

Consortium for a Healthier Miami-Dade  
 Worksite Wellness Committee  
 Meeting Minutes  
 Thursday, June 1, 2017  
 9:30 a.m. to 11:30 a.m.



TOPIC	DISCUSSION	ACTION NEEDED
Members Present	1. <b>Chair:</b> Nathan Burandt- Benefits and Wellness Program Manager at Florida International University 2. Islamiyat Nancy Adebisi- Florida Department of Health in Miami-Dade County 3. Maria Negahbani- Florida Department of Health in Miami-Dade County 4. Lilia Bandrich- Jackson Health System 5. Chris Evans- Miami-Dade Parks & Recreation 6. Desiree Adderley- Miami-Dade County  <u>On the telephone:</u> 7. Ivis Guerra- Baptist Health South Florida	
Welcome and Introductions	Meeting was called to order by Nathan Burandt, Worksite Wellness Committee Chair, at 9:35 a.m. Committee members and guests introduced themselves.	
Minutes	Minutes for the April 6, 2017 committee meeting was reviewed. Nathan Burandt moved to approve the minutes. Nancy Adebisi seconded that motion. The motion is approved.	
Topics Discussed	<ul style="list-style-type: none"> <li>○ Executive Board Update:               <ul style="list-style-type: none"> <li>▪ Nathan Burandt reported that the new Executive Board Co-chair is Leyanee Perez.</li> <li>▪ Worksite Wellness Committee updates were provided to the board.</li> <li>▪ Nathan Burandt may offer wellness activities, such as stretching, during the Executive Board’s monthly meetings.</li> </ul> </li> </ul>	<u>Action Items:</u> <ul style="list-style-type: none"> <li>▪ Chair will attend the Executive Board monthly meeting on June 12, 2017.</li> <li>▪ Lynn Remon will provide an update on her attempt to reach out to the South Florida Business</li> </ul>

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	<ul style="list-style-type: none"> <li>▪ Work plans for all committees are being reviewed to ensure they meet committees' goals.</li> <li>○ Old Business:             <ul style="list-style-type: none"> <li>▪ 2017 Florida Worksite Wellness Awards Updates                 <ul style="list-style-type: none"> <li>- Planning for next year's event is already in the works.</li> <li>- Will be sending out sponsorship letters to past sponsors and potential sponsors for sponsoring the May 4, 2018 event.</li> <li>- Committee members who attended the event liked the event's venue and complimented the hotel staff for their attentiveness.</li> <li>- Keynote Speaker did a great job talking about a topic that has not been discussed much at the corporate level and raised awareness on Compassion in the Workplace.</li> <li>- Recommend moving lunch before the Keynote speaker presents.</li> </ul> </li> <li>▪ Work Plan Progress Updates                 <ul style="list-style-type: none"> <li>- Enhance membership participation rate in the monthly meeting by changing the meeting time.</li> <li>- Design an invitation letter and send out an email blast to recruit new members.</li> <li>- Active committee members will reach out to business and professional associations they are a member of to recruit new members.</li> </ul> </li> </ul> </li> </ul>	<p>Journal to get a list of businesses in the Miami-Dade area to help design the employer database.</p> <ul style="list-style-type: none"> <li>▪ Nathan Burandt will contact Dr. Richard Samperisi to present at the December 7<sup>th</sup>, 2017 forum.</li> <li>▪ Lilia Bandrich will reach out to her chiropractor to possibly present at the December's forum.</li> <li>▪ Carolyn Sauve to provide an update on drafting the invitation letter to recruit new members.</li> <li>▪ Active members will start calling past members about a week before the date of the forums inviting them to come to the forums and attend meetings.</li> <li>▪ Ivis Guerra will contact Greater Miami Society of Human Resource Management (GMSHRM) to invite new members to join the Worksite Wellness Committee.</li> </ul>
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	<ul style="list-style-type: none"> <li>- Calling past members to invite them to return to the meetings.</li> <li>- Will design a database that provides a list of businesses with existing and non-existing worksite wellness programs and then begin the outreach process.</li> <li>- Working on revamping the best practice Worksite Wellness Toolkit.</li> <li>- Need to update the Worksite Wellness Committee Directory to have it posted in the Consortium’s website.</li> <li>- Membership and Marketing Committee to receive posts about the committee’s activities to place on social media platforms, such as Twitter and Facebook.</li> <li>▪ Forum Updates             <ul style="list-style-type: none"> <li>- The topic that will be presented at the September 7<sup>th</sup>, 2017 forum is on wellness dollars.</li> <li>- Location of the September 7<sup>th</sup> forum will be at the United Way of Miami-Dade.</li> <li>- There will be 3 presenters, followed by a panel discussion session.</li> <li>- The December 7<sup>th</sup>, 2017 Forum will be on physical wellness at worksites and will be held at the Florida Blue Center.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ Worksite Wellness Toolkit Subcommittee (Jackson Health, Miami-Dade Parks and Baptist Health) to review the PDF files, analyze and provide their feedback to make improvements.</li> <li>▪ Desiree Adderley will provide the contact information of the Costco representative to DOH staff.</li> </ul>
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	<ul style="list-style-type: none"> <li>- Members are encouraged to provide contacts of possible speakers to present at the December's forum.</li> <li>- Further information about both forums will be provided to all members closer to the forum dates.</li> <li>- Members suggested contacting past Florida Worksite Wellness Awards winners and invite 3 of them to do a panel presentation on worksite wellness program best practices.</li> <li>▪ Worksite Wellness Committee Membership Survey             <ul style="list-style-type: none"> <li>- Nathan Burandt reported that based on Survey Monkey's results, responders requested that the start time of the monthly meeting be changed.</li> <li>- Committee members voted to change the meeting time to 12:30 p.m. - 2:30 p.m. starting in July 2017.</li> </ul> </li> <li>○ New Business             <ul style="list-style-type: none"> <li>▪ The Worksite Wellness Awards Subcommittee will be selected on the July 6<sup>th</sup>, 2017 meeting.</li> <li>▪ Desiree Adderley will be the moderator at the December 7<sup>th</sup>, 2017 Worksite Wellness Forum.</li> <li>▪ The new time for future Forums will be from 10 a.m. to 12 p.m.</li> </ul> </li> </ul>	
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<p>Wins: Successes, Awards, Recognitions, Worksite Policy and/or Environmental Changes</p>	<ul style="list-style-type: none"> <li>▪ The new Co-Chair of the Worksite Wellness Committee is Caroline Sauve from Miami Dade County Public School.</li> <li>▪ Miami-Dade Parks designed and distributed their employee newsletter promoting healthy living to their employees.</li> <li>▪ Baptist Health South Florida created a program called HealthCare at Work at various organizations to allow easy healthcare access at the workplace. The Pineapple Rewards program is in its pilot phase for Baptist Health employees offering rewards for positive behavior changes that may improve their health. The plan is to promote the program to other organizations.</li> <li>▪ Nancy Adebisi noted the Tobacco Prevention Program worked in collaboration with Sapoznik Insurance in assisting Palmetto 57 with policy creation and implementation which led to them winning the Florida Wellness Awards Small Business Category.</li> <li>▪ Miami-Dade County offers point based monetary incentive system to their employees for doing certain number of wellness activities. Four Avmed employees offer Miami-Dade County employees in-house nutrition and wellness coaching.</li> <li>▪ Jackson Health opened an employee wellness clinic in their Medical Towers for ease of clinic access.</li> </ul>	
<p>Member Announcements/Upcoming Event</p>	<ul style="list-style-type: none"> <li>▪ The next Worksite Wellness Forum will be on September 7<sup>th</sup>, 2017 from 10:00 a.m. to 12:00 p.m. at the United Way of Miami-Dade.</li> </ul>	



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Next Meeting	The next Worksite Wellness Committee meeting will be on Thursday, July 6, 2017 from 12:30 pm - 2:30 pm at the Florida Department of Health in Miami Dade Beacon Center located at 8323 N.W. 12 Street, Suite 212, Miami FL 33126.	
Adjournment	Committee Chair, Nathan Burandt, adjourned the meeting at 10:45 am.	