



March 2023



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ATTENTION

We are currently accepting sub-
missions for our next newsletter!

For more information please

e-mail: Daria.Sims@FLHealth.gov

Healthy Pets

Take your pet out for physical activity too! Visit [Miami-Dade County Parks, Recreation and Open Spaces: Dog Parks](#) to find a pet friendly park near you. To learn more about pet health visit the [CDC](#).



MyPlate

Try this delicious [Baked Lemon Chicken](#) recipe for dinner. Visit [MyPlate](#) for this recipe and other healthier options to cook.



Health Equity Corner



The CDC launched the "[Quality and Access for Reproductive Health \(QARE\) Equity for Teens](#)" project in September 2020 to promote reproductive health for teens to increase health equity. The project is focused on Health Care Access and Quality which is one of the five Social Determinants of Health. QARE focuses on reproductive health

services which include contraception and sexually transmitted infection services. Community-level efforts to provide youth-friendly reproductive health services can support teens make healthy choices about relationships.



Florida Department of Health COVID-19 Testing Site & Vaccine Site Locator

[CLICK HERE](#)

CDC: About COVID-19

[CLICK HERE](#)

COVID-19

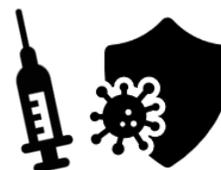
To find the most up-to-date information and guidance on COVID-19, please visit the CDC's website for COVID-19 guidance.

[Click Here](#)

For any other questions related to COVID-19 in Florida, please contact the Department's dedicated COVID-19 Call Center by calling **1-866-779-6121**. The Call Center is available **24 hours per day**. Inquiries may also be emailed to **COVID-19@flhealth.gov**

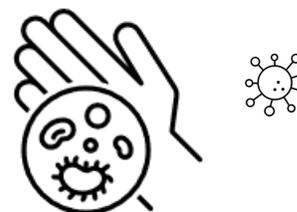
COVID-19 Information

- [Vaccination in Miami-Dade County](#)
- [Signs and Symptoms](#)
- [Travel](#)
- [Treatments and Medications](#)
- [Stay Up to Date with COVID-19 Vaccines Including Boosters](#)



Monkey Pox Information

- [Vaccination in Miami-Dade County](#)
- [Signs and Symptoms](#)
- [Prevention](#)
- [Treatment](#)
- [2022 U.S. Map & Case Count](#)
- [U.S. Monkeypox 2022: Situation Summary](#)



MPOX

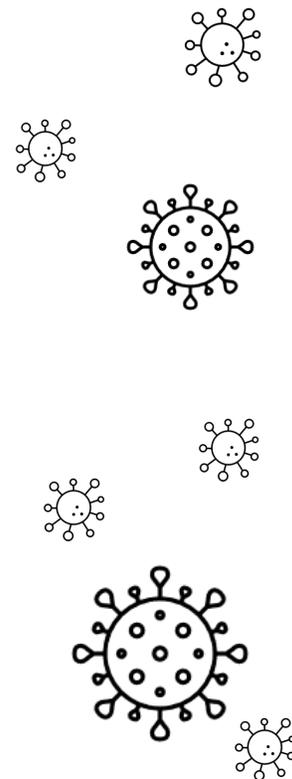
How is mpox spread?

mpox can spread to anyone through close, personal, often skin-to-skin contact, including

- Direct contact with mpox rash, scabs, or fluid from sores or saliva from a person with mpox.
- Touching objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with mpox.
- Contact with respiratory secretions.




www.cdc.gov/mpox



Resources

[SAGE Miami](#)

[Test Miami](#)

[Alliance for Aging Inc.](#)



Florida Department of Health in Miami-Dade County

SAGE Miami

SAGE Miami Services for LGBTQ+ Elders strives to ensure that individuals have the practical, financial, and social supports they need to age in place and live with dignity in Miami-Dade County. Our program is open to LGBTQ+ individuals ages 60+, and individuals who are Veterans, transgender or HIV positive ages 50+. We offer case management services including: **benefits and entitlements assistance, connections and reducing isolation, referrals to additional support services, and emergency financial support.** We currently have funds available for LGBTQ+ Elders in current financial distress: including one-time assistance with medical payments, rent, grocery gift cards, and household items.



FINANCIAL ASSISTANCE FOR LGBTQ+ ELDERS

NOW SERVING MIAMI-DADE COUNTY

SAGE CAN HELP YOU PAY FOR:

- ▶ HOUSING COSTS
- ▶ MOVING EXPENSES
- ▶ GROCERIES
- ▶ UNEXPECTED BILLS
- ▶ UTILITIES



CONTACT SAGE
MIAMI@SAGEUSA.ORG
 (786) 604 0082

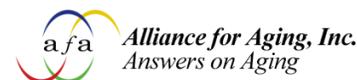
If you know anyone who would benefit from our free services, please call (786) 604-0082 or email miami@sageusa.org. We are happy to make presentations at community organizations. Please feel free to reach out with questions and referrals.

Alliance for Aging Inc.

Please join the Alliance for Aging, Inc. for our third in a series of webinars on the theme “Living Smarter and Aging Smarter”. The topic of “Your Safety and Security” will be discussed with industry experts and local officials.

This webinar and roundtable dialogue is sponsored by City National Bank and will feature experts from local and state government as well as the private banking industry. We are honored to have Older Adult, Equity and Engagement Officer Susan Holtzman, of Mayor Daniella Levine Cava’s office to moderate.

Registration is free and now open. Visit our [website](#) to stream this high-powered and informative webinar scheduled for March 30th at 1PM.



Resources

Drowning Prevention

Miami-Dade County Learn to Swim

Balloons Blow



Water Safety



The sun is out and the water is warm. Are you planning a spring break trip or an activity that involves water? Be sure to practice water safety with your family and friends to prevent unintentional injuries and drowning. According to the CDC, although anyone at any age can drown, the leading cause of death for children aged 1-4 years is drowning and Black/ African Americans have higher rates of death related drownings compared to White non-Hispanics. The CDC also reported, Black children ages 10-14 years drown at rates 7.6 times higher than White children in swimming pools. Lets have safe fun in the sun. To learn more facts about drowning, visit the CDC by clicking [here](#). To read about drowning prevention, click [here](#).

Environmental Beach Pollution and the Impact on Balloon Release



Did you know balloon releases are damaging the environment? Many people use balloon release as a ceremony or memorial for a loved one who past away. But what we didn't know is the after affect balloon releases have on the environment. Scientist have found balloon debris in our South Florida waters effecting aquatic and land animals like birds and sea turtles. If you are planning a memorial ceremony and would like to do a balloon release, look for safe environmental [alternatives](#). For more information on the impact balloon release have on the environment, 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