

Consortium for a Healthier Miami-Dade
Worksite Wellness Committee
Meeting Minutes
Thursday, January 6, 2022
9:30 a.m. to 11:00 a.m.

TOPIC	DISCUSSION	ACTION NEEDED
Members Present (13)	<ol style="list-style-type: none"> 1. Jeannie Cidel - Aetna 2. Jeanette Martin - BankUnited 3. Vanessa Orantien- Aetna 4. Franchine Peters- Jackson Memorial Hospital 5. Jessica Hughes- Fillette- Miami Dade County 6. Andrew Walker - National Senior Games Association 7. Imelda Medina - Familias Unidas Internationa, Inc. 8. Nikki Chuck - Florida Department of Health in Miami-Dade 9. Nancy Adebisi - Florida Department of Health in Miami-Dade 10. William Sanchez - Town of Miami Lakes 11. Witson Faustin - Florida Department of Health in Miami-Dade 12. Natouchka Murray - Florida Department of Health in Miami-Dade 13. Daria Sims - Florida Department of Health in Miami-Dade 	
Welcome and Introductions	The meeting was called to order by Jeannie Cidel at 9:35 am. Committee members and guests introduced themselves.	
Minutes	Review and approve meeting minutes for December 2, 2021. Natouchka Murray second the motion.	
Executive Board Updates	<p>Daria Sims updated the committee members of the following:</p> <ul style="list-style-type: none"> ▪ Members discussed and strategized ways to address boostervaccine hesitancy and ways to increase vaccination rates in 18 + Adults. ▪ Discussed and addressed health equity in our community by focusing on the social determinants of health. 	

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Topics Selected by Chair	<p>During the meeting, the Committee Vice Chair led a discussion on the following items:</p> <ul style="list-style-type: none"> ▪ 2022 Worksite Wellness Committee Goals ▪ CDC COVID-19 Holiday Travel Guidelines ▪ Adjusting mental health in Miami-Dade County ▪ United Way has an Interim CEO ▪ Social Media Campaign <ul style="list-style-type: none"> • Reminder: Deadline for submissions are due 15th of each month. ▪ Worksite Wellness Corner <ul style="list-style-type: none"> • Reminder: Deadline for WW newsletter segment submissions are due 15th of each month. 	
Performance Measures in Need of improvement	<p>Committee members discussed strategies on completing incomplete workplan activities:</p> <ul style="list-style-type: none"> ▪ The committee will focus on setting deadlines in completing workplan activities that are in progress that have not yet been completed. ▪ Committee goals for 2022 <ol style="list-style-type: none"> 1. Ways to streamline webinars for more interaction/participation. 2. More forums on “Best Practices”. ▪ The committee will begin planning on the following incomplete workplan activities that have not yet started: <ol style="list-style-type: none"> 1. Host a forum for speakers on CPR, active shooter, Healthy cooking demonstration, and Mindful eating for local worksite wellness programs. 2. Provide materials that are culturally appropriate to all demographics. 	.

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	<ul style="list-style-type: none"> 3. Host a presentation on workplace safety and identify activities and goals based on the presentations. 4. Partner with the Elder Issues committee and help support their work. 	
Partner Updates	<ul style="list-style-type: none"> ▪ Imelda Medina, MD MPH Health Promotion and Disease Prevention - Familias Unidas Internationa, Inc. www.familiasunidasintl.org We implement the Chronic Disease Self-Management Program (in person, online, in English and Spanish), originally developed at Stanford University. I'll be happy to send information imeldamedina1977@gmail.com or contact at 786-728-0428. ▪ Tobacco/nicotine cessation materials to share with your employees or community members to highlight <i>Quit Season</i>, please feel free to contact nikki.chuck@flhealth.gov. ▪ Free webinar information. Please contact- Jeanette Martin, MS/PhD/CHES, Vice President and Employee Wellness Program Manager, BankUnited, N.A., C: 786-930-2704, jeanettemartin@bankunited.com. 	
Next Meeting	<ul style="list-style-type: none"> ▪ Next meeting, the committee continue to discuss and strategize ways to address booster vaccine hesitancy and ways to increase vaccination rates in 18 + Adults, address health equity in our community by focusing on the social determinants of health, WWC 2022 goals, and Forum topics for the year 2022 (added possible forum topics: health insurance literacy) and discuss Wellness/Gratitude Challenge for members. The next meeting will be held on February 3, 2022. 	
Adjournment	Jeannie Cidel adjourned the meeting at 10:30am.	