

# WORKPLACE WELLNESS WORKGROUP MEETING MINUTES

Thursday, March 28, 2019

2:00 pm – 3:00 pm

2529 Route 52, Suite 201, Hopewell Junction, NY 12533

**Attendees:**

Michelle Kleinman, Rockland County Department of Health	Stephanie Parenti, HealthlinkNY
Jaime Mathew, HealthlinkNY	Steven Alihonou, Eat Smart New York
Hisieni Sacasa, HealthlinkNY	Alison Heidemann, Independent Living Inc.
	Renita Malone, HealthlinkNY

**I. Welcome & Introduction**

Stephanie Parenti welcomed the group, introductions were made, and the meeting opened at approximately 1:10 pm.

**II. Approval of Meeting Minutes**

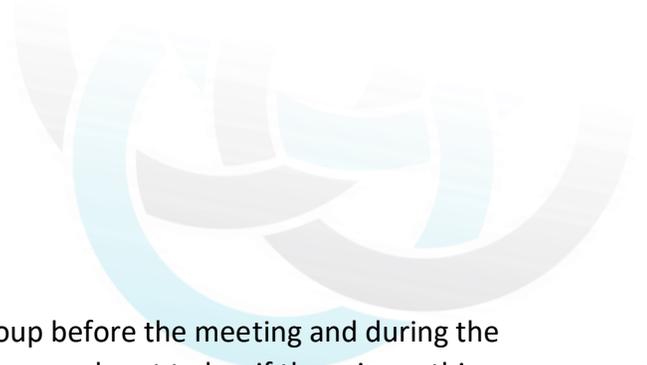
This item was tabled and Meeting Minutes will be approved at the next meeting when there more workgroup members in the meeting.

**III. HealthlinkNY Community Network Update**

Stephanie did not give an update on the program. Stephanie did not give an update on the program.

**IV. Rockland Workplace Wellness Summit**

The next item discussed on the agenda was the Rockland Workplace Wellness Summit scheduled for May 17<sup>th</sup>.



**a. Draft of agenda**

Draft of the agenda was shared with the workgroup before the meeting and during the meeting. Stephanie requested that the workgroup reach out to her if there is anything on the agenda that requires further explanation or if they wanted to provide input.

Stephanie started this discussion with a review of the event agenda for the day highlighting that Ed Day, County Executive will be giving the opening remarks.

Before this, at the beginning of the event, we will perform our Medaling Ceremony. Stephanie then relayed to the group the list of potential Wellness Gold Medal recipients:

- Dominican College
- Lexington Center
- Rockland Psychiatric
- and one more

Michelle mentioned some the work that Loeb House has performed around wellness and stated that they may also be eligible for a medal. Stephanie reiterated that no one from our group has forwarded information to HealthlinkNY on this organization and they are therefore not eligible. Michelle mentioned that she would report back.

**b. Confirmed Success Stories**

Stephanie then explained the part of the event where companies share Success Stories to inspire the groups that will be present and relayed to the group the organizations that have agreed to share their Success Stories:

- Jawonio
- Lexington Center
- Dominican College
- Rockland County employee

Michelle also inquired with Stephanie on Loeb House and whether they would be receiving a medal. Stephanie informed Michelle that no one has reached out for her with an update on Loeb House and their worksite wellness work so unless the organization that has been working with Loeb House updates HealthlinkNY on their work, they will not be medaling.

Stephanie also took the opportunity to request that Eat Smart could perform the stretch break and Steven Alihonou, Eat Smart New York stated that they could. They will be added to the agenda accordingly.

Stephanie then took the opportunity to suggest a breakout session for those organizations that had previously attended an event and have seen the Workplace Wellness presentation by Eat Smart on forming a Wellness Committee. It was explained to the group that Orange County Wellness Summit will be using this approach and we wanted to poll this group and see if there is interest in bringing this into our Rockland event.

This group would potentially attend a breakout session with companies like themselves who have already been present for this portion of the event, to discuss any difficulties they are experiencing since the last event. This group could discuss items such as, the barriers they've had; what initiatives they had for the year; and their successes, etc.

Michele also suggested that we need a facilitator in the breakout session and it was agreed that someone Rockland County Department of Health will facilitate the breakout session. Michele will be connecting with Rockland County Department of Health personnel to recruit someone and report back.

The group agreed that this was a good idea and we would need another space at the Training Center to host the breakout session. Renita Malone suggested the room on the side of the Training Center where we formally set up the catering and Michelle stated that she would reach out to the Training Center to reserve it.

**c. Confirmed free resource organizations**

- Independent Living Center (with a few peers)
- Rockland County DOH Breastfeeding in the Workplace
- Rockland County DOH Worksite Wellness along with Smoking Cessation
- Rockland County Department of Mental Health
- Mental Health Association of Rockland County
- American Heart Association
- Eat Smart NY
- HealthlinkNY Community Network (providing the PHIP has funding)

Discussion then commenced on whether AHA CPR Certification will be offered as a free resource. HealthlinkNY explained that AHA does offer training, but their training does

not certify you. Stephanie will look into whether this resource can be offered at the Rockland event.

Michelle then mentioned that she has been in contact with a podiatrist who would like to table at the event. Stephanie then asked if the podiatrist's services are offered at no charge as these vendors offer services for free and there is follow up is required with worksites and Healthlink periodically.

Michelle also inquired as to whether Power against tobacco was interested in tabling and Stephanie explained that she has reached out for one of the representatives of the organization, but they were not able to attend. We are awaiting response from another staff member at POWER to see if they can participate.

#### **d. Wellness bags**

The next item discussed on the agenda was the Wellness Bags. Stephanie and Renita explained the process of receiving a bag – participants are encouraged to hand in their Commitment Cards as they depart the event and when they do, they are given a bag.

Stephanie explained that the organizations that are participating in the event are asked to donate giveaways that will be included in these bags.

- HealthlinkNY plans to donate scratch pads, pens, stress balls
- Institute plans to donate journals/mini planners
- Eat Smart plans to donate something

Renita explained that we also ask for 5-6 donations that are more significant that will be given as part of the pop up sharing/Q & A:

- HealthlinkNY plans to donate travel mugs
- Rockland DOH plans to donate lunch boxes
- Rockland DOH physical activity trackers

Participants will also receive a packet at the event and organizations offering free resources are encouraged to make one pagers available for the packets. Any materials that you would like to included in the folder, please feel free to submit to Renita and/or Stephanie.



**V. Announcements**

Stephanie then asked the group to continue spreading the word about the event and she will share the flyer with the group via email once again.

Social media postings and press release will be discussed with the HealthlinkNY Marketing Department accordingly.

**VI. Adjourn**

The meeting wrapped up and adjourned at approximately 2:53 pm.

**Next Meeting: April 18th, 2019 at 2:00 pm**