

Consortium Connection

"Healthy Environment, Healthy Lifestyles, Healthy Community"

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INSIDE THIS ISSUE

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

- A NEW ERA IN GRANTMAKING
- MARINATED ROCK SHRIMP RICE SALAD
- QUICKS FACTS
- EVENTS CALENDAR



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 Workplace Culture of Compassion." This award ceremony recognizes the important strides that Florida businesses have made in improving employee health and well-being. Details about the event can be found by visiting www.worksitewellnessawards.org. The deadline to register online to attend this event is April 21st, 2017. To register please [click here](#). We look forward to seeing you on May 5th!

Florida
**worksite
wellness**
AWARDS



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.



MORE THAN
4.6 MILLION
WOMEN IN NEED
HAVE BEEN HELPED SINCE 1991
THROUGH THE NATIONAL BREAST
AND CERVICAL CANCER EARLY
DETECTION PROGRAM.



WE HAVE INVESTED
MORE THAN
\$4.3 BILLION
IN RESEARCH SINCE 1946.
IN FLORIDA, NEARLY
\$11 MILLION
IS CURRENTLY INVESTED IN
RESEARCH GRANTS.



ACCESS TO CARE
IN 2014,
CANCER
PATIENTS
RECEIVED
MORE THAN



28,984

RIDES TO AND FROM TREATMENT.



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 save lives!

Sources obtained from cancer.org



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

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

QUICK FACTS

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.

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.
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.



Smoking Causes Immediate Damage to Your Body.

TIPS FROM FORMER SMOKERS

Learn More >

TAKE THEM OUT!

Sleeping in contacts increases the risk of eye infection up to 8 times.



www.cdc.gov/contactlenses

APRIL EVENTS CALENDAR

3	<p><u>FAD OR FACT WEIGHT LOSS</u> Location: Baptist Primary Care Center at Galloway 7400 SW 87 Avenue Miami, FL 33173 Time: 6:00 PM - 7:00 PM</p>	4	<p><u>ZIKA VIRUS 2017 DISCUSSION: PREVENTION, RESPONSE AND RESEARCH</u> Location: West Kendall Baptist Hospital - 9555 SW 162 Avenue Miami, FL 33196 Time: 6:30 PM - 8:00 PM</p>	7	<p><u>MORNING MEDITATION - RESTORATIVE YOGA</u> Location: Miami Cancer Institute - 8900 North Kendall Drive Miami, FL 33176 Time: 10:00 AM - 11:00 AM</p>
12	<p><u>QUIT SMOKING NOW (QSN)</u> Location: Miami Cancer Institute - 8900 North Kendall Drive Miami, FL 33176 Time: 10:00 AM - 11:00 AM</p>	22	<p><u>MIAMI DOLPHINS FAMILY FEST SAVE THE DATE!</u> Location: Nova Southeastern University 7500 SW 30 Street Davie, FL 33314 Time: 11:00 AM - 2:30 PM</p>	29	<p><u>DIABETES BEYOND THE BASICS</u> Location: Baptist Medical Arts Building - 8950 North Kendall Drive Miami, FL 33176 Time: 9:00 AM - 12:00 PM</p>