

October 2018

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Attention:
We are currently accepting submissions for our next Newsletter!

For more info email: Johanne.PetitJeune@flhealth.gov

The Consortium Annual Event Celebration
15 Years In and Our Work Continues



From left to right: Dr. Valerie Turner, Dr. Lillian Rivera, Helen Figueredo, Karen Weller, Ana "Teri" Busse-Arvesu

The Consortium Annual Event was held last month and this year's theme was "The Award Show." Longstanding members were honored for their service and dedication to the Consortium for a Healthier Miami-Dade. The Consortium recognized the Administrator for the Florida Department of Health in Miami-Dade County, Dr. Lillian Rivera, as she led the annual meeting for the last time. Dr. Rivera announced her retirement after years of service to our community.

We are still collecting responses for the Wellbeing Survey: The Kendall Cluster is Complete
Click the image below to take the Survey

MIAMI-DADE COUNTY Wellbeing SURVEY

How is the quality of life in your neighborhood?

WE WANT TO HEAR FROM YOU

Please complete the survey www.surveymonkey.com/r/MDCWellbeing

The #BeHappyBeHealthy Challenge is under way!

(Winner receives a gift card to the Fish House Seafood Grill and Raw Bar)

#BeHappyBeHealthyMiami

BE HEALTHY BE HAPPY MIAMI CHALLENGE Social Media Competition

Take the Be Healthy Be Happy Miami Challenge. Show us how you are being healthy and active!

About the Contest
Be Happy Be Healthy Miami Challenge is a Social Media contest that gives individuals the opportunity to share their healthy habits. Participants should showcase unique ways and places they are making healthy happen.

How to Participate:
Step 1: Snap a photo or film short video clip of you being healthy and happy. This can include working out at the gym and/or park, home cooking a healthy meal and even walking on the stairwell at work – be unique and creative.
Step 2: Share your photo on Social Media using the Hashtag #BeHealthyBeHappyMiami and be sure tag @MakeHealthyHppn.

Entries will be judged by the Consortium for a Healthier Miami Dade's Marketing & Membership Committee and a winner will be chosen!

Entry period is from September 5th – October 15th.
The winner(s) will be contacted on Wednesday, October 31st, 2018

Prize: Winner(s) receives a gift card to The Fish House!

HealthyMiamiDade.org @MakeHealthyHppn

Fall Fun

MIAMI-DADE PARKS DISABILITY SERVICES

2nd Annual HEALTH AND WELLNESS Harvest RESOURCE FESTIVAL

Saturday Oct. 20

Hosted by Miami-Dade Parks Department and Providence Healthcare Services to benefit the Leisure Access Foundation, a 501(c)(3) non-profit organization offering recreational programs for people with disabilities.

SAVE THE DATE!
New location, Tropical Park

Leisure Access Foundation
Providence Healthcare Services
Miami-Dade County
Parks Foundation of Miami-Dade

To request materials in accessible format, sign language interpreters, and/or any accommodation to participate in any Miami-Dade Parks sponsored program or meeting, contact Mary Palacios, 305-755-7848 or Mary.Palacios@miami-dade.gov at least 7 days in advance to initiate your request. TTY users may also call 711 (Florida Relay Service).

October is National Dental Hygiene Month

The University of Florida, Hialeah Dental Center began serving the community in 1997. As one of the college-owned satellite dental clinics in the Statewide Network for Community Oral Health, the organization stands in commitment to provide the highest degree of patient care and services. Using state of the art equipment and technology with oversight from experts, UF faculty provide all phases of dentistry and treatment plan options by dental residents.

Through numerous outreach programs we educate our community about oral health and overall health impact. UF serves uninsured patients, managed medical assistance recipients, Ryan White through Citrus Health, The Arc of Florida, and Veterans Affairs Choice Program Providers. The spacious dental facility has twenty-two dedicated dental operatories making it accessible and convenient for patients to schedule appointments. UF is honored to serve the community.



The UF-Hialeah Dental Center

UF-Hialeah Dental Center
305-694-5400
750 East 25St
Hialeah, FL 33013

The Consortim Has Your Back

October is national chiropractic health month. Spinal issues are often overlooked and can affect individuals at any stage of life. The positioning of the spine can affect health factors such as organ functioning, inflammation and blood pressure. It is important to make sure your back is properly aligned to avoid future health complications. For tips on how to maintain the health of your spine, [click here](#).



Source: [spine.org](#)

Disability Employment

Whether visible or not, thousands of residents in Miami-Dade live with a disability that affects their overall functioning and mobility. The disabled population represents approximately 10% of the overall population in Miami-Dade County. Nationally, individuals with disabilities are unemployed at nearly twice the rate of individuals without disabilities. Despite the many misconceptions, individuals with different capabilities can be an asset to the community by providing valuable insight and skills. If you need assistance with linking to services, please [click here](#).

Sources: [miamidade.gov](#), [americanbar.org](#), [census.gov](#)

Events Calendar

October 2018

- 10/04- Worksite Wellness & Alternative Medicine Forum | 9am-12pm | United Way Center for Excellence- 3250 SW 3rd Ave Main Stage (Second Floor) Miami, FL 33129
- 10/06- Miami Beach Seniors Expo at Shore Park and Youth Center | 10:00am-2:00pm | 501 72nd Street, Miami Beach, FL 33141
- 10/13- Health and Wellness Fair Festival | 8:00am-6:00pm | 12220 Griffing Boulevard, North Miami, FL 33161
- 10/17- The Health Resource Fair Hosted by the Health Promotion and Disease Prevention Committee | 10:00am-2:00pm | Stephen P. Clarke Government Center Lobby- 111 NW 1st St Miami, FL 33128

For a complete list of Consortium Events [click here!](#)

Join the Consortium For A Healthier Miami-Dade!

Healthy Environment, Healthy Lifestyles, Healthy Community

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 and learn more visit our website www.healthymiamidade.org



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