

Consortium for a Healthier Miami-Dade  
 Worksite Wellness Committee  
 Meeting Minutes  
 Thursday, August 1, 2019  
 9:30 a.m. to 11:30 a.m.



TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<ol style="list-style-type: none"> <li>1. <b>Vice Chair:</b> Desiree Adderley - CareATC</li> <li>2. Islamiyat Nancy Adebisi - Florida Department of Health in Miami-Dade County</li> <li>3. Amber Graham - Miami Dade County Public Schools</li> <li>4. Suzanne Hadeed - Keiser University</li> <li>5. Carmen Perez-Padron - Keiser University</li> <li>6. Natouchka Murray - Florida Department of Health in Miami-Dade County</li> </ol> <p style="text-align: center;"><b>Teleconference</b></p> <ol style="list-style-type: none"> <li>7. Jessica Hughes - Miami-Dade County</li> <li>8. Meghan Irving - Aetna</li> <li>9. Jeannie Cidel - Aetna</li> <li>10. Charnelle Bacchus-Powers – Aetna</li> <li>11. Marcia Sapoznik - Sapoznik Counseling</li> <li>12. Michael Torres - SHIFT Performance Inc</li> <li>13. Lisa Boccia - Arthritis Foundation</li> </ol>	
Welcome and Introductions	The meeting was called to order by Desiree Adderley, Worksite Wellness Committee Vice-Chair, at 9:35 a.m. Committee members and guests introduced themselves.	
Minutes	Minutes for the June 6, 2019 committee meeting were reviewed. Islamiyat Nancy Adebisi moved to approve the minutes. Desiree Adderley seconded that motion.	
Previous Action Items	<ul style="list-style-type: none"> <li>• Desiree Adderley led committee members in finalizing the details for the upcoming Worksite Wellness Forum <i>Stress &amp; Depression in the Workplace</i>, scheduled Thursday, November 7, 2019.</li> </ul>	<ul style="list-style-type: none"> <li>• Natouchka Murray will follow up with the potential speakers and contributors to the <i>Stress</i></li> </ul>

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	<ul style="list-style-type: none"> <li>○ The location for the forum will take place at Keiser University, Miami Campus.</li> <li>○ Potential speakers and activities discussed for the forum are the following:             <ul style="list-style-type: none"> <li>➤ Michael Torres presenting on <i>Integrating Technology into Stress Management</i>.</li> <li>➤ Marcia Sapoznik presenting on <i>The Effects of Stress &amp; Depression on Caregivers</i>.</li> <li>➤ Jessica Hughes presenting on <i>Identifying Stress &amp; Depression in Employees</i>.</li> <li>➤ Amber Graham will reach out to a vendor that will provide laughter meditation.</li> <li>➤ Carmen Perez will provide contact to vendors that provide therapy dogs.</li> </ul> </li> <li>○ Committee members decided on future forum topics. The topics agreed upon are the following:             <ul style="list-style-type: none"> <li>➤ Marketing &amp; Communicating your Wellness Plan - Capturing the Attention of Employees</li> <li>➤ Understanding EEOC Rules</li> <li>➤ Worksite Design/ Health and the Built Environment</li> <li>➤ Benefits &amp; Concerns of Marijuana and Cannabidiol (CBD) Use</li> </ul> </li> <li>○ Islamiyat Nancy Adebisi provided a brief re-cap of the 2019 Community Health Assessment and Improvement Plan meeting.</li> </ul>	<p><i>&amp; Depression in the Workplace, Worksite Wellness forum for their confirmed participation.</i></p>
<p>Work Plan Review</p>	<ul style="list-style-type: none"> <li>○ The committee members made updates to the workplan.</li> </ul>	



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Partner Updates	<ul style="list-style-type: none"> <li>• Desiree Adderley provided updates on the <i>Reducing Your Bottom Line</i>, Worksite Wellness Community forum scheduled for August 8, 2019 at the United Way Center for Excellence in Early Education.</li> <li>• Lisa Boccia shared upcoming Arthritis Foundation events with committee members:             <ul style="list-style-type: none"> <li>➤ Miami JA Family Day (9/8/19); Live Yes! RA (10/7/19) and Jingle Bell Run (12/8/19)</li> </ul> </li> </ul>	
Next Meeting	The next Worksite Wellness Committee meeting will be on Thursday, September 5, 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.	
Adjournment	Committee Vice Chair, Desiree Adderley, adjourned the meeting at 10:40am and Natouchka Murray seconded that motion.	