

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



TOPIC	DISCUSSION	ACTION NEEDED
Members Present (22)	<ol style="list-style-type: none"> 1. Chair: Nathan Burandt – Florida International University 2. Vice Chair: Desiree Adderley- Care ATC 3. Nancy Adebisi – Florida Department of Health in Miami-Dade 4. Committee Liaison: Bryanna McDaniel – Florida Department of Health in Miami-Dade 5. Amber Graham – Miami Dade County Public Schools 6. Anastasia Yecke – Healing Hands Therapeutic Massage and Corporate Wellness 7. Natouchka Murray – Florida Department of Health in Miami-Dade 8. Yvonne Samper – ML Automotive Group 9. Amy Gough – Flipany 10. Elizabeth Golshteyn – Town of Miami Lakes 11. Jacqueline Lopez – Miami Dade County 12. Lacy Boyles – American Heart Association 13. Mayra Garcia – Florida Department of Health Miami-Dade 14. Nicolette White – Spa & Wellness Services 15. Nikki Chuck – Florida Department of Health Miami-Dade 16. Witson Faustin – Florida Department of Health in Miami-Dade 17. Abi Lynn – Ajioenre LLC 18. Nicole Betty – Ajioenre LLC 19. Mandi Garcia – Intuitive Fitness and Well-Being 20. Marcia Sapoznik - Sapoznik Coaching Services 21. Kimberly Sandmaier - Aetna 22. Steven Gonzalez – Norwegian Cruise Line 	

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Welcome and Introductions	The meeting was called to order by Nathan Burandt, Worksite Wellness Committee Chair, at 9:30 a.m. Committee members and guests introduced themselves.	
Minutes	Minutes for the June 2020 committee meeting were reviewed. Nathan Burandt moved to approve. Desiree Adderley seconded the motion.	
Previous Action Items	<p>Worksite Wellness Toolkit</p> <ul style="list-style-type: none"> - A final review was done for the Worksite Wellness Toolkit. - The Toolkit was approved by Committee members <p>Social Media Campaigns</p> <ul style="list-style-type: none"> - Wash Your Hands – July - Park and Healthy Lifestyles- August - Know Your Health Numbers – September - Gun Safety - October 	Bryanna will update social media posts on parks and recreation so that it directs visitors to county website.
Performance Measures In Need of Improvement	<p>Identify Community Based Organizations to partner with in offering education and information on available worksite resources.</p> <ul style="list-style-type: none"> - A suggestion was to share this information with the Chamber of Commerce and the Mayor’s Office. - Another suggestion was to reach out to HR Florida and Christ Fellowship Church. - The last suggestion was to disseminate information via public libraries. 	Bryanna will continue with drafting the plan to provide worksite resources to the community
Topics Selected by Chair	<p>Increasing Access and Awareness of Mental Health Services</p> <ul style="list-style-type: none"> - Nathan highlighted the need to increase access to mental health services in the region. 	Bryanna will send a follow-up e-mail to committee members with partner updates and links.

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	<p>Identify worksite wellness partners and educational opportunities to educate the public on mental health</p> <ul style="list-style-type: none"> - It was suggested that the Committee should send out a questionnaire to the Consortium to see what services they provide and create a sharable document with their information. - Nathan asked if there are assessments for mental health that we can provide to members and general community. - NAMI and a local mental health organization were noted to be great partners for future initiatives. - Nathan suggested creating an infographic for mental health services and the links to go with it. 	<p>Bryanna will draft a questionnaire for Mental Health Organizations and if they have an EAP program.</p>
<p>Partner Updates</p>	<p>There were no partner updates at this time.</p>	
<p>Next Meeting</p>	<p>The next Worksite Wellness Committee meeting will be on Thursday, August 6, 2020 from 9:30 am - 10:45 via GoToMeeting.</p>	
<p>Adjournment</p>	<p>Committee Chair Nathan Burandt adjourned the meeting at 10:40 am and Marcia Sapoznik seconded that motion.</p>	