

**Consortium for a Healthier Miami-Dade**  
**Worksite Wellness Committee**  
**Thursday, October 6, 2011**

TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<ol style="list-style-type: none"> <li>1. Gabrielle Solomon, Health Foundation of South Florida, <i>Vice-Chair</i></li> <li>2. Kary Suarez, Office of Community Health &amp; Planning, MDCHD, <i>Liaison</i></li> <li>3. Alesha Hall, MDCHD Intern</li> <li>4. Jimena Tovar, DCF</li> <li>5. Joan Sampieri, HERO</li> <li>6. Joseph Martine, FHRI, Intern</li> <li>7. Kerri-Anne Parkes, Office of Community Health &amp; Planning, MDCHD</li> <li>8. Leah Holzwarth, Baptist Health Hospital</li> <li>9. Linda Sullivan, HERO</li> <li>10. Marlene Rodriguez, FHRI</li> <li>11. Melissa Farello, MDCHD WIC</li> <li>12. Monica Hoo, MDC</li> <li>13. Peter Dooling, MDC Parks</li> <li>14. Rachael Richardson, Canyon Ranch</li> <li>15. Shawn Ramirez, MDC Parks</li> <li>16. Suzanne Johnson, Office of Community Health &amp; Planning, MDCHD</li> <li>17. Tiondra Wright, DCF</li> <li>18. Tori Gabriel, FHRI (via phone)</li> </ol>	
Welcome and Introductions	The meeting was brought to order by Gabrielle Solomon at 9:40 AM.	
Approval of Minutes	<p>The August minutes were reviewed by the committee.</p> <p>Joan Sampieri made a motion to approve the minutes.</p> <p>Monica Hoo seconded the motion.</p>	
Wins – Let’s Start The Meeting Off Right	<p><b>Shawn</b> (MDC Parks) announced that Fitness Zones, are being installed at four county parks, with plans to expand. Each Fitness Zone costs about \$100,000 and provides an opportunity for increased, free public access to exercise equipment, as they are accessible to everyone that visits the parks. Shawn also proposed potentially partnering with Baptist to provide community screenings.</p>	Shawn will provide a follow-up on the progress of this project as it progresses into its latter stages.

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	<p><b>Monica</b> recommended that senior leaders of various companies be invited to tour a completed Fitness Zone as a potential marketing approach to bring back to the employees of their organizations.</p> <p><b>Rachael</b> recommended that nutritionists become involved in the initiative to provide access to nutritional education and samples, when possible.</p>	
<p>Monthly Meeting Speakers</p>	<p>Tiondra Wright and Jimena Tovar from DCF provided an update on progress in implementing a wellness program as part of the CPPW grant. The program kicked off about one year ago, aiming to ultimately change the corporate culture. One of the biggest barriers at DCF is the fact that the majority of the employees are field workers, so they are only in the office one day a week, making them difficult to reach. Successful components have been promoting the wellness program during bi-weekly staff meetings, taking Public tours to educate staff on making healthy choices, and initiating a “Biggest Loser” competition. One of their recent topics at the staff meeting was identifying healthy cereal brands; these collateral materials were passed around to the group.</p>	
<p>Key Items From Work Plan</p>	<p>a. Community Forums</p> <p style="padding-left: 20px;">a. Past Forum:</p> <p style="padding-left: 40px;">i. Jamie Seidner was the nutritionist guest speaker at the September 14<sup>th</sup> Forum at the Kodak Center. The event was a success, with high attendance (36) and positive evaluations from attendees.</p> <p style="padding-left: 20px;">b. Upcoming Forum:</p> <p style="padding-left: 40px;">i. Members agreed that they would like to attend a forum for the upcoming quarter but it was suggested that it needed to be in November. The speaker(s), date, location, and time are to be determined.</p> <p style="padding-left: 40px;">ii. Members expressed the sense that paying a fee for attending the forums would prohibit attendance, unless</p>	<p>a. At our next forum, members asked to have a more social environment as per the satisfaction survey.</p> <p>b.</p> <p style="padding-left: 20px;">i. Rachael Richardson from Canyon Ranch will follow-up to explore partnership opportunities. Shawn and Leah were uncertain as to the commitment</p>

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	<p style="text-align: center;">the Forums were tied to CEU credits.</p> <p>c. Annual Event Discussion</p> <ul style="list-style-type: none"> <li>i. The location is currently being worked on; it was recommended that save-the-date is developed. The committee talked about options for recognizing and engaging both winners and nominees after the awards; currently the winners receive a plaque and the nominees receive a certificate of appreciation signed by the Health Department and the Committee Chair. Leah Holzwarth of Baptist, a past winner, stated that their plaque is put on display, which is the intention of the plaque and the certificate. Kary suggested developing a committee seal of approval to all organizations that fulfill the criteria of having a worksite wellness program. Future discussion on this issue by the leadership team is needed.</li> </ul> <p>d. Membership Drive</p> <ul style="list-style-type: none"> <li>i. Monica, Shawn, FHRI, and MDCHD brought a total of 4 new members to the committee. The membership directory was shared which indicates over 60 members of the committee. Gabrielle stated that efforts to reach out should also focus on those that are on this list but not actively participating.</li> </ul>	<p>due to time constraints and availability of staff during the month of November.</p> <ul style="list-style-type: none"> <li>ii. Kary will develop a survey to report on the interest of obtaining CEUs at the forums and annual award ceremony.</li> </ul> <ul style="list-style-type: none"> <li>i. Gabrielle and Tedd to develop a sponsorship letter. Kary to explore what a recognition program would entail and if that is within the committee's workplan deliverables.</li> </ul>
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	<p>e. Community Resources:</p> <p>i. <b>Worksite Wellness Resources:</b> HERO developed an annotated list of resources. FHRI informed the group that there was a prior resource sheet that needed updating. HERO volunteered to merge the two documents and make sure that it is the most up-to-date document available to the committee. FHRI will send the prior document to HERO.</p>	e. A finalized product is anticipated for November's meeting.
CPPW Monthly / MDCHD WW Team/ Updates	<p>Suzanne Johnson provided updates regarding the CPPW grant.</p> <ul style="list-style-type: none"> <li>• Leadership Team convened to discuss the progress of the grant</li> <li>• A meeting with the Senator Rene Garcia took place to discuss goal 3, (child care centers) and goal 10 (crossing guards)</li> <li>• Teleconferenced was held to discuss sustainability of the grant</li> <li>• Meeting with Food Trust to discuss food deserts was held</li> <li>• The Food Summit took place September 28 – October 5</li> <li>• The Make Healthy Happen Showcase Event took place on September 30, 2011</li> <li>• CBS Television launched the Make Healthy Happen Miami media campaign <a href="http://www.makehealthyhappenmiami.com">www.makehealthyhappenmiami.com</a></li> </ul>	
Announcements	The membership list for worksite wellness has been completed and will be sent out to our members via email.	Kary will send member directory to members via email.
Next Meeting	November 3 <sup>rd</sup> at 9:30 AM at the Beacon Center.	
Adjournment	Gabrielle Solomon adjourned the meeting at 11:15 AM.	