

Consortium for a Healthier Miami-Dade
 Worksite Wellness Committee
 Meeting Minutes
 Thursday, January 4, 2018
 12:30 p.m. to 2:30 p.m.



TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<ol style="list-style-type: none"> 1. Co-Chair: Desiree Adderley-Miami-Dade County 2. Fabio Quintero-Fabimar Harmony 3. Nikki Chuck-Florida Department of Health in Miami-Dade County 4. Islamiyat Nancy Adebisi-Florida Department of Health in Miami-Dade County 5. Natouchka Murray-Florida Department of Health in Miami-Dade County 6. Santiago Leon-BenRx 7. Suzette Fernandez-Jackson Health Systems <p><u>On the telephone:</u></p> <ol style="list-style-type: none"> 8. Melissa Maytin-Florida Department of Health in Miami-Dade County 9. Nicole Bueno-Bloom Sooner Corp 10. Mara Barrios-Children's Home Society of Florida 11. Yvonne Fox-Marsh & McLennan Agency 12. Crystal Kapeolon- Fitness Smith 13. Beatriz Hartman-Consolidated Credit 	
Welcome and Introductions	Meeting was called to order by Desiree Adderley, Worksite Wellness Committee Vice-Chair, at 12:50p.m. Committee members and guests introduced themselves.	
Minutes	Minutes for the November 2 nd , 2017 committee meeting were reviewed. Santiago Leon moved to approve the minutes. Desiree Adderley seconded that motion.	

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<p>Previous Action Items</p>	<ul style="list-style-type: none"> • South Florida Business Journal Book of Lists <ul style="list-style-type: none"> - The directory has been received. - A contact list will be created to assist with reaching out to small businesses (500 employees or less) within the directory. 	
<p>Work Plan Review</p>	<ul style="list-style-type: none"> • Performance Measures in Need of Improvement <ul style="list-style-type: none"> ○ Outreach Plan (Goal 2, Activity 3 & 5) <ul style="list-style-type: none"> - Committee members voted to begin reaching out to small businesses (500 or less employees) from the directory once the toolkit is complete. ○ Toolkit Upgrade (Goal 3, Activity 1) <ul style="list-style-type: none"> - Worksite Wellness Toolkit is in its final stages of being updated. • Executive Board Update <ul style="list-style-type: none"> ○ In November, the Executive Board held its first Sustainability planning meeting to discuss how to sustain Consortium efforts. A follow up meeting will be held on January 8, 2018. • Recognition of Improved Performance <ul style="list-style-type: none"> ○ Toolkit and communication plan is being improved upon through the efforts mentioned above in the <i>Performance Measures in Need of Improvement Outreach Plan (Goal 2, Activity 3 & 5)</i> section. 	

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<p>Topics Selected by Chair</p>	<ul style="list-style-type: none"> ● Wellness Program Ideas for 2018 <ul style="list-style-type: none"> ○ Beatriz Hartman mentioned that Jackson Health is focusing on promoting financial wellness. ○ Mara Barrios spoke about the “Get Active Great Escapes” which is an incentive team-based 6-week step challenge. She also mentioned that the first two months of the year her organization provided stipends of up to 50% with Weight Watchers. Other ideas she mentioned included, The Wheel of Wellness, an incentive-based program for employees and providing a tax event where employees who qualify can get free tax services. ○ Crystal Kapeolon mentioned that the American Heart Association, offers the “Check Change Control Program” a blood pressure intervention that offers free educational sessions and a text system reminding employees to check their blood pressure. ○ Desiree Adderley spoke about offering four-week sessions on a variety of topics: smoking cessation, diabetes, and weight management. She also mentioned she is in the final stages of completing a meditation relaxation space along with a lactation room for employees. 	
<p>Partner Updates</p>	<p>The Worksite Wellness Committee will be partnering with the Florida Department of Health, Tobacco-Free Workgroup for their next Worksite Wellness forum. More details will be announced in the near future.</p>	



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Next Meeting	The next Worksite Wellness Committee meeting will be on Thursday, February 1, 2018 from 12:30 pm - 2:30 pm at the Florida Department of Health in Miami-Dade Beacon Center located at 8323 N.W. 12th Street, Suite 212, Miami, FL, 33126.	
Adjournment	Committee Vice-Chair, Desiree Adderley, adjourned the meeting at 1:40pm.	