

Meeting Minutes

Tuesday, May 27, 2025

Hosted at NAMI Miami-Dade County (Microsoft Teams option)

TOPIC	DISCUSSION	ACTION NEEDED
Members/Attendees	<ol style="list-style-type: none"> 1. Sandra Caballero, East Coast Research/Rovia Clinical Research* 2. Nattaliah Earle, Urban Health Partnerships – <i>Vice-Chair</i> 3. Mariangelli “Angie” Fernandez, Miami-Dade State Attorney Office* 4. Mayra Garcia, Florida Department of Health in Miami-Dade County 5. Tania Goitia, Sunshine Medical Supplies 6. Natalie Gray, Larkin University College of Pharmacy* 7. Susan O. Holtzman, NAMI Miami – <i>Presenter & Host</i> 8. Barbara Kubilus, City of Miami – <i>Guest</i> 9. Dennise Nicola, PACE/Miami Jewish Health – <i>Chair</i> 10. Carmen Ramos-Watson, B/Adaptable* 11. Louisenie Remy, Jackson Health Roxcy Bolton Rape Treatment Center* 12. Tami Robinson, StudentsCare* 13. Lasonya L. Rodgers, Humana* 14. Jeanne Tamargo, Informed Families* 15. Dianna Valenzuela, Public Partnerships* 16. Michelle Varas, City of Miami* 17. Laurie Varona, Florida Department of Health in Miami-Dade County* 18. Melody Velez, United Healthcare* 19. Marjorie York, Community Action Agency (attended via phone call)* <p>*attended virtually</p>	
Welcome and Introductions	<p>Chair, Dennise Nicola welcomed everyone and started the meeting at 2:04 PM. Chair, Dennise N. provided general meeting guidelines for attendees which were also placed in the meeting chat, and Vice-Chair, Nattaliah E. assisted with the agenda. Attendee introductions were done during <i>Partner Updates</i>, and virtual attendees were encouraged to put their contact information and any organizational updates/announcements in the chat. The meeting was held at host site, NAMI Miami-Dade County, located at 3150 SW 38th Avenue, #500, Miami, FL 33146,</p>	

Meeting Minutes

Tuesday, May 27, 2025

Hosted at NAMI Miami-Dade County (Microsoft Teams option)

	with an option to join virtually via Microsoft Teams for those unable to attend in person.	
Review and Approval of Minutes	The minutes from the last meeting on April 29, 2025, were reviewed by the Committee members in attendance. A motion was made to approve the minutes by Marjorie Y. and seconded by Natalie G. The minutes were approved unanimously without corrections.	
Previous Action Items(s)	<ul style="list-style-type: none"> • Continue Open Discussion of 2019-2024 Work Plan transition to 2025-2030 Work Plan Development • Activity under <i>Chronic Disease</i>, p. 11, related to <i>design an educational toolkit to increase awareness and educate on the warning signs of Alzheimer's Disease, risk reduction and early diagnosis of Alzheimer's Disease.</i> <ul style="list-style-type: none"> ○ The updated draft of the trilingual Alzheimer's Disease and Related Dementias (ADRDs) Community Resource (originally created in 2021-2022) was reviewed by meeting attendees while shown onscreen. ○ Latest updates include corrected spelling of "Alzheimer's" on English infographic. ○ At the last monthly meeting in April, it was suggested to consider an alternate infographic for "10 early signs" with more contrast in coloration to help increase readability for persons with color blindness. The current Shutterstock image has lighter shades of purple which cannot be altered. The membership was asked to help find an alternate infographic; however, options are limited, and no suitable alternative image has been found. ○ At this meeting, the Chair, Vice-Chair, and attendees agreed to final approve the updated ADRDs Community Resource without further edits. 	
Executive Board (EB) Update	<p>Vice-Chair, Nattaliah E. provided the updates from the EB meeting held on 5/12/2025, including:</p> <ul style="list-style-type: none"> • The Consortium Event Taskforce has been meeting since April 4th to plan the Consortium Annual Event and Worksite Wellness Awards Ceremony. If you are 	

Meeting Minutes

Tuesday, May 27, 2025

Hosted at NAMI Miami-Dade County (Microsoft Teams option)

	<p>interested in being on the Taskforce, let Mayra know so you can be added to the listserv.</p> <ul style="list-style-type: none"> The Consortium digital brochure was approved by the EB. Once approved by DOH Communications, it will be disseminated in English with the full Consortium. There were also discussions to translate in Spanish and Creole. The brochure will be used by members when meeting with interested partners to encourage them to join. Barbara Martinez-Guerrero presented on behalf of Dream in Green on Food Sharing, Recovery, and Waste in our community as well as on Recyclepedia. These are efforts they are working to address food security and environmental sustainability in our community. 	
Legislative Report	<p>There were no legislative updates available from member, Brenda Lampon with the Office of the Mayor Daniella Levine Cava. Recently, Chair, Dennise N. emailed Ms. Lampon to see if she could provide a legislative update summary via email for the monthly EIC meetings since she is unable to regularly attend due to conflicts with another standing meeting commitment.</p>	
<p>Presentation: <i>Introduction to Stigma Free Workplace-Ending stigma about mental illness</i></p>	<p>EIC member and partner, by Susan O. Holtzman, President and CEO, NAMI (National Alliance on Mental Illness) Miami-Dade County, gave a 15-minute presentation, <i>Why Mental Health Matters-Thriving at Work</i>. This was an introduction to stigma-free workplace to help end mental health stigma in the workplace. Susan explained that this presentation is designed to be delivered as a workshop with opportunities for participants to reflect and share. NAMI Miami-Dade is an affiliate of the nation's largest grassroots mental health non-profit with over 600 local affiliates and 48 state organizations. Their mission is to champion community awareness and education on mental health while providing dedicated support and advocacy for individuals living with mental health challenges and their loved ones. Some mental health in the workplace statistics were shared including: <i>57% of workers indicated negative impact because of work-related stress (APA, 2023), globally, \$1 trillion is lost annually due to decreased productivity associated</i></p>	<p>Action Item(s):</p> <ul style="list-style-type: none"> Email your suggestion(s) for future Elder Issues Committee meeting presentations to: DNicola@miamijewishhealth.org, Nattaliah@urbanhp.org, & Mayra.Garcia@flhealth.gov.

Meeting Minutes

Tuesday, May 27, 2025

Hosted at NAMI Miami-Dade County (Microsoft Teams option)

	<p><i>with mental health concerns (WHO, 2023), and depression is the leading cause of disability claim worldwide (NIH, 2023). We learned that mental health concerns are common with 1 in 5 adults living with a mental health concern. Also, while 74% of employees say it's appropriate to talk about mental health at work... only 58% reported that they would actually feel comfortable sharing citing stigma, lack of communication, and fear of retaliation as key reasons why. Actions we can take include: 1) increase awareness and education, 2) create a culture of caring, and 3) ensure access to care and benefits. Susan suggested do's and don'ts for starting a conversation about mental health with a colleague at work. Mental health resources were shared including NAMI Miami-Dade helpline 305-665-2540 (M-F 9AM-5PM), NAMI Helpline 1-800-950-NAMI for free support groups and education in your community, and 988 Free 24/7 mental health crisis line. Check out NAMI free programs by visiting NAMIimiami.org or call 305-665-2540. To contact Susan O. Holtzman, President and CEO, NAMI Miami-Dade County, please email susan.holtzman@namimiami.org. With the consent of the presenter, a follow-up email was sent to all EIC members on 5/28/25 after the meeting with the presenter's contact information, and presentation slides.</i></p>	
<p>Performance Measures in Need of Improvement (Work Plan Review)</p>	<p>Vice-Chair, Nattaliah E. led discussion on the following in the EIC Work Plan 2019-2024:</p> <ul style="list-style-type: none"> • Activity under <i>Access to Care</i>, p. 8, related to <i>the Elder Issues Committee will have a presentation on... mental health... to educate the committee to share resources with the community.</i> <ul style="list-style-type: none"> ○ Today's presentation by Susan Holtzman, NAMI Miami-Dade will be reported towards this activity. • Activity under <i>Chronic Disease</i>, p. 11, related to <i>design an educational toolkit to increase awareness and educate on the warning signs of Alzheimer's Disease, risk reduction and early diagnosis of Alzheimer's Disease.</i> <ul style="list-style-type: none"> ○ See progress notes in <i>Previous Action Items(s)</i> related to review of the updated ADRDs Community Resource and today's final approval. 	

Meeting Minutes

Tuesday, May 27, 2025

Hosted at NAMI Miami-Dade County (Microsoft Teams option)

Recognition of Improved Performance	<ul style="list-style-type: none"> 21 attendees at monthly meeting on 4/29/2025. Fall prevention presentation at April meeting by EIC member, Elena M. De Cardenas, Sunshine Health. 	
Reminders	<ul style="list-style-type: none"> Next monthly meeting on June 24, 2025, at 2PM will be virtual and will feature a presentation about the Brain Center's Neurology Clinic and Community Programs. Attendees who are not already members were encouraged to join the Consortium for a Healthier Miami-Dade online at www.healthymiamidade.org/membership, and/or share this invite with others who may be interested in participating. 	<p>Action Item(s):</p> <ul style="list-style-type: none"> Next quarterly in-person hybrid EIC meeting has been confirmed to be hosted at the Alliance for Aging location in the Doral on August 26th. We may need to consider polling interest for in-person hybrid EIC meeting on November 25th due recent low in-person meeting attendance.
Partner Updates	<ul style="list-style-type: none"> Dennise Nicola, Director of Business Development, FL PACE Centers at Miami Jewish Health; DNicola@miamijewishhealth.org, 786-661-5644. Nattaliah Earle, Collective Impact Manager, Urban Health Partnerships (UHP), nattaliah@urbanhp.org, 786-412-0469; shared invite to MDC's Age Friendly Future: Onboarding & Empowerment Summit on May 30th at 12PM at Main Library on Flagler Street, register: https://www.zeffy.com/en-US/ticketing/building-mdcs-age-friendly-future-onboarding-and-empowerment-summit; sponsorship opportunities available. Angie Fernandez, Community Outreach, Office of the State Attorney K.F. Rundle; fernang@miamisao.com; 305-547-0724; www.miamisao.com. Sandra Caballero, Patient Outreach and Enrollment Specialist, Rovia Clinical Research; Sandra.caballero@roviaclinical.com. Louisenie Remy, Roxcy Bolton Rape Treatment Center, Louisenie.remy@jhsMiami.org; they have support groups and outreach education on sexual assault prevention; call the Helpline for more information: 24 hours a day, 7 days a week at 305-585-RAPE (7273). 	<p>Action Item(s):</p> <ul style="list-style-type: none"> The Consortium for a Healthier Miami-Dade is a collaboration between the Florida Department of Health and community partners/organizations promoting health in Miami-Dade County; register to become a member for free online: https://www.healthymiamidade.org/membership/. EIC members who are subject matter specialists in healthy lifestyles and health promoting topics for older adult population

Meeting Minutes

Tuesday, May 27, 2025

Hosted at NAMI Miami-Dade County (Microsoft Teams option)

	<ul style="list-style-type: none"> • Carmen Ramos-Watson, B/Adaptable, carmen@b-adaptable.com. • Susan Holtzman, President and CEO, Miami-Dade County Affiliate of the National Alliance on Mental Illness (NAMI), susan.holtzman@namimiami.org; NAMI Helpline 305-665-2540 (9AM-5PM); programs information go to www.NAMImiami.org. • Dianna "DI" Valenzuela, PPL-Public Partnerships, Community Liaison-Florida, Dvalenzuela@pplfirst.com, 786-697-1227; We support Medicaid long-term care participants who wish to self-direct their home care. • Mayra Garcia, Community Liaison for the Elder Issues Committee (EIC)/Senior Community Health Nursing Supervisor, Office of Community Health & Planning, FL Department of Health in Miami-Dade County, Mayra.Garcia@FLHealth.gov. • Tania Goitia, CEO, Sunshine Medical Supplies, tania@sunshinemedicaldme.com. • Marjorie York shared upcoming event on Saturday in Little Havana. • Natalie Gray, Pharm.D., Larkin University College of Pharmacy, NGray@Larkin.edu. • Jeanne Tamargo, Informed Families; pjtamargo@informedfamilies.org, cell 305-305-1789. • Melody Velez, Sr. Community Outreach, United Healthcare; melody.velez@uhc.com. 	<p>are asked to volunteer to submit written article and/or social media postings for 2025 calendar year; please confirm your interest, topic suggestions via email to liaison: Mayra.Garcia@FLHealth.gov. <i>Written submissions are due by 15th of month prior to publish month.</i></p>
Adjournment	<p>Chair, Dennise N. adjourned the meeting at 3:10 PM.* *At 3:10PM, after the formal agenda was complete, Susan Holtzman provided a facility tour of the NAMI Miami-Dade County office (for in-person attendees).</p>	
Next Meeting	<p>The next Elder Issues Committee meeting will be held virtually on Tuesday, June 24, 2025, 2:00-3:00 PM via Microsoft Teams.</p>	