



# HV WORKPLACE WELLNESS COMMITTEE MEETING MINUTES

July 19<sup>th</sup>, 2018

2:00pm – 3:00pm

Attendance:

Rachel Romaine, HealthlinkNY	Michelle Kleinman, Rockland DOH
Roxanna Raffa, Adelphi University	Renita Malone, HealthlinkNY
Danielle Schuka, American Heart Association	Hisieni Sacasa, HealthlinkNY
JoAnn Parker, American Heart Association	

## I. Welcome & Introductions

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

## II. Rockland Update

- a. Rachel discussed the next steps for the health medals challenge for the Rockland County event. In order to figure out how to properly award the medal winners, the group should figure out what organizations from the event have done.
- b. Rachel sent out a spread sheet to the group to fill out which organizations they have been in touch with from the speed networking session, and what worksite wellness activities are being done.
  - i. JoAnn has been in contact with several organizations including:
    1. Dominican College
    2. St. Dominick's house
    3. Caribbean foods
  - ii. Michelle has also followed up with a few organizations including:
    1. Ramapo Catskill Library System: looking at healthy meeting guidelines and vending
    2. New City Library: doing a renovation to a breast-feeding area in order to have a breast feeding friendly library
    3. Lexington Center may be interested in Field Goods
    4. Loeb House: staff and residents – putting signs up about smart snacks



### III. Westchester Update

Discussion about Westchester was pushed to the next meeting

### IV. Dutchess Event

- a. Rachel was able to secure the Cafeteria in the Family Partnership to hold the event on October 23<sup>rd</sup>.
  - i. The venue is centrally located in Poughkeepsie, and has many services and providers located within the building
- b. The name of this event was originally called the “Wellness Coordinator Training”, but it was proposed to change the name to “Workplace Wellness Summit” to better reflect the purpose of the event. Rachel asked the group if this is the name they would like to keep for the events moving forward.
  - i. The group liked the name, and liked the idea of calling all the events by the same title throughout the region so that there can be consistency in the messaging.
- c. The committee brainstormed a list of free resources to invite to the speed networking portion of the day.
  - i. HealthlinkNY – mental health toolkit
  - ii. Eat Smart NY – presentations, and nourish your neighbor food drives
  - iii. American Heart Association – food and beverage toolkit, as well as a Check for Change program which focuses on monthly blood pressure checks for employees
  - iv. HealthQuest – Get Fit Program (a free exercise program)
  - v. Tobacco Free Action Communities has worked with the Sullivan Workplace Wellness Committee, and Rachel believes they cover Dutchess as well. She will find a contact in Dutchess for this organization
  - vi. Roxy will check with the Adelphi Social Work Department to see if there is a contact for MHA of Dutchess
  - vii. Dutchess County Department of Behavioral and Community Health – Rachel will follow up with Tara or Carol to find what programs can be offered to worksites
  - viii. Rachel would like to include a resource that offers free naloxone trainings in Dutchess
  - ix. Shoprite – may have dietitians that offer free services
- d. Morning Resources
  - i. Rite Aid could possibly Table in the morning, Danielle will look into it
- e. Event promotion
  - i. Rachel will send out the flyer to the workgroup to distribute
  - ii. Roxy has sent it to Allison to distribute to the Dutchess County B.A.T.
  - iii. Tara Fitzpatrick will share the event with her Chronic Disease Prevention Coalition Steering Committee
  - iv. Michelle will send the flyer to the Mid-Hudson Valley Academy of Nutrition and Dietetics

- v. Ozie or Carol may have a contact in Molinaro's office
- vi. Danielle has contacts at the CIA and the Hudson Valley Economic Development Corporation
- vii. Poughkeepsie Healthy Black and Latino Coalition
- viii. Dr. Vaidian (Dutchess Commissioner of Health) could be a good contact to promote the event or event get involved

**V. Regional Resource Guide**

- a. The HealthlinkNY Community Network will be getting a new website which can host the Regional Resource Guide

**VI. Adjourn**

The meeting adjourned at approximately 3:00pm

**Next Meeting: August 16<sup>th</sup>, 2018 at 2:00pm**