

Consortium for a Healthier Miami-Dade  
 Worksite Wellness Committee  
 Meeting Minutes  
 Thursday, March 3, 2016



TOPIC	DISCUSSION	ACTION NEEDED
Members Present	1. <b>Chair:</b> Marlene Rodriguez, Bayview Asset Management 2. Santiago Leon, ACC Insurance Brokers 3. Fabio Quintero, Fabimar Harmony 4. Jeannie Cidel, Miami-Dade College 5. Beth Greenwald, Health Designs 6. Melissa Maytin, Florida Department of Health in Miami-Dade 7. Melissa Hernandez, Florida Department of Health in Miami-Dade 8. Jasmine Reid, Marsh and McLennan Agency 9. Ivis Guerra, Baptist Health South Florida (Via Teleconference) 10. LaSonia Landry, American Heart Association 11. Beatriz Hartman, Consolidated Credit 12. Liseth Guerra, FDOH Healthy Start Intern 13. Charlaine V. Loriston, Humana (via Teleconference) 14. Anjana Morris, Health Council of South Florida (via Teleconference) 15. Karen Clarke, City of Miami Gardens (via Teleconference) 16. Shannon Kelley, United Way (via Teleconference) 17. Whanadi-Ann Sobrevilla, Affinity for Wellness (via Teleconference)	
Welcome and Introductions	Meeting was called to order by Marlene Rodriguez, Committee Chair, at 9:45 am. Committee members and guests introduced themselves.	
Minutes	Minutes for January 7, 2016 committee meeting were reviewed. Corrections were submitted by Sandra Jackson, Miami-Dade Aviation Department on March 2, 2016. Marlene Rodriguez moved to approve the minutes. Santiago Leon seconded that motion. The motion is approved.	
Executive Board and Committee Updates	<ul style="list-style-type: none"> <li>○ Executive Board Update:               <ul style="list-style-type: none"> <li>▪ The Consortium Annual Event will be held Friday, April 15, 2016 at the Intercontinental Hotel to give recognition to all</li> </ul> </li> </ul>	

Consortium for a Healthier Miami-Dade  
Worksite Wellness Committee  
Meeting Minutes  
Thursday, March 3, 2016



	<p>committees and their members who have gone above and beyond in their contribution to making healthier changes in our community. Evites will be sent out to all committee members in the upcoming month so members can RSVP to the event.</p> <ul style="list-style-type: none"> <li>▪ PICH continues to move forward in achieving our goals for Year 2 as directed on our Work Plan in order to reach the 75% of the population to decrease chronic disease in Miami-Dade County by the end of 2017.</li> <li>▪ Marsh and McLennan Agency has contributed a referral from Miami-Dade County for technical assistance in order to increase our target numbers for PICH. Jasmine Reid and Heather Yant will be creating an email draft that will be sent out to their company’s benefits team to help outreach to our community business leaders. The Baptist Health team is also working on a referral system to provide leads who will require technical assistance to assist in increasing our numbers for PICH.</li> <li>▪ Marlene discussed to committee members the importance of having worksite wellness brokers on our team as a win-win relationship. The Florida Department of Health provides additional help at no cost in creating worksite wellness policies and the use of the toolkit that acts as a roadmap to ease the policy creation process.</li> </ul> <p>○ Old Business:</p> <ul style="list-style-type: none"> <li>▪ PICH Grant <ul style="list-style-type: none"> <li>• As a part of formalizing the action plan and steps to move forward with activities for the upcoming year, the committee went over the Work Plan for the Worksite Wellness Committee. The Chair, Marlene Rodriguez</li> </ul> </li> </ul>	<p><u>Action Items:</u></p> <ul style="list-style-type: none"> <li>▪ Action items: identify resources/update directory, create game plan/strategy, commitment from committee members, execute plan and evaluate.</li> <li>▪ All Worksite Wellness Committee members will contribute to increasing our PICH numbers by providing at least one referral per member. Worksite Wellness members can use the draft email template along with the</li> </ul>
--	---	--

Consortium for a Healthier Miami-Dade  
 Worksite Wellness Committee  
 Meeting Minutes  
 Thursday, March 3, 2016



	<p>briefly discussed the details behind the Strategic Work plan and the goals that were established through the CDC PICH Grant. The Worksite Wellness Committee must focus on establishing a policy on nutrition and/or physical activity at the worksite.</p> <ul style="list-style-type: none"> <li>▪ Worksite Wellness Resource Directory           <ul style="list-style-type: none"> <li>• 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 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.</li> </ul> </li> <li>▪ 2016 Worksite Wellness Awards Subcommittee           <ul style="list-style-type: none"> <li>• The 2016 Florida Worksite Wellness Awards event has been moved to Thursday, May 5, 2016.</li> <li>• Subcommittee Members conducted a site visit to the Dadeland Marriott Hotel on Wednesday, March 2, 2016. The venue will be held inside the Grand Ballroom of the hotel with indoor access to vendors.</li> </ul> </li> </ul>	<p>technical assistance flyer.</p> <ul style="list-style-type: none"> <li>▪ Jasmine Reid from Marsh and McLennan Agency agreed to work on the Resource Directory that will be submitted to the Committee Liaison for approval once completed. The deadline for completion will be in May 2016.</li> <li>▪ Dr. Valerie Turner, PICH lead from the Florida Department of Health, will speak at a later date to Worksite Wellness committee members to serve as a guide to achieve our PICH initiatives.</li> </ul>
--	--	--

Consortium for a Healthier Miami-Dade  
Worksite Wellness Committee  
Meeting Minutes  
Thursday, March 3, 2016



	<ul style="list-style-type: none"> <li>• Ivis Guerra from Baptist Health provided a brief update regarding the morning portion of the event which will include best health practices along with three partners considered to present at the event: Nature’s Product, FPL and World Fuels. FPL will be discussing the valued added benefits of having a Worksite Wellness Program. Nature’s Product was considered as a leading example for being able to make significant changes in a small amount of time.</li> <li>• Updates discussed during the last subcommittee meeting that was held Wednesday, February 24, 2016 include: approval to secure the venue at the Dadeland Marriott Hotel which has easier access to public transportation and highways, continuing to follow the same format as last year with best practice discussions organized by Baptist Health for the AM portion of the event, accommodating the vendors indoors, Save the Date invites, making the luncheon more of a networking event, fortifying the keynote speaker, Emcee, and providing CEU credits.</li> <li>• Marsh and McLennan Agency will be one of our partnering sponsors this year along with Baptist Health of South Florida as of this time pending completion of the Worksite Wellness Awards website. Nominations and sponsorship applications will be on the website once complete. Marlene discussed briefly the sponsorship level and vendor opportunities at the event.</li> <li>• The 5<sup>th</sup> subcommittee meeting will be held on Tuesday, March 8, 2016 at 10-11AM at the Galloway Baptist Health office location. Those who cannot attend will be able to</li> </ul>	<ul style="list-style-type: none"> <li>▪ The Consortium Annual Event will be held Friday, April 15, 2016 at the Intercontinental Hotel, RSVP will be sent via email to all committee members.</li> <li>▪ The Worksite Wellness Awards will be held on Thursday, May 5<sup>th</sup>, 2016 at the Dadeland Marriott Hotel, website currently pending completion. For more information on the Worksite Wellness Awards please visit: <a href="http://www.worksitewellnessawards.gov">www.worksitewellnessawards.gov</a></li> </ul>
--	--	---

Consortium for a Healthier Miami-Dade  
 Worksite Wellness Committee  
 Meeting Minutes  
 Thursday, March 3, 2016



	<p>join in via conference call. The first subcommittee meeting was held in November 2015. Dates for the subcommittee will be changed to weekly meetings as we get closer to the event date.</p> <ul style="list-style-type: none"> <li>• 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.</li> </ul> <p>○ New Business</p> <ul style="list-style-type: none"> <li>▪ Worksite Wellness Forum Evaluations           <ul style="list-style-type: none"> <li>• The forum was held on Thursday, February 4, 2016. The following members gave presentations: Erick Hathorn, Hathorn and Associates; Beth Greenwald, Health Designs; Santiago Leon, ACC Insurance Brokers. For those who did not attend, the full forum presentation can be found on the Consortium website at the following link:  <a href="http://www.healthymiamidade.org/committees/worksite-wellness/resources-">http://www.healthymiamidade.org/committees/worksite-wellness/resources-</a></li> <li>• Total attendance for the forum was 25 and feedback was well received. People agreed the presentation had a good flow, but it was difficult to follow due to technical issues with the projector.</li> <li>• Marlene gave a brief history of our quarterly forums and introduced adding a sub-calendar which includes the second month of every quarter to begin hosting the forums.</li> <li>• Comments on the Evaluations included adding a Financial Wellness topic to our Forums, which had been addressed in a previous forum but needs to be revisited since it is a highly requested topic.</li> </ul> </li> </ul>	
--	--	--

Consortium for a Healthier Miami-Dade  
 Worksite Wellness Committee  
 Meeting Minutes  
 Thursday, March 3, 2016



	<ul style="list-style-type: none"> <li>• 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 next meeting on her company’s background and their educational financial portion of their business case in the workplace.</li> <li>• Committee Members are encouraged to speak at our meetings as directed on our Work Plan.</li> </ul>	
<p>Wins: Successes, Awards, Recognitions, Worksite Policy and/or Environmental Changes</p>	<ul style="list-style-type: none"> <li>▪ Jasmine Reid from Marsh and McLennan Agency announced that her client from Henderson Behavioral won the American Heart Association Healthy Worksite Employer Award.</li> <li>▪ The chair, Marlene Rodriguez received her NWI certification Worksite Wellness Program Manager in January 2016.</li> <li>▪ Maria Negahbani, FL Department of Health, lead worksite wellness consultant also received her NWI certification as a Worksite Wellness Specialist. Maria Negahbani was also able to assist Adrianna Corral, Memory Trees, to complete a worksite wellness policy in a short amount of time.</li> <li>▪ Fabio Quintero, Fabimar Harmony, announced that Shaklee Corp. is providing grants, and last year they provided a research grant to Florida State University for mental health.</li> <li>▪ 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.</li> </ul>	

Consortium for a Healthier Miami-Dade  
 Worksite Wellness Committee  
 Meeting Minutes  
 Thursday, March 3, 2016



	<ul style="list-style-type: none"> <li>▪ Shannon Kelley from United Way added that they have a monthly newsletter that serves 900 people on the first of every month, she is inviting all members to contribute if they have resources/events that they would like to share to please submit info by the 15<sup>th</sup> of the previous month.</li> </ul>	
Member Announcements/Upcoming Event	<ul style="list-style-type: none"> <li>• Miami-Dade County is planning an Annual Health Fair on April 8, 2016 at the Government Center that will be held at the same day as “Take your Child to Work Day”. Any vendors interested in participating should contact Desiree Adderley from Miami-Dade County, she will direct you to the coordinator for the event. For more information, click on the following link: <a href="http://www.miamigov.com/home/">http://www.miamigov.com/home/</a></li> <li>• Shannon Kelley from United Way has agreed to share information from the Chamber of Commerce meetings to help with outreach in the community.</li> </ul>	
Next Meeting	The next Worksite Wellness Committee meeting will be held on Thursday, April 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 11:14 am.	