

Consortium Connection

"Healthy Environment, Healthy Lifestyles, Healthy Community"

Common Threads Miami First Ever Summer

For three weeks starting at the end of July approximately 80 children, ages 8-12, participated in the pilot year of the Common Thread Summer Camp in Miami. Miami Culinary Institute generously donated the space in which the students cooked, exercised, and learned about different food topics in the food science lab. Whole Foods donated groceries for the camp. Each day students learned how to create a healthy chef plate (1/2 Fruits and Vegetables; 1/4 Protein; 1/4 Whole Grains) by preparing recipes from different countries including Spain, Japan, Vietnam, and Brazil.

The students used their reading, math, and science skills in the kitchen and the food science class. They read recipes and measured the ingredients themselves with help of volunteers from the FIU Student Dietetic Association and the University of Miami's Exercise Physiology program. They also learned how to use a knife by using techniques called plank, slice, and dice and the bear claw.

Throughout camp special guest chefs including Chef Adrienne Calvo, Chef Michelle Bernstein, and Chef Richard Ingraham stopped by to share their knowledge with the kids. The kids were also treated to a 50 Eggs donated Pop-Up Restaurant where they learned about table manners.

Common Threads, is a national non-profit organization that began in Chicago 10 years ago, by Chef Art Smith. The mission of Common Threads is to educate children and communities on nutrition and physical well-being, and to foster an appreciation of cultural diversity through cooking. We believe that through our hands-on cooking classes we can help prevent childhood obesity and reverse the trend of generations of non-cookers. We do this by providing our Full Year Program of Study, which includes afterschool cooking classes for kids and parents, Small Bites (in-school nutrition curriculum for teachers) and summer camp. Through these programs we believe as an organization that we can get one million kids cooking.

Jeannie Necessary Common Threads

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Pain, Pain, Go Away!

Living in chronic pain is challenging for anybody, but for children and adolescents, it can be intolerable. A caregiver may feel frustrated and helpless watching their child in agonizing pain and not being able to do much about it. Children may often develop symptoms of depression, anxiety, social isolation, drop out of school activities, stress and give up their dreams and goals. Children with Sickle Cell Disease should be doing what they love and live a productive and fulfilling life despite their pain. So what can children do to help alleviate the pain and maybe even prevent a sickle cell crisis from occurring?

Here are some tips:

Drink at least 12 ounces of water a day

Wear warm clothes in cold weather and in air-conditioned areas

Take a hot bath

Use a heating pad

Get mentally and physically active

Breathe clean, fresh air; avoid second-hand smoke

Reduce stressful situations

Create a comfortable sleeping environment

Treat illness right away to control the condition

Consult their doctor if they have to travel in an unpressurized aircraft

Join a support group

Create coping skills to deal with the disease

Have a positive attitude and create a supportive, nurturing environment



There is currently a national registry available to help patients stay informed of and manage their illness at <http://scdthealthrecord.org/>. It is a first of its kind and will pioneer the way for patients to help keep them informed on the latest treatments available and improve their quality of life!

In addition, young patients can receive outpatient care in a brand new, state of the art facility at Alex's Place at Sylvester. Call Ana Espinosa at 305-243-5302 to arrange the first visit with one of their childhood cancer and blood diseases experts.

Ruby Natale PhD.

University of Miami

Henry Gets Moving!

Henry The Hamster and his first book Henry Gets Moving, (HGM) have been selected as the National Symbol and Tool to inspire communities across the country to lead a healthy lifestyle during Childhood Obesity Awareness Month in September (see www.coam-month.org). Henry's story is told to young children by admired adults through our books, songs, and affiliated products. HGM enlists professional athletes, teachers, parents, and other community leaders to follow Henry's example and create a positive, supportive environment for healthy eating and active lifestyles.

How we do it:: Movers and Shakers. We recruit people to buy books and give them to children through their foundations and other charitable organizations.

- Movers are individuals and groups who purchase and distribute books directly to children through community organizations and/or schools. Anyone who donates 10+ books is a Mover.
- Shakers endorse Henry Gets Moving to promote obesity management and community wellness on local and national levels. Examples include former Surgeon General, Dr. Richard Carmona, and the American College of Sports Medicine.



Our distribution model ensures that Henry Gets Moving will be heard by children and families, regardless of their ability to pay or their awareness of the book and its message.

What does Henry need? HGM seeks at-risk communities who want to receive books and encourage community wellness. The pervasive obesity problem indicates that almost every school and community will benefit from Henry's story. HGM also seeks Movers and Shakers spread the word and provide support to these communities.

Contact info@henrygetsmoving.com or visit our website www.henrygetsmoving.com for more details on how you can join Team Henry and fight childhood obesity!



Anthony Rouzier

Henry Gets Moving, LLC



Child Care Facilities

As children start back to school many parents of kids that range in age 0-5 years of age, may not know what to look for when looking for Child care.

Additional Health & Safety Requirements

Additional health & safety requirements for child care facilities include, but are not limited to, the following:

- ♦ Minimum Staff Credentials
- ♦ Physical Environments
- ♦ Sanitation and Safety
- ♦ Nutritional Practices
- ♦ Admissions and Record Keeping
- ♦ Transportation Safety
- ♦ Access
- ♦ Child Discipline
- ♦ Plan of Scheduled Activities
- ♦ Urban Child Care Facilities
- ♦ Transition Periods
- ♦ Evening and Weekend Child Care
- ♦ Enforcement

Operator/Director Requirements:

Good moral character based upon a Level 2

screening standards, as provided in Chapter 435.04, F.S.

Must be at least 21 years of age.

Must complete the Department's 40-clock-hour introductory child care training as evidenced by passage of a competency exam.

Must complete 10-hour annual in-service training.

Must complete 0.5 continuing education unit or 5 clock hours of approved training in early literacy and language development birth to 5 years of age.

Must complete specialized training in serving children with disabilities within 5 years after employment.

Must have a director credential prior to issuance of license.

Employee Requirements:

Good moral character based upon a Level 2 screening standards, as provided in Chapter 435.04, F.S.

Must be at least 16 years of age to be left unsupervised.

Must complete the Department's 40-clock-hour introductory child care training as evidenced by passage of a competency exam.

Must complete 10-hour annual in-service training.

Must complete 0.5 continuing education unit or 5 clock hours of approved training in early literacy and language development birth to 5 years of age.

At least one staff member with a valid certificate of course completion in first aid training and infant/child CPR must be present at all times both onsite and on field trips.

Jeff Hurst Department of Children and Families

Licensing Authority

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Section 402.308(1), Florida Statutes

Every child care facility in the state, unless statutorily exempt, shall have a license which shall be renewed annually.

Staff-To-Child Ratio

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- 1:4 Infant
- 1:6 One year old
- 1:11 Two year old
- 1:15 Three year old
- 1:20 Four year old
- 1:25 Five and older



Upcoming Events

FALL INTO WELLNESS FAIR

PRESENTED BY MAYOR CARLOS A. GIMENEZ

FRIDAY, OCTOBER 18, 2013
FROM 10 A.M.-2 P.M.

JOIN US FOR THIS FUN
AND EXCITING EVENT!



- The newest and latest information on wellness initiatives and trends
- Educational material
- Obstacle courses
- Exercise demonstrations
- Live entertainment
- Food trucks
- Vendor giveaways
- Discounted vendor products
- And much more!

Location:

Stephen P. Clark Government Center
Atrium and West Courtyard
111 NW 1st Street, Miami

For inquiries email: employeeewellnesscenter@miamidade.gov



WELLNESSWORKS
FUN & FITNESS



For additional information or to participate in the Consortium contact us at:

Tel: 305-278-0442

www.healthymiamidade.org