

# **Consortium Connection**

" Healthy Environment, Healthy Lifestyles, Healthy Community"

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2017 WORKSITE WELLNESS AWARDS NATIONAL MINORITY HEALTH MONTH THE AMERICAN CANCER SOCIETY

A NEW ERA IN GRANTMAKING

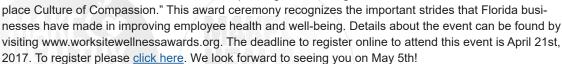
MARINATED ROCK SHRIMP RICE SALAD

QUICKS FACTS

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# THE 2017 WORKSITE WELLNESS AWARDS

The Consortium for a Healthier Miami-Dade invites you to attend the 2017 Florida Worksite Wellness Awards ceremony. The event will be held on Friday, May 5, 2017 at the InterContinental at Doral Miami Hotel, 2505 N.W. 87th Avenue, Doral, FL 33172. The annual Florida Worksite Wellness Awards presents an exciting opportunity to learn about successful worksite wellness programs throughout Florida. This year's keynote speaker, Isabel Alfonsin-Vittoria, MS, LMHC, CEAP, will be speaking on "Creating a Work-





# APRIL IS NATIONAL MINORITY HEALTH MONTH

National Minority Health Month began 100 years ago. In April 1915, Dr. Booker T. Washington proposed the observance of "National Negro Health Week." Health was the key to progress and equity in all other things, he argued: "Without health and long life, all else fails." The Health and Human Services Office of Minority Health leads the observance of National Minority Health month each year, and joins with federal, state, tribal, local and territorial partners across the country in calling for a renewed commitment to eliminate health disparities and achieve health equity.





# THROUGH THE NATIONAL BREAST AND CERVICAL CANCER EARLY



DETECTION PROGRAM.

IS CURRENTLY INVESTED IN

# ACCESS TO CARE

RESEARCH GRANTS.





# THE AMERICAN CANCER SOCIETY

The American Cancer Society helps nearly 1 million people touched by cancer each year get the help they need when and where they need it. Our cancer information specialists answer questions, provide information, and refer people to community resources 24 hours a day, 7 days a week, via phone (1-800-227-2345), email, and live online chats on cancer.org. We help patients and their families with their most pressing needs: getting rides to treatment, navigating the health care system and dealing with the side effects of treatment.

#### Why Relay For Life?

1 in 3 women and 1 in 2 men in the US will be diagnosed with cancer in their lifetime. One of those could be any of us or someone we love. When one joins a Relay For Life event, they are helping the American Cancer Society fund groundbreaking research, crucial patient care programs and education and prevention information, which helps saves lives!

Sources obtained from cancer.org



# Miami-Dade County

Office of Community Health and Planning 18255 HOMESTEAD AVE. MIAMI. FL 33157

Phone: (305) 278-0442

"Healthy Environment, **Healthy Lifestyle**, Healthy Community."

More than half of adults with arthritis (32 million) are of working age (18-64 years).

About 1 in 4 (54 million) adults have arthritis.

About half of adults with heart disease (49%) or diabetes (47%) have arthritis, as do one-third (31%) of those who are obese.

# Smoking Causes





# TAKE THEM OUT!

Sleeping in contacts increases the risk of eye infection up to 8 times. www.cdc.gov/contactlenses

## A NEW ERA IN GRANTMAKING

Health Foundation of South Florida's review of its grant policies and procedures led to an innovative community engagement format with

even greater opportunities to improve the health of residents and communities within Broward, Miami-Dade and Monroe Counties. Their new grant application process drives impactful grantmaking as it enables the foundation to effectively support the strong work and leadership of their grantees.

Health Foundation now offers funding opportunities on an ongoing basis. Some are open for a limited time with specific deadlines and others by invitation from a Foundation staff member. In addition, when applicants are developing their projects, they will have the guidance and support of the Foundation's program staff to discuss their project prior to final submission.

Funding opportunities are featured in the grants section of the HFSF website, www.hfsf.org. Eligibility requirements, information on the priority areas and a funding calendar providing an overview of opportunities and dates is available on their website.

Article submitted by Yasmin Dias Guichot, Program Officer at HFSF

HEALTH

of south florida

FOUNDATION

# MARINATED ROCK SHRIMP RICE SALAD

#### Ingredients:

2 cups steamed rice

1/4 cup green pepper, finely diced

1/4 cup cucumber, chopped

1/4 cup celery, diced

1/4 cup red onion, diced

1 pound rock shrimp, cooked and peeled

1/2 cup Italian vinaigrette dressing

4 medium tomatoes

romaine lettuce, shredded





#### Directions:

- 1, In a large bowl, combine all ingredients except tomatoes and lettuce.
- 2. Toss to coat well with dressing; cover and chill for 1 hour or overnight.

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- 3. Core the tomatoes and cut into wedges from the top to within 1/2 inch from base of tomato to make a cup.
- 4. Spoon shrimp rice salad into tomato centered on a bed of shredded lettuce.
- 5. Serve with additional vinaigrette dressing.



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# APRIL EVENTS CALENDAR

#### FAD OR FACT WEIGHT LOSS

**Location: Baptist Primary Care** Center at Galloway 7400 SW 87 Avenue Miami, FL 33173

Time: 6:00 PM - 7:00 PM

### ZIKA VIRUS 2017 DISCUSSION: PREVENTION, RESPONSE AND **RESEARCH**

**Location: West Kendall Baptist** Hospital - 9555 SW 162 Avenue **Miami, FL 33196** 

Time: 6:30 PM - 8:00 PM

#### **MORNING MEDITATION -RESTORATIVE YOGA**

**Location: Miami Cancer** Institute - 8900 North Kendall Drive Miami, FL 33176 Time: 10:00 AM - 11:00 AM

#### **QUIT SMOKING NOW (QSN)**

**Location: Miami Cancer** Institute - 8900 North Kendall Drive Miami, FL 33176 Time: 10:00 AM - 11:00 AM

### 22 MIAMI DOLPHINS FAMILY FEST **SAVE THE DATE!**

Location: Nova Southeastern University 7500 SW 30 Street **Davie, FL 33314** Time: 11:00 AM - 2:30 PM

**DIABETES BEYOND THE BASICS** 

**Location: Baptist Medical Arts Building - 8950 North Kendall** Drive Miami, FL 33176 Time: 9:00 AM - 12:00 PM