MIAMI BEACH SCENIORS

Keeping it Tropical and Vibrant

A Bi-Monthly Newsletter
October 2013

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Healthy Habits

October is World Food Day Awareness Month

Established by the Food and Agriculture Organization of the United Nations (FAO) in 1979, World Food Day, October 16, was first observed in 1981. Organizations around the world mobilize advocacy campaigns and events on October 16 to strengthen the political will to end hunger. World Food Day offers the opportunity to strengthen national and international solidarity in the struggle against hunger, malnutrition and poverty and draw attention to achievements in food security and agricultural development.

The United States has a long history of collaborative action against hunger on World Food Day. Since its inception, the day has been observed in the US to create solidarity among groups working to end hunger and to educate thousands of people, young and old, about the roots of global hunger and the multi-faceted approaches to end it.

The theme for World Food Day 2013 is "Sustainable Food Systems for Food Security and Nutrition".

Food security: There are an estimated 870 million hungry people on the planet. To feed this many people, we need to increase production of basic staple foods by 60 percent.

Nutrition: 2 billion worldwide lack micronutrients vital for good health. Producing more food is important. But it is not enough. Each person requires more than basic staple foods. Each one of us needs a balanced and nutritious diet. Agriculture must become more nutrition-sensitive, with a stronger focus on fruits, vegetables, and other nutrient-dense foods.

Food Systems: A food system is made up of all the processes that ensure our food arrives from "farm to fork": how we grow, process, package, transport, store, market, purchase and eat our food. Since every aspect of our food systems has an effect on the final availability and accessibility of diverse, nutritious foods, we must constantly strive towards a healthier global food system.

Sustainability: By definition, sustainable food systems produce nutritious diets for all people today and protect the capacity of future generations to feed themselves. Yet, today almost 60 percent of the world's ecosystems are degraded or used unsustainably, in large part because of environmentally harmful effects of our food systems. We can do better. By using resources more efficiently at every stage along the food chain, we can increase the amount of healthy food available worldwide. Getting the most food from every drop of water, plot of land, and speck of fertilizer saves resources for

Recipe of the Month

Pan-Grilled Salmon with Pineapple Salsa

- 1 cup chopped, fresh pineapple
- 2 tablespoons finely chopped red onion
- 2 tablespoons chopped cilantro
- 1 tablespoon rice vinegar
- 1/8 teaspoon ground red pepper
- cooking spray
- 4 (6-ounce) salmon fillets (about 1/2 inch thick)
- 1/2 teaspoon salt

Directions

1. Combine first 5 ingredients (through pepper) in a bowl; set aside.
2. Heat a nonstick grill pan coated with cooking spray over medium-high heat. Sprinkle fish with salt. Cook fish 4 minutes on each side or until it flakes easily when tested with a fork.
3. Top with salsa.

Trivia Question

Which of the following vegetables is less healthy when eaten raw?

1. Tomato
2. Cucumber
3. Spinach
4. Iceberg Lettuce

(Hint: Find the answer in red!)

For More Information

the future. And we can all play a part in our own homes by reducing food waste.

Source: http://www.worldfooddayusa.org/about_us

Succeeding Seniors

Seniors and international students from a local Miami Beach language school met at the North Shore Youth Center Park for an intercultural session during Family and Community Service Day 2013.

Over 400 residents gathered at the North Shore Open Space Park for Family and Community Service Day this past Saturday. The local event introduced hundreds of volunteers to different service learning projects such as dune restoration, butterfly gardening, community gardening, and other beautification projects at several sites throughout the North Beach area.

A small but diverse group gathered at the North Shore Youth Center Park, to engage in an intergenerational, intercultural conversation. International students from English Language Centers in Miami Beach joined fifteen seniors to gain a different perspective of life on the barrier island. There were over ten nationalities represented during the exchange.

The students happily shared with the seniors about their diverse cultures and everyone warmed up pretty quickly, while they laughed and asked each other questions. The students got to learn about the seniors' background, culture, family and past experiences. Some of them shared their future travel plans and exchanged emails to keep in touch. Despite the age and cultural differences, they hugged each other as if they were long-time friends or family members as they said goodbye.

Join one or more e-mail groups from the City of Miami Beach. Interest groups range from newsletters and calendar of events to agendas and actions of meetings or more.

CONTACT US!

City of Miami Beach
Office of Community Services

305.673.7491

Join Our Mailing List!

Shine on SHINE

Serving Health Insurance Needs of Elders (SHINE) is a state health insurance program for elder Floridians. SHINE provides educational materials and free unbiased insurance counseling to Florida elders, caregivers and family members.

October is such a big month for health insurance!

October is the time to review your plan for 2014 to see if it would meet your needs at the lowest cost. The Medicare Annual Election Period (AEP), which runs October 15-December 7th, is the only opportunity each year most people have to change how they receive their Medicare health and prescription drug coverage.

During this time period, a Medicare beneficiary can leave his or her current plan and go back to Original Medicare Part A and B with a Part D drug plan. A Medicare beneficiary can also change his or her Medicare Advantage plan to another one. Changes made will be effective on January 1, 2014.

Keep in mind that because plans can and do change every year, even if you were satisfied with your plan in 2013, this does not mean that your insurance plan will be offering identical coverage for 2014.

The Florida Department of Elder Affairs' Serving Health Insurance Needs of Elders (SHINE) Program offers free and unbiased counseling assistance and information to help you understand how your coverage may be changing and to help you compare your options.

You can reach a certified SHINE volunteer by calling 305-670-6500 x 256. Beginning October 15, you can also visit Medicare's website at www.medicare.gov to see if your coverage or costs are going to change in 2014. Some of the things to consider when thinking about changing to a different health insurance plan are:

- Does my preferred doctor accept this plan?
- Does my preferred hospital accept this plan?
- If I am admitted to the hospital, is there a co-payment for the first 5 days? If so, what is it?
- Which rehabilitation facilities will I have to use if I leave the hospital and need to go to a rehabilitation center?
- How much will the co-payment be for my prescription drugs?
- Does the plan offer additional services that Medicare does not cover such as dental cleanings or X-rays? How many times a year can I use this coverage? Which dentists take the plan?
- Does the plan offer hearing aid reimbursement? For which brands? How often can I use this coverage?

Also beginning in October is enrollment for the health insurance marketplace. For those who are currently uninsured, beginning October 1, available insurance plans will be online at www.healthcare.gov (or go to www. Cuidadodesalud.com to view the website in Spanish).
Information about available plans can also be found by calling 1-800-318-2596.
Everyone gets busy toward the end of the year especially during the holiday season. Please take advantage of the fact that you can get ready for 2014 earlier in the year by reviewing your health insurance options in October.

Sincerely,
Kathy Sarmiento
SHINE Liaison Serving Health Insurance Needs of Elders
Alliance for Aging, Inc.
305-670-6500 x 270
www.allianceforaging.org
www.floridashine.org

Please call 305.670.6500 x. 211 for an appointment with a SHINE Counselor at Miami Beach City Hall.

October 2013 List of Events

Mayor's Consortium for a Healthier Miami-Dade
Elder Issues Committee
October 29, 2013 2:30 pm
Stephen P. Clark Government Center
111 NW 1st street, 29th floor Suite 29A

SHINE Counseling
City of Miami Beach Office of Community Services
305.673.7491
By appointment only

Golden Passport
Office of Commissioner Bruno Barreiro
Monday, Wednesday and Friday
305.673.7743

Free Legal Clinic
First Wednesdays of every month
Coral Rock House
1701 Normandy Drive
Miami Beach, FL 33141
For appointments call: 305.867.0051

Free Fitness Center Hours for Seniors
North Shore Youth Center Park
501 72nd street
305.861.3616
Mon-Fri 8:30 am- 1:00 pm, 6:15- 8:30 pm
Saturday 9:30 am-5:00 pm
Sunday 12:00 pm-5:00 pm

Free Fitness Center Hours for Seniors
Scott Rakow Youth Center
2700 Sheridan Avenue
305.673.7767
Mon-Fri 8:30 am- 1:00 pm, 6:15- 8:30 pm
Saturday 9:30 am-5:00 pm
Sunday 12:00 pm-5:00 pm

Christmas Cantata
October 3, 2013 7:00 pm
The Fillmore Miami Beach
1700 Washington Avenue
305.673.7300
http://www.iyfusa.org/christmas-cantata-tour/

Orgullo: Hispanic Pride Festival
Saturday, October 5, noon - 7 p.m.
North Shore Bandshell, Collins Avenue & 73 Street
Live music, entertainment, workshops, art, vendors & more
www.CelebrateOrgullo.com

Hispanic Heritage Festival
October 11, 2013 6:00 pm
North Shore Youth Center Park
501 72nd street
305.861.3616

White Cane Day
October 15, 2013, 8:30 am-1:00 pm
Miami Lighthouse for the Blind
601 SW 8th avenue
305.856.2288
http://www.miamilighthouse.org/Calendar_Of_Events.asp

Senior Halloween Bash
Tuesday, October 29th
6:00 pm
For more information, call 305.861.3616

Trivia Answer: 3. Spinach

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