

WORKPLACE WELLNESS WORKGROUP

MEETING MINUTES

Thursday, November 15, 2018

2:00 pm – 3:00 pm

Attendees:

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| Deb Maietta, HealthlinkNY | Hisieni Sacasa, HealthlinkNY |
| Renita Malone, HealthlinkNY | Danielle Schuka, American Heart Association |
| Brigit Pigott, Rockland County Department of Health | Michelle Kleinman, Rockland County Department of Health |

I. Welcome & Introduction

Renita Malone welcomed the group, introductions were made, and the meeting opened at approximately 2:05 pm.

II. Dutchess Workplace Wellness Summit Feedback & Commitments

Renita gave the group an update on the Dutchess Workplace Wellness Summit that occurred on October 23rd. She relayed that we had approximately 45 in attendance.

The morning networking section included 12 vendors and the afternoon speed networking included 4 free resources – AHA, HealthlinkNY, Dutchess Behavioral & Community Health, and Tobacco Free Action Communities.

Feedback from the event was very positive. We received an average of 4-5 across the board. One comment that was common was that we should extend the time for the morning networking.

We had 14 organizations committed to working with the free resources. All those who represented their organization have received the commitment spreadsheet so that they are aware of who has committed to work with them and can start reaching out for those organizations.

The group was also reminded that when organizations complete a commitment card, they become part of the Medal Challenge and their business will be medaled and recognized at a time that this group determines later based on what their organization does related to the medal categories.

Bronze – Wellness Committee Formation

The organization will automatically earn a bronze medal if they form a Wellness Committee. A Wellness Committee is a team of employees or members from all levels who formally meet and plan activities to promote good health for themselves and their fellow workers.

Silver – Education

The organization will earn a silver medal if they form a Wellness Committee and do one of the following: distribute educational resources to employees or host a lunch & learn, workshop or seminar.

Gold – Implementation

The organization will earn a gold medal if they complete the above and move into implementation phase, including: new or updated policy change, physical activity programming, creative competition

After the update, the group made some comments:

- Danielle Schuka thought the event went well and MC did a wonderful job. She also mentioned that the examples from different companies were very impactful. While performing outreach with one of the groups that committed to work with AHA, she used Hudson Valley Federal Credit Union's Wellness Program as a reference.
- Michelle Kleinman of Rockland County stated that she was glad that the Hudson Valley Credit Union was present. She approached banks previously, but had not approached credit unions, and will think about approaching credit unions for future Rockland Wellness events.
- Michelle also mentioned Active International and how they promote their wellness program on LinkedIn and how this might be a good tool for promoting our wellness events in the future. The group discussed stepping up our social media campaigns and some examples of hashtags such as, #Healthlinkworksitewellness and #Healthmeansbusiness and using social media

including Facebook, Instagram and LinkedIn to spread buzz around worksite wellness. Renita stated that Healthlink is on Facebook, Twitter and LinkedIn and will speak to the Marketing Department about social media options. Maybe social media could be used to promote the Rockland medaling event.

Next, the group discussed the Dutchess Chamber of Commerce involvement for the Dutchess event and Renita explained that HealthlinkNY met with the Dutchess Chamber of Commerce around the event and possibly partnering with their Wellness Committee, but their committee is only activity based so they were not ready to partner. The Dutchess Chamber was willing to let us plug the event in their newsletter and gave us a radio spot to promote the event. We were hoping they might see it as something they could help us with when we do the medaling ceremony, but their Committee met, and it will not be an option for us.

III. Rockland Workplace Wellness Summit Progress Update on Commitments

The next item discussed with the workgroup was progress on the commitments from the Rockland Workplace Wellness Summit. Renita mentioned that the last update from the Rockland groups was received back in late July of this year. Cooperation on commitments is essential so that we can collaborate and if you can please submit your latest update, so we might figure out who is in the running for a wellness medal. Renita will be forwarding another update and your cooperation is important so that we can collaborate. The deadline for the next set of commitment updates will be December 18th.

Michelle and Brigid will follow up with their contacts and confirm where they are with their plans. A few updates mentioned were:

- Rockland Psych. is just waiting for construction to be done and then they can put their signs up. Worked with CCE. Had certified peers enact therapy sessions so therapists could see what works and what does not work when they are talking to clients.
- Dominican College is trying to go smoke free. Michele is doing a talk there about meal planning for the staff and professors.

The group inquired as to whether a date has been discussed for the Rockland Medaling Ceremony and Renita stated that we have not selected a date, but we are looking to host a medaling ceremony early next year and we can come up with specific dates as a group.

The medaling ceremony went very well with the Chamber of Commerce involved, as they were for the Orange County event, and it would be nice if the Rockland Chamber could participate in

the Rockland medaling ceremony. Michelle stated that the Rockland Chambers are more segmented and do not cover the whole county, but she would reach out for the Nanuet Chamber.

IV. Announcements

- Renita explained to the group that Rachel Romaine has been out on leave but has decided not to return. We will be filling her position, and of course keep the workgroup posted.
- Deb Maietta has assumed the role of the new PHIP Director taking Victoria Reid's place.

V. Adjourn

The meeting wrapped up and was adjourned at approximately 2:30 pm.

Next Meeting: December 20, 2018 at 2:00 pm