A Message from the Elder Issues Committee
David Saltman & Micheal Pearson
The Elder Issues Committee/ Mayor’s Initiative on Aging is the go to networking opportunity for elder care providers in Miami-Dade. The committee’s membership includes leaders from across industry and organizations that support the elder community. The committee regularly has presentations about issues and solutions for our older adult population. The fastest growing sector of our population is adults over the age of 65, and we are committed to being a strong voice for Miami-Dade’s incredibly diverse aging population.

2017 Holiday Hacks
The Centers for Disease Control and Prevention
Tis the season for family, festivity, and food—lots of food. Temptations are everywhere, and parties and travel disrupt daily routines. What’s more, it all goes on for weeks.

• Have pumpkin pie instead of pecan pie. Even with a dollop of whipped cream, you’ll cut calories and sugar by at least a third.

• Break physical activity up into smaller chunks so it fits into your schedule, like walking 10 minutes several times a day.

• Schedule some “me” time every day—a nap, dog walk, or hot bath to get your energy back for the next celebration.

Deep Dish Apple Cranberry Pie
Cranberries and apples are the perfect combination for this delicious homemade dessert.

Ingredients:
4 apples (large, peeled, cored, and sliced)  
2 1/2 cups cranberries (fresh or frozen)  
3/4 cup sugar  
1/4 cup flour (all purpose)  
1 teaspoon apple pie spice  
1 pie crust (prepared)

Directions
1. Stir all ingredients (except for the pie crust) together in a medium sized mixing bowl and place in a 10-inch deep dish pie pan.
2. Place one pie crust on top of the fruits. Cut 3 or 4 slits to allow the steam to escape.
The 11th Annual Tobacco Prevention Summit

On November 3, 2017, in collaboration with the City of Hialeah Department of Parks and Recreation the Florida Department of Health in Miami-Dade County along with the Miami-Dade Tobacco-Free Workgroup and the Students Working Against Tobacco supported the Eleventh Annual Tobacco Prevention Summit. The event was well attended with over 1,500 attendees including youth from six neighboring municipality parks. The event focused on educating youth and adults in the county about the dangers of tobacco consumption, secondhand smoke exposure and electronic nicotine delivery systems.

Holiday Food Safety

With the holiday season fast approaching, the Florida Department of Health is encouraging Floridians to keep food safe by practicing basic food safety measures while preparing meals. The department recommends the following for reducing the chances of food contamination: **Clean, Cook to Proper Temperature, Chill, Separate.**

[Click here](#) to find out more.

Happy Hanukkah    Jwaye Nwell
Season’s Greetings
Feliz Navidad    Feliz Año Nuevo

Join the Consortium For A Healthier Miami-Dade

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