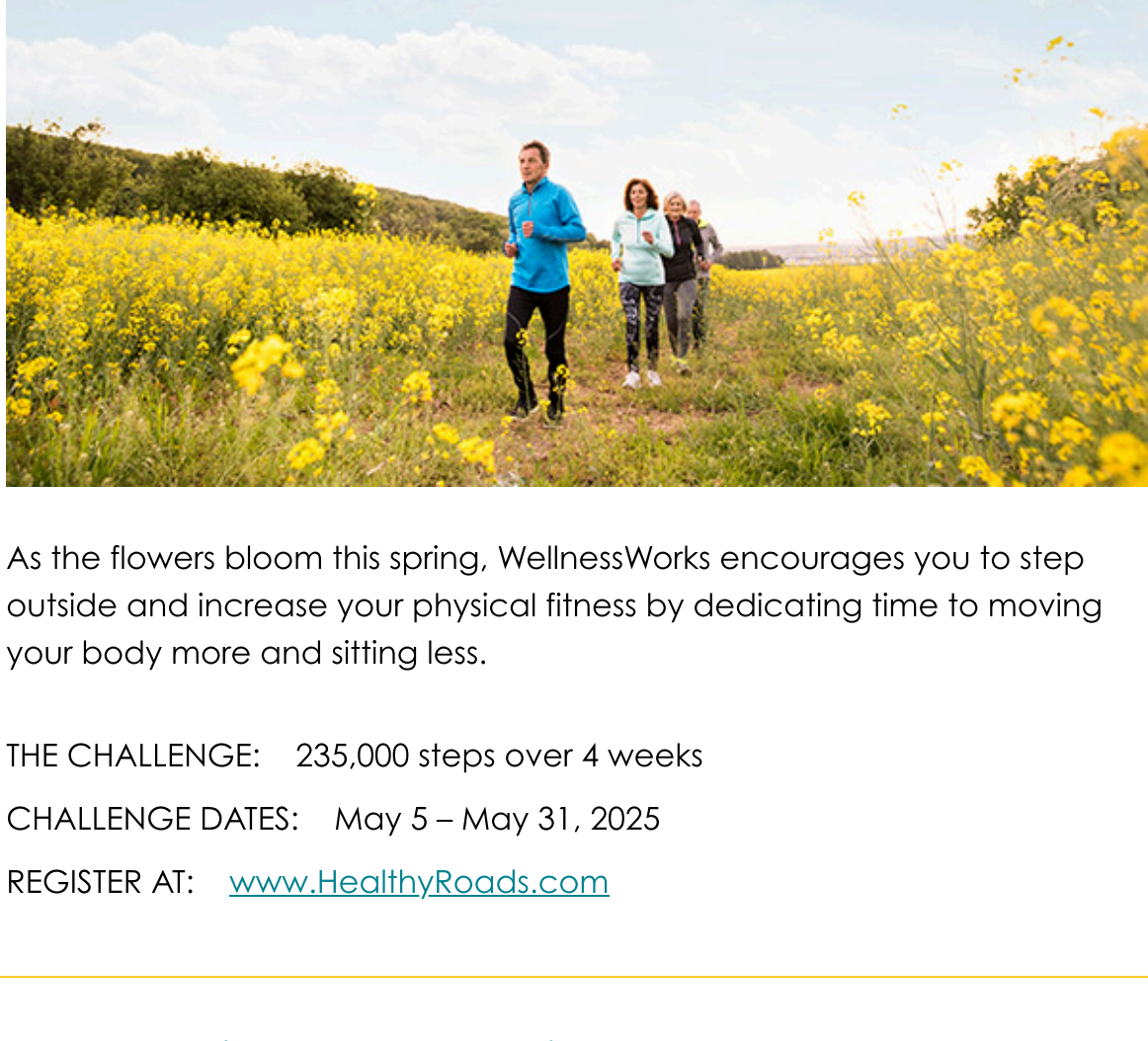




Blossom into Healthy Steps Challenge

Registration Begins April 21



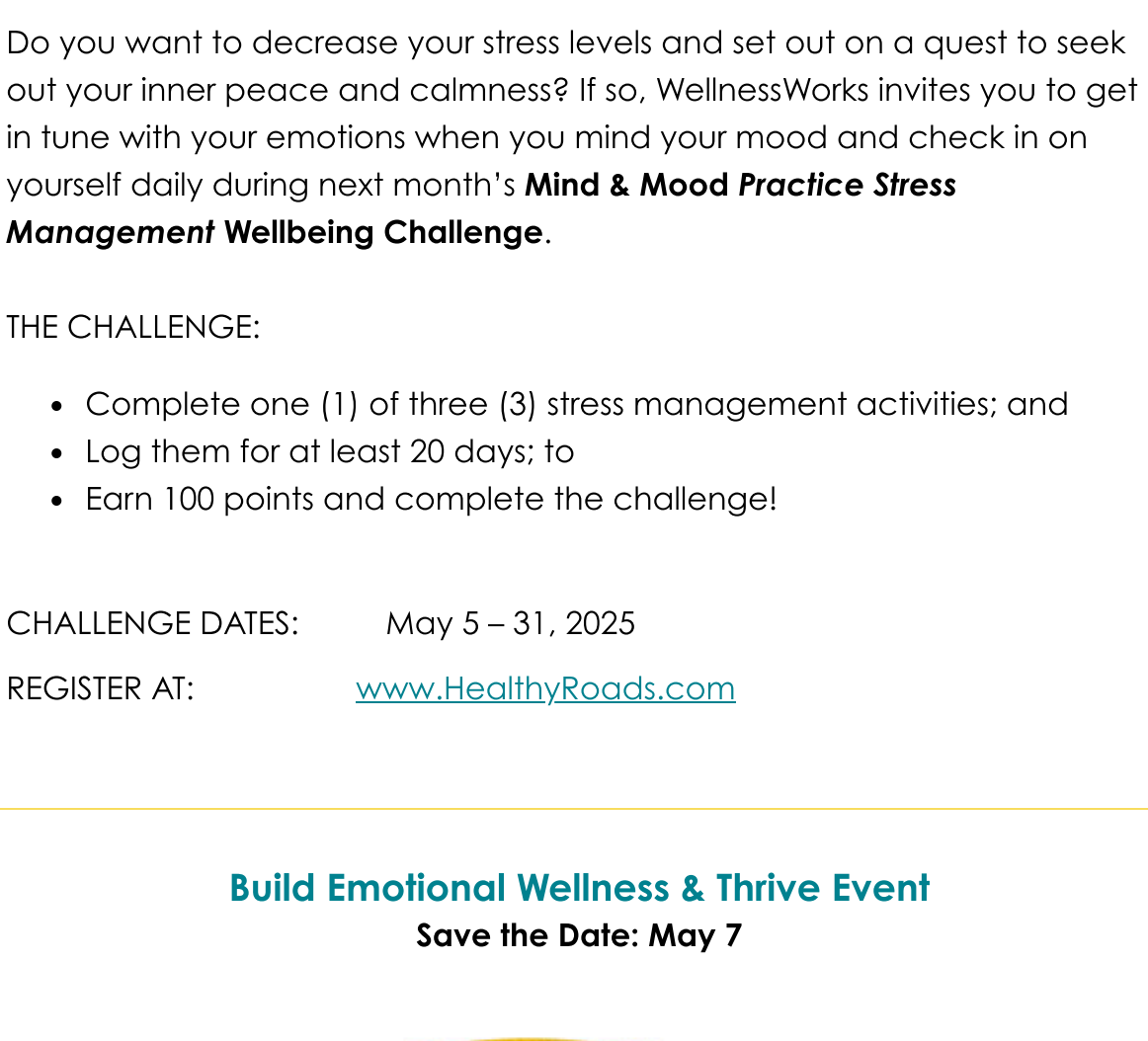
As the flowers bloom this spring, WellnessWorks encourages you to step outside and increase your physical fitness by dedicating time to moving your body more and sitting less.

THE CHALLENGE: 235,000 steps over 4 weeks
CHALLENGE DATES: May 5 – May 31, 2025

REGISTER AT: www.HealthyRoads.com

Mind & Mood: Practice Stress Management Wellbeing Challenge

Registration Begins April 21



Do you want to decrease your stress levels and set out on a quest to seek out your inner peace and calmness? If so, WellnessWorks invites you to get in tune with your emotions when you mind your mood and check in on yourself daily during next month's **Mind & Mood Practice Stress Management Wellbeing Challenge**.

THE CHALLENGE:

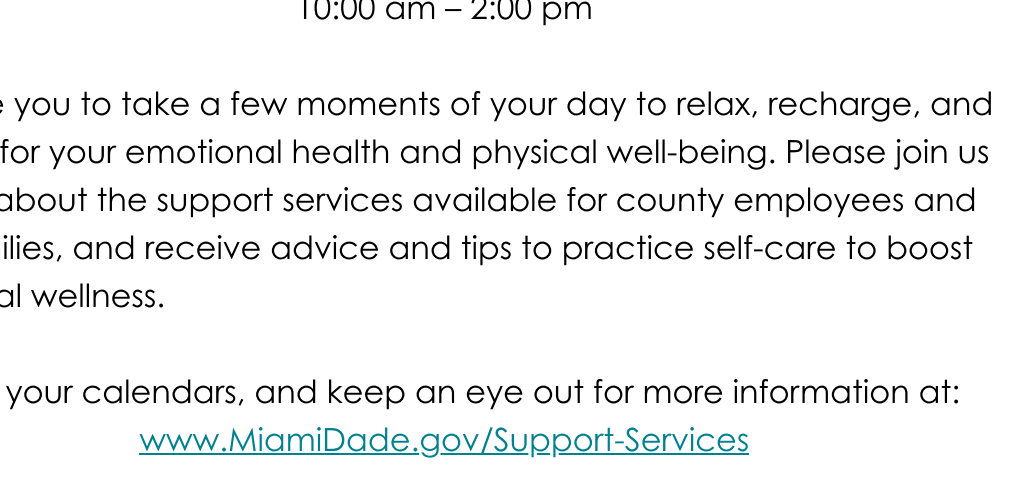
- Complete one (1) of three (3) stress management activities; and
- Log them for at least 20 days; to
- Earn 100 points and complete the challenge!

CHALLENGE DATES: May 5 – 31, 2025

REGISTER AT: www.HealthyRoads.com

Build Emotional Wellness & Thrive Event

Save the Date: May 7



Let's stamp out the stigma of mental health by making it part of the conversation. May is Mental Health Awareness Month, and WellnessWorks will be supporting the mind-body connection with our **Build Emotional Wellness & Thrive event** next month.

Wednesday, May 7, 2025
Stephen P. Clark Center – 18th Floor
10:00 am – 2:00 pm

We invite you to take a few moments of your day to relax, recharge, and engage for your emotional health and physical well-being. Please join us to learn about the support services available for county employees and their families, and receive advice and tips to practice self-care to boost emotional wellness.

Mark your calendars, and keep an eye out for more information at: www.MiamiDade.gov/Support-Services

April Biometric Screenings

Spring into good health by attending a WellnessWorks Biometric Screening Event this month. MDC employees who are insured by AvMed are eligible to attend this free screening that includes:

- Blood Pressure
- Cholesterol
- Blood Sugar
- BMI
- Massage

Upcoming Biometric Screening Event Dates & Locations this Month
(Click on the links for more information)

- April 16: [EOD Peel Management Shop 3](#)
- April 17: [EROS Zoo Miami](#)
- April 22: [MDSO Training Facility](#)
- April 23: [DTPW Lehman Center](#)
- April 24: [Elections Headquarters](#)
- April 30: [Elections Training & Support Center](#)
- April 30: [Seaport, 2nd Floor Conference Room](#)

WellnessWorks' Educational Workshops

Enhance your wellness knowledge and outcomes by attending a monthly in-person educational workshop. These workshops feature a presentation on topics to improve your health and well-being, along with an on-site Health Coaching Table.

[Upcoming Workshop Dates & Locations this Month:](#)

April 16 | Nutrition for the Busy Professional

- Medical Examiner's Office | 1851 NW 10th Ave.
- 1:00 pm – 3:00 pm

April 24 | Diabetes 101

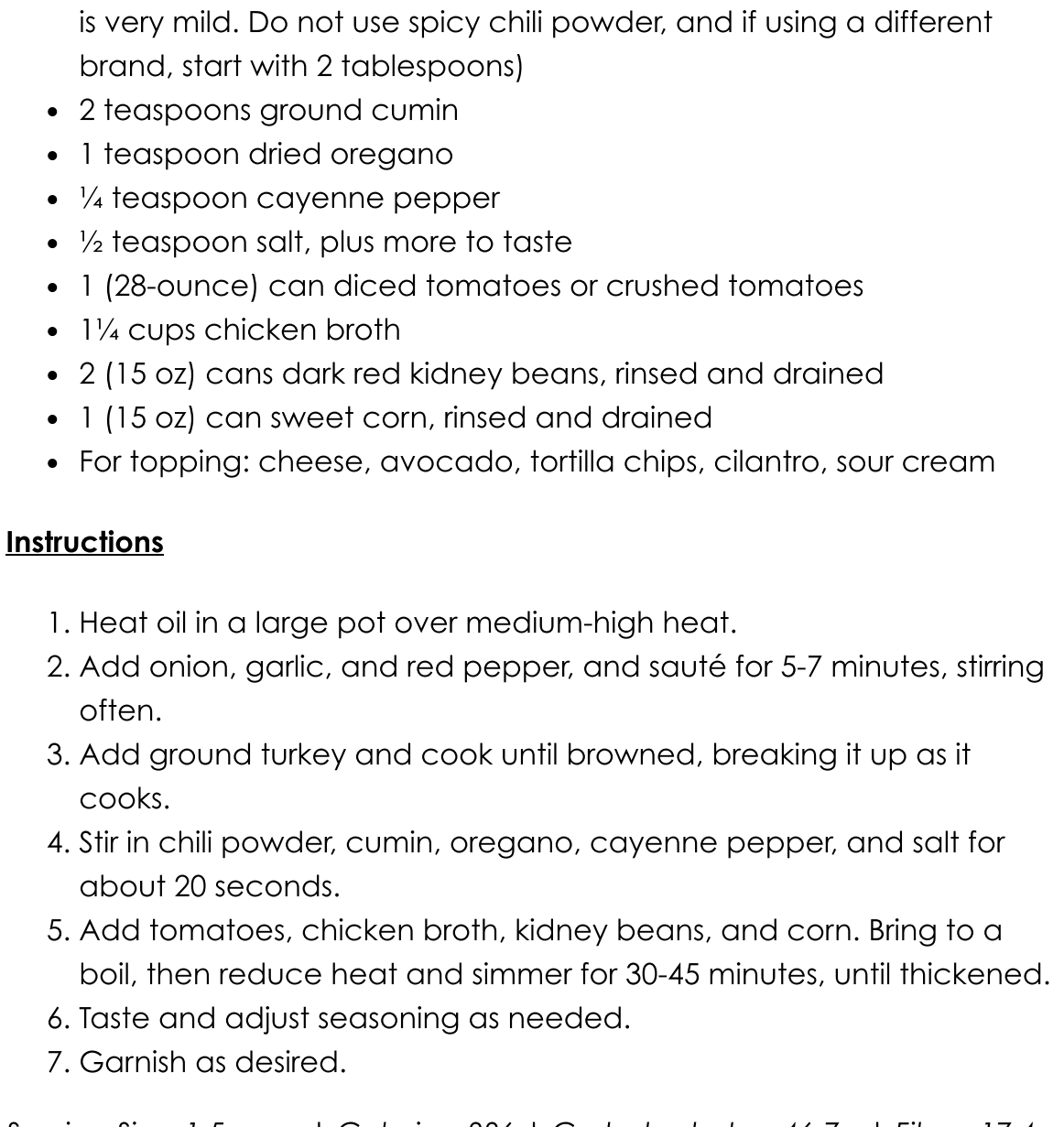
- FIOD | 8801 NW 58th St.
- 10:00 am – 11:00 am

To register for a workshop or for more information, contact: WellnessWorks@MiamiDade.gov

Eat Smart: WellnessWorks Coach Nutrition Corner

Turkey Chili

- Prep Time: 10 minutes
- Total Time: 45 minutes
- Serves: 6



Source: <https://www.ambitiouschen.com/seriously-the-best-healthy-turkey-chili/>

This hearty turkey chili is packed with protein and is a leaner alternative to beef while still delivering rich flavor and satisfying comfort. It's perfect for a nourishing meal that's lower in fat but high in protein!

Ingredients

- 2 teaspoons olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 medium red bell pepper, chopped
- 1 pound extra lean ground turkey or chicken (95%)
- 4 tablespoons chili powder* (Try using McCormick chili powder, which is very mild. Do not use spicy chili powder, and if using a different brand, start with 2 tablespoons)
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- ½ teaspoon cayenne pepper
- ½ teaspoon salt, plus more to taste
- 1 (28-ounce) can diced tomatoes or crushed tomatoes
- 1¼ cups chicken broth
- 2 (15-oz) cans dark-red kidney beans, rinsed and drained
- 1 (15-oz) can sweet corn, rinsed and drained
- For topping: cheese, avocado, tortilla chips, cilantro, sour cream

Instructions

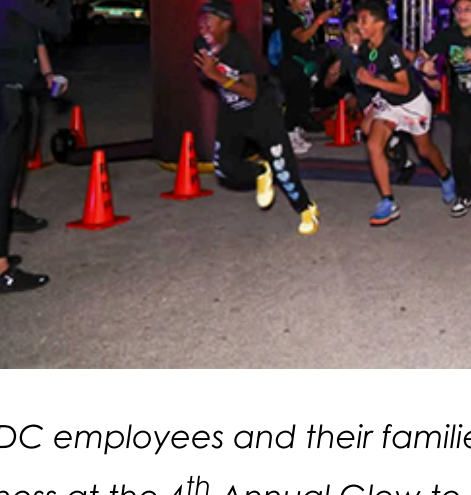
1. Heat oil in a large pot over medium-high heat.
 2. Add onion, garlic, and red pepper, and sauté for 5-7 minutes, stirring often.
 3. Add ground turkey and cook until browned, breaking it up as it cooks.
 4. Stir in chili powder, cumin, oregano, cayenne pepper, and salt for about 20 seconds.
 5. Add tomatoes, chicken broth, kidney beans, and corn. Bring to a boil, then reduce heat and simmer for 30-45 minutes, until thickened.
 6. Taste and adjust seasoning as needed.
 7. Garnish as desired.
- Serving Size: 1.5 cups | Calories: 336 | Carbohydrates: 46.7g | Fiber: 17.4g | Sugars: 9.5g | Protein: 31.8g | Total Fat: 3.7g

Think Better, Feel Better and Sleep Better

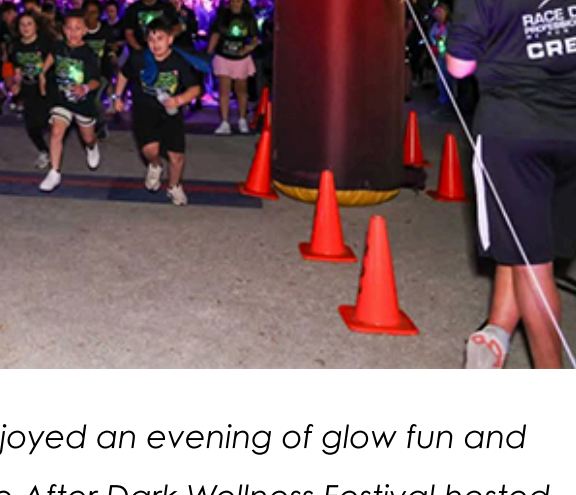
This article from [Harvard Medical School](#) gives important insights as to why a better night's sleep helps sharpen cognitive skills so you can think, learn, remember, and problem-solve better.

Tips to Improve Sleep Quality

After a long day's work, quality sleep is what we need for our minds and body to recover properly. Here are some tips you can incorporate to build good sleeping habits to help fall asleep in no time, remain asleep longer, and be energized and productive during the day.



Tip 1: Keep in sync with your body's natural sleep-wake cycle



Tip 2: Control your exposure to light (including electronic devices)



Tip 3: Exercise during the day



Tip 4: Be smart about what you eat and drink – and when

For more information about good sleep hygiene, health visit: <http://www.helloaide.org/wellness/sleep/getting-better-sleep>

National Walking Day

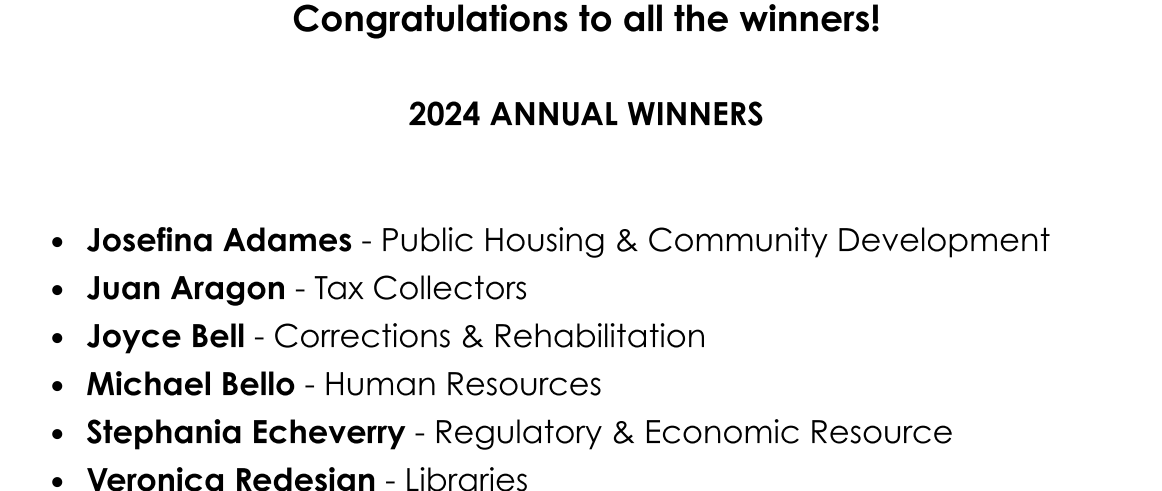
Move More. Stress Less.

The first Wednesday of April is National Walking Day. This annual observance from the American Heart Association is a great reminder to us all to incorporate more movement into our lives, and not just for National Walking Day.

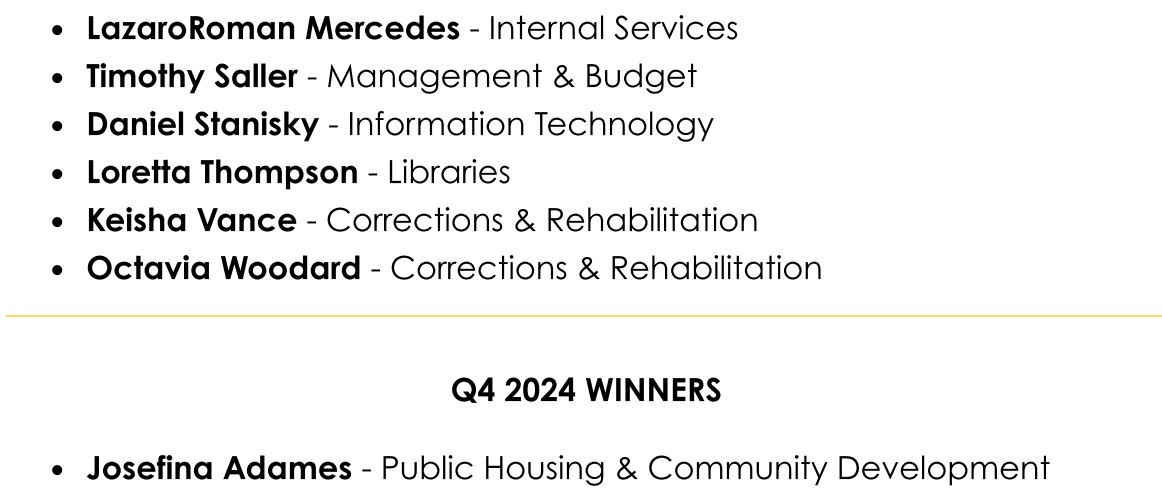
The fact is that any day is a good day to fit in a walk – whether it's at morning, noon, or night.

To learn more about fitting a daily walk into your busy schedule, visit: <https://www.heart.org/en/healthy-living/fitness/walking/fit-in-walking-morning-noon-or-night>

Healthy Selfie



MDC employees and their families enjoyed an evening of glow fun and fitness at the 4th Annual Glow to Thrive After Dark Wellness Festival hosted in March at Tropical Park.



Submit a Healthy Selfie for a chance to be featured in our monthly newsletter.

What makes a selfie healthy? Activities such as swimming, running, walking, biking, hiking, and yoga, may be submitted. You may also share what you're eating, too. Additional activities that may be considered are healthy self-care and social activities that are good for your mental well-being such as meditation, reading, quality time with friends and family, downtime relaxing, learning a new skill, etc.

To be featured in the Healthy Selfie article in an upcoming newsletter, please submit high quality images to WellnessWorks@MiamiDade.gov.

Wellness Works Incentive 2024 Annual & Q4 Winners

It pays to be healthy with WellnessWorks Incentives. Participants are eligible to receive monetary prizes on a quarterly and annual basis by completing a minimum of 75 points' worth of WellnessWorks events or challenges each quarter (i.e., personal health assessment, biometric screenings, webinars, steps challenges, biggest winner challenge).

- Annual winners receive \$500 for completing 75 points in all four quarters of the year.
- Quarterly winners receive \$250 for earning 75 points during one quarter.

Congratulations to all the winners!

2024 ANNUAL WINNERS

- **Josefina Adames** - Public Housing & Community Development
- **Juan Aragon** - Tax Collectors
- **Joyce Bell** - Corrections & Rehabilitation
- **Michael Bello** - Human Resources
- **Stephanie Echeverry** - Regulatory & Economic Resource
- **Veronica Redesign** - Libraries
- **Tiffany Gaskill** - Corrections & Rehabilitation
- **Marta Gimenez Perales** - Regulatory & Economic Resource
- **Jose Gonzalez** - Water & Sewer
- **Maurice Jenkins** - Aviation
- **Steven Kaufman** - Police
- **Janet Kelly Maritz** - Solid Waste Management
- **Shawn Mahoney** - Aviation
- **Leonardo Mane** - Internal Services
- **Lazaroman Mercedes** - Internal Services
- **Timothy Saller** - Management & Budget
- **Daniel Stansky** - Information Technology
- **Loretta Thompson** - Libraries
- **Kelsie Vance** - Corrections & Rehabilitation
- **Octavia Woodard** - Corrections & Rehabilitation

Q4 2024 WINNERS

- **Josefina Adames** - Public Housing & Community Development
- **Maria Capote** - Water & Sewer
- **Elizabeth Carlisle** - Human Resources
- **Marihu Castillo** - Internal Compliance
- **Valarie Christian** - Corrections & Rehabilitation
- **Xavin Cusler** - Aviation
- **Arazcely Ferrey** - Community Action & Human Services
- **Monica Garcia Suarez** - Police
- **Rafael Granera Lopez** - Police
- **Roberto Hernandez** - Aviation
- **Richard Mabish** - Information Technology
- **Nicole Mac Donno** - Transportation & Public Works
- **Jorge Mercedos** - ITD
- **Paola Pierre** - Management & Budget
- **Jenny Rodriguez Lopez** - Aviation
- **Cecilia Santiago** - Tax Collectors
- **Shirley Shay** - Transportation & Public Works
- **Christina Torres** - Clerk of Courts
- **Sergio Varela** - Clerk of Courts
- **Yangmei Zhang** - Regulatory & Economic Resource

Emotional Wellness Reminder

Change is Inevitable: Focus on your Emotional Wellness and Resilience

How you feel can affect your ability to carry out everyday activities, your relationships, and your overall mental health. This month's tip will help to improve your emotional wellness and resilience.

How you react to your experiences and feelings can change over time. **Emotional wellness** is the ability to successfully manage life's stresses and adapt to change and difficult times.

The ever-changing realities of our world today challenge our sense of control and force us to focus and develop coping skills to increase our emotional resilience. **Emotional resilience** refers to one's ability to adapt to stressful situations or crises.

Here is a Mental Wellness Tip to reflect on this month:

Foster optimism: Looking on the bright side can keep us going, but there doesn't mean we are in denial that there are challenges. Truly resilient people who acknowledge difficulties and still accomplish goals are ones who balance a positive outlook with a realistic view of the world.

Realistic and resilient optimists pay close attention to negative information that is relevant to the problems they face. However, they do not remain focused on the negative. They tend to disengage from problems that are not in their sphere of influence.

Take time this week to look at the challenges you're facing. Ask yourself what is within your control and put your time and focus into these areas. By doing this you will have a better outlook and outcome in whatever challenge you need to face.

If you, a family member, or a team member are struggling with feelings or emotions that interfere with the ability to engage in daily life, please feel free to reach out to our team at the Miami Dade Employee Assistance Program (EAP). Our EAP counselors focus on supporting employees with internal and external resources that assist in setting the foundation for restoration or enhancement of emotional and mental wellness.

The EAP team provides virtual and on-site assessments for all employees in need of assistance. To set up an assessment with an EAP counselor, please call 305-375-3293 or email Jessica.Hughes-Filette@MiamiDade.gov.

EAP hours of operation are Monday-Friday from 8:00 am to 5:00 pm. To learn more about EAP resources, events, and support, visit: www.MiamiDade.gov/Support-Services.

For more information, visit the [Miami-Dade Wellness Resource Page](#), or email WellnessWorks@MiamiDade.gov.

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