

September 2018

September is Preparedness Month

Suicide Prevention

September is National Suicide Prevention Month. Every year, The National Suicide Prevention Lifeline works to combat suicide through suicide prevention and the encouragement of actions that promote healing, help, and hope. Overall, suicide is rising across the U.S. and is a public health problem that impacts individuals of all ages. However, it is important to emphasize the fact that suicide can be prevented. Suicide is usually the result of multiple risk factors. Knowing the warning signs and where to go to get help, can potentially prevent suicide in your community.

The #BeThe1To Movement has created a five-step action plan for communicating with someone who may be suicidal. Use these steps so that you can Be The 1 To:

1. **Ask:** "Are you thinking about suicide" and then genuinely listen.
2. **Keep Them Safe:** Have they attempted before? Do they know how they would kill themselves? Do they have a date and plan? Do they have access to their planned method?
3. **Be There:** Show support for the person at risk and follow through with the way in which you say you will support.
4. **Help Them Connect:** Connect with ongoing support to establish a safety net and help create a safety plan.
5. **Follow Up:** Check up on how they are doing.

Sources: [suicidepreventionlifeline](#), [bethe1to](#)

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The Be Healthy Be Happy Miami Challenge Begins September 5th

#BeHealthyBeHappyMiami

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 Healthy Be Happy 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 up the stairs 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!

CONSORTIUM FOR A HEALTHIER MIAMI-DADE | MAKE A HEALTHY HAPPY MIAMI | THE FISH HOUSE

HealthyMiamiDade.org @MakeHealthyHppn

Alzheimer's Affects All

Alzheimer's Disease is a debilitating illness that not only affects the individual, but also the individual's family. This disease is a form of dementia which is characterized by memory loss, confusion, difficulty speaking along with other symptoms. Someone who is suffering from this dementia may lose control bodily functions as a result of changes in the brain for example. This causes the individual to lose their independence and overall quality of life.

It is important to adopt a healthy diet and exercise routine to reduce the risk of developing Alzheimer's and also mitigate the effects of the disease for those who already have it. These practices help to maintain and improve brain functioning.

Factors that contribute to poor memory:

1. Stress
2. Menopause
3. Lack of sleep
4. Smoking
5. Certain medications

Factors that have a positive role in memory:

1. Vitamin B12
2. Exercise
3. Your gut health
4. Vitamin D
5. Green Tea

The Consortium's 15th Anniversary celebration takes place on September 14th. Click the image below to learn more.



New Medicare Card Highlights Announced at Elder Issues Committee Meeting



From Left to right: Renard L. Murray, D.M., Administrator CQISCO (CMS), Elder Issues Vice-Chair- Cindy Brown (Lambda Living), Mayor Carlos A. Giménez, Teri Busse Arvesu (Senior Advocate), EIC Chair-Michael M. Pearson (Alzheimer's Association), and April Washington (CMS).

The Elder Issues Committee/Mayor's Initiative on Aging invited, Carlos A. Giménez, Mayor of Miami-Dade County, and Renard L. Murray, D.M., Administrator, Consortium for Quality Improvement and Survey and Certifications Operations to their recent committee meeting on 7/31/2018 to learn more about CMS new Medicare Card. "Starting this fall, Medicare is mailing new, more secure Medicare cards to the 453,795 Medicare beneficiaries who reside in Miami-Dade County. The new cards will have a new Medicare number that is unique to each person. They will no longer have Social Security numbers on them. Medicare is getting rid of the old cards because scammers sometimes use Social Security numbers in an attempt to steal people's identities, open new credit card accounts or even take out loans in other people's names," said Miami-Dade County Mayor Carlos A. Giménez. "To assist Medicare beneficiaries through this transition, we are partnering with the Centers for Medicare and Medicaid services (CMS) to raise awareness about the new Medicare card rollout and potential fraud schemes surrounding the new cards. For additional information and resources, visit CMS.gov/newcard.

There's Still Time to Get Your Last Minute Flu Shots

Have you ever been knocked down by the flu? Last year's flu season was the worst in decades with more flu related deaths than the years prior. With so many misconceptions about the flu it is important to stay educated.

Infants and the elderly for example, are most vulnerable to flu related death and with many generations living in one household, vaccinating school-aged children is imperative to keep all family members safe.

There are four different types of influenza virus in the United States. Vaccines prevent one specific type so it is possible to contract the flu even after you've been vaccinated. However, taking a flu shot has been shown to reduce symptom severity.

Source: [Healthy Schools LLC](#)

[Healthy Schools LLC](#) provides in-school flu shots at no cost to parents. Enroll your child at fight.miamidadeflu.com and protect your family from the flu.

[The Florida Department of Health in Miami-Dade County](#) provides free back-to-school immunizations to children between the ages of 2 months through 18 years of age. Please see the below clinic schedule for locations and hours and call 786-845-0550 to schedule an appointment.

Downtown Clinic:
1350 NW 14th Street
Miami, Florida 33125
Mon. - Fri. (8:00 am - 3:30 pm)

Little Haiti Health Center:
300 NE 80th Terrace
Miami, Florida 33138
Mon. - Fri. (8:00 am - 3:30 pm)

West Perrine Center:
18255 Homestead Avenue
Miami, Florida 33157
Mon. - Fri. (8:00 am - 3:30 pm)

Events Calendar

September 2018

- 09/04 Delou Africa Dance Festival Health Fair | 11:00am- 4:00pm | 212 NE 59th Terrace, Miami, FL 33137
- 09/08 The Children's Trust Annual Family Expo | 10:00am -5:00pm | Coral Way, Entrances on 109 and 112 Avenues Miami, FL 33165
- 09/15 Brownsville Goes Healthy 6-week Fitness challenge | 2:00pm-6:00pm | 2500 NW 50th Street, Miami, FL 33056
- 09/27 Miami Gardens HIV awareness for Seniors | 10:00am-2:00pm | 3000 NW 199 Street, Miami, FL 33056

[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