

JUNE 2025

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### 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:  
[Mary.Aquino@flhealth.gov](mailto:Mary.Aquino@flhealth.gov)

# June 1 World Cancer Survivor Day



Celebrating cancer survivors honors their courageous journey and highlights their deserving stories. Raising awareness of their ongoing physical, emotional, and financial challenges is essential for fostering support. To learn more, please visit the official website of [National Cancer Survivors Day](https://www.nationalcancersurvivorsday.org).



## Happy Summer

This summer, we wish for you and your family to cherish special moments and create lasting memories together. However, we also want to remind everyone that hurricane season is upon us. Stay prepared by visiting [miamidade.gov/hurricane](https://miamidade.gov/hurricane) and [ready.gov/hurricanes](https://ready.gov/hurricanes).





# June is Men's Health Month

National Men's Health Month raises awareness about the health issues that men face and encourage them to take steps to improve their well-being. Men live nearly 6 years less than women. We can all help men and families live longer and happier lives. To learn more, please visit [here](#).



## Wear BLUE Day: Friday June 13, 2025

Men's Health Week is June 9-15. Support men's health and help raise awareness about the concerns that men face, such as heart disease, mental health issues, and prostate cancer. Prevention includes making healthy lifestyle choices, keeping regular annual visits with the doctor, getting educated on heart disease or diabetes, starting general health conversations with their male friends, and much more.



Source: <https://wearblueformenshealth.com/>

## Alzheimer's & Brain Awareness

Signs of Alzheimer's and Dementia	Typical Age-Related Changes
Poor judgment and decision-making	Making a bad decision once in a while
Inability to manage a budget	Missing a monthly payment
Losing track of the date or the season	Forgetting which day it is and remembering it later
Difficulty having a conversation	Sometimes forgetting which word to use
Misplacing things and being unable to retrace steps to find them	Losing things from time to time

June is Alzheimer's and Brain Awareness Month. The goal is to highlight the signs of Alzheimer's and dementia and their connection to age-related changes.

If you recognize any of these signs noted in the chart, in a loved one, consult their medical provider for guidance and support.

Source: [https://www.alz.org/alzheimers-dementia/10\\_signs](https://www.alz.org/alzheimers-dementia/10_signs)

# Healthy Snack

## Chocolate Pudding

A delightful, low-sugar dessert that's a hit with both kids and adults, ideal for those warm summer nights!



### Ingredients:

- Greek yogurt (or yogurt of choice)
- 1 -2 Chocolate Jell-O Packet (s) or pudding packets
- Sugar-free Cool Whip
- Crushed Oreos or chocolate chips
- Drizzle of chocolate syrup or caramel syrup
- Different Flavor:
- Replacing the Jell-O or pudding packets for different flavor (strawberry or vanilla)

### Steps:

1. Start by adding the sugar-free cool whip and yogurt of choice in a bowl.
2. Add the Jell-O powder or Pudding powder and mix.
3. For added protein add protein powder for adults.
4. Crush up the cookies of choice and mix, then add some on top for decor.
5. Enjoy!



# NATIONAL SAFETY MONTH

June is National Safety Month, the annual observance to help keep each other safe from the workplace to anyplace. Some of the focus areas during this month include safety engagement, roadway safety, risk reduction, slips, trips, and falls. Visit the CDC's National Institute for Occupational Safety and Health (NIOSH) to learn more and stay up to date to stay safe this month and all year long.

Source: <https://www.nsc.org/workplace/national-safety-month>

# National CMV Awareness Month

June is National Cytomegalovirus (CMV) Awareness Month. About 1 out of every 200 babies is born with congenital CMV infection. Babies born with CMV can have brain, liver, spleen, lung, and growth problems. The most common long-term health problem in babies born with CMV infection is hearing loss. This may be detected soon after birth or may develop later in childhood. To learn more, click [here](#).

