



October 2016

Wellness Watch

Providing Miami-Dade County Employees with the Latest Wellness News, Programs and Events

Powered by 

FALL INTO WELLNESS FAIR

CELEBRATES COMMUNITY AND AUTUMN
PRESENTED BY MAYOR CARLOS A. GIMENEZ

Join us October 14, 2016 from 9 am-2 pm for the annual "Fall Into Wellness Fair" at the Stephen P. Clark Center. This year's fair is all about harvest! You can expect pumpkins, fun activities with an autumn twist and a large farmer's market providing a bounty of fresh produce! The Fair will also bring back the United Way kick-off, biometric screenings from AvMed, a variety of merchants showcasing their products and services, food trucks, entertainment and fun for the entire family. Plus, remember to dress up for the costume contest. For more details, email wellnessworks@miamidade.gov.

BREAST CANCER AWARENESS MONTH

October is National Breast Cancer Awareness Month. Other than skin cancer, breast cancer is the most common cancer among American women. Getting mammograms regularly



can lower the risk of dying from breast cancer. Mayo Clinic supports screening beginning at age 40 because screening mammograms can detect breast abnormalities early in women in their 40s. If you are 40 to 49 years old, talk to your doctor about when to start and how often to get a screening mammogram.

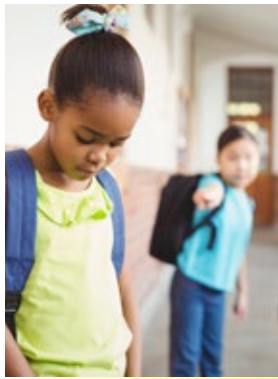
Are you worried about the cost? If you have a Miami-Dade County AvMed health plan, an annual screening is covered by your insurance. If you haven't had your screening yet this year, the mobile mammogram clinic will be offering screenings every Thursday in the month of October at the Stephen P. Clark Center.

For more details, review the flyer in the link below, or contact Vanessa Ortega with Community Advocacy at ortegav@miamidade.gov, 305-375-4478. <http://www.miamidade.gov/advocacy/library/mammogram-flyer.pdf>



TIME TO GET YOUR FLU SHOT

The CDC recommends that everyone aged 6 months or older receive a flu vaccine every year, by the end of October if possible. However, CDC continues to recommend that influenza vaccination efforts continue as long as influenza viruses are circulating in the community. Miami-Dade County will be offering flu vaccinations at several of the County departments throughout the month of October. Please contact wellnessworks@miamidade.gov for additional details about the dates and locations. Source: www.cdc.gov/flu



HOW TO TALK ABOUT BULLYING

- Talk about what bullying is and how to stand up to it safely. Tell kids bullying is unacceptable. Make sure kids know how to get help.
- Keep the lines of communication open. Check in with kids often. Listen to them. Know their friends, ask about school, and understand their concerns.
- Encourage kids to do what they love. Special activities, interests, and hobbies can boost confidence, help kids make friends, and protect them from bullying behavior.
- Model how to treat others with kindness and respect.

Talk about how to stand up to kids who bully.

Give tips, like using humor and saying “stop” directly and confidently. Talk about what to do if those actions don’t work, like walking away. Talk about strategies for staying safe, such as staying near adults or groups of other kids. Urge them to help kids who are bullied by showing kindness or getting help. Watch the short ‘webisodes’ and discuss them with kids.

Source: <http://www.stopbullying.gov/prevention/talking-about-it/index.html>

OCTOBER EVENTS

Date	Time	Event	Location	Link
Sunday, October 16, 2016	Check website for event schedule and time	FiredUp5K!	Ronald L. Book Stadium/FIU North Campus, 2555 NE 151st Street, North Miami Beach, Fla. 33160	http://www.active.com/north-miami-beach-fl/running/distance-running-races/firedup5k-2016
Sunday, October 16, 2016	Check website for event schedule and time	2016 Key West Halloween Half Marathon & 5K	Schooner Wharf 202 William St Key West, FL 33040	http://www.active.com/key-west-fl/running/distance-running-races/key-west-halloween-half-marathon-and-5k-2016
Sunday, October 23, 2016	Check website for event schedule and time	IRONMAN 70.3 Miami 2016	Bayfront Park 301 Biscayne Blvd Miami, FL 33172	http://www.active.com/miami-fl/triathlon/races/ironman-70-3-miami-2016
Sunday, October 23, 2016	7:30 am	down2earth 5k-10k- half marathon Trail Run	Amelia Earhart Park, 401 East 65th Street, Hialeah, Fla. 33012	http://www.active.com/hialeah-fl/running/distance-running-races/down2earth-5k-10k-half-marathon-trail-run-2016-19152132



HEALTHY SELFIE

Claudia P. Guerra,
Intelligence Analyst

Miami-Dade Police Department

Have you made fitness part of your lifestyle? Send us a picture of you participating in your favorite type of exercise and you will be entered to win a prize. Email photos to wellnessworks@miamidade.gov.

PUMPKIN APPLESAUCE BREAD



For the bread:

- 1 1/2 cups whole wheat flour
- 1 tablespoon pumpkin pie spice
- 1 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/2 teaspoon salt
- 2 eggs
- 1 heaping cup pumpkin puree
- 1/2 cup unsweetened applesauce
- 1/2 cup honey
- 1 teaspoon vanilla extract

For the streusel topping:

- 1/4 cup oats (use old-fashioned)
- 1/4 cup brown sugar (not packed)
- 2 tablespoons butter, melted
- 1 tablespoon flour (use whole wheat but any kind is fine)

Instructions

1. Preheat the oven to 350. Spray a 9x5 bread pan with cooking spray.
2. For the bread: Mix the dry ingredients (flour through salt) together in a large bowl.
3. In a separate bowl, mix together the wet ingredients (eggs through vanilla) and combine well.
4. Add the wet ingredients to the dry ingredients and stir just until combined.
5. Pour into prepared bread pan and run a spoon over the top to smooth it out.
6. Make the streusel: Mix all ingredients together in a small bowl and stir until everything is well combined.
7. Sprinkle the streusel evenly over the top of the bread in the pan.
8. Bake at 350 for 40-50 minutes, until a toothpick inserted in the center comes out clean.