

Bounty of Health

Resource Guide



Check back of booklet for additional resources!

Acknowledgements

The Consortium for A Healthier Miami-Dade is pleased to present the Bounty of Health Resource Guide. We encourage you to use this guide to learn more about the organizations and non-profits that serve the local community. In this guide you will find programs and initiatives that range from healthy aging to nutrition services and health care.

We recognize that one agency cannot do all the work and that it takes a community approach to fulfill our mission to be a major catalyst for healthy living while also generating sustainable policy, environmental, and system changes throughout Miami-Dade County.

The Consortium for A Healthier Miami-Dade would like to acknowledge the contributions of our partners and FDOH Programs for their support for this event. Special thanks goes to the Miami-Dade Police Department South Operations - South District Neighborhood Resource Unit, the Richmond Perrine Optimist Club, and Farm Share Inc. for their generosity and support for our drive-thru food distribution event.

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ALLIANCE FOR AGING, INC.

www.AllianceforAging.org

The Alliance for Aging offers a variety of programs and services that enhance the quality of life for residents of Miami-Dade and Monroe Counties. We advocate, plan, coordinate, develop and deliver services for adults aged 60+, adults aged 18+ with disabilities, and family caregivers. Services include:



- Helpline
- SHINE Medicare Counseling
- Health & Wellness programs
- Home and Community based services (such as meals, adult day care, personal care, legal help and transportation) are provided to older people through a network of local agencies in the community.

ALZHEIMER'S ASSOCIATION

800.272.3900 • alz.org

The Alzheimer's Association® is the leading voluntary health organization in Alzheimer's care, support and research. The Association's mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Its vision is a world without Alzheimer's disease.

alzheimer's association®

800.272.3900 | alz.org

- Alzheimer's Association 24/7 Helpline (800.272.3900)
- Virtual Support Groups
- Virtual Early-stage social engagement programs
- Virtual Education programs
- And much more



AMBETTER FROM SUNSHINE HEALTH

Ambetter.Sunshinehealth.com



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FROM |  **sunshine health.**

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* Consult a tax professional to understand any possible tax implications for the My Health Pay® program. Funds expire immediately upon termination of insurance coverage. Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all members. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact us at 1-877-687-7669 (Relay Florida 1-800-955-8776) and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.
** \$0 copays are for in-network medical care. \$0 Telehealth copay does not apply to plans with Health Savings Accounts (HSAs) until the deductible is met. Ambetter does not provide medical care.
Ambetter from Sunshine Health is underwritten by Celtic Insurance Company, which is a Qualified Health Plan issuer in the Florida Health Insurance Marketplace. Celtic Insurance Company complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. This is a solicitation for insurance. © 2020 Celtic Insurance Company. All rights reserved. Si usted, o alguien a quien está ayudando, tiene preguntas acerca de Ambetter from Sunshine Health, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-877-687-7669 (Relay Florida 1-800-955-8776). Si ommerni, oibiyen yon meyan w ap ede, gen leigun nosa la fermen pidi nos Ambetter from Sunshine Health, cu gen loaf, des pos w jwerni id ak enformasyon nan lang kreolman w san sa pa kòde w anjén. Pou w pale arek yon entèpret, sonnen nivoewo 1-877-687-7669 (Relay Florida 1-800-955-8776). AMBEO-NA-C-00076
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AMERICAN HEART ASSOCIATION

<https://www.heart.org/en/affiliates/florida/south-florida> • 954-365-5000

Our mission is to be a relentless force for a world of longer, healthier lives. Founded in 1924, the American Heart Association has long been a force for good in communities. Our work has led to breakthroughs in science, advances in public policy and a broad awareness around cardiovascular disease and its prevention. Our services include:



- Get with the Guidelines-evidence-based practices
- CPR certifications
- Medical research
- Simple Cooking with Heart Classes
- EmPowered to Serve education
- Health advocacy
- Outreach and survivor events

BAPTIST HEALTH SOUTH FLORIDA

Events.BaptistHealth.net • newsroom.baptisthealth.net/ • 1-833-692-2784

Baptist Health South Florida is the largest healthcare organization in the region, with 11 hospitals, more than 23,000 employees, 4,000 physicians and 100 outpatient centers, urgent care facilities and physician practices spanning across Miami-Dade, Monroe, Broward and Palm Beach counties. Baptist Health has internationally renowned centers of excellence in cancer, cardiovascular care, orthopedics and sports medicine, and neurosciences. In addition, it includes Baptist Health Medical Group; Baptist Health Quality Network; and Baptist Health Care On Demand, a virtual health platform.



CITRUS FAMILY CARE NETWORK

www.CitrusFCN.com

Citrus Family Care Network is the Community Based Care Lead Agency for child welfare services in Miami-Dade and Monroe Counties. As Lead Agency, Citrus FCN manages foster care and related services, including:



- Child Abuse Prevention & Intervention
- Protective Supervision
- Intake
- Adoptions
- Foster Parent Recruitment & Licensing
- Foster Care Placement
- Extended Foster Care & Independent Living



CLINICAL PHARMACOLOGY OF MIAMI

305-817-2900

We are a Phase 1 Clinical Research Facility and part of Evolution Research Group. We conduct various Clinical Trials while serving our communities and ensuring we improve the efficacy of today's medications and treatments. We conduct clinical trails in different areas such as:



- Hepatic Impairment
- Renal
- Healthy Individuals
- Type 1 and 2 Diabetes
- Fatty Liver
- Obesity
- NASH (Non-alcoholic Steatohepatitis)

COMMUNITY CARE PLAN

www.CCPHealthyKids.com • 1-866-930-0944

Community Care Plan (CCP), the health plan with a heart, is owned by Broward Health and Memorial Healthcare System. Community Care Plan serves more than 100,000 members in Florida Healthy Kids, Medicaid; commercial, self-insured employee health plans; and sponsored programs. In addition to the standard covered benefits (doctor visits, checkups, hospital stays, surgeries, vaccinations, prescriptions, emergency services, etc.) for as low as \$15 to \$20/month, CCP provides its Florida Healthy Kids' members with the following value-added services:



- Enroll in water safety classes
- Get transportation for medical and dental preventive services
- Choose provider house calls when necessary
- Get access to healthy behavior coaching
- Take advantage of zero copays for sports/school physicals
- Participate in a weight management program (ages 5 to 18)
- And much more

CONSORTIUM FOR A HEALTHIER MIAMI-DADE

<https://www.healthymiamidade.org/> • (305) 278-0442

The Consortium For A Healthier Miami-Dade's mission is to strive to be a major catalyst for healthy living in Miami-Dade through the support and strengthening of sustainable policies, systems and environments. The Consortium is comprised of over 400 organizations, all united by the common belief that through collaboration and prevention-focused initiatives, Miami-Dade County residents can live longer, happier and healthier.



EPILEPSY FLORIDA

www.epilepsyfl.com • 1-877-553-7453

Epilepsy Florida is a nonprofit organization dedicated to supporting the more than 470,000 people impacted by epilepsy in Florida by confronting the spectrum of challenges created by seizures. Services include:



- Care Coordination
- Community Educational Presentations
- Family Weekend Retreats
- Health Literacy
- In Person Assistance at any of our office locations
- Individualized Case Management
- Legislative and School Advocacy
- Information and Referrals
- Medical & Diagnostic Services
- Medication Assistance
- Networking/Social Events
- Seizure First Aid Training
- Seizure Response Dog Fund
- Summer Camp Program-Camp Boggy Creek
- And much more!



FARM SHARE, INC.

www.farmshare.org/ • (305) 246-3276

Farm Share was established in 1991 based on the simple idea to distribute fresh food Free of Charge to families, children, seniors and individuals in need throughout Florida. To accomplish this task, Farm Share partners with more than 2,000 food pantries, churches, schools and other nonprofits throughout Florida to distribute food every single day (Farm Share, 2020).

Farm Share, Inc. This institution is an equal opportunity provider.



FLORIDA DEPARTMENT OF HEALTH IN MIAMI-DADE COUNTY: DENTAL PROGRAM

<http://miamidade.floridahealth.gov/> • (305) 575-3800

The Dr. Rafael Peñalver Dental Clinic is a state of the art facility that offers high quality dental services to the community. The clinic is fully staffed by Department of Health employees. The services are low-cost and are based on Medicaid rates. Our services include:



- Dental Exams
- Cleanings
- X-Rays
- Fluoride Treatments
- Dental Fillings
- Extractions (surgical and non-surgical)
- Sealants
- Oral Hygiene Instructions
- Emergency Dental Treatment

FLORIDA DEPARTMENT OF HEALTH IN MIAMI-DADE COUNTY:
PREVENTATIVE SERVICES

<http://miamidade.floridahealth.gov/> • 305-470-5620

We have several unique programs which offer education, screening and treatment:

PREVENTIVE SERVICES

- *Family Planning* - Information on baby spacing, abstinence, avoiding sexually transmitted diseases or infections (STDs or STIs), pregnancy testing and birth control methods.
- *Prenatal Care* - to help mom and baby have a healthy pregnancy.
- *Breast & Cervical Cancer Early Detection Program* - Clinical Breast Exam, Mammogram, Pelvic Exam, and Pap smear. Treatment, if needed is provided.
- *Seals on Wheels Mobile Dental Program* - A school-based dental sealant program which helps reduce oral health disparities amongst children.
- *School Health* - The School Health Program provides school health services for students during their school years Pre-K through 12th grade.

FLORIDA DEPARTMENT OF HEALTH IN MIAMI-DADE COUNTY:
PUBLIC HEALTH PREPAREDNESS

<http://miamidade.floridahealth.gov/> • 305-324-2400

The Public Health Preparedness Program (PHPP) coordinates planning and preparedness activities for all-hazards public health emergencies for the Miami-Dade County Health Department (MDCHD). Public health emergencies are events or disasters that threaten the health of communities or groups of people.



FLORIDA DEPARTMENT OF HEALTH IN MIAMI-DADE COUNTY:
STD/HIV PREVENTION & CONTROL PROGRAM

<http://miamidade.floridahealth.gov/> • 305-324-2400

The Sexually Transmitted Disease (STD) Prevention and Control Program works to reduce rates of sexually transmitted diseases by providing the following services:



- Education for those who are at risk
- Detection of infection
- Diagnosis and treatment of persons who are infected
- Evaluation, treatment, and counseling of sex partners of persons with a Sexually Transmitted Disease (STD)

HEALTH COUNCIL OF SOUTH FLORIDA

<https://www.healthcouncil.org/about> • (305) 592-1452

The Health Council of South Florida (HCSF) is the preferred partner for strategic and community-based planning, providing substantial benefits to the residents and health care providers in Miami-Dade and Monroe counties.



- Data & Health Planning Analysis
- Program Evaluation
- HIV/AIDS Program Services
- Program & Fiscal Management
- Training Facilitation

HEALTHY START COALITION OF MIAMI-DADE

www.hscmd.org • (305) 541-0210

The Healthy Start Coalition of Miami-Dade (HSCMD) is a community based non-profit organization statutorily designated and funded by the State of Florida Department of Health (FDOH) and the Agency for Health Care Administration (AHCA) to serve as Miami-Dade County's prenatal and infant care coalition. HSCMD partners with local community-based organizations and healthcare professionals to plan, coordinate, and provide high quality health and education services to women of childbearing age, children from newborn to age three, and their families.



LIBERTY DENTAL PLAN OF FLORIDA, INC.

www.libertydentalplan.com • 1-833-276-0850

LIBERTY is a privately held corporation committed to providing quality, innovative and affordable dental benefits. Liberty Dental's focus is on member satisfaction, as reflected by our key phrase "Making members shine, one smile at a time".



- Emergency dental services
- Interpreter/Translation services
- Tele-dentistry
- Community Outreach to promote Oral and Overall Health
- Dental services for children and adults, including those with developmental disabilities and special needs.
- Special education is also provided to pregnant women



MAYOR'S INITIATIVE ON AGING

<http://www.miamidade.gov/mayor/aging.asp> • 305-375-5648

The Mayor's Initiative on Aging provides resources and information on programs and activities for seniors throughout the County. The Initiative assists in coordinating educational forums for elders and professionals, health and fitness fairs to promote wellness and safety among older adults, hurricane preparedness education and kit distribution.



MAYOR'S INITIATIVE ON AGING

METRO MOMMY AGENCY

www.metromommyagency.com

Metro Mommy Agency provides continuous labor support, childbirth education and lactation services for expectant families to ensure a healthy pregnancy, positive childbirth and successful breastfeeding experience. We empower and teach parents during pregnancy, birth, and the postpartum period so they are fully equipped to build their family with confidence. Services offered:



- Childbirth Education
- Parenting Education
- Meal Planning & Nutrition Support
- Birth Doula Support
- Postpartum Doula Support
- Breastfeeding Education

MIAMI-DADE AREA HEALTH EDUCATION CENTER, INC.

<https://www.mdahec.com/> • (305) 994-9268

Miami-Dade AHEC is a public non-profit organization that strives to create innovative and highly interactive community-based health education programs. Our programs and services stay true to our mission, leverage community partnerships, and engage in workforce development. We provide FREE health education for community members, providers/healthcare workers, and students on the following topics:



- Diabetes Empowerment Education Program (how to manage and live well with diabetes)
- Alzheimer's Workforce Education and Training (Free continuing education credits for providers)
- Colorectal Cancer (Free at-home FIT testing kit)
- Prostate Cancer (Referral provided for testing as needed)
- Tobacco Prevention and Cessation (Free Nicotine Replacement Therapy)

MIAMI-DADE WOMEN INFANTS AND CHILDREN PROGRAM

miamidadewic.org

Miami-Dade WIC provides healthy food, nutrition education, breastfeeding support, and family resources to more than 60,000 women, infants, children, and families in Miami-Dade County. If you're pregnant, recently postpartum, or a caretaker of a child under age five, you can get personalized support for you and your family at one of our 15 WIC centers located throughout the county.



NICKLAUS CHILDREN'S HOSPITAL—GIVE ME 5 CAMPAIGN

www.nicklauschildrens.org/patient-and-family-resources/health-and-safety-information

GiveMe5 is the Nutrition Community outreach program of Nicklaus Children's Hospital. This program aims to educate on the importance of eating 5 fruits and vegetables a day, and to increase access to fresh fruits and vegetables in underserved communities.



OFFICE OF COMMUNITY HEALTH AND PLANNING

<http://miamidade.floridahealth.gov/>

The Office of Community Health and Planning (OCH&P), houses programs that provide a comprehensive, community-based approach to health promotion and wellness services which are designed to reduce major behavioral risk factors associated with chronic diseases. This office aims to enhance skills, knowledge, motivation, and opportunities for individuals, organizations, health care providers, small businesses, health insurers, and communities to develop and maintain healthy lifestyles.



- Chronic Disease Prevention, Community Health Action Team (CHAT)
- Consortium for a Healthier Miami -Dade
- Tobacco Prevention and Control Program
- Worksite Wellness
- Healthy Start Data Management (HSDM)



STAYWELL HEALTH PLANS

WellCare.com • at 1-866-334-7927

Staywell Health Plan (Staywell) provides health care and long-term care services to people who qualify for Florida Medicaid. Florida's Medicaid program is called the Statewide Medicaid Managed Care (SMMC) Program. Staywell offers the following types of plans in the SMMC program:



- **Managed Medical Assistance (MMA):** Provides health care services like doctor visits and emergency care and covers prescription drugs
- **Long-Term Care (LTC):** Provides long-term care services, such as nursing facility services and home and community-based services
- **Specialty:** Similar to MMA, but with specialized care for members with serious mental illness (SMI).

Some members have both MMA and LTC plans. This means that Staywell covers both health care and long-term care services for these members. Staywell also offers valuable programs and support. This includes extra benefits.

URBAN OASIS PROJECT, INC.

www.urbanoasisproject.org

Urban Oasis Project is a local nonprofit that has been growing the local food movement since 2008. Our goal is to make fresh local food accessible and available to all. We grow healthy communities, build gardens & farmers markets. Order now online for safe pick up or delivery. We Double your EBT dollars spent on FL fresh foods!



VITAS HEALTHCARE

www.vitas.com

VITAS Healthcare is the leading provider of end-of-life care since 1978. Hospitals, health systems, physicians and other healthcare professionals partner with us to provide the best care for their patients. Our Interdisciplinary Team is composed of physicians, nurses, social workers, therapists, hospice aides, chaplains, bereavement specialists, and volunteers. We provide healthcare, emotional, and spiritual support to patients and their families - bringing services to their home, whether a private residence, long-term care community, or nursing home. VITAS operates six Inpatient Units in Miami-Dade, including their newest in Med Square Kendall in Miami-Dade. Our services include:



- Hospice Care
- Palliative Care
- Respite Care
- Comfort Care
- Inpatient Units
- Telecare
- Charitable Care
- Home Medical Equipment
- Spiritual and Emotional Support
- Bereavement Counseling/Support Groups
- Veterans Program
- And much more

WELLMED CHARITABLE FOUNDATION CAREGIVER SOS

www.wellmedcharitablefoundation.org • 1-866-390-6491

The WellMed Charitable Foundation offers a variety of programs that directly serve seniors and their caregivers across Texas and Florida with a special emphasis on wellness, prevention and living with chronic illness. In addition, the foundation has contributed millions to non-profit partners who serve the senior and caregiver population.



- Social Responsibility
- Caregiver SOS
- Senior Activity Centers



CONSORTIUM FOR A HEALTHIER MIAMI-DADE MEMBERSHIP FORM

Consortium membership is free and open to all individuals who share the vision, mission and goals of the Consortium. If you are interested in becoming a member of the Consortium, please simply fill out the form below.

I am a* New Member Renewing Member

First Name* _____ Last Name* _____

Credential _____

Company/Org Name* _____

Position/Title* _____

Address 1* _____

City* _____ State* _____ Zip Code* _____

Email Address* _____

Phone Number 1* _____ Phone Number 2 _____

Fax Number _____ Are you a Student?* Yes No

Type of Organization:* Government Academic Healthcare NonProfit ForProfit Other

COMMITTEES:

The Consortium is comprised of the seven (7) committees listed below. Each committee works collaboratively with public and private partners to plan various initiatives targeted to specific groups in an effort to address leading health issues affecting Miami-Dade residents. Please select the committee(s) you are interested in becoming a member of and the type of membership you would like.

Committee 1*: Children Issues/Oral Health Elder Issues/Mayor's Initiative on Aging
 Health and the Built Environment Health Promotion and Disease Prevention
 Marketing and Membership Tobacco-Free Workgroup Worksite Wellness
 Active Member Member at Large

Committee 2 (Optional): Children Issues/Oral Health Elder Issues/Mayor's Initiative on Aging
 Health and the Built Environment Health Promotion and Disease Prevention
 Marketing and Membership Tobacco-Free Workgroup Worksite Wellness
 Active Member Member at Large

Committee 3 (Optional): Children Issues/Oral Health Elder Issues/Mayor's Initiative on Aging
 Health and the Built Environment Health Promotion and Disease Prevention
 Marketing and Membership Tobacco-Free Workgroup Worksite Wellness
 Active Member Member at Large

*REQUIRED INFORMATION

By signing this membership agreement, I agree to work collaboratively with the above-selected committee(s) of the Consortium to organize effective county-wide initiatives to promote healthy lifestyles and enhance the quality of life of Miami-Dade County residents.

Print Full Name _____ Signature _____ Date _____

Please fill out and mail form to the **Office of Community Health and Planning**,
 18255 Homestead Avenue • Miami, FL 33157

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



cdc.gov/coronavirus

3/10/20 August 6, 2020 7:30 PM



Scan to access:
Virtual Health Education Sessions Video
Event evaluation
MyPlate information

