September 2018

Suicide Prevention

September is National Suicide Prevention Month. Every year, The National Suicide Prevention Lifeline works to combat suicide through suicide prevention and the encouragement of actions that promote healing, help, and hope. Overall, suicide is rising across the U.S. and is a public health problem that impacts individuals of all ages. However, it is important to emphasize the fact that suicide can be prevented. Suicide is usually the result of multiple risk factors. Knowing the warning signs and where to go to get help, can potentially prevent suicide in your community.

The #BeThe1To Movement has created a five-step action plan for communicating with someone who may be suicidal. Use these steps so that you can Be The 1 To:

1. Ask: “Are you thinking about suicide” and then genuinely listen.
2. Keep Them Safe: Have they attempted before? Do they know how they would kill themselves? Do they have a date and plan? Do they have access to their planned method?
3. Be There: Show support for the person at risk and follow through with the way in which you say you will support.
5. Follow Up: Check up on how they are doing.

Sources: suicidepreventionlifeline, bethe1to

Alzheimer’s Affects All

Alzheimer’s Disease is a debilitating illness that not only affects the individual, but also the individual’s family. This disease is a form of dementia which is characterized by memory loss, confusion, difficulty speaking along with other symptoms. Someone who is suffering from this dementia may lose control bodily functions as a result of changes in the brain for example. This causes the individual to lose their independence and overall quality of life.

It is important to adopt a healthy diet and exercise routine to reduce the risk of developing Alzheimer’s and also mitigate the effects of the disease for those who already have it. These practices help to maintain and improve brain functioning.

Factors that contribute to poor memory:
1. Stress
2. Menopause
3. Lack of sleep
4. Smoking
5. Certain medications

Factors that have a positive role in memory:
1. Vitamin B12
2. Exercise
3. Your gut health
4. Vitamin D
5. Green Tea

The Consortium’s 15th Anniversary celebration takes place on September 14th. Click the image below to learn more.

Sources: Alzheimer’s Association, Mercola
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

Join the Consortium For A Healthier Miami-Dade!

Healthy Environment, Healthy Lifestyles, Healthy Community

New Medicare Card Highlights Announced at Elder Issues Committee Meeting

From Left to right: Renard L. Murray, D.M., Administrator CQISCO (CMS), Elder Issues Vice-Chair- Cindy Brown (Lambda Living), Mayor Carlos A. Giménez, Tori Buse Arvesa (Senior Advocate), EIC Chair- Michael M. Pearson (Alzheimer's Association), and April Washington (CMS).