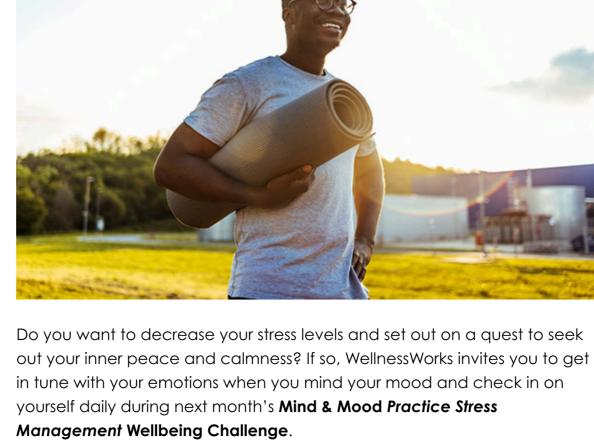


## **Blossom into Healthy Steps Challenge** Registration Begins April 21

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.

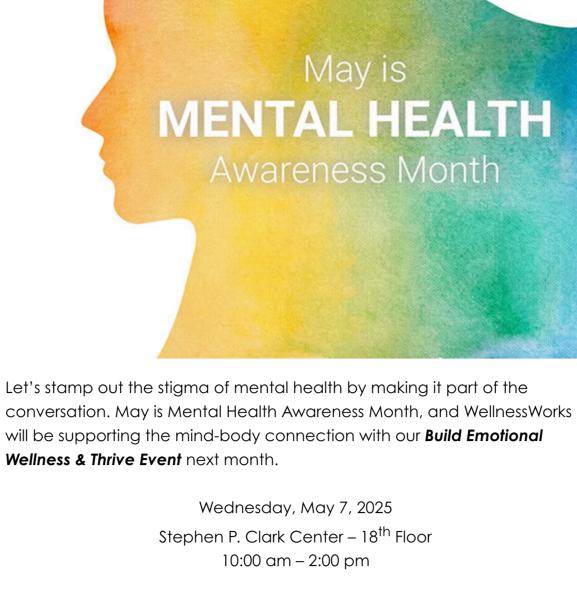
THE CHALLENGE: 235,000 steps over 4 weeks CHALLENGE DATES: May 5 - May 31, 2025 REGISTER AT: <u>www.HealthyRoads.com</u>

Mind & Mood: Practice Stress Management **Wellbeing Challenge Registration Begins April 21** 



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, 2025REGISTER AT: www.HealthyRoads.com
  - **Build Emotional Wellness & Thrive Event** Save the Date: May 7



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

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

**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)

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 onsite

• April 24: Elections Headquarters • April 30: <u>Elections Training & Support Center</u> • April 30: Seaport, 2nd Floor Conference Room

• April 17: PROS Zoo Miami

• April 22: MDSO Training Facility

• April 23: <u>DTPW Lehman Center</u>

• April 16: <u>PIOD Fleet Management Shop 3</u>

Health Coaching Table. <u>Upcoming Workshop Dates & Locations this Month:</u>

April 16 | Nutrition for the Busy Professional

• PIOD | 8801 NW 58<sup>th</sup> St.

• 10:00 am – 11:00 am

• Prep Time: 10 minutes

• Total Time: 45 minutes

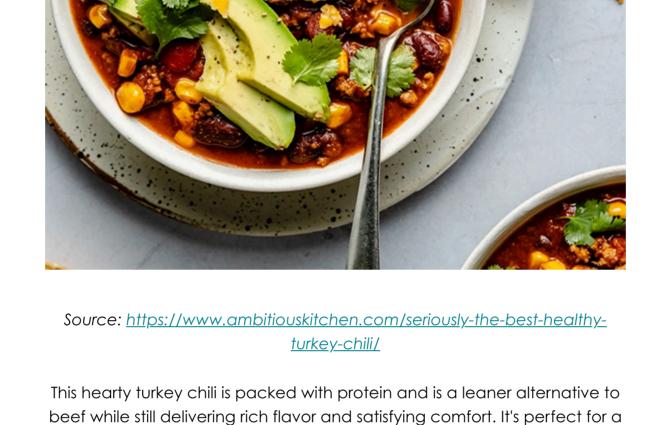
• Serves: 6

• Medical Examiner's Office | 1851 NW 10<sup>th</sup> Ave. • 1:00 pm – 3:00 pm April 24 | Diabetes 101

## WellnessWorks@MiamiDade.gov

Eat Smart: WellnessWorks Coach Nutrition Corner **Turkey Chili** 

To register for a workshop or for more information, contact:



nourishing meal that's lower in fat but high in protein!

• 1 pound extra lean ground turkey or chicken (99%) • 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 • 1/4 teaspoon cayenne pepper • ½ teaspoon salt, plus more to taste • 1 (28-ounce) can diced tomatoes or crushed tomatoes • 11/4 cups chicken broth

# **Instructions**

**Ingredients** 

• 2 teaspoons olive oil

• 1 yellow onion, chopped • 3 garlic cloves, minced

• 1 medium red bell pepper, chopped

- 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
  - 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 3. Add ground turkey and cook until browned, breaking it up as it

| Sugars: 9.5g | Protein: 31.8g | Total Fat: 3.7g

and be energized and productive during the day.

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

4. Stir in chili powder, cumin, oregano, cayenne pepper, and salt for

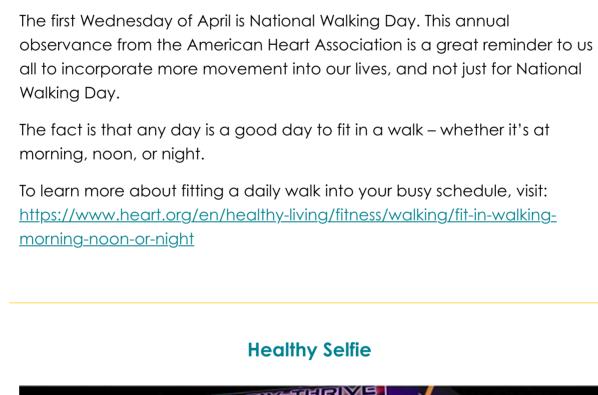
Think Better, Feel Better and Sleep Better This article from <u>Harvard Medical School</u> gives important insights as to why a better night's sleep helps sharpen cognitive skills so you can think, learn, remember, and problem-solve better. Tips to Improve Sleep Quality

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,

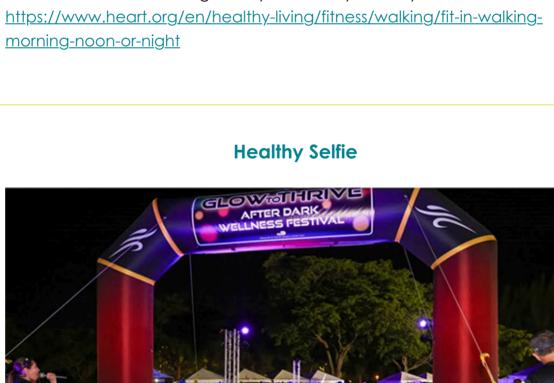
## Tip 1: Keep in sync with your Tip 2: Control your exposure to light body's natural sleep-wake cycle (including electronic devices)

For more information about good sleep hygiene, health visit: https://www.helpguide.org/wellness/sleep/getting-better-sleep

> **National Walking Day** Move More. Stress Less.

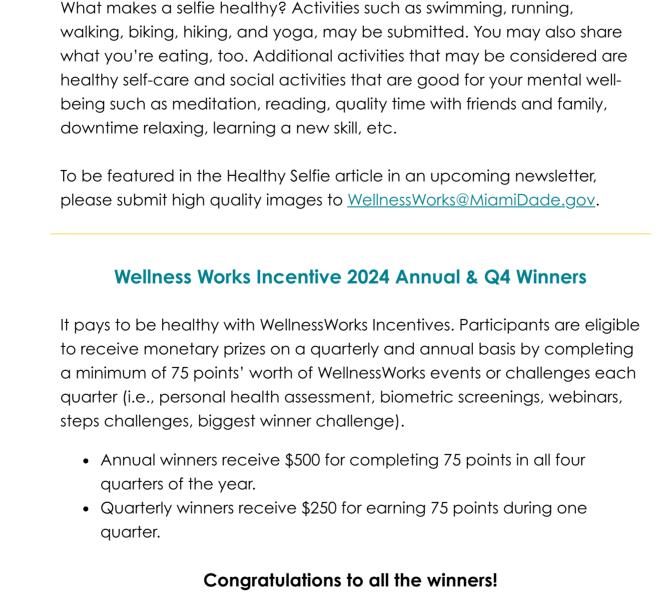


Tip 3: Exercise during the day



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

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



**2024 ANNUAL WINNERS** 

Josefina Adames - Public Housing & Community Development

• Stephania Echeverry - Regulatory & Economic Resource

• Marta Gimenez Perales - Regulatory & Economic Resource

• Juan Aragon - Tax Collectors

• Veronica Redesign - Libraries

• Jose Gonzalez - Water & Sewer

• Maurice Jenkins - Aviation • Steven Kaufman - Police

• **ShawnMahoney** - Aviation

• Maria Capote - Water & Sewer

• Kevin Cuellar - Aviation

• Jorge Merderos - ITD

• Elizabeth Carlisle - Human Resources • Marilu Castillo - Internal Compliance

• Michael Bello - Human Resources

• Joyce Bell - Corrections & Rehabilitation

• Tiffany Gaskill - Corrections & Rehabilitation

• Janet Kelly Marte - Solid Waste Management

• Octavia Woodard - Corrections & Rehabilitation

<u>Submit a Healthy Selfie for a chance to be featured in our monthly newsletter.</u>

### • Leonardo Mane - Internal Services • LazaroRoman Mercedes - Internal Services • Timothy Saller - Management & Budget • Daniel Stanisky - Information Technology • Loretta Thompson - Libraries • Keisha Vance - Corrections & Rehabilitation

**Q4 2024 WINNERS** 

**Emotional Wellness Reminder** Change is Inevitable: Focus on your Emotional Wellness and Resilience

Emotional wellness is the ability to successfully manage life's stresses and

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

• Josefina Adames - Public Housing & Community Development

• Aracely Ferrey - Community Action & Human Services • Monica Garcia Suarez - Aviation • Maria Granera Lopez - Police • Roberto Hernandez - Aviation • Richard Mabjish - Information Technology • Nicole Mac Donna - Transportation & Public Works

• Valarie Christian - Corrections & Rehabilitation

• **Shirley Shoy** - Transportation & Public Works • Christina Torres - Clerk of Courts • Sergio Varela - Clerk of Courts • Yangmei Zhang - Regulatory & Economic Resource

• Paola Pierre - Management & Budget

• Jenny Rodriguez Lopez - Aviation • Cecilia Santiago - Tax Collectors

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.

adapt to change and difficult times.

stressful situations or crises.

the view of the world.

- Here is a Mental Wellness Tip to reflect on this month: Foster optimism: Looking on the bright side can keep us going, but that 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
  - 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

Realistic and resilient optimists pay close attention to negative

information that is relevant to the problems they face. However, they

outcome in whatever challenges you need to tackle. 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 onsite 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-Fillette@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.

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For more information, visit the Miami-Dade Wellness Resource Page or email WellnessWorks@MiamiDade.gov.

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little discipline. Exercise is my discipline." – Jack LaLanne