

Consortium for a Healthier Miami-Dade  
Worksite Wellness Committee  
Meeting Minutes  
Thursday, March 3, 2022  
9:30 a.m. to 11:00 a.m.

TOPIC	DISCUSSION	ACTION NEEDED
Members Present (15)	<ol style="list-style-type: none"> <li>1. Jeannie Cidel - Aetna</li> <li>2. Nathan Burandt - FIU</li> <li>3. Franchine Peters - Jackson Memorial Hospital</li> <li>4. William Sanchez - Town of Miami Lakes</li> <li>5. Amy Kimberlain - Baptist Health</li> <li>6. Marcia Hasbani - Advocate Program</li> <li>7. Meghan Irving - Aetna</li> <li>8. Jeanette Martin - BankUnited, N.A.</li> <li>9. Angel Bosch-De Leon - Dade County Medical Association (DCMA)</li> <li>10. Witson Faustin - Florida Department of Health in Miami-Dade</li> <li>11. Daria Sims - Florida Department of Health in Miami-Dade</li> <li>12. Islamiyat Adebisi - Florida Department of Health in Miami-Dade</li> <li>13. Gonzalez Steven - Norwegian Cruise Line</li> <li>14. Tamia Medina - Florida Department of Health in Miami-Dade</li> <li>15. Jessica Borroso</li> </ol>	
Welcome and Introductions	The meeting was called to order by Nathan Burandt at 9:40 am. Committee members and guests introduced themselves.	
Minutes	Members reviewed the meeting minutes for February 3, 2022. Nathan Burandt motioned the minutes be approved. Jeannie Cidel second the motion.	

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<p>Executive Board Updates</p>	<p>Jeannie Cidel updated the committee members of the following:</p> <ul style="list-style-type: none"> <li>• <a href="#">COVID-19 Booster</a>, <a href="#">COVID-19 Vaccine</a>, <a href="#">new COVID-19 vaccine</a> in development, and <a href="#">vaccine guidelines for adults and children ages 5+</a></li> <li>• Address health equity in our communities</li> <li>• <a href="#">CDC COVID-19 Guidelines</a></li> <li>• Executive Board is currently planning a virtual mental health forum for Miami-Dade County communities               <ul style="list-style-type: none"> <li>○ Which topic related to mental health do you think would be important for a Worksite Wellness breakout room?                   <ul style="list-style-type: none"> <li>▪ Suggestions are in the “Action Needed” box ➡</li> </ul> </li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Suicide prevention and awareness recognizing the symptoms and signs</li> <li>• How to fight homophobia?</li> <li>• Inequality in healthcare and other areas that affect mental health and society as a whole</li> <li>• Even tying in the sexual violence via social media</li> <li>• Social media influence on anxiety and stress</li> <li>• Everyone uses social media to a certain extent and the implications on mental health are proven in literature - I think it's very relevant...</li> </ul>
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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"> <li>▪ Amy Kimberlain from Baptist Health- Forum on <i>Mindful Eating</i></li> <li>▪ 2022 Worksite Wellness Committee Goals               <ul style="list-style-type: none"> <li>• PollEverywhere activity</li> </ul> </li> <li>▪ Worksite Wellness Corner               <ul style="list-style-type: none"> <li>• Reminder: Deadline for WW newsletter segment submissions are due 15<sup>th</sup> of each month.</li> </ul> </li> </ul>	
Performance Measures in Need of improvement	<p>Committee members discussed strategies on completing incomplete workplan activities:</p> <ul style="list-style-type: none"> <li>▪ The committee will focus on setting deadlines in completing workplan activities that are in progress that have not yet been completed.</li> <li>▪ The committee will choose 3-5 high priority workplan activities to complete for the year 2022.</li> </ul>	

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Partner Updates	<ul style="list-style-type: none"> <li>▪ Amy Kimberlain, Baptist Health- Contact information <a href="mailto:amyki@baptisthealth.net">amyki@baptisthealth.net</a></li> <li>▪ Candice Schottenloher, Healthy Baby Taskforce- Contact information <a href="mailto:Candice.Schottenloher@flhealth.gov">Candice.Schottenloher@flhealth.gov</a></li> <li>▪ Witson Faustin -Are you a Faith-Based Organization? Do you work with Faith-Based Organizations? The Florida Department of Health in Miami-Dade County, Office of Community Health and Planning invites you to partner with us through our free program Faithful Families Thriving Communities. This nine-lesson curriculum program provides individuals, families, and the community with the skills to be able to eat more meals at home, move more in their everyday routine, and help their communities lead healthier lives. Communities of faith are important health advocates, particularly in communities affected by health disparities or lacking access to crucial resources. That's why we are seeking to partner with your organization! For more information, contact: Witson Faustin at: <a href="mailto:Witson.Faustin@flhealth.gov">Witson.Faustin@flhealth.gov</a>, 786-732-8863. Access promotional program resources: <a href="https://faithfulfamilies.com/tools-videos/tools/">https://faithfulfamilies.com/tools-videos/tools/</a></li> </ul>	
Next Meeting	<ul style="list-style-type: none"> <li>▪ Executive Board virtual mental health forum topic ideas</li> <li>▪ Brainstorm workplan timeline for incomplete activities. <ul style="list-style-type: none"> <li>• Choose workplan activities to complete.</li> <li>• Vote on 3-5 high priority workplan activities to complete.</li> </ul> </li> </ul>	
Adjournment	Nathan Burandt adjourned the meeting at 11:00am.	