

Consortium for a Healthier Miami-Dade
 Worksite Wellness Committee
 Meeting Minutes
 Thursday, August 11, 2016



TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<ol style="list-style-type: none"> 1. Vice Chair: <u>Dr. M. Enrique Flores, Shin Wellness</u> 2. Beth Greenwald, Health Designs 3. Fabio Quintero, Fabimar Harmony 4. Maria Negahbani, Florida Department of Health (via Teleconference) 5. Melissa Hernandez, Florida Department of Health in Miami-Dade 6. Santiago Leon, BenRx Inc. 7. Arlene Nunez, Jackson Health System 8. Desiree Adderley, Miami Dade County 9. Nanette Molina, Health Council of South Florida 10. Yasmin Dias Guichot, Health Foundation of South Florida 11. Jeannie Moise Cidel, Miami Dade College 12. Nicole Marriott, Health Council of South Florida 13. Lilia Bandrich, Jackson Health Systems 14. Javier Gutierrez, Jackson Health Systems (via Teleconference) 15. Nathan Burandt, Florida International University (via Teleconference) 	
Welcome and Introductions	Meeting was called to order by Dr. M. Enrique Flores, Committee Vice Chair, at 9:36 am. Committee members and guests introduced themselves.	
Minutes	Minutes for June 2, 2016 committee meeting were reviewed. Yasmin Dias Guichot moved to approve the minutes. Melissa Hernandez seconded that motion. The motion is approved.	
Executive Board and Committee Updates	<ul style="list-style-type: none"> o Executive Board Update: <ul style="list-style-type: none"> ▪ Dr. Flores provided a brief discussion on the Mission and Vision of the Worksite Wellness Committee and the goal as consortium members. ▪ Revisions of the work plan will begin for individual committees to realign and identify key partners and community projects. 	

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	<p>Suggestions made by the executive board state that committee members review the CHIP (Community Health Improvement Plan) process which is directly linked with the Consortium strategic plan to better realign the work plan.</p> <ul style="list-style-type: none"> ▪ The CDC has requested that DOH scale back on projects that are currently being worked on. All remaining interventions must conclude by June 2017. ▪ Nanette Molina presented on behalf of Miami Dade County for Emergency Disaster Preparedness and Enrollment. For more information on the presentation and the material given please visit: http://www.healthymiamidade.org/committees/worksite-wellness/resources- <p>○ Old Business:</p> <ul style="list-style-type: none"> ▪ PICH initiative Update <ul style="list-style-type: none"> • Maria Negahbani shared her recent role change for PICH initiatives. Maria stated she will now be focusing on the restaurant initiative along with Leyanee Perez for Health Promotion and Disease Prevention. • Maria will continue to assist current worksites who are in the process of developing or close to completing their Worksite Wellness policies, as well as for large municipalities. The following Municipalities are already working on their policies as of today: City of Coral Gables, City of Hialeah, City of North Miami, City of Miami, Village of Palmetto Bay, and City of Miami Gardens. • Greater Miami Chamber of Commerce direct link to access free Worksite Wellness Consultations through FDOH. 	<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. ▪ Liaison will send to all Committee members the presentation on <i>Emergency Preparedness and Planning</i> with any additional information provided by Nanette Molina. ▪ Liaison will work on gathering data from completed surveys for Worksite
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	<p>Please visit: http://miamichamber.com/news/florida-department-health-miami-dade-county-offers-free-wellness-program-assistance</p> <ul style="list-style-type: none"> ▪ Worksite Wellness Resource Directory <ul style="list-style-type: none"> • The directory will be located on the Consortium website. The directory will be categorized by services and will list a brief description of the services provided along with the contact information for each organization. Listed organizations on the Resource Directory must be active Consortium members. Services provided must align with the mission and vision of the Consortium for a healthier community. Please email Melissa.Hernandez@flhealth.gov for any additional information. ▪ 2016 Worksite Wellness Awards Subcommittee <ul style="list-style-type: none"> • The next Worksite Wellness Awards will be in May 2017, advertisement for the event must begin by January 2017 to give enough time for event participation. • Members are welcome to join if they are interested in participating in the subcommittee. Sign-up sheets were passed around for interested members to join. • The FWWA Nominee application process will begin in October to give organizations enough time to apply. ○ New Business <ul style="list-style-type: none"> ▪ Worksite Wellness Forum <ul style="list-style-type: none"> • The forum <i>Managing Stress: Protecting your Health</i> will be held on Thursday, October 6th, 2016 from 9:00am-11:30am. The location of the event will be at Beacon Center Conference room, same location as the regular scheduled monthly meetings. Any changes to the location 	<p>Wellness Resource Directory. Liaison will continue to send the survey periodically to consortium members interested in becoming part of the directory.</p> <ul style="list-style-type: none"> ▪ Liaison will add directory to the Consortium Website under the Worksite Wellness tab. Resource Directory will include services provided, logo, contact information and link to website. ▪ FWWA Subcommittee group will begin
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	<p>depends on participation and participants will be notified upon the changes.</p> <ul style="list-style-type: none"> • There will be two guest speakers presenting at the upcoming forum, Isabel Alfonsin-Vittoria, a licensed psychotherapist referred to the committee by Nathan and Rosina Altamiranda, a licensed mental health counselor and clinical director of New Horizons Counseling Services referred by Maria. Participants will have a Q&A session at the end of each presentation and an allotted time for break between speakers. Refreshments will also be available. • Santiago mentioned having the speakers consider discussing on the environmental effects on stress at the workplace and remedies for coping. Liaison will mention to presenters next week to possibly include into their presentations. Flyers for the forum will be shared with the committee members next month. Committee liaison will email flyer upon completion to all members to share with their organizations. For those who will not be able to attend, the full forum presentation can be found on the Consortium website at the following link: (http://www.healthymiamidade.org/committees/worksite-wellness/resources-) • The committee mentioned having a future forum address the topic of grief, counseling and meditation to assist employers at their organizations. 	<p>to meet in October.</p> <ul style="list-style-type: none"> ▪ FWWA subcommittee group will work to activate website for event. ▪ Liaison will reach out to Marketing Committee to have a marketing tool available to advertise the forum in October.
<p>Wins: Successes, Awards, Recognitions, Worksite Policy and/or Environmental Changes</p>	<ul style="list-style-type: none"> ▪ Fabio Quintero, Fabimar Harmony, shared news the astronaut Scott Kelly and his twin brother Captain Mark Kelly presented at the Shaklee Annual Conference in Orlando this August. The astronaut mentioned that he was receiving radiation while in space equivalent 	

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	<p>to 8 X-Rays per day for one year, and the way that he was able to cope with that was with supplementation daily. Almost 5,000 people attended the event in Orlando.</p> <ul style="list-style-type: none"> ▪ Karen Weller and Dr. Flores attended the City of Fort Lauderdale’s Commissioner’s Meeting where they presented the Worksite Wellness Award to the City of Fort Lauderdale for having an exceptional Worksite Wellness policy and structure. 	
<p>Member Announcements/Upcoming Event</p>	<ul style="list-style-type: none"> • Santiago Leon mentioned a book called <i>Cracking Health Costs</i> that establishes discussions on cutting company costs and bringing about worksite wellness for the better health of employees. Santiago states that the book debates on the idea that worksite wellness has become a set of events instead of an individual state of being for employees. • Tobacco Workgroup Committee has shared that there will be an upcoming “Workplace Summit” that will be held on Friday, September 9, 2016 from 9:00am to 12:00pm at the Miami Dade College Wolfson Campus. The event will showcase panelist who are champions for Tobacco-Free Organizations. Email Islamiyat.Adebisi@flhealth.gov for more information on the event. • Fabio Quintero shared a free personalized health score survey that can help with lifestyle changes. Please see Healthprint link below: English www.healthprint.fabimar.com; Spanish www.huelladesalud.fabimar.com 	
<p>Next Meeting</p>	<p>The next Worksite Wellness Committee meeting will held on Thursday, September 8 , 2016 from 9:00 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. Any changes will be notified prior to set date.</p>	
<p>Adjournment</p>	<p>Committee Vice Chair, Dr. Flores, adjourned the meeting at 11:18am.</p>	