



June 2017



WELLNESSWORKS  
MIAMI-DADE COUNTY

# Wellness Watch

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



## MEET THE COACH

Miami-Dade County's "Wellness Works" program now offers Health and Wellness Coaching for employees and dependents who are AvMed Members. This is a free service to help make and keep YOU healthy!

Coaching is a partnership between you and a trained, professional Health and Wellness Coach (HWC) to help YOU be your best and healthiest self. Your HWC will not simply tell you what to do; she will ask questions, consider your answers – and then help you create a program designed to reach your goals.

Through skillful conversations and strategies, your HWC actively motivates you to change unhealthy behaviors. You will not receive medical advice but your coach can guide you toward finding any help you might need.

These Coaches are HIPAA-Certified and ensure that all information remains completely confidential. Coaching sessions are private. No personal health information is shared with Miami-Dade County. Coaching can be done face-to-face, by email or by phone -- whichever is most convenient for

you. Additionally, walk-ins are also welcome at the Stephen P. Clark Government Center on the 20th floor.

### Meet Jalessa Brandon, MPH.

Jalessa joins us from Healthways in Tennessee where she counseled corporate leaders on issues related to improving health including nutrition, exercise, cholesterol, blood pressure, and more.

Prior to that, she taught High School Health Education in Miami where she organized and implemented events designed to promote healthy living including health fairs and parent/teacher outreach.

Jalessa graduated with a dual Master's Degree in Public Health and Health Services Administration from Barry University and earned a BS degree in Biology from Tuskegee University. Her email is [Jalessa.brandon@AvMed.org](mailto:Jalessa.brandon@AvMed.org)



## The PHA Challenge is Back

The third annual Departmental PHA Challenge is back! Last year, Aviation employees came out in droves and claimed the prize for highest overall participation. Human Resources had the highest percentage of employees participate. As winners, each earned a lavish "day of wellness" that included massages, snacks, spa treatments and more. Who will be this year's winners? Earn \$20 by completing the online PHA by July 31, 2017 and help your department win the grand prize. Follow this link for instructions. <http://www.miamidade.gov/humanresources/library/wellness-flyers/personal-health-assessment-flyer.pdf>

# Safety Month: Tips to Avoid Child Heatstroke

## Always Look Before You Lock

- Always check the back seats of your vehicle before you lock it and walk away.
- Keep a stuffed animal or other memento in your child's car seat when it's empty, and move it to the front seat as a visual reminder when your child is in the back seat.
- If someone else is driving your child, or your daily routine has been altered, always check to make sure your child has arrived safely.

## Keep in Mind a Child's Sensitivity to Heat

- In 10 minutes, a car's temperature can rise over 20 degrees.
- Even at an outside temperature of 60 degrees, the temperature inside your car can reach 110 degrees.
- A child dies when his/her body temperature reaches 107 degrees.

## Understand the Potential Consequences of Kids in Hot Cars

- Severe injury or death
- Being arrested and jailed
- A lifetime of regret

<https://www.safercar.gov/parents/inandaroundthecar/Tips-Avoid-Heatstroke.htm>

# GRILLED TURKEY BURGER

Making a juicy turkey burger is easy. It just takes a few simple secrets!

Author: Rachel Farnsworth

Yield: 4 burgers



**Prep time:** 5 mins  
**Cook Time:** 10 mins  
**Time to Make It:** 15 mins

## Ingredients

- 1 pound ground turkey
- 1 to 2 tablespoons extra virgin olive oil
- 1 tablespoon Worcestershire sauce
- ½ teaspoon salt
- ¼ teaspoon pepper

## Directions

1. In a mixing bowl, gently knead together turkey, olive oil, Worcestershire sauce, salt, and pepper. Don't overwork the meat.
2. Form into patties about ¼ to ½ inch thick. Press your thumb down on the middle to give it a slight indent.
3. Heat an outdoor grill to medium high heat (350-425 degrees F). Make sure the grate is well oiled so the meat doesn't stick.
4. Cook on the heated grill until burgers reach an internal temperature of 160 degrees, flipping half-way through.
5. Let rest 5 minutes, or until internal temperature reaches 165 degrees.

# JUNE EVENTS

Date	Event	Location
Friday, June 9, 2017	Full Moon 5k-Trail Run	Amelia Earhart Park, 401 East 65th Street Hialeah, FL 33012
Saturday, June 10, 2017	Full Moon Mountain Biking	Amelia Earhart Park, 401 east 65th Street, Hialeah, FL 33012
Sunday, June 18, 2017	Mack Cycle Trilogy #1 Triathlon, Duathlon, Aquabike	Virginia Key, 1895 Arthur Lamb Jr. Rd., Key Biscayne, FL 33149



Left to Right - Edsel Abreu (ISD), Ingrid Martinez (HR), Ricardo Bran (HR), Susana Ramirez-Lapp (HR), Dena Kelly (HR) and Patricia Petersen (HR) at the 2017 Mercedes-Benz Corporate Run.

# HEALTHY SELFIE

## Thanks to all who participated in the 2017 Mercedes-Benz Corporate Run!

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 in a raffle to win a prize. Email photos to [WellnessWorks@Miami-Dade.gov](mailto:WellnessWorks@Miami-Dade.gov)