

WORKPLACE WELLNESS COMMITTEE MINUTES

March 15th, 2018

2:00 pm – 3:00 pm

Attendance:

Jillian Pennacchio, Westchester DOH	Bonnie Reyna, WMC Health
JoAnn Parker, American Heart Association	Rachel Romaine, HealthlinkNY
Michelle Kleinman, Rockland DOH	Hisieni Sacasa, HealthlinkNY

- I. Welcome & Introductions
- II. Old/New Business
 - a. Westchester Wellness Coordinator Training
 - i. Rachel confirmed that the Westchester Wellness Coordinator training will take place on Thursday, May 24th in the Jaguar Room at the New York Power Authority Building in White Plains.
 - ii. Jillian has sent the flyer to be approved by the Westchester DOH. Once the flyer is approved, Rachel will send it out to the Workplace Wellness Workgroup, as well as HealthlinkNY's other workgroups to send through their networks.
 - iii. Success Stories
 1. Jillian has reached out to Hudson River Healthcare, and they have confirmed that they will be sharing a success story at the event. They are working on who they will send to present.
 - a. Hudson River Healthcare may offer screenings that they could promote in the morning session, Jillian will ask.
 2. Open Door may also be able to share a success story.
 - iv. Afternoon Speed Networking Session
 1. Jillian will table during the afternoon session representing Westchester DOH. She will only need one table.
 2. Rachel asked the group if there were any other possible organizations that could table.
 - a. Michelle suggested Westchester Mental Health Association. Jillian found contact on Westchester MHA's website (Sharon Caplan) who she can try to reach out to.
 - v. Morning Networking Session

1. HealthlinkNY will have a table in the morning to promote the QE.
 2. Rachel has reached out to Planet Fitness. They are waiting to get approval from upper management to be able to table at the event.
 3. Jillian suggested other gyms that could possibly table.
 - a. Lifetime Fitness: Rachel reached out to them for Rockland
 - b. New York Sports Club
 - i. Has a corporate program
 - ii. Rachel has reached out to them for the Rockland event and is waiting to hear back
 - c. Orange Theory Fitness
 - d. Blink Fitness
 4. Rachel asked the group if there were any other sectors that they could invite to table.
 - a. JoAnn said she could send Rachel a contact for Crystal Run
 - b. Bonnie sent Good Samaritan a flyer and sent Rachel a contact for NY Sports Club
- b. Rockland Worksite Wellness Event
- i. Updates
 1. The name has been changed to the Rockland Worksite Wellness event. The change was made to avoid confusion with Rockland's Wellness Coordinator Certification.
 - a. There is a new flyer that reflects the name change.
 2. 23 people have registered for the event so far. There have not been many new sign-ups recently.
 - a. Michelle will send out the new flyer to the rotaries and Lion's Club
 - i. She will also send Rachel some updates for the press release
 3. Rachel will send Jillian the new flyer just in case she would like to add the new pictures to the Westchester flyers. Jillian will bring that up for approval.
 - ii. Promotion
 1. Rachel has reached out to the Rockland Chamber of Commerce
 2. Rachel informed the group that the Rockland Business Association wants to charge \$500 to put the event in their newsletter.
 - a. The American Heart Association is a member so they will try to get the event in the newsletter. Otherwise, Michelle can try to send it through Myrnia from the County Executive's office.
 3. Michelle will promote the event to the Rockland Business Association and Women's Leadership Council.
 - iii. Success Stories

1. Michelle is planning on reaching out to Food Delights and Active International to see if they have success stories that they would like to share. She will also reach out to Jawonio.
 - a. The New City Library is one of AHA's participating worksites which could work for both Rockland or Westchester
 - b. The Ramapo Catskill Library could also be a possibility
 2. Jillian mentioned the Yonkers Library System as a possibility to speak in Westchester
 3. Bonnie suggested Open Door. Jillian is reaching out to them
 4. JoAnn suggested reaching out to Dominican College.
 5. Rachel suggested that the group members can reach out to the contacts they know that might have success stories. If one of their contacts is interested in sharing a story, Rachel can reach out to them to work out scheduling.
 - a. They can use PowerPoints if they would like, but it is not mandatory. If they do want to use PowerPoints, they must be sent to the venue a week in advance.
- iv. Raffles
1. The group seemed to think that the best option for Raffles would be to have small raffles throughout the day, each including a few small items pooled from the group's various giveaways.
- III. Next meeting
- a. The next meeting was scheduled to be April 19th, but HealthlinkNY staff will be at the Public Health Conference in Saratoga.
 - i. Rachel will send out a Doodle Poll to find a new date for the April meeting
- IV. Announcements
- a. HealthlinkNY is moving offices. Starting Monday, March 19th, the HealthlinkNY office will be located in Heritage Square, 2529 Route 52, Suite 201, Hopewell Junction, NY 12533.
- V. Adjourn
- a. The meeting adjourned at approximately 3:00 pm

Next Meeting: TBD