



October 2017



Wellness Watch

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



Fall Into Wellness Fair

FALL INTO WELLNESS FAIR

Celebrate the Diverse Heritage and Flavors of Miami-Dade
PRESENTED BY MAYOR CARLOS A. GIMENEZ

**FRIDAY, OCTOBER 27, 2017
10 A.M. - 4 P.M.**

Stephen P. Clark/Government Center
Downtown Miami
111 NW 1st Street, Miami, FL 33128
Event held in Atrium and West Courtyard

Join us to enjoy...

- Free health and educational information
 - Local farmers market & food trucks
 - Products, goods and services
 - Entertainment and fun activities
 - Contests and giveaways
- and much more...**



SCREENINGS



FOOD



PRIZES

For Inquiries email: wellnessworks@miamidade.gov
or discountninja@miamidade.gov #fallintowellness



Assistance for Miami-Dade County Employees Affected by Hurricane Irma

Our thoughts and prayers are with everyone affected by Hurricane Irma. The Miami-Dade County Human Resources department is providing the following resources.

Employee Assistance Program (EAP)

Available for emotional, psychological and other support, all services are free, confidential and accessible from 8 am-5 pm for Miami-Dade County employees. The EAP can provide immediate help during this crisis when your emotional needs might reach a critical point. For more information, call 305-375-3293. When calling, please identify yourself as a Miami-Dade County employee or family member.

Deferred Compensation Unforeseeable Emergency Provision

Emergency distributions may be available through October 12, for employees who have been affected by Hurricane Irma and have deferred compensation accounts such as: International City/County Management Association (ICMA-RC) and/or Nationwide Retirement Solutions (NRS). For more information, contact ICMA-RC at 800-669-7400 and NRS at 877-677-3678.

ARAG Legal Help

ARAG wants to make sure employees don't have to worry about where to turn for help with legal and financial issues – because they know you're already dealing with a lot.

That's why ARAG is giving employees free access to DIY Docs®, the Education Center™ and the Attorney tool. Employees without an ARAG legal plan will be able to use these tools to find the legal help they need as they work to rebuild their homes and their lives. Just visit the ARAG Legal Center and enter access code **18323ir**.

Healthy Selfie



"Biggest Winner" Challenge Winners

Congratulations to Human Resources' "Biggest Winner" weight loss challenge winners. From left to right: Kerry Newness and Evangeline Rambeau. 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

October Events

Date	Event	Location
Friday, October 13, 2017	Foam Glow - Miami	Miami-Dade County Fairgrounds, 10901 SW 24th Street, Miami, FL 33165
Sunday, October 15, 2017	Devil Dog 5k	South County Regional Park, 12551 Glades Road, Boca Raton, FL 33498
Sunday, October 22, 2017	IRONMAN 70.3 Miami 2017	Bayfront Park, 301 N. Biscayne Blvd., Miami, FL 33132
Sunday, October 22, 2017	EBC FREEDOM RIDE 2017 presented by Mack Cycle & Fitness	Amelia Earhart Park, 401 East 65th St., Hialeah, FL 33012

Make Strides Against Breast Cancer

The journey to end breast cancer starts with a single step. Take that step with the American Cancer Society Making Strides Against Breast Cancer walks. Just a few hours of your time will help bring a lifetime of change for people facing breast cancer, and their families.

Every Making Strides event is a powerful and inspiring opportunity to unite as a community to honor breast cancer survivors, raise awareness about what we can do to stay well from breast cancer, and raise money to help the American Cancer Society fight the disease with breast cancer research, information and services, and access to mammograms for women who need them. For information about this cause visit:

<http://www.stage8.miamidade.gov/sites/initiatives/making-strides.page>

Healthier Carmel Apple



Ingredients

- 1/3 cup packed light brown sugar
- 1/4 cup agave nectar
- 2 tablespoons butter
- 1/8 teaspoon salt
- 3 tablespoons chopped unsalted nuts, such as peanuts or pecans
- 6 small apples, such as Eve or Paula Red

Preparation

Line a baking sheet with wax paper and coat with cooking spray. Coat a tablespoon measure with cooking spray. Combine brown sugar, agave, butter and salt in a small saucepan. Place over medium heat; as soon as the syrup starts to lightly bubble around the edges, cook, stirring constantly, for 1 minute more. Add nuts and cook, stirring constantly, until the sugar is melted and the mixture darkens, about 1 minute.

Remove from the heat. Working quickly, spoon about 1 tablespoon of caramel over each apple. Repeat, spooning another tablespoon of caramel over each apple, turning as you pour. Let cool on the baking sheet for 5 minutes. Insert popsicle/craft sticks into the tops. Press any stray strands of caramel back onto the apples. Let cool for at least 30 minutes.

Make Ahead Tip: Store in wax paper at room temperature for up to 1 day. **Equipment:** Wooden popsicle/craft sticks. **Shopping Tip:** Choose unbruised, firm apples with smooth skin. Store for up to 4 months in the refrigerator.

Source: Eatingwell