

Consortium for a Healthier Miami-Dade  
 Worksite Wellness Committee  
 Meeting Minutes  
 Thursday, October 1, 2020  
 9:30 a.m. to 10:30 a.m.



TOPIC	DISCUSSION	ACTION NEEDED
Members Present (14)	<ol style="list-style-type: none"> <li>1. <b>Co-Chair</b> Desiree Adderley - CareATC</li> <li>2. Nancy Adebisi – Florida Department of Health in Miami-Dade</li> <li>3. Committee Liaison: Bryanna McDaniel – Florida Department of Health in Miami-Dade</li> <li>4. Amber Graham – Miami Dade County Public Schools</li> <li>5. Marcia Sapoznik - Sapoznik Coaching Services</li> <li>6. Monique Davis Bain– Wellness Works Programs</li> <li>7. Natouchka Murray – 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. Jessica Hughes-Fillette – Miami- Dade County</li> <li>11. Ivis Guerra – OrthoNow</li> <li>12. Witson Faustin – Florida Department of Health Miami-Dade</li> <li>13. Fayola Delica - Haitian American Professionals Coalition</li> <li>14. Steven Gonzalez – Norwegian Cruise Line</li> </ol>	
Welcome and Introductions	The meeting was called to order by Desiree Adderley, at 9:30 a.m. Committee members and guests introduced themselves.	
Minutes	Minutes for the September 2020 committee meeting were reviewed. Desiree Aderley moved to approve. Nikki Chuck and Marcia Sapoznik seconded the motion.	
Executive Board Updates	Desiree noted that additional details regarding nominations and elections will be coming soon. Desiree also noted that if they need to update their contact information, they can contact Bryanna or they can go through the membership page on the Consortium for a Healthy Miami Dade website.	

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<p>Performance Measures In Need of Improvement</p>	<ul style="list-style-type: none"> <li>- Forums           <ul style="list-style-type: none"> <li>o Parenting in COVID-19 for the month of November (November 5<sup>th</sup>) is the topic; Desiree opened the floor for suggestions.               <ul style="list-style-type: none"> <li>▪ William Sanchez recommended Lydia Malcom and noted that he will forward her information to Bryanna.</li> </ul> </li> <li>o January – Desiree opened the floor for suggestions.               <ul style="list-style-type: none"> <li>▪ In previous meetings Jodi W suggested to focus on New Year’s resolutions and noted that she can present on the chronic disease of obesity.</li> </ul> </li> </ul> </li> <li>- Social Media Campaigns           <ul style="list-style-type: none"> <li>o Bryanna shared the social media campaigns that were selected during the previous meeting. Adjustments to messages were made in the meeting. Members selected the following dates for each campaign:               <ul style="list-style-type: none"> <li>▪ Tobacco - November</li> <li>▪ Alcohol use – One posting in March, holiday specific postings in November and December.</li> <li>▪ Flu season – Beginning of November and one in January.</li> <li>▪ Handwashing – One posting in February and March.</li> <li>▪ Mental health – Two postings in February and one in March.</li> <li>▪ Healthy eating – January</li> <li>▪ Self-care- January</li> <li>▪ Mental health during the holidays – December</li> </ul> </li> </ul> </li> </ul>	<p>Leadership Team will discuss forum topics. Bryanna will post social media messages.</p>
<p>Partner Updates</p>	<ul style="list-style-type: none"> <li>- Jessica Hughes Fillette from Miami-Dade County shared that they are still looking for a Wellness Coordinator. For those interested, please visit <a href="http://www.miamidadecounty.gov">www.miamidadecounty.gov</a>.</li> </ul>	

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	<ul style="list-style-type: none"> <li>- Ivis Guerra shared that she is now with OrthoNow which offers immediate orthopedic care. She also shared that they provide general education on workstation safety and injury prevention.</li> <li>- William Sanchez shared that the Town of Miami Lakes continues to bring smiles to seniors, they have been doing drive-thrus where seniors pick up their lunch from a selected restaurant and a bingo card.</li> <li>- Nancy Adebisi shared that the Great American Smokeout is coming up. If interested in additional information to reach out to her or Nikki Chuck.</li> <li>- Bryanna McDaniel shared that the Office of Community Health and Planning is hosting the Healthy Happens Here Series which will be discussing domestic violence, health, and nutrition and will be sending this information out soon.</li> </ul>	
Next Meeting	The next Worksite Wellness Committee meeting will be a forum on Thursday, November 5, 2020 from 9:30 am – 11:00 via GoToMeeting.	
Adjournment	Desiree adjourned the meeting at 10:20 am and William Sanchez seconded that motion.	