

Consortium for a Healthier Miami-Dade
Worksite Wellness Committee
Thursday, November 3, 2011

TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<ol style="list-style-type: none"> 1. Tedd Marefka, Health Choice Network, <i>Chair</i> 2. Gabrielle Solomon, Health Foundation of South Florida, <i>Vice-Chair</i> 3. Kary Suarez, Office of Community Health & Planning, MDCHD, <i>Liaison</i> 4. Carolina Rios, UM, Walk Safe/Bike Safe 5. Jimena Tovar, DCF 6. Karen Weller, MDCHD, Office of Community Health and Planning 7. Kent Cheeseboro, MDC Community Action Agency 8. Kerri-Anne Parkes, MDCHD, Office of Community Health and Planning 9. Melissa Farello, MDCHD, WIC 10. Melissa Frantz, Melissa Frantz & Associates 11. Monique Blake, Being In Touch 12. Rosa Rojo, HERO 13. Shwan Ramirez, MDC Parks and Recreation 14. Suzanne Johnson, MDCHD, Office of Community Health and Planning 15. Tiondra Wright, DCF 16. Twig Tolle, HERO 17. Tyler Pellerin, MDC Parks and Recreation 18. Tori Gabriel, FHRI (via phone) 	
Welcome and Introductions	The meeting was brought to order by Tedd Marefka at 9:30 AM.	
Approval of Minutes	<p>The October minutes were reviewed by the committee.</p> <p>Kent Cheeseboro made a motion to approve the minutes. Karen Weller seconded the motion.</p>	

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<p>Monthly Meeting Speakers</p>	<p>The guest speaker was Rosa Rojo, the national program director for Hero. HERO (Health Education Resources and Outreach) LLC. HERO is a South Florida-based organization with a primary focus on promoting diabetes education and self-management skills. Smoking cessation education is a secondary focus. HERO provides diabetes education classes to help participants understand and manage this disease based on the AADE7™ Self-Care Behaviors that are essential for improved health status and greater quality of life. Rosa then discussed the various types of diabetes which include Prediabetes, Type 1 diabetes, Type 2 diabetes, Gestational diabetes. She also explained the reasons why Blood Glucose Control is important in the workplace. www.HeroHealthy.com</p>	
<p>Key Items From Work Plan</p>	<ul style="list-style-type: none"> ● 4th Community Forum of 2011 <ul style="list-style-type: none"> ○ ‘Tis the Season To Be Healthy ○ Blue Cross and Blue Shield Community Room ○ 8400 NW 33 Street, Miami, Fl 33122 ○ Monday, November 21, 2011 ○ 2:00pm – 4:15pm ● 1st Community Forum of 2012 <ul style="list-style-type: none"> ○ Theme’s focus: Physical Activity ○ Potential Title: A New You For A New Year! Or A Healthier Expression of Love ● Annual Event Discussion <ul style="list-style-type: none"> ○ The annual event is scheduled for Friday, April 13, 2012 at the Miami Beach Resort. A few presenting sponsors have been identified and the educational components accompanied with CEU will be provided. The anticipated cost for attending the full event is \$100. 	<p>At the December meeting, identify potential date/time, location, sponsors, and speakers for the 1st community forum of 2012.</p> <p>Bring marketing materials for the WWA to the next committee meeting.</p>
<p>CPPW Monthly / MDCHD WW Team/ Updates</p>	<p>Miami-Dade CPPW Updates:</p> <ul style="list-style-type: none"> -Goal 3 Child Care Centers and Goal 10 Safe Routes to school legislation was amended and submitted to Senator Rene Garcia. -The MDCHD passed a worksite lactation support policy. -Goal 7 Farmers Market Initiative has finally kicked-off which took place 	

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	<p>October 26 at the Health Foundation of South Florida. Farmers' Market Locations: Earth Learning & Urban Oasis. New Markets: Urban Oasis, War on Poverty, & Bochika. Community Gardens: Garden of Ian, LLC, Little Haiti Community Garden, and Miami Rescue Mission "The Good Seed Garden. The Media Campaign providers continue to promote the program through print, radio, TV, social media and community events.</p>	
Announcements	<p>November 8, 2011 Tedd and Tori will present before The Greater Miami Chamber of Commerce discussing best practices for building worksite wellness. Committee members were encouraged to attend.</p>	
Next Meeting	<p>December 1, 2011 at 9:30 AM at the Beacon Center.</p>	
Adjournment	<p>Gabrielle and Tedd adjourned the meeting at 11:30am.</p>	