

Consortium for a Healthier Miami-Dade  
 Worksite Wellness Committee  
 Meeting Minutes  
 Thursday, August 6, 2020  
 9:30 a.m. to 10:45 a.m.



| TOPIC                                       | DISCUSSION  | ACTION NEEDED                                       |
|---|---|---|
| Members Present (10)                        | <ol style="list-style-type: none"> <li>1. Nancy Adebisi – Florida Department of Health in Miami-Dade</li> <li>2. Committee Liaison: Bryanna McDaniel – Florida Department of Health in Miami-Dade</li> <li>3. Amber Graham – Miami Dade County Public Schools</li> <li>4. Anastasia Yecke – Healing Hands Therapeutic Massage and Corporate Wellness</li> <li>5. Marcia Sapoznik - Sapoznik Coaching Services</li> <li>6. Mandi Garcia – Intuitive Fitness and Well-Being</li> <li>7. Mayra Garcia – Florida Department of Health Miami-Dade</li> <li>8. Nikki Chuck – Florida Department of Health Miami-Dade</li> <li>9. William Sanchez – Town of Miami Lakes</li> <li>10. Fayola Delica - Haitian American Professionals Coalition</li> </ol> |   |
| Welcome and Introductions                   | The meeting was called to order by Nancy Adebisi, at 9:30 a.m. Committee members and guests introduced themselves.  |   |
| Minutes                                     | Minutes for the July 2020 committee meeting were reviewed. Marcia Sapoznik moved to approve. Nikki Chuck seconded the motion.   |   |
| Recognition of Improved Performance         | Forums, webinars, and podcasts to educate on the value of healthy lifestyles and health promoting environments to worksites. <ul style="list-style-type: none"> <li>- Nancy discussed the Healthy Homes, Healthy Worksites Webinar.</li> </ul>  |   |
| Performance Measures In Need of Improvement | Forums <ul style="list-style-type: none"> <li>- Nancy opened the floor to members for topic suggestions. Mayra Garcia suggested the topic of resiliency in and out of the workplace as well as hearing about telework health, mental health, and how to stay connected.</li> </ul>  | Bryanna will draft website buttons for the Toolkit. |

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|                        | <p>Mandi Garcia suggested communication strategies and mental health as well as parenting while working at home. It was also suggested to expand on previous webinars and to discuss connectedness and exhaustion.</p> <p>SWOT Quarterly Check in</p> <ul style="list-style-type: none"> <li>- Bryanna discussed the SWOT analysis done in March and opened the floor up to members for edits or adjustments. Edits were made and were approved by the committee.</li> </ul> <p>Worksite Wellness Toolkit</p> <ul style="list-style-type: none"> <li>- Bryanna highlighted the need to find organizations who would like to receive training and/or technical assistance using the toolkit and additional resources. William Sanchez noted that the Town of Miami Lakes is interested.</li> <li>- Mayra suggested creating infographics/buttons that others can use to click and download the toolkit.</li> </ul> | <p>Leadership Team will discuss forum topics and next steps.</p>   |
| <p>Partner Updates</p> | <ul style="list-style-type: none"> <li>- Mayra Garcia noted that the updated COVID-19 testing site list be shared with consortium members.</li> <li>- Bryanna McDaniel shared that the Office of Community Health and Planning will be hosting a variety of webinars within their Healthy Happens Here series, that will cover a variety of topics from worksite wellness, to diet and nutrition and physical activity.</li> <li>- William Sanchez shared that their organization is hosting a webinar series focused on restaurants, safety, and food safety.</li> </ul>   | <p>Bryanna will share partner updates with members via e-mail.</p> |
| <p>Next Meeting</p>    | <p>The next Worksite Wellness Committee meeting will be on Thursday, September 3, 2020 from 9:30 am - 10:45 via GoToMeeting.</p>  |  |
| <p>Adjournment</p>     | <p>Nancy Adebisi adjourned the meeting at 10:00 am and Marcia Sapoznik seconded that motion.</p>  |  |