

Consortium for a Healthier Miami-Dade  
 Worksite Wellness Committee  
 Meeting Minutes  
 Thursday, May 7, 2020  
 9:30 a.m. to 10:30 a.m.



| TOPIC                     | DISCUSSION  | ACTION NEEDED |
|---------------------------|---|---------------|
| Members Present (9)       | <ol style="list-style-type: none"> <li>1. <b>Chair:</b> Nathan Burandt – Florida International University</li> <li>2. <b>Vice Chair:</b> Desiree Adderley- Care ATC</li> <li>3. Nancy Adebisi – Florida Department of Health in Miami-Dade</li> <li>4. <b>Committee Liaison:</b> Bryanna McDaniel – Florida Department of Health in Miami-Dade</li> <li>5. Charlese Griffin – Miami Dade County</li> <li>6. Willie Sanchez – Town of Miami Lakes</li> <li>7. Elizabeth Golshteyn – Town of Miami Lakes</li> <li>8. Ana Shustack - Miami Dade Board</li> <li>9. Jeannie Cidel – Aetna</li> <li>10. Marcia Sapoznik – Sapoznik Insurance</li> <li>11. Witson Faustin – Florida Department of Health in Miami-Dade</li> <li>12. Fayola Delica – Haitian American Professionals Coalition</li> <li>13. Amber Graham – Miami Dade County Public Schools</li> <li>14. Meghan Irving – Aetna</li> <li>15. Charnelle Bacchus - Aetna</li> </ol> |               |
| Welcome and Introductions | The meeting was called to order by Nathan Burandt, Worksite Wellness Committee Chair, at 9:33 a.m. Committee members and guests introduced themselves.  |               |
| Minutes                   | Minutes for the March 2020 committee meeting were reviewed. Nathan Burandt moved to approve. Bryanna McDaniel seconded the motion.  |               |
| Icebreaker                | Members participated in the icebreaker activity.  |               |

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|--------------------------------|---|--|
| <p>Previous Action Items</p>   | <p>Virtual Workshop – June</p> <ul style="list-style-type: none"> <li>- Members highlighted a variety of topics that could be discussed in the upcoming June meeting.             <ul style="list-style-type: none"> <li>o Connecting wellness and Covid-19</li> <li>o Your own personal Wellness</li> <li>o Balancing work/home life</li> <li>o Mental health</li> <li>o Employee rights and empowerment</li> </ul> </li> <li>- The committee discussed having a “Month of Empowerment” webinar series. Covering the following topics:             <ol style="list-style-type: none"> <li>1. Body &amp; Brain</li> <li>2. Financial Wellness</li> <li>3. Healthy Cooking</li> <li>4. Social Contagion / Panelists discuss resilience</li> </ol> <p>*Approval for weekly meetings needed.</p> </li> </ul> | <p>Nathan will identify and contact presenters for weeks 1,2 &amp; 3<br/>           Marcia Sapoznik will cover mental health.</p> <p>Nancy &amp; Bryanna – Will work on marketing, approval, and date selection.</p> |
| <p>Consortium Annual Event</p> | <ul style="list-style-type: none"> <li>• Nancy discussed the status of the Consortium for a Healthier Miami-Dade Annual event – Postponed due to coronavirus concerns.</li> </ul>   |  |
| <p>Partner Updates</p>         | <ul style="list-style-type: none"> <li>• Nancy Adebisi: The Department of Health has a COVID- 19 webpage where all information is posted regarding the outbreak including flyers, educational information, and updates regarding data for cases. Also shared information on Tobacco Free Florida week.</li> </ul>   |  |
| <p>Next Meeting</p>            | <p>The next Worksite Wellness Committee meeting will be on Thursday, June 4, 2020 from 9:30 am - 10:45 via GoToMeeting.</p>   |  |
| <p>Adjournment</p>             | <p>Committee Chair Nathan Burandt adjourned the meeting at 10:45 am and Nancy Adebisi seconded that motion.</p>   |  |