

CONSORTIUM FOR A HEALTHIER MIAMI-DADE

Worksite Wellness Committee Meeting

Thursday, January 16, 2025

9:30 AM – 11:00 AM

TOPIC	DISCUSSION	ACTION NEEDED
Membership Total (10)	<p>Virtual Via the Microsoft Teams Platform</p> <ol style="list-style-type: none"> 1. Vicki Zou, Florida Department of Health in Miami-Dade County (Committee Liaison) 2. Candice Schottenloher, Florida Department of Health in Miami-Dade County 3. Marcy Sawyer, Aetna 4. Sara Batrony, SB Pro Writing Services 5. Kate Edelson, NAMI Miami-Dade 6. Louisenie Remy, Jackson Health Systems (Roxcy Bolton Rape Treatment Center) 7. Franchine Peters, Jackson Health Systems (Roxcy Bolton Rape Treatment Center) 8. Rebeca Capogreco, WellMed Charitable Foundation 9. Joshua Smith, Mind Over Matter Allied Health 10. Jair Espinoza, City of Miami 	
Welcome and Introductions	The Worksite Wellness Committee of the Consortium for a Healthier Miami-Dade meeting was brought to order at 9:38 a.m. by Candice Schottenloher.	
Approval of Minutes	There was a motion to approve the November 2024 Worksite Wellness meeting minutes by Louisenie Remy and the motion was seconded by Rebeca Capogreco.	
Executive Board Update	The Executive Board updates were provided by Candice Schottenloher. The Executive Board last met virtually on Monday, January 13, 2025. Updates were shared on the Consortium's nominations and elections process: William Sanchez will be the Committee Chair for the next 2-year term for the 2025 and 2026 calendar year, and the role for Vice Chair is still open for anyone interested. The Executive Board is now hosting their Co-Chair nominations with more updates coming in February. The new Board has started discussing and forming the Planning Taskforce for the Consortium Annual Event that will be merged with the Worksite Wellness Awards Ceremony, which will likely be between September and October. The Executive Board has started to create a digital brochure with an elevator speech and health agenda message info that can be used to share information on the Consortium with interested partners. The Board continued talking about achieving optimal health and addressing drivers of health. Four collaborative action groups for food insecurity were launched by the Mayor's Initiative on Food and Nutrition for All Collaborative.	
Previous Action Items	<ul style="list-style-type: none"> • The Worksite Wellness Committee members were reminded of the 2025 meeting schedule, which was confirmed back in November 2024. The Committee will continue to meet virtually. • Florida Worksite Wellness Awards and Consortium Annual Event Taskforce is open for sign-ups. Kate, Joshua, and Louisenie showed interest in joining and will receive an email about the task force. 	

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Performance Measures in Need of Improvement	<ul style="list-style-type: none"> NAMI is still working on building out their Stigma in the Workplace training. In the meantime, they have other mental health programs available. For Health and Built Environment, they are aiming to do some cross collaboration. A specific topic has not been chosen yet, but previously discussed topics include mental health, stress management, tobacco cessation, family work-life balance, spending time with kids, and healthy workplaces. The Worksite Wellness Committee Work Plan has been extended for now as we're in the process of conducting assessments and getting ready to launch out. The Wellbeing Survey will be used to determine strategic priority areas for upcoming work plans. 	
Recognition of Improved Performance	<ul style="list-style-type: none"> The 2024 Bounty of Health event recap was shared along with a photo presentation. The Florida Department of Health in Miami-Dade County and the Consortium for a Healthier Miami-Dade proudly hosted the 5th Annual Bounty of Health event on Friday, December 13, 2024. The event successfully served approximately 150 residents, nearly 400 health screenings were performed, and 17 vendors offered diverse health and wellness resources. Committee members shared their experiences at Bounty of Health, saying it was a great experience with everyone from DOH being so helpful and people from the community being happy to get information about the free services that are out here. 	
New Business	<ul style="list-style-type: none"> Meeting presentation topics that Committee members would like to see in the upcoming year include selfcare topics such as boundary setting. 	
Partner Updates	<ul style="list-style-type: none"> Candice Schottenloher shared the following updates on behalf of William Sanchez: <ul style="list-style-type: none"> District 13 Cultural Grants Workshop: The Miami-Dade County Department of Cultural Affairs will be hosting their Cultural Grants Workshop on Thursday, January 23, 2025, at 6 p.m. at the Milander Center for Arts & Entertainment. Annual Jose Marti Parade: The City of Hialeah will be hosting the Annual Jose Marti Parade on Sunday, January 26, 2025, at 12 p.m. in Walker Park (800 W 29th St). There will be food trucks, kids' activities, and the Hialeah Farmers Market. We would be honored to have the Miami Marlins join us as parade participants. For additional information, the Special Events Division Director Mr. Jorge Hernandez can be reached directly at 305-458-0011. Kate Edelson shared that NAMI is currently offering their free family-to-family course for anyone who is looking for education on dealing with the impact of having a loved one who has a mental health condition. The people teaching the course and those involved in the course are all family members. They will provide a manual with information on diagnosis, treatment, and legal information. Kate also shared that NAMI is preparing for their annual walk for mental health awareness on May 10 at the Loan Depot Park Marlins Stadium. It is a fundraising event, but registration is free. 	

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Adjournment	The meeting was adjourned at 10:28 a.m. The next Worksite Wellness Committee virtual meeting is scheduled for Thursday, March 6, 2025, from 9:30 a.m. to 11:00 a.m. via Microsoft Teams.	