



SEPTEMBER 2024

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National Preparedness Month

Question, Persuade and Refer
(QPR): Suicide Prevention
Training

World Suicide Prevention Day

ATTENTION

We are currently accepting sub-
missions for our next newsletter!
Please send in your submissions no
later than the 15th of each month.
For more information, please e-mail:
Mary.Aquino@flhealth.gov

September is Healthy Aging Month



Every September, the U.S. Department of Health and Human Services recognizes Healthy Aging Month. This month is recognized to promote ways people can stay healthy as they age. Join us as we celebrate more life this Healthy Aging Month 2024!

Helpful Resources

- Visit [The Department of Elder Affairs](#) to learn more about Aging and Disability Resource Centers (ADRCs).
- Learn more about ways older adults and the elderly can remain active through [Move Your Way](#).
- Support your local organizations that focus on Healthy Aging!
- [Elder Helpline](#) toll-free at 1-800-96 ELDER (1-800-963-5337).

Newborn Screening Awareness Month



Every September we celebrate Newborn Screening Awareness Month. This month highlights the importance of screening every newborn within the first 24-48 hours of being born for life threatening genetic conditions. Each year, around 4 million babies are screened and 12,000 are found to have notable conditions that could harm them in the future.

To all expecting mothers and families, please make sure to read on the importance of newborn screening and the process that ensues after birth. Whether you have a birth at home, a birthing center, or hospital, your newborn should be screened. For further information, head over to babysfirsttest.org!

September 26



September is **#NICUAwareness Month!** **September 26 is NICU Awareness Day.** Let's come together to raise awareness and support for the brave babies and families in the NICU. #NICUAwareness

3 WAYS TO CELEBRATE

NICU Awareness Day

- 1 WEAR GREEN**
Wear green and encourage others to do so in honor of your NICU baby.
- 2 SHARE YOUR STORY**
Share your story on social media using the hashtag #NICUAwareness.
- 3 DO SOME GOOD**
Volunteer for a NICU or organization, drop off goodies, or provide an act of kindness to a NICU family in need.



Upcoming Events



Ascension Health Fair: 09/08/2024 11:00 am - 2:00 pm; Church of The Ascension at 11201 SW 160 St. Miami, FL 33157.

2024 Fall into Health Senior Health and Wellness Fair: 09/10/2024 9:00 am - 12:30 pm; McDonald Center North Miami Beach City Hall at 17051 NE 19th Avenue, North Miami Beach, FL 33162.

September Overtown Distribution: 09/21/2024 11:30 am - 5:00 pm; Lotus House at 217 NW 15th Street, Miami, FL 33136.

Health Observance Weeks

National Suicide Prevention: 9/8 - 9/14

Folic Acid Awareness Week: 9/8 - 9/14

Falls Prevention Week: 9/22

National Women's Health and Fitness Day: 9/25

World Heart Day: 9/29



www.nicuawareness.org



DID YOU KNOW?



September is Sexual Health Awareness Month

The quality, safety, and respect within our relationships have an impact on our sexual health.





QUESTION, PERSUADE, REFER

What You'll Learn:

- Recognize the warning signs and risk factors for suicide.
- Intervene and ask tough questions when someone is at risk for suicide.
- Refer someone at risk of suicide to an appropriate lifesaving resource.

QUESTION, PERSUADE, REFER

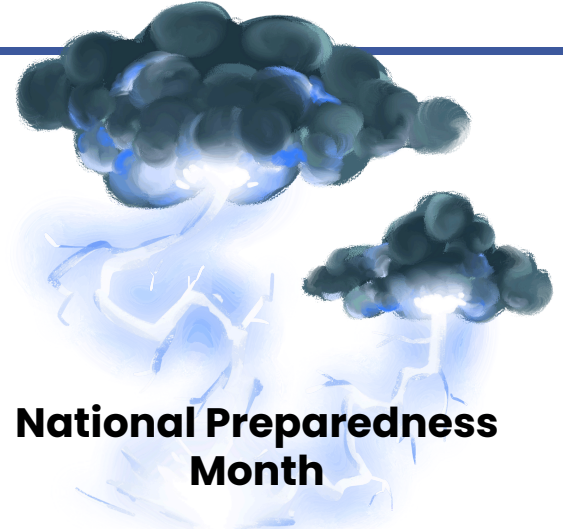
QPR is a 60-90 minute lifesaving, evidenced based, suicide prevention intervention training for those of any age 16+

Become a "Gatekeeper": someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide

FOR MORE INFORMATION CONTACT

LISA@NAMIMiami.org

The National Alliance of Mental Illness (NAMI) champions community awareness and education on mental health. To learn more, visit NAMI-Miami-Dade's website on the Question, Persuade, and Refer (QPR) - Free Suicide Prevention Training.



National Preparedness Month

September is National Preparedness Month. This month raises awareness about the importance of preparing for disasters and emergencies that could happen at any time.

- Prepare and take steps to weather a storm.
- Prioritize your safety and the safety of your loved ones.
- Coping during and after a disaster.

Hurricane Season is still in effect!



WORLD SUICIDE PREVENTION DAY

Today, we remind ourselves to look out for one another.



September 10

World Suicide Prevention Day

Maintaining our mental health is at the forefront of what makes us healthy. The International Association for Suicide Prevention partnered with the World Health Association to establish World Suicide Prevention Day in 2003. This year, on September 10, we are Changing the Narrative on Suicide. We are challenging our community members to have vulnerable and honest conversations surrounding suicide. To learn more about how you can Start a Conversation, join us at iasp.info to access their tools and resources.