



HV WORKPLACE WELLNESS COMMITTEE MEETING MINUTES

June 26th, 2018

2:00pm – 3:00pm

Attendance:

Rachel Romain, HealthlinkNY	Victoria Reid, HealthlinkNY
Amanda Langseder, Greater Hudson Valley Health Systems	Liz Phillips, Hudson River Health Care
Bonnie Reyna, WMC Health PPS	Michele Kleinman, Rockland DOH
Brigid Pigott, Rockland DOH	Jillian Pennacchio, Westchester DOH
	Hisieni Sacasa, HealthlinkNY

I. Welcome & Introductions

The meeting started at approximately 2:00pm and introductions were made

II. Approval of Minutes

Minutes from the previous meeting on May 17th on were approved

III. Old Business

- a. Rachel started the meeting by showing a sizzle reel from the Rockland event. Feedback was given that mental health should be featured more heavily in the event. Victoria informed the group that since the Rockland event, more has been done to incorporate mental health in the subsequent events.

IV. Westchester Wellness Coordinator Training

- a. Rachel shared feedback from the Westchester event. There was a total of 11 participants representing 10 different organizations. The overall rating of the event was a 4.6 with the highest rated aspect being the Health Means Business presentation by Victoria Reid, the movement breaks, and the Wellness Committee presentation by Eat Smart New York. When asked what they liked most of the event, many said they enjoyed HRHCare's success story. When asked what could be improved about the event, people mentioned better parking, having a roundtable set up for the day, shortening the speed networking portion, and that the morning vendors left too early.

- i. The group discussed if it was worth having the morning vendors stay longer. Renita said that people who said that the vendors left too early may have come late to the event. Some morning vendors stayed and lingered throughout the day and it was confusing. Jillian suggested that it be stated clearly that the morning vendors will be leaving after the morning portion.
 - ii. Other suggestions for improvements included having more vendors and interactive activities, handing out notepads, increasing emphasis on self-care, and having more ways to keep staff interested in wellness such as...
 - 1. Success stories that highlight getting staff buy in
 - 2. Adding more real-life examples or YouTube videos to some of the presentations
- b. In order increase turn out for future events, Rachel asked the group for suggestions on increasing attendance.
- i. Michele suggested that the name should be changed to appeal to a broader audience. The group agreed that the name of the event should be changed to something other than Worksite Wellness Coordinator Training. Suggestions for what to include in a new name included “Health Means Business,” “expo”, or “forum.”
 - ii. Michele suggested that reaching out to the local Chambers of Commerce may also be a good way to recruit participants.
 - iii. Liz suggested using United Way to circulate the event announcement as well as going to more coalitions
 - iv. Bonnie proposed looking into any policies or business plans that the event can be aligned with and figuring which types of employees would be best to attend.

V. Dutchess Wellness Coordinator Training Planning

- a. Carol Wanyo and a few other organizations think that Dutchess would be a good candidate to host an event. The group thought of some possible venues to have the event in. Dutchess County Community College, Hyde Park, Vassar Hospital, and Mid-Hudson Regional were all listed as possibilities. The event will probably take place in late September, October or November.
- b. Coalitions that could be partnered with to help find resources and recruit for the event include the Poughkeepsie Healthy Black and Latino Coalition, Dutchess Rural Health Network Coalition. There may be a Beacon B.A.T., but the group is not sure of its status.



VI. Actions

- a. Explore changing the event name
- b. Look into who should attend
- c. Change wording in event promotions to align with existing business plans and policies
- d. Rachel will reach out to DCCC and the Family Partnership to check for venue availability
- e. Bonnie will see if Mid-Hudson Regional has any venue availability

VII. Announcements

- a. The Blueprint for Health Equity will be held in Rockland County on July 25th in the Fire Training Center
 - i. The group discussed helping each other's organizations promote events and messages.
 - ii. Hisieni will write up a press release for the Blueprint to help with consistent messaging
 - iii. If anyone has any upcoming events they would like announced, HealthlinkNY can distribute it to their network.

VIII. Adjourn

The meeting adjourned at approximately 3:00pm

Next Meeting: July 19th, 2018 at 2:00pm