

# Consortium Connection

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## “Healthy Environment, Healthy Lifestyles, Healthy Community”

### Beat it! Ward off school back-to-school germs

**B**ack-to-school time is right around the corner. If you’re a parent that means many things: shopping for clothes, buying supplies and getting your kids back on schedule. But even if you don’t have children at home, you’re not immune. This is the time of year that signals the start of “germ season.”

Let’s face it, getting sick is never fun. You may miss work to care for sick family members – or get sick yourself. It’s important to be prepared for illnesses that spread through schools and households. Here are some steps we can all take to stay healthy:

**Wash and Sanitize Hands** – Especially before eating, after using the restroom and after being outside. Use soap and warm water for 20 seconds. (An easy way for kids to remember this is to sing the “Happy Birthday” song twice.) It’s also important to dry your hands with a paper towel. If soap and water aren’t available, use instant hand sanitizer – a great option for kids’ backpacks, or even your purse.

**Cover Coughs and Sneezes** – This will help prevent the spread of germs since one sneeze can spray up to 3,000 infectious droplets into the air. Cover your nose and mouth with a tissue and throw it away. If you don’t have a tissue, use the inner part of your sleeve at the elbow.

Adopt the **HYGIENIFY!**\* protocol to wash, wipe, sanitize – Three easy steps proven to help reduce the spread of cold and flu by 80 percent<sup>1</sup>.

Submitted by:

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#### Inside this issue:

Germ	1
Asthma/Member Announcements	2
Recipe/Health Observance	3
Events	4

# Asthma

**D**id You Know: Last school year, approximately 55,000 instructional hours were lost in Miami-Dade County Public Schools due to Asthma?



Asthma is one of the leading causes of absenteeism and the number of students with asthma is increasing. Approximately 1 out of 5 (21.4%) Miami-Dade County public middle and high school students had been diagnosed with asthma at some point in their life, and 1 out of 8 (12.8%) reported having had an asthma attack in the past year (Florida Youth Tobacco Survey, 2012). Learn more about Asthma in School-Aged Children in Florida.

## How can schools help?

Implementing robust school-based asthma management programs, starting in elementary school, can enable significant health and educational achievement gains for those students most in need. The Florida Asthma Coalition, in partnership with the American Lung Association in Florida and the Florida Department of Health, has developed an award to encourage and recognize schools that implement exemplary school-based asthma management programs. These are schools where administrators, staff, nurses, faculty, families, and clinical partners are working together to help students with asthma properly manage their disease and live active, normal lives. The coalition has mentors across the state ready to help schools through the application process. Visit the Florida Asthma Coalition's School webpage to sign-up for a mentor for your school and to learn more about the Florida Asthma-Friendly School Award.

**By: Jamie R. Forrest, MS**

*Asthma Epidemiologist - Florida Asthma Program*



## Member Announcements

**A**merican Diabetes Association is having a walk on September 21, 2013 at the Marlins Park. Any agencies that are interested in creating a team or fundraise for Diabetes can visit the website [www.diabetes.org/stepout](http://www.diabetes.org/stepout). They have all types of information for registration and fundraising. If you have any questions, you can also contact Veronica Nowell from the American Diabetes Association at 305.477.8999 Ext 3118 or email [vnowell@diabetes.org](mailto:vnowell@diabetes.org)

**N**obleHour- sponsored Sickle Cell walk/run is having a walk on September 28, 2013 starting at 7 am at Tropical Park 7900 SW 40th St, Miami FL 33155. To register or for more information visit <http://www.sicklecellmiami.org/eventsprograms/sickle-cell-5000>

# Delicious Summer Recipes!

## Passionate lemonade



**Ingredients:** makes 1- 8 oz. serving

1 packet Passionfruit Stevia,  
1 packet regular Stevia,  
½-1Lemon, squeezed, seeds re-  
moved  
8-12 oz. Pure H2O

**Preparation:** mix ingredients and enjoy!

“The extra calories in added sugars can make children feel full before they’ve had a chance to get the nutrients they need from other foods and also make it harder for children to grow at a healthy weight.”  
USDA.gov

**Rachael Richardson, RD, LD/N**  
[Miami Dietetic Association](#) Media/PR/  
Marketing Chair  
*Downtown Miami Health Foodie Coop*  
Founder-operator

## Lemon- lime sparkling

### Gingerade



**Ingredients:** makes approximately 8-1 cup servings

2 cups cold water  
1 cup fresh lime juice  
4 teaspoons chopped ground fresh ginger  
6-7 packs Stevia  
3 cups sparkling mineral water  
Lime slices optional

**Preparation:** Combine water, lime juice, and ginger in a blender; process until blended. Line a strainer with cheesecloth; strain over pitcher; discard solids. Add stevia to pitcher; stir. Add sparkling water just before serving. Serve over ice. Garnish with lime slices, if desired.

## Strawberry-Mint Aqua

### Fresca



**Ingredients:** makes approximately 36-40 oz. in total

4 cups water  
4-6 packs original Stevia  
6 cups strawberries (green tops cut off), washed  
1/8 cup fresh mint leaves, washed

**Preparation:** Combine water and stevia; stir until stevia dissolves. Combine strawberries, mint leaves and sweetened water in a blender, and process until smooth. Enjoy at room temperature or shaken with ice.

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## August is National Immunization Awareness Month

Vaccines (shots) help prevent dangerous and sometimes deadly diseases. National Immunization Awareness Month is the perfect time to promote vaccines and remind family, friends, and coworkers to get caught up on their shots. Vaccinations protect children from a wide variety of dangerous diseases.



It is never too late to catch up, even if your child is behind schedule. Immunizations are okay, even if you child has a minor illness.

The vaccine will be effective and will not make your child's illness worse.

# Upcoming Events



Jessie Trice Community Health Center, Inc.



## HEALTH FAIR

### Immunizations & Physicals

\$10.00 - Administrative fee for the immunizations

\$15.00 - Physical Exam (NO SPORTS, NO HEAD START)

\$5.00 PPD administration fee

Children 5 to 18 years ONLY

Cash/Credit card/debit accepted

**(NO INSURANCE ACCEPTED)**

**PLEASE BRING IMMUNIZATION RECORDS**

DENTAL SCREENING 0 to 5 years old and Head Start

**SATURDAY, AUGUST 17, 2013**

**9:00 am - 2:00 pm**

Jessie Trice Center  
5361 NW 22<sup>nd</sup> Avenue  
Miami, FL 33142  
(305) 637-6400

Immunizations are also being offered at:

Main Center - Children Wellness Center - Flamingo Center

Mondays - Fridays

2:00pm - 4:00pm daily

For additional information or to participate in the Consortium contact us at:

Tel: 305-278-0442

[www.healthymiamidade.org](http://www.healthymiamidade.org)