



August 2018



WELLNESSWORKS  
MIAMI-DADE COUNTY

# Wellness Watch

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



## COOL SUMMER- SELF CARE SERIES



**Worth It Wednesday\$** returns to the Government Center for the final session of the **Cool Summer – Self Care** Series with WellnessWorks.

On August 8th the series will focus on Intellectual Wellness. Join the fun in the Government Center lobby where you can flex your mental muscles with a game of Jeopardy. Visit a variety of merchants with education focused services and skills. Also, earn 25 wellness points and enjoy a round of “WELL”ness Bingo by answering brainteasers. This fun day will also include massages and food trucks for you to enjoy.

## HEALTHY SELFIE



**Dan Gonzales and Son - HR Benefits**  
Cherry Blossom 10-mile run in Washington DC.

**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](mailto:WellnessWorks@MiamiDade.gov).

## TIPS TO AVOID SKIN CANCER

Exposure to ultraviolet (UV) rays causes most cases of melanoma, the deadliest kind of skin cancer. To lower your skin cancer risk and protect your skin from the sun use these tips—

- Seek shade, especially during late morning through mid-afternoon.
- Wear clothing that covers your arms and legs.
- Wear a hat with a wide brim that shades your face, head, ears and neck.
- Wear sunglasses that block both UVA and UVB rays.
- Use sunscreen daily with SPF 15 or higher (SPF 30+) when planning a longer exposure, both must be UVA and UVB (broad spectrum) protection.

# BACK-TO-SCHOOL IMMUNIZATION CHECKLIST



You've got your child's school supplies, backpack and new pair of sneakers but don't overlook one of the most important back-to-school must-haves – immunizations. Having your child immunized is the best way to ensure they are protected from disease-causing organisms, and AvMed is ready to provide your child with the vaccinations they need. The types of immunizations your child needs will vary based on age, and it's important to make sure your child gets the right shots at the right times. Your child's doctor will be able to determine which vaccines your child needs at every age to stay healthy. Some of the recommended immunizations for children include:

- Diphtheria, Tetanus Toxoids and Acellular Pertussis (DTaP) Vaccine Series
- Haemophilus Influenza Type B (Hib) Vaccine Series
- Hepatitis A (HepA) Vaccine Series
- Hepatitis B (HepB) Vaccine Series
- Human Papillomavirus (HPV) Vaccine Series
- Inactivated Polio (IPV) Vaccine Series
- Influenza Vaccine (Flu Vaccine)
- Measles, Mumps and Rubella (MMR) Vaccine Series
- Meningococcal serogroups A,C,W,Y (MCV) Vaccine
- Pneumococcal (PCV) Vaccine Series
- Rotavirus (RV) Vaccine Series
- Tetanus, Diphtheria, Pertussis (Tdap) Vaccine
- Varicella (VZV) Vaccine

Most immunizations use a series of shots, or "boosters," to provide long-term effectiveness, and each shot must be given according to a recommended timetable. Be sure to follow the immunization schedule recommended by your physician and the Centers for Disease Control and Prevention (CDC) so your child enjoys the best possible health, not just in school, but all the way through adulthood. To view the complete 2018 Childhood Immunization Recommendations, go to [AvMed.org/PreventionandEducation](https://www.avmed.org/preventionandeducation)

## ROASTED CHICKEN WITH HERBS



### Ingredients

- 1 (4-pound) whole chicken, neck and giblets removed
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon dried mixed herbs such as thyme, rosemary and oregano
- 1/2 teaspoon coarse sea salt
- 1/4 teaspoon ground black pepper
- 1 yellow onion, quartered

### Method:

Preheat oven to 425°F. Pat chicken dry. Rub with oil and sprinkle with herbs, salt and pepper on all sides and inside. Place on a roasting rack in a roasting pan, breast side up. Place onion quarters inside the cavity. Tie legs together with kitchen twine to help the chicken keep its shape and cook more evenly. Roast 25 to 30 minutes. Remove from the oven and baste with juices in the pan. Return to oven, reduce the oven temperature to 375°F and roast another 30 to 40 minutes, basting once or twice, until juices run clear when a knife is pierced into thigh or a meat thermometer reaches 165°F. Cover and let rest for 5 minutes before carving. <https://www.wholefoodsmarket.com/recipe/roasted-chicken-herbs>

## August Events

Date	Event	Location
<b>Thurs., Aug. 9</b>	<b>FIU Night Kayaking</b>	Wellness and Recreation Ctr./ Room: WUC 160, Miami, FL 33169
<b>Sat., Aug. 11- Mon., Aug. 13</b>	<b>2018 UTR/Reel Tennis Open Circuit 8 (Prize Money Tournament)</b>	Frank Veltri Tennis Center, 9101 NW 2nd St., Plantation, FL 33324
<b>Saturday, Aug. 11</b>	<b>Run and bring your dog 5K</b>	Snyder Park, 3299 SW 4th Ave., Fort Lauderdale, FL 33315
<b>Saturday, Aug. 25</b>	<b>5K- &amp; 10K-Cross Country Run</b>	Amelia Earhart Park, 401 East 65th Street, Hialeah, FL 33012
<b>Sunday, Aug. 26</b>	<b>La Roootaaa XC MTB # 5</b>	Virginia Key Beach Park, 4020 Virginia Beach Drive, Miami, FL 33149