



Consortium for a Healthier Miami-Dade
 Worksite Wellness Committee
 Meeting Minutes
 Thursday, April 4, 2019
 9:30 a.m. to 11:30 a.m.



TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<ol style="list-style-type: none"> 1. Vice Chair: Desiree Adderley- CareATC 2. Islamiyat Nancy Adebisi - Florida Department of Health in Miami-Dade County 3. Nikki Chuck - Florida Department of Health in Miami-Dade County 4. Witson Faustin - Florida Department of Health in Miami-Dade County 5. Amber Graham - Miami Dade County Public Schools 6. Lourdes Castaneda - University of Miami AHEC 7. Francisco Carey - US Medical Seminars 8. Natouchka Murray - Florida Department of Health in Miami-Dade County 9. Hector Maradiaga - Infinity Sports Institute <p style="text-align: center;">Teleconference</p> <ol style="list-style-type: none"> 10. Charnelle Bacchus-Powers - Aetna 11. Marcia Sapoznik- Sapoznik Counseling 12. Carmen Perez Padron - Keiser University 13. Jeannie Cidel - Aetna 14. Vanessa De La Rosa - Flipany 15. Beatriz Hartman - Consolidated Credit 16. Meghan Irving - Aetna 	
Welcome and Introductions	<p>The meeting was called to order by Desiree Adderley, Worksite Wellness Committee Vice Chair, at 9:38 a.m. Committee members and guests introduced themselves.</p>	

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Minutes	Minutes for the March 7, 2019 committee meeting were reviewed. Desiree Adderley moved to approve the minutes. Islamiyat Nancy Adebisi seconded that motion.	
Previous Action Items	<ul style="list-style-type: none"> • Desiree Adderley discussed the Florida Worksite Wellness Awards (FWWA) event with members. <ul style="list-style-type: none"> ○ The nomination period has closed, 19 nominations were submitted. ○ The registration link is now open until April 19th. Tickets will also be sold at the door. ○ Deadline for event sponsorship, program booklet ads and exhibitors are Wednesday, April 10th. All information regarding the awards ceremony can be found on the website at worksitewellnessawards.org. ○ Event keynote speaker will be Jackie Harder on <i>Solitude in the Workplace</i>. ○ Committee members agreed upon breakout sessions and future forum topics which included: EEOC rules, financial wellness for the workplace, stress and sleep health, managing depression in the workplace and capturing the attention of employees - how to market and communicate your wellness plan. 	<ul style="list-style-type: none"> • Natouchka Murray will create a survey for committee members to complete to decide on when and what forum topics should be scheduled.
Executive Board Update	<ul style="list-style-type: none"> • Executive Board Update <ul style="list-style-type: none"> ○ Islamiyat Nancy Adebisi provided updates from the Executive Board meeting. ○ The Board voted not to combine the Consortium Annual and FWWA events and to have instead have the events take place biannually. ○ The sustainability plan was also discussed, and the Board will be creating a health agenda for the Consortium. 	

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	<ul style="list-style-type: none"> ○ At the next meeting, the board will receive a presentation regarding the wellness tracker app and competition. 	
Work Plan Review	<ul style="list-style-type: none"> ● Performance Measures in Need of Improvement - Review/update existing Worksite Wellness Promotion Program Toolkit by adding as an agenda item (Goal 3, Activity 1) <ul style="list-style-type: none"> ○ The toolkit is in the final review stages. 	
Partner Updates	<ul style="list-style-type: none"> ● Marcia Sapoznik will be presenting on stress and aging at the Aventura Library on April 26, 2019 from 10am-12pm as a part of the Mayor’s Initiative on Aging. ● Beatriz Hartman shared information about National Financial Literacy month that is scheduled in April. Her company provides a complete comprehensive financial wellness program to organizations and financial wellness seminars as well. ● Desiree Adderley will be presenting at the National Workplace Wellness Forum in Orlando on May 8th and 9th on <i>Health Coaching vs. Disease Management</i>. ● Islamiyat Nancy Adebisi shared on World No Tobacco Day which will be held on May 31st. For worksites interested in hosting an activity observing the day, free assistance is available from the Tobacco Prevention and Control Program. 	
Next Meeting	<p>The next Worksite Wellness Committee meeting will be on Thursday, June 6, 2019 from 9:30 am-11:30 am at the Florida Department of Health in Miami-Dade Beacon Center located at 8323 N.W. 12th Street, Suite 212, Miami, FL, 33126.</p>	
Adjournment	<p>Committee Chair, Desiree Adderley, adjourned the meeting at 10:16 am and Islamiyat Nancy Adebisi seconded that motion.</p>	