

May 2018

May is Mental Health Awareness

Gun Violence and Toxic Stress

Temperatures are rising in Miami-Dade County and so are the rates of gun violence. With the recent string of shootings in areas of Liberty City and Miami Gardens, residents remain vigilant. The new cases of gun violence have added to the volatile climate of gun violence in our country and the children in these areas are calling for change. Residents who initiate gun violence may experience what health professionals call "Toxic Stress". This level of stress impairs their judgement and calls for more mental wellness interventions. For more information on toxic stress [click here](#).



Don't Call it a Cold Snap...

Cool temperatures were felt well into the month of April this year. Last month, South Floridians experienced an unexpected dip in temperatures on the morning of April 17th. On this same day last year, we woke up to an average temperature of "70" degrees. The last time temperatures were this cool, on the same date was in 2008...

[Click here](#) for more information on natural disaster preparedness.

Your Epidermis is Showing!

Florida ranks among the states with the highest number of residents with skin cancer or melanoma. Taking the necessary steps to protect your skin this Summer requires more than just wearing sunscreen. Children are more susceptible to the harmful UV rays as their skin may be thinner than that of an adult. A possible reemergence of mosquito-borne illnesses is also a concern for South Floridians. Be sure to stay hydrated this Summer 2018. Your epidermis will thank you for it!

[Click here](#) Summer Safety tips.

Epilepsy Awareness

- Epilepsy is a condition where an individual experiences recurring seizure, abnormal behavior and in many cases, a loss of awareness. Here are some tips on what to do if someone you know goes into epileptic shock:

#1 Do not put anything in their mouth.

#2 Clear the area of any objects that may them cause harm.

#3 Lay them on their side to prevent choking on their own saliva.

#4 Don't make a huge deal of the seizure; be mindful that your friend needs your help!

#5 Tell your friend what you saw when they recover from the seizure (your friend might need to discuss these details with their doctor).

Key Lime Oatmeal Your Way

Ingredients:

- Water
- Quaker Oats
- Evaporated milk (about half the amount of the water)
- Star anise (3-5)
- 1 stick of cinnamon
- Ginger
- Lime zest
- Brown sugar

Instructions:

Boil water, star anises and cinnamon in water for about 15 min. Add milk, oatmeal, brown sugar grated ginger and lime zest and let simmer to your liking.

If you have a family recipe that you would like to submit, let us know!

Did you know?

The Florida Department of Health is the only health department in which each of the 67 local offices are fully accredited by the Public Health Accreditation Board.

Events Calendar

Press "Ctrl" and "+" to Zoom in!

May 2018

May 4-6 Miami Walks 2018 (Fri-Sun) See website below for event schedule.

Contact: celebratediversitymiami@gmail.com and visit the website <http://janeswalk.org/united-states/miami/> for more info!

May 8 Health & the Built Environment Committee (Tues) 9:30 am - 11:00 am

Location: Don Soffer Clinical Research Building, 1120 NW 14th St. Miami, FL 33136; CRB 1080

May 10 Forces of Change Community meeting (Thurs) 8:00 am-12:30 pm

Location: United Way Center for Excellence, 3250 SW 3rd Ave Miami, FL 33129

May 12 FIU Medicine Community Health Fair in Little Haiti (Sat) 10:00 am - 2:00 pm

Contact: Jaelyn Enriquez, M.S. Tel: 305-348-0682 Email: jaenriqu@fiu.edu

May 15 Health Promotion and Disease Prevention Committee (Tues) 2:00 pm - 4:00 pm

Location: Beacon Center, 8323 NW 12th Street Suite 212, Conference Room, Doral, FL 33126

May 19 3rd Annual City of Miami Water Safety and Drowning Prevention Event (Sat) 9:30 am-11:30 am Location: Grapeland Water Park, 1550 NW 37th Ave, Miami, FL 33125

May 21 Tobacco Free Workgroup meeting (Mon) 9:30 am-11:30 am

Location: Beacon Center, 8323 NW 12th St., Suite 212, Miami, FL 33126

May 29 Elder Issues/ Mayor's Initiative on Aging Committee (Tues) 2:00 pm - 4:00 pm

Location: Stephen P. Clark Government Center, 111 NW 1st Street, 29th floor, Suite 29A, Miami, FL 33128

For a complete list of events, [click here](#).

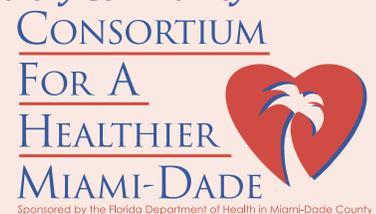
Healthy Environment, Healthy Lifestyles, Healthy Community

Join the Consortium For A Healthier Miami-Dade

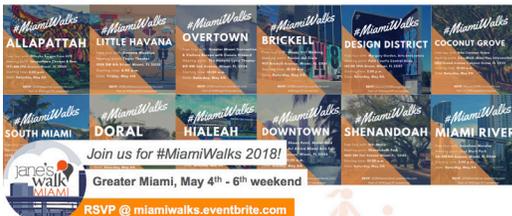
The Consortium for a Healthier Miami-Dade was established in 2003 by the Florida Department of Health in Miami-Dade County to address the increasing rate of chronic disease in the community. The goals of the Consortium are to:

- Integrate planning and assessment processes to maximize partnerships and expertise of the community in accomplishing its goals.
- Increase the percentage of adults and children who are at a healthy weight.
- Build and revitalize communities so people can live healthy lives.
- Increase access to resources that promote healthy behaviors.

Membership is free and open to all individuals who support the vision, mission and goals of the Consortium. To become a member



Sponsored by the Florida Department of Health in Miami-Dade County



Be part of the walking movement for better cities

Residents of all ages are invited to experience community-based city building

#MiamiWalks are part of a global movement of free, citizen-led walking tours inspired by urbanist Jane Jacobs

Media inquiries or other ?s, please send us an e-mail at: CelebrateDiversityMiami@gmail.com

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