type: none"> • The keynote speaker for the event will be Dr. Judd Allen who has been in the Worksite Wellness field for 2 decades. The event will be providing free copies of his book “Wellness Leadership: Creating supportive environments for healthier and more productive employees.” Dr. Judd Allen has brought several 100 government businesses and community settings to a lasting cultural change in the workplace, he will be speaking for 45 minutes regarding Cultural Health in the workplace. The presentation will be followed by the award ceremony. <p>○ New Business</p> <ul style="list-style-type: none"> • Beatriz Hartman was introduced to the Committee by Jasmine Reid due to her extensive knowledge in financial wellness and experience in providing financial wellness presentations at the worksites. Beatriz Hartman was invited by Marlene Rodriguez to speak at our meeting today on her company’s background and their educational financial portion of their business case in the workplace. For more details and full presentation, please visit the Consortium website. The link is provided above. • Committee Members are encouraged to present at our meetings as directed on our Work Plan. If you would like to speak at our next meeting please contact the Community Liaison for more details. 	<p>found on the Consortium website. Please visit for further details:</p> <p>http://www.healthymiamidade.org/system/js/back/ckfinder/userfiles/files/KOF/E%202016%20-%20Beatriz%20Hartman%20Financial%20Wellness%20Presentation.pdf</p>
<p>Wins: Successes, Awards, Recognitions, Worksite Policy</p>	<ul style="list-style-type: none"> ▪ Maria Negahbani, FL Department of Health, lead worksite wellness consultant, has been able to help 4 businesses complete their policies. There are 6 businesses that will or may complete their policy at the end of April 2016 – Centers for Social Change, HeartWare, Memory Tree, J&W 	

Consortium for a Healthier Miami-Dade
 Worksite Wellness Committee
 Meeting Minutes
 Thursday, April 7, 2016



<p>and/or Environmental Changes</p>	<p>University, Prime America and City of Miami-Gardens. Maria has also reached out to all the Municipalities.</p> <ul style="list-style-type: none"> ▪ Greater Miami Chamber of Commerce has added a description for Worksite Wellness Services on their Online March Newsletter. The Consortium link will now be on their homepage for businesses to network. ▪ Katiana Diaz, YWCA Greater Miami-Dade, shared that Maria Negahbani has been helping to revamp their Worksite Wellness Program and they were able to get human resources involved to make that next step in moving forward with measurable outcomes for their program. ▪ Santiago Leon is now associated with a Benefits Consulting Firm in Atlanta, BenRx Inc. The firm provides a program with direct relationship between health providers and employers along with benefits for their staff. ▪ Whanadi-Ann Sobrevilla, Affinity for Wellness, attended the Office Depot Foundation Women’s Symposium and Whanadi-Ann was part of the limited platform attendance providing healthy food education at the 3-day conference. She is inviting all the ladies to attend this conference held once a year as a great opportunity to network with other community leaders. For more details on this event please visit: http://www.womensfoundationpbc.org/event/office-depot-foundation-womens-symposium-2/ 	
<p>Member Announcements/Upcoming Event</p>	<ul style="list-style-type: none"> • Fabio Quintero, Fabimar Harmony, shared news that the astronaut Scott Kelly and his twin brother Captain Mark Kelly will be the keynote speakers at the Shaklee Live 2016 Annual Conference in Orlando this August. Shaklee and NASA have been working together for more than 2 decades to help astronauts improve their health when re-entering the earth’s atmosphere using Shaklee’s Products. For more detail on this event please visit: http://www.prnewswire.com/news-releases/shaklee-announces-astronauts-aviators-and-american-heroes-captain-mark-kelly-and-captain-scott-kelly-as-keynote-speakers-at-shaklee-live-in-orlando-florida-300259680.html#continue-jump • Shannon Kelley, United Way, has a monthly newsletter that serves 900 people and goes out on the 1st of every month. Invitation is extended to all 	

Consortium for a Healthier Miami-Dade
 Worksite Wellness Committee
 Meeting Minutes
 Thursday, April 7, 2016



	<p>members to contribute if they have resources/events that they would like to share. Please submit info by the 15th of the previous month for consideration. Contact Committee Liaison for more details.</p> <ul style="list-style-type: none"> • Beatriz Hartman, Consolidated Credit, announced they will have their 2nd Annual Financial Celebration, April is National Financial Literacy Month and Consolidated Credit has created this event to celebrate what they do regarding financial education within the community. The event will be at 8:30 am -10:30 am on Friday, April 8, 2016. Invite will be sent by email to all committee members later today. • Spring into Wellness Health Fair hosted by Miami-Dade County will be held tomorrow, Friday, April 8, 2016 from 9:00 am – 2:00 pm at the Stephen P. Clark Government Center in Downtown, Miami. Invite was sent via email by Community Liaison earlier this week. Please visit:http://www.miamidade.gov/releases/2016-04-06-mayor-spring-wellness-fair.asp • Dr. Flores announced that resources for employers is available via the Speakers Bureau through the Consortium website. There will be 2 presentations one on May 6, 2016 called “Starting a Running Program” through the Bridge to Wellness Company at Fontainebleau. The other event will take place July 26, 2016 at Pinecrest Senior Center for a presentation on Malabsorption Syndrome. Also, Dr. Flores announced that he will be addressing the City of Doral employees on behalf of Baptist Health South Florida on “Back Safety and Back Health” on Wednesday, May 11, 2016. 	
Next Meeting	The next Worksite Wellness Committee meeting will be held on Thursday, June 2, 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 11:32 am.	