

Consortium for a Healthier Miami-Dade
 Worksite Wellness Committee
 Meeting Minutes
 Thursday, September 3, 2020
 9:30 a.m. to 10:45 a.m.



TOPIC	DISCUSSION	ACTION NEEDED
Members Present (19)	<ol style="list-style-type: none"> 1. Chair: Nathan Burandt – Florida International University 2. Co-Chair Desiree Adderley - CareATC 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. Marcia Sapoznik - Sapoznik Coaching Services 7. Jodie Warshafsky – Novo Nordisk 8. Mandi Garcia – Intuitive Fitness and Well-Being 9. Mindi Dreith – Novo Nordisk 10. Natouchka Murray – Florida Department of Health Miami-Dade 11. Nikki Chuck – Florida Department of Health Miami-Dade 12. William Sanchez – Town of Miami Lakes 13. Witson Faustin – Florida Department of Health Miami-Dade 14. Anastasia Yecke – Healing Hands Therapeutic Massage and Corporate Wellness 15. Angel Bosch De Leon - Dade County Medical Association (DCMA) 16. Helena Denham-Carter-Miami-Dade County 17. Jacqueline Lopez – AvMed Health Plans 18. David Moskowitz – Genomed.com 19. Monique Davis Bain – Miami Dade County HR 	
Welcome and Introductions	The meeting was called to order by Nathan Burandt, at 9:30 a.m. Committee members and guests introduced themselves.	
Minutes	Minutes for the August 2020 committee meeting were reviewed. Nathan Burandt moved to approve. Desiree Aderley seconded the motion.	

Consortium for a Healthier Miami-Dade
 Worksite Wellness Committee
 Meeting Minutes
 Thursday, September 3, 2020
 9:30 a.m. to 10:45 a.m.



<p>Topics Selected by Chair</p>	<p>Anxiety, Stress, and Burnout Presentation</p> <ul style="list-style-type: none"> • Marcia Sapoznik presented on mental health and the impact stress, anxiety, and burnout has. • Marcia also provided tips to help alleviate stress. 	
<p>Performance Measures In Need of Improvement</p>	<ul style="list-style-type: none"> - Forums <ul style="list-style-type: none"> ○ Parenting in COVID-19 for the month of November (November 5th) is the topic; Opened the floor for suggestions on who should cover this presentation: <ul style="list-style-type: none"> ▪ Committee members agreed on the topic. ▪ Mindi – suggested a psychologist that works with school-aged children. ▪ Marcia noted that school counselors will also be a great idea. ▪ William Sanchez noted that he will connect the leadership team with the educational board for recommendation. ▪ Angel Bosca – Recommended a pediatrician that can talk about taking care of your children from a physical health perspective. ○ January – Nathan opened the floor for suggestions. <ul style="list-style-type: none"> ▪ Jodi W suggested to focus on New Year’s resolutions and noted that she can present on the chronic disease of obesity. ▪ Bryanna suggested talking about the Community Health Assessment, Healthy People 2030, Worksite Wellness and our goals for the year. Nathan suggested “Healthy Miami-Dade: The Bigger Picture”. Marcia Sapoznik – Suggested that we focus on South Florida and not just Miami-Dade. ▪ Goal setting as a topic of discussion was also suggested. ▪ Marcia Sapoznik suggested making themes for each quarter to help people identify the presentations. Nathan and committee members noted that they like this idea. ▪ Marcia Sapoznik with Health and Wellness in South Florida. 	<p>Leadership Team will discuss forum topics. Bryanna will draft social media campaigns.</p>

Consortium for a Healthier Miami-Dade
 Worksite Wellness Committee
 Meeting Minutes
 Thursday, September 3, 2020
 9:30 a.m. to 10:45 a.m.



	<ul style="list-style-type: none"> - Social Media Campaigns <ul style="list-style-type: none"> o Nathan opened the floor for social media campaign ideas. Committee members suggested the following: <ul style="list-style-type: none"> ▪ Tobacco ▪ Alcohol use ▪ Flu season ▪ Handwashing ▪ Mental health ▪ Healthy eating ▪ Self-care ▪ Mental health during the holidays 	
Partner Updates	<ul style="list-style-type: none"> - 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. - William Sanchez shared that the Town of Miami Lakes is hosting a forum for Senior Issues. - Nathan Burandt reported that FIU is pausing the Wellness Program to re-assess the environment and is looking for partners to help develop the new program. 	
Next Meeting	The next Worksite Wellness Committee meeting will be on Thursday, October 1, 2020 from 9:30 am - 10:30 via GoToMeeting.	
Adjournment	Nathan Burandt adjourned the meeting at 10:45 am and William Sanchez seconded that motion.	