



June 2018



WELLNESSWORKS
MIAMI-DADE COUNTY

Wellness Watch

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



MEN'S HEALTH MONTH

Spotlight on Men's Mental Wellness: Many mental illnesses affect both men and women however men may be less likely to talk about their feelings and seek help. Recognizing the signs that someone may be struggling is the first step toward getting treatment and living a better life. Depression is the number one mental wellness issue in the U.S., affecting 6 million men in 2016. Men make up over 75 percent of suicide victims in the United States, with one man killing himself every 20 minutes. In the current economy, many men are finding it difficult to fulfill a breadwinner role, leaving them without a powerful sense

of pride, purpose and meaning in life. Substance use has a higher incidence in men, occurring at a rate of 3 to 1 in comparison to women. Research indicates that many men engage in substance abuse in response to stressful life transitions including unemployment and divorce. Evidence also suggests that men are significantly less likely to use mental health services in response to a mental health issue in comparison with women. If you or someone close to you is struggling, please contact the EAP at **305-375-3293** for more information on support and resources.

FREE Yoga at the Library



Come refresh, recharge and rejuvenate with a yoga class in the Main Library Auditorium. These free classes will offer something for everyone: balance, flexibility, strength, peace of mind and fun! Classes will be held on June 6th, June 13th, June 19th and June 27th from 12 pm-1 pm. All levels are welcome. Bring a mat or towel. Yoga attire optional. **Register at MarloweJ@mdpls.org.**

Spring Into Wellness Fair Highlights



Employees enjoyed fun in the sun, food and music. "Be Bold Be Gold" successfully raised funds for pediatric cancer. The departmental tricycle races were competitive, with Lazaro Lopez from Communications winning it all and going home with a new bicycle.

HEALTHY SELFIE



Department of Corrections and Solid Waste employees enjoying a Wellness Works Zumba class at the MLK building.

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

2018 BIGGEST WINNER RESULTS

Overall Biggest Winner:
Juvencio Hernandez (ITD) 12.8%

Biggest Winner Team:
Team G (Police HQ) 3%

Team A: SPCC

Victoria Mallette (HT) 9.6%

Team B: IT Headquarters

Cesar Bracamonte (LIB) 5.8%

Team C: MLK

Larry Boyland (FIN) 10.3%

Team D: Douglas -Water and Sewer HQ

Jorge Rincon (ITD) 11.1%

Team E: OTV

Alejandro Saulea (DTPW) 9.2%

Team F: South Dade Gov. Center

Diana Pagano (LIB) 6.7%

Team G: Police HQ

Barbara Lahera (MDPD) 8.3%

Team H: Fire HQ

Felicia Emanuel (MDFD) 5.6%

Team I: Aviation

Michael Emery (Aviation) 8.0%

Team J: Seaport

Shaddai Armand (Seaport) 11.8%

Team K: PIC

Marta March (RER) 3.2%

Team L: 311/ Elections Building

Renatheia Peters (COM) 4.1%

*The percentage represents the percentage of their bodyweight that they lost during the 6 week biggest winner program.

June Events

Date	Event	Location
Thursday June 7, 2018	FIU Night Kayaking	Florida International University, 3000 N.E. 151 St., Wellness and Recreation Ctr./Room: WUC 160, Miami, FL 33169
Sunday June 10, 2018	40 Mile XC MTB	Virginia Key Beach Park, 4020 Virginia Beach Drive, Miami, FL 33149
Saturday June 23, 2018	Stomp Out Bullying 5K Presented by MBS Media	C. B. Smith Park, 900 N. Flamingo Road, Pembroke Pines, FL 33028

Basil & Zucchini Frittata

This vegetable-studded frittata recipe is one of the quickest meals you can make. Make it for breakfast, or serve for lunch or dinner with a tossed salad and a slice of olive oil-drizzled crusty baguette.



Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 ½ cups thinly sliced red onion
- 1 ½ cups chopped zucchini
- 7 large eggs, beaten
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 2/3 cup pearl-size or baby fresh mozzarella balls (about 4 ounces)
- 3 tablespoons chopped soft sun-dried tomatoes
- 1/4 cup thinly sliced fresh basil

Directions:

- Position rack in upper third of oven; preheat broiler.
- Heat oil in a large broiler-safe nonstick or cast-iron skillet over medium-high heat. Add onion and zucchini and cook, stirring frequently, until soft, 3 to 5 minutes.
- Meanwhile, whisk eggs, salt and pepper in a bowl. Pour the eggs over the vegetables in the pan. Cook, lifting the edges to allow uncooked egg from the middle to flow underneath, until nearly set, about 2 minutes. Arrange mozzarella and sun-dried tomatoes on top and place the skillet under the broiler until the eggs are slightly browned, 1 ½ to 2 minutes. Let stand for 3 minutes. Top with basil.
- To release the frittata from the pan, run a spatula around the edge, then underneath, until you can slide or lift it out onto a cutting board or serving plate. Cut into 4 slices and serve.