

Consortium for a Healthier Miami-Dade
 Worksite Wellness Committee
 Meeting Minutes
 Thursday, June 2, 2016



| TOPIC | DISCUSSION | ACTION NEEDED |
|---------------------------|---|---------------|
| Members Present | <ol style="list-style-type: none"> 1. Chair: <u>Marlene Rodriguez, Bayview Asset Management</u> 2. Vice Chair: <u>Dr. M. Enrique Flores, Shin Wellness</u> 3. Santiago Leon, BenRx Inc. 4. Fabio Quintero, Fabimar Harmony 5. Melissa Hernandez, Florida Department of Health in Miami-Dade 6. Viviana Jordan, Miami-Dade County Commission for Women 7. Yasmin Dias Guichot, Health Foundation of South Florida 8. Nathan Burandt, Florida International University 9. Brady Bennett, Health Council of South Florida 10. Lai Fan Chi, Coral Gables Wellness Center 11. Jannette Becerra, Baptist Health South Florida (via Teleconference) 12. Rebecca Luttbeg, Health Promotion Solutions (via Teleconference) 13. Chevy Beacon, StaffLabs Mobile (via Teleconference) 14. LaSonia Landry, American Heart Association 15. Jeannie Moise Cidel, Miami Dade College | |
| Welcome and Introductions | Meeting was called to order by Marlene Rodriguez, Committee Chair, at 9:40 am. Committee members and guests introduced themselves. | |
| Minutes | Minutes for April 7, 2016 committee meeting were reviewed. Dr. Enrique Flores moved to approve the minutes. Marlene Rodriguez seconded that motion. The motion is approved. | |

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| <p>Executive Board and Committee Updates</p> | <ul style="list-style-type: none"> ○ Executive Board Update: <ul style="list-style-type: none"> ▪ Karen Weller is providing a new budget and work plan to the CDC for year three. Progress report will be shared once it has been submitted to the CDC. The CDC has requested that DOH scale back on projects that are currently being worked on. It was requested that additional information about realignments be share at the next executive board meeting. All remaining interventions must conclude by June 2017. ○ Old Business: <ul style="list-style-type: none"> ▪ PICH Grant Update <ul style="list-style-type: none"> • PICH Grant for Year 2 budget has been reduced 25% to cut costs. Maria Negahbani, Florida Department of Health will continue to attend consultations as previously discussed to reach numbers for Year 2 of the PICH Grant. • There has been 4 businesses that have completed Worksite Wellness policies, and 6 businesses pending completion; City of Miami, Center for Social Change, HeartWare, City of Miami-Gardens, Safari LTD, and J & W University. Nathan Burandt stated that FIU’s policy is pending but will be presented to the board in the upcoming weeks. Marlene Rodriguez stated Bayview Asset Management’s policy is also pending but has successfully completed the Tobacco Policy. • Greater Miami Chamber of Commerce has added a direct link to access free Worksite Wellness Consultations through FDOH, please visit: http://miamichamber.com/news/florida-department-health-miami-dade-county-offers-free-wellness-program-assistance • Committee members will focus on their strategic plan to reach the worksite wellness policy goal (36 total; Year 2) | <p><u>Action Items:</u></p> <ul style="list-style-type: none"> ▪ Action items: identify resources/update directory, create game plan/strategy, commitment from committee members, execute plan and evaluate. ▪ All Worksite Wellness Committee members will contribute to increasing our PICH numbers by providing at least one referral per member. Please visit: http://www.healthymiamidade.org/committees/worksite-wellness/resources- ▪ LaSonia Landry committed to contacting Maria Negahbani for possible alignment of resources |
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| | <ul style="list-style-type: none"> ▪ Worksite Wellness Resource Directory <ul style="list-style-type: none"> • The committee continued to discuss updating the pre-existing Worksite Wellness Resource Directory to align resources to make ourselves available in the community. The directory will be located on the consortium website and a survey will be sent out to providers in the distribution list to update information on the directory. The directory will be categorized by services and will list a brief description of the services provided with the contact information for each provider. The new template has been approved by the Worksite Wellness committee members and additional suggestions were provided. Listed organizations on the Resource Directory must be Consortium members. ▪ 2016 Worksite Wellness Awards Post-Event Recap <ul style="list-style-type: none"> • The Worksite Wellness Awards event was held at the Dadeland Marriott Hotel Grand Ballroom. Baptist Health South Florida held their “Best Practices in Worksite Wellness” during the morning session of the event. Baptist invited FPL, Nature’s Product and World Fuels to share their success stories. Breakfast and lunch was provided while guests visited our vendor section. • The Award Luncheon concluded the event with emcee, Andrea Linares, a reporter for Univision Network News, and the keynote speaker, Dr. Judd Allen who has been in the Worksite Wellness field for 2 decades, presented on Culture of Health. Free copies of his book “Wellness Leadership: Creating supportive environments for healthier and more productive employees” was provided along with a gift from all the contributing organizations. • The Award Ceremony was conducted and awards were given to the following organizations for successfully completing worksite | <ul style="list-style-type: none"> ▪ The Committee Liaison will be sending out an email with the Resource Directory Survey to all Worksite Wellness Committee members by end of June 2016. ○ The Committee Liaison will begin to pass around sign in sheets at the next committee meeting to join the FWWA Subcommittee for 2017. Please email Melissa.Hernandez@flhealth.gov for more info. |
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| | <p>wellness policies that adhere to CDC weighted guidelines: Winner of the small employer category - BKS Partners, mid employer category – Henderson Behavioral, large employer category – City of Fort Lauderdale.</p> <ul style="list-style-type: none"> • Marlene mentioned bringing back accreditation for human resource professionals as incentive for event. We will begin working on the event for 2017 in the upcoming months. Applications for organizations should begin in October 2016. • FWWA Survey Results concluded with 66 total completed surveys. Total attendees to the event was 120 people. 82% agreed that the presentation and discussion had a good mix of information. Comments on the survey had positive feedback regarding the keynote speaker for the luncheon. Attendees were requesting expanding on the event’s Q&A session to give them time to reflect and ask questions on the presentations. Another comment from attendees requested having the winners receive a timeframe to speak on behalf of their program. <ul style="list-style-type: none"> ○ New Business <ul style="list-style-type: none"> ▪ Worksite Wellness Forum <ul style="list-style-type: none"> • A brief explanation was given by Marlene regarding the Quarterly Worksite Wellness Forum conducted by the committee members. • The next upcoming worksite wellness forum will be held in September. The committee has voted on the topic of Stress Management in the workplace. Nathan has suggested bringing a guest speaker to address our forum. Committee members have agreed to have 2 guest speakers with 1 hour presentations each. We will be providing a 30 minute break between speakers, and Marlene has agreed to bring refreshments for all participants. We | <ul style="list-style-type: none"> • Worksite Wellness Forum development will begin at our next meeting. The topic of discussion will be on Stress Management in the workplace. • Nathan has agreed to contact his guest speaker for the suggested topic |
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| | <p>will be developing the overall theme throughout the upcoming weeks to have more opportunity for guests to participate. Committee Liaison will reach out to Marketing Committee to advertise for the upcoming Worksite Wellness Forum.</p> <ul style="list-style-type: none"> • Committee Members are encouraged to present at our meetings as directed on our Work Plan. If you would like to speak at our next meeting please contact the Community Liaison for more details. | <ul style="list-style-type: none"> • Community Liaison will reach out to the Marketing Committee to have a marketing tool available to advertise the upcoming forum. |
| <p>Wins: Successes, Awards, Recognitions, Worksite Policy and/or Environmental Changes</p> | <ul style="list-style-type: none"> ▪ Maria Negahbani, FL Department of Health, lead worksite wellness consultant, has been able to help 4 businesses complete their policies. There are 8 businesses that will or may complete their policy at the end of June 2016 – City of Miami, Centers for Social Change, HeartWare, Memory Tree, J&W University, City of Miami-Gardens, Florida International University, and Bayview Asset Management. Maria has reached out to all the Municipalities in Miami-Dade County. She will be working with City of Hialeah, City of Coral Gables, and City of Doral to assist in policy development. | |
| <p>Member Announcements/Upcoming Event</p> | <ul style="list-style-type: none"> • Viviana Jordan, 2nd Vice Chair for the Commission for Women, informed us of the initiatives they are advising the County Commission on to provide services to women regarding parental paid leave. Viviana provided us with a flyer that has background information on federal law and parental leave. Viviana announced that recently County Commissioner Juan Carlos Zapada proposed legislation at the county level to have the county and the public health trust provide paid parental leave. Legislation will only apply to county and public health trust employees and it will have to be collectively bargained with the unions. Viviana states this is the beginning of a movement to promote paid parental leave in the community. Paid Parental Leave provides for 6 weeks, the first two weeks are at 100% pay, the following 2 weeks are at | <ul style="list-style-type: none"> • For more information on Viviana Jordan, Commission for Women initiative on Paid Parental Leave presentation please click on the links below: http://www.healthymiamidade.org/system/js/back/ckfinder/userfiles/files/Paid%20Parental%20Leave%20Fact%20S |

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| | <p>75% pay and the last 2 weeks are at 50-25% pay. The initiative will be to reach to partners at the municipality level to get organizations to sponsor and provide these benefits for their employees. The goal is to reach private sectors and create a mandate for employers in the state to participate in this effort. For more information, please contact Viviana Jordan at viviana.jordan@yahoo.com. See Additional flyer link attached.</p> <ul style="list-style-type: none"> • Florida Healthy Babies will have a community meeting on the disparities in infant mortality Friday, June 17, 2016 at 7415 Corporate Center Drive, Miami, FL from 8:30a – 3:30p. The flyer for event was provided. • Fabio Quintero, Fabimar Harmony, shared news that the astronaut Scott Kelly and his twin brother Captain Mark Kelly will be the keynote speakers at the Shaklee Live 2016 Annual Conference in Orlando this August. Shaklee and NASA have been working together for more than 2 decades to help astronauts improve their health when re-entering the earth’s atmosphere using Shaklee’s Products. For more detail on this event please visit: http://www.prnewswire.com/news-releases/shaklee-announces-astronauts-aviators-and-american-heroes-captain-mark-kelly-and-captain-scott-kelly-as-keynote-speakers-at-shaklee-live-in-orlando-florida-300259680.html#continue-jump • Shannon Kelley, United Way, has a monthly newsletter that serves 900 people and goes out on the 1st of every month. Invitation is extended to all members to contribute if they have resources/events that they would like to share. Please submit info by the 15th of the previous month for consideration. Contact Committee Liaison for more details. | <p> heet(5).pdf ; http://www.healthymiamidade.org/system/is/back/ckfinder/userfiles/files/2014%20White%20House%20Council%20of%20Economic%20Advisors%20Report%20on%20%20Paid%20Parental%20Leave(1).pdf </p> |
| <p>Next Meeting</p> | <p>The next Worksite Wellness Committee meeting will be held on Thursday, August 11, 2016 from 9:30 am - 11:30 am at the Florida Department of Health in Miami Dade Beacon Center located at 8323 NW 12 Street, Suite 212 Miami FL 33126.</p> | |
| <p>Adjournment</p> | <p>Committee Chair, Marlene Rodriguez, adjourned the meeting at 11:41 am.</p> | |