

Wellness Watch

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



NOVEMBER 2022

“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.”

—Oprah Winfrey

Guard your Health and Protect Yourself



COVID-19 Vaccines Including Boosters

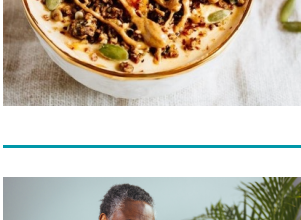
According to CDC, in the United States COVID-19 vaccines and boosters are effective at protecting people from getting seriously ill, being hospitalized, and dying. As with other vaccine-preventable diseases, you are protected best from COVID-19 when you stay up to date with the recommended vaccinations, including recommended boosters.

The CDC recommends everyone 6 months and older should get a flu vaccine every season with rare exceptions.

[Stay Up to Date](#)

[Fighting the Seasonal Flu](#)

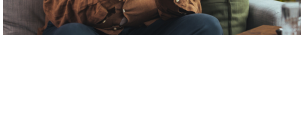
Health is Wealth Healthy Recipe: WellnessWorks Coach Nutrition Corner



Pumpkin Pie Yogurt

This pumpkin pie yogurt bowl is made with protein-packed yogurt, pumpkin puree, pumpkin pie spice, maple syrup and all your favorite toppings for the perfect nutritious fall breakfast!

[View Recipe](#)



American Diabetes Month

November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. Prediabetes is a serious health condition where your blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes.

According to the CDC, more than 1 in 3 U.S. adults have prediabetes that's 88 million people but the majority of people don't know they have it. The good news is that by making small healthy lifestyle changes, it is possible to prevent type 2 diabetes and even reverse your prediabetes.

[What is Diabetes?](#)

[Diabetes Diagnosis](#)

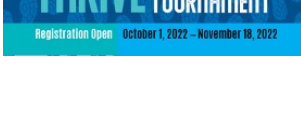


Stomach Cancer Awareness Month

November is a month known for the pleasure of eating and is the ideal month to raise awareness about gastric cancer. There is a great deal of focus on food, nourishment, and family during the holidays. It can be challenging for people dealing with stomach cancer, especially for those living without a stomach.

In 2010, NSFC successfully championed and celebrated the first official Stomach Cancer Awareness Month in the U.S. The Surgeon General has committed to making Thanksgiving Day National Family History Day, emphasizing the importance of knowing one's hereditary risks for disease, and clearly one of the risk factors for stomach cancer. November is Stomach Cancer Awareness Month. However, raising awareness about stomach cancer is important throughout the year!

[Learn More](#)



Step Up and Thrive Face-Off 2023

We are looking for 32 teams of 25 participants to join the ultimate department annual steps challenge showdown for 2023! Department teams will take on other Department Teams to compete for greatest endurance and stride efforts to determine the Step Up and Thrive Face-Off 2023 Challenge Champions.

Challenge Dates - January 23, 2023- November 11, 2023

To Register:

Designated Team Captains will collect all participants' complete information on the registration form found [here](#) and submit the completed form to WellnessWorks@miamidade.gov from October 1, 2022 to November 18, 2022.

Each department may enroll up to two teams to compete.

WellnessWorks Quarterly \$250 Incentive Raffle Winners Announcement for Quarter 2

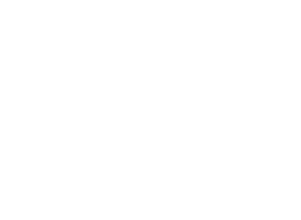


MDC employees earned 75 points for quarter two for their efforts of taking time to improve their health and wellness by participating in the WellnessWorks program offerings to include attending educational presentations, completing challenges, biometric screenings, and more.

[Click For Quarter 2 Raffle Prize Winners](#)

AvMed eligible MDC employees who are interested in participating in the WellnessWorks program offerings, may contact WellnessWorks@miamidade.gov or visit www.Healthyroads.com to set up an account and get started.

2022 Biggest Winner Challenge Results:



Four hundred plus (400+) MDC employees embarked on a 12 week Muscle gain and Fat Loss challenge to help them make improvements in their body composition and overall health.

WellnessWorks would like to give a special shout out to all the participants for their efforts in making healthy lifestyle changes and congratulations to the teams and participants that accomplished the greatest outcomes and success of the challenge of receiving the highest percent change in fat loss or muscle gain for this year's Biggest Winner Challenge, see below all winners in each of the highlighted categories:

[Fat Loss Muscle Gain Winners](#)

[Team Winners](#)



MIAMI-DADE COUNTY EMPLOYEE WELLNESS CENTER

Workout of the Month



[Learn More](#)

Healthy Tip:



Comfort Foods

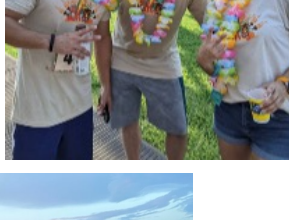
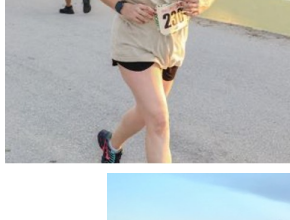
Healthy eating is all about balance. You can enjoy your favorite foods, even if they are high in calories, fat or added sugars. The key is eating them only once in a while and balancing them with healthier foods and more physical activity.

Some general tips for comfort foods:

- Eat them less often. If you normally eat these foods every day, cut back to once a week or once a month.
- Eat smaller amounts. If your favorite higher-calorie food is a chocolate bar, have a smaller size or only half a bar.
- Try a lower-calorie version. Use lower-calorie ingredients or prepare food differently. For example, if your macaroni and cheese recipe includes whole milk, butter, and full-fat cheese, try remaking it with non-fat milk, less butter, low-fat cheese, fresh spinach and tomatoes. Just remember to not increase your portion size.

[Read More](#)

Healthy Selfie:



MDC Employees and their families got active and enjoyed themselves at the 6th Annual Hawaii I-Thrive-O 5K Family Fun Day at Haulover Park.

Elizabeth Carlisle, (HR) and 2022 Walk around the Wonders of the World Team Challenge participants from RER team "The Derminators" were in attendance Pictured:

Photo 1 - Elizabeth Carlisle, (HR)

Photo 2 - Joseph "Joe" Diaz (PA), Gregory Sitomer (RER), Vanessa Thayil (RER)

Photo 3 - Ninfa Rincon (RER), Marisol Zenteno (PA), Ester Frometa-Spring (DTPW), Gregory Sitomer (RER), Rene Chirino (PA), Joseph "Joe" Diaz (PA), and Mayor Daniella Levine Cava

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 wellbeing 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.



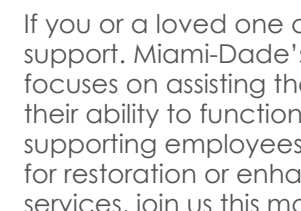
Looking to change your story?

Jackson Health System bariatric weight-loss surgery program has helped thousands transform their lives.

Join us on Thursday, Nov. 10, 2022 at 6:30 p.m. for a free, informational online seminar, where you can have all of your questions answered by our bariatric surgeons.

Visit JacksonCanHelp.org to register or call 305-585-TRIM (8746) to schedule a consultation.

[Learn More](#)



Emotional Wellness Tip:

Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to pick up an extra shift for them or work overtime, try to remove something from your agenda to ensure you are getting the time you need to be present for the ones you love and make up for the lost time. Remember you cannot pour from an empty cup. Make sure you are refilling your cup with time for self-care this season.

If you or a loved one are struggling this holiday season, you are not alone and we are here to support. Miami-Dade's Employee Assistance Program (EAP) is a confidential service which focuses on assisting those who are struggling with thoughts or feelings that may be affecting their ability to function at home, work or in the community. 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. Learn more about our services, join us this month on a WellTalk about Holiday Stress and find an article that gives you some more tips please visit our webpage at www.miamidade.gov/support-services.

The EAP is also providing onsite and virtual assessments and support sessions for all employees that are in need of assistance. To set up services with an EAP counselor at no cost please call **305-375-3293** or email Jessica.Hughes-Fillette@miamidade.gov. The hours of operation are Monday-Friday from 8:00 am to 5:00 pm.

For more information visit Wellness Resource Page: [Wellness Works Resources \(miamidade.gov\)](http://Wellness Works Resources (miamidade.gov)), or email wellnessworks@miamidade.gov