



CONSORTIUM CONNECTION

⊗ "Healthy Environment, Health Lifestyles, Healthy Community" ⊗ HealthyMiamiDade.org



November At a Glance

- ⊗ National Family Caregivers Month
- ⊗ Diabetes Awareness Month
Healthy Thanksgiving
- ⊗ Recipe & Holiday Wellness Tips
- ⊗ Weather Preparedness
- ⊗ Miami-Dade Community Events



Attention!

We are currently accepting submissions for our next newsletter! Please send in your submissions no later than the 15th of each month.

For more information, please email:
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November is...

Diabetes Awareness Month

Diabetes is a disease that occurs when your body has trouble using sugar for energy. When blood sugar stays high, it can lead to serious problems like heart disease, kidney damage, nerve pain, and vision loss. More than **38 million** Americans live with diabetes, and many more have **prediabetes**—a warning sign that can often be reversed with early lifestyle changes.



Who is at Risk?

Anyone can develop diabetes, but your risk is higher if you:

- Are **35 or older**
- Have a **family history** of diabetes
- Are **overweight**
- Have **high blood pressure**
- Have **high cholesterol**
- Are African American, Hispanic/Latino, Native American, or Asian American



What habits can help?

Preventing and managing diabetes starts with small, daily habits:

- **Stay active:** Aim for 30 minutes of movement most days.
- **Eat balanced meals:** Choose colorful fruits, vegetables, and whole grains; limit sugary drinks and snacks.
- **Manage stress:** Try walking, breathing exercises, or journaling.
- **Get enough sleep:** Lack of sleep can raise blood sugar and appetite.
- **Keep up with regular check-ups**



Check your ABC's

Ask your provider about monitoring and managing diabetes through your ABC's

- **A1C test:** Measures your average blood sugar levels.
- **Blood Pressure**
- **Cholesterol**
- **Stop smoking**



Source: [American Diabetes Association](http://AmericanDiabetesAssociation.org) and [American Red Cross](http://AmericanRedCross.org)



National Family Caregivers Month

Every November, the nation recognizes **National Family Caregivers Month**, honoring more than **53 million** Americans who provide unpaid care to family members, friends, and neighbors. From supporting an aging parent to helping a loved one with a chronic illness or disability, caregivers form the backbone of our communities, offering compassion, comfort, and stability.

But caregiving is not without its challenges. Many caregivers experience **emotional stress, physical strain, and financial pressure** while balancing work, family, and personal responsibilities. Research shows that caregivers are at higher risk for **anxiety, depression, and chronic disease** due to prolonged stress and lack of self-care.

This month serves as a reminder that caregivers need—and deserve—support too. Simple acts of self-care can make a big difference:

- **Take regular breaks** to rest and recharge.
- **Stay connected** with friends or join caregiver support groups.
- **Ask for help** from family, community resources, or professional respite programs.
- **Prioritize your own health:** schedule medical check-ups and eat well.

Caregiving should never be a journey taken alone. The Consortium for a Healthier Miami-Dade encourages caregivers to explore available local and national resources:

- [Caregiver Action Network](#)
- [CDC Caregiving Resources](#)
- [Mental Health America – Caregiver Support](#)
- [Eldercare Locator](#) – Connects caregivers to community-based services and respite programs.

This month, take time to celebrate the dedication of caregivers who help others live with dignity, independence, and hope.



HURRICANE SEASON

- JUNE TO NOVEMBER 30
- MAKE AN EMERGENCY PLAN!
- REVIEW YOUR EMERGENCY KIT
- SIGN UP FOR FEMA OR LOCAL ALERTS
- VISIT [READY.GOV/HURRICANES](https://www.ready.gov/hurricanes)

DOWNLOAD THE FEMA APP

to get Warnings & Alerts

Ready

Source: [Ready.gov](https://www.ready.gov)



Holiday Wellness Tips

The holidays are a time to gather, give thanks, and enjoy good food, but they can also make it easy to overeat or skip healthy habits. A few mindful choices can help you feel your best while still enjoying the season.

- **Fill half your plate with vegetables** before reaching for seconds.
- **Take a walk after meals** to support digestion and relieve stress.
- **Drink water between courses** to stay hydrated.
- **Slow down and savor.** Enjoy each bite and the company around you.
- **Prioritize rest and movement.** A short stretch or evening stroll helps balance rich meals.

Healthy holidays aren't about restriction, they're about balance, gratitude, and connection. A little planning goes a long way toward feeling good all season long. For more tips, check out [Daily tips to make this holiday season Healthy for Good](#) from the American Heart Association.



November Community Events

Nov 6

Farm Share Drive-Thru Distribution Event

This event will be hosted on Thursday, November 6, 2025, from 10 a.m. to 1 p.m. at the Officer Ronnie E. Tookes West Perrine Health Center

Veteran's Stand Down

An outreach event offering health screenings, housing resources, and employment services for veterans. Located at the fairgrounds.

Nov 7

Nov 8

Arnold Hall Community Event

Join us at the fairgrounds for a neighborhood celebration featuring local organizations and family activities.

Miami Book Fair

A literary festival with workshops, family activities, and author talks.

Nov 16-23

Nov 28 - Dec 1

URGE Miami Thanksgiving Festival

A lively celebration of music, traditions, and community throughout Thanksgiving weekend.

