

Consortium for a Healthier Miami-Dade
 Worksite Wellness Committee
 Meeting Minutes
 Thursday, October 3, 2019
 9:30 a.m. to 11:30 a.m.



TOPIC	DISCUSSION	ACTION NEEDED
Members Present	<ol style="list-style-type: none"> 1. Chair: Nathan Burandt – Florida International University 2. Vice Chair: Desiree Adderley - CareATC 3. Islamiyat Nancy Adebisi - Florida Department of Health in Miami-Dade County 4. Robert Ward - Florida Department of Health in Miami-Dade County 5. Nikki Chuck – Community Member 6. Jasmine Reid – Infinite Dimensions 7. Catherine Chang Martinez – Nova University 8. Jazmyn Leiva – Nova University 9. Liselle Schmitt – Nova University <p style="text-align: center;">Teleconference</p> <ol style="list-style-type: none"> 10. Carolina Ruiz – Wellness Advantage 	
Welcome and Introductions	The meeting was called to order by Nathan Burandt, Worksite Wellness Committee Chair, at 9:37 a.m. Committee members and guests introduced themselves.	
Minutes	Minutes for the August 1, 2019 committee meeting were reviewed. Nathan Burandt moved to approve. Islamiyat Nancy Adebisi seconded the motion.	
Executive Board Update	<ul style="list-style-type: none"> • Nathan Burandt provided an overview of the Executive Board meeting that occurred on September 9th. <ul style="list-style-type: none"> ○ The board is currently working on updating its Strategic Plan. Goals for the Consortium is based on CHIP priorities were workshopped at the meeting and will be reviewed for approval at the October Executive Board meeting. 	

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	<ul style="list-style-type: none"> ○ Once the Strategic Plan is approved, DOH staff will work with each individual committee to align committee goals with the new strategic plan. 	
Work Plan Review	<ul style="list-style-type: none"> ● Nathan Burandt expressed a desire to offer services outside of forums. <ul style="list-style-type: none"> ○ Mr. Burandt suggested using podcasts as a means to reach the community that is constantly accessible, unlike forums. ○ Other committee members agreed it was worthwhile to explore moving ahead with this idea, with a tentative start date of January or February 2020. ● The committee members reviewed and made update to the work plan. 	<ul style="list-style-type: none"> ● Robert Ward will inquire within DOH about the feasibility of signing up for a podcast hosting site.
Presentation: Reduce Stress with Diet and Exercise	<ul style="list-style-type: none"> ● Nathan Burandt delivered a presentation on how to optimize health through proper diet and consistent exercise. 	
Previous Action Items	<ul style="list-style-type: none"> ● Desiree Adderley led committee members in finalizing the details for the upcoming Worksite Wellness Forum <i>Stress & Depression in the Workplace</i>, scheduled Thursday, November 7, 2019. <ul style="list-style-type: none"> ○ The location for the forum will take place at Keiser University, Miami Campus. ○ The confirmed speakers for the forum are the following: <ul style="list-style-type: none"> ➤ Michael Torres presenting on <i>Integrating Technology into Stress Management</i>. ➤ Isabel Alfonsin-Vittoria presenting on <i>The Impact of Stress & Depression in the Workplace</i>. ➤ Jessica Hughes presenting on <i>Identifying Stress & Depression in Employees</i>. ➤ Bruce Lecuru providing a pet therapy demonstration. ➤ Silvia Mesa providing a pet therapy demonstration. ○ The proposed agenda for the event is as follows: <ul style="list-style-type: none"> ▪ 8:30am – Sign-in begins 	<ul style="list-style-type: none"> ● Robert Ward will follow up with the speakers and presenters to the <i>Stress & Depression in the Workplace</i>, Worksite Wellness forum to confirm that the proposed time slot and presentation format will work for them.

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	<ul style="list-style-type: none"> • There will be an opportunity for guests to submit questions. <ul style="list-style-type: none"> ▪ 9:00-9:15am – Brief Q&A ▪ 9:15-9:45am – Mr. Michael Torres ▪ 9:45-10:15am – Pet therapy demonstration ▪ 10:15-10:30am – Break ▪ 10:30-11:00am – Jessica Hughes ▪ 11:00-11:30am – Isabel Alfonsin-Vittoria ▪ 11:30am-12:00pm – Q&A and evaluations ▪ 12:00pm - Conclusion 	
Healthy Baby Taskforce Update	<ul style="list-style-type: none"> • Islamiyat Nancy Adebisi provided an update on breastfeeding support services policy changes. 	
Partner Updates	<ul style="list-style-type: none"> • Catherine Chang Martinez shared current and upcoming Nova University events: <ul style="list-style-type: none"> ○ The University is hosting its Health and Wellness Fair on Wednesday, 10/30 at the Rick Case Arena. ○ The Special Olympics Fit5 Program is currently in progress at the South Florida Autism Charter School located in Hialeah, Florida. 	
Next Meeting	The next Worksite Wellness Committee meeting will be on Thursday, December 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 11:02am and Robert Ward seconded that motion.	