



WORKPLACE WELLNESS WORKGROUP

MEETING MINUTES

Thursday, January 17th, 2019

2:00 pm – 3:00 pm

2529 Route 52, Hopewell Junction, NY 12533

Attendees:

Stephanie Parenti, HealthlinkNY	Deb Maietta, HealthlinkNY
Brigid Pigott, Rockland Department of Health	Danielle Schuka, American Heart Association
Michelle Kleinman, Rockland Department of Health	Amanda Langseder, Greater Hudson Valley Health System
JoAnn Parker, American Heart Association	Bonnie Reyna, WMC Health PPS
Renita Malone, HealthlinkNY	Jaime Mathew, HealthlinkNY
Hisieni Sacasa, HealthlinkNY	

I. Welcome & Introductions

Stephanie Parenti started the meeting at approximately 2:05 pm, and introductions were made.

II. Updates on Workplace Wellness Commitments

Stephanie started by reiterating the idea behind the wellness commitments. Those who participate in a Wellness Summit write which organization they would like to work with on a commitment card after the speed networking session. Organizations from the speed networking session follow up with those who put them down on the commitment cards to bring their programs to the worksites and check on their status towards getting a medal. Stephanie has sent out spreadsheets to the involved organizations so that they can reach out to those who were interested in working with them. Feedback has been sporadic.

- Rockland: So far four organizations look like they will be eligible for a medal. Twenty-three organizations participated.
- Westchester: There has been only one update so far and organizations do not seem to be eligible for medaling at this time.
- Dutchess: So far two participants may be medaled. Fourteen organizations participated.

JoAnn had contact with participants in Rockland, but 3 people have left the respective organizations in Rockland, so they will not be eligible.

Danielle has had five meetings with contacts and wondered about the timeline for the Dutchess medaling ceremony. Renita explained that there is not a firm deadline, but since Dutchess was the last summit hosted, Rockland and Westchester will likely have their medaling ceremonies before Dutchess.

III. 2019 Workplace Wellness Summits

a. Next Event Location/Medaling Ceremonies

The next event will be in Rockland County. The group thought it would be a good idea to have the medaling ceremony at the beginning of the next event. The group agreed that the Rockland Fire Training Center was a good space, and Brigid will look into reserving the Center when dates are chosen.

Amanda pointed out that the Orange County event is scheduled in April which means that Rockland's event should not be scheduled until around May. Orange is the only county that has done a medaling ceremony thus far, and there was about a year in between the first event and the medaling ceremony. The Rockland event was April 24, 2018 so Amanda recommended the first two weeks in May for the medaling ceremony. Brigid and Michelle cautioned that Fridays may be difficult because of religious observance and a difficult commute in Rockland.

The group settled on Friday, May 17th from 9am-3pm:

- People can finish the event early and avoid traffic.
- The Fire Training Center doesn't open until 9:00am.
- Amanda suggested getting rid of the for-profit networking session in the morning to shorten the day so that the event could start later while still

accommodating the medaling ceremony. The group agreed with this idea as sometimes the morning networking session confused participants.

- There will be light refreshments in the morning during the medaling.
- Brigid will book the space. She and Renita will talk offline about the venue amenities.
- Should the Training Center not be available May 17th, the group chose May 16th as a backup date.

When the date is confirmed, Kevin McKay can be asked to do another presentation at the event like the one he did last year. Amanda suggested he do an updated version of his previous presentation with statistics, trends etc.... Michelle suggested he could also talk about public health priorities.

Amanda proposed that the organizations that will be medaled at this event could share their success stories throughout the day. Brigid would like to have a success story that is focused on behavioral and mental health as last time the event introduction was weighted towards chronic disease. Since the Rockland event, much more mental health facts and statistics are included in the introduction presentation. Brigid offered to reach out to someone from the Behavioral Health Department. Michelle and Brigid will talk offline and get back to the group.

Amanda suggested that one of the free resources could be a lunch and learn with a screening of Reversing the Stigma. Stephanie asked the group to let her know if they have any ideas of free resources to include in the event.

Michelle informed the group that Rockland Psychiatric has a great worksite wellness program. They have a breastfeeding friendly space, a walking path, a smoking cessation, and a weight loss program. Lexington Center also has a great worksite wellness program and would also be a good option for a success story with a behavioral health focus.

IV. 2019 Goals of Workgroup

a. Resource Guide

The group is still interested in doing the resource guide. Stephanie will share what resources have been collected for the guide to this point at the next workgroup meeting.

Michelle proposed creating a regional worksite wellness newsletter as a goal for the group. It could come out quarterly and highlight resources in the Hudson Valley. JoAnn said she sends out wellness messaging every other week. She will share it with Michelle.

V. Next steps

The workgroup was reminded to reach out to organizations that wanted to work with them if chosen at the Summits and get those updates to Stephanie.

VI. Announcements

There were not announcements from the groups

VII. Adjourn

The meeting wrapped up and concluded at approximately 3:00 pm.

**Next Meeting:
February 21st, 2019
at 2:00 pm**