

MIAMI BEACH SCENIORS

Keeping it Tropical and Vibrant

A Bi-Monthly
Newsletter
December 2013

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Recipe of the Month

Lentil Vegetable Stew

- 2 TBS. Olive oil
- ¾ cup celery diced
- 1 red onion diced
- 2 cloves of garlic, minced
- 4 carrots, peeled and sliced
- 2 cups dried green lentils
- 8 cups of water
- 2 cans of low-salt chicken broth (14 ounces each)
- 2 cups tomato sauce

1. Heat olive oil in large soup pot over medium high heat and sauté celery, onions, garlic, and carrots for 5 minutes stirring constantly.
2. Add lentils and water and cook over medium heat 20 minutes
3. Add broth and cook over medium heat 15 minutes
4. Add tomato sauce and cook over medium heat 10 minutes.

Makes 6 cups

Trivia Question

Eating a piece of fruit is far better than drinking fruit juice because:

1. Whole fruit has more nutrients
2. The fruit pulp is a great source of fiber
3. Whole fruit has less calories and less sugar than a same size portion

Healthy Habits

December 10th is Human Rights Day

There is a distinction to be made between national days and awareness days. Usually awareness days are health related, and help raise awareness of cancers and illnesses, and also around these days charities collect money. And we mustn't forget all the international days that take place each year. Their purpose is to raise awareness of important humanitarian, cultural, social and political issues around the world.

Human Rights Day is an important day at the United Nations (UN). The UN's General Assembly declared that having human rights "is the foundation of freedom, justice and peace in the world". But prejudice and discrimination are still stopping us from having an equal, more peaceful world.

What does it take to be a human rights defender? You. It doesn't matter if you're a doctor, or if you have little education - what's important is that you have a genuine regard for your fellow human beings and believe in the equality of all.

We've all heard of world-renowned activists like Martin Luther King, who was the youngest person to ever receive a Nobel Peace Prize for his fight against racism. And another influential person who King was inspired by - Mahatma Gandhi.

So make your voice heard on the 10th of December. As well as the government and the media, citizens like you are urged to get involved. It could be organizing a text to send to your phonebook or something bigger like holding competitions, exhibitions or fundraisers.

Make the most of this important day. But don't forget that human rights is something that should be fought for constantly - every day of every year.

Source:

<http://www.national-awareness-days.com>

Succeeding Seniors



Gloria Campos, with an international student during Family Service Day 2013. Gloria is fully dedicated to helping her peers, neighbors and friends make healthier choices by teaching them exercise routines and healthy recipes.

Gloria Campos came to Miami Beach to get away from the bustling New York City life in 2010 and she fell in love with the comforting, warm tropical breeze. She decided to learn new things and make changes in her life. She obtained a nutrition certificate and became certified as a Zumba instructor, after her own instructor motivated her to teach others.

In 2011, she moved to Four Freedoms House and she immediately wanted to contribute to the residents' level of activity, because it was apparent that many of them were depressed, lonely and unhealthy. She began cooking healthier recipes for neighbors- spinach omelettes, vegetable pies, and the occasional rice pudding and arroz con pollo, adding diversity to their routine. She started a Zumba group and this expanded to other locations in Miami Beach.

Gloria loves helping her neighbors and they love her bright, friendly and fun-filled personality. She's organized a monthly Sunday social where residents bring food and exchange cultural traditions and it is becoming very popular. "I miss New York a lot but I have a lot of friends and a wonderful social life. I go salsa dancing on Tuesdays and I do event planning on my spare time." And believe it or not, she does has spare time.

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.

Dear Medicare Beneficiaries:

The number one question we are receiving at the Alliance for Aging's SHINE Program is "Do the Marketplace Plans affect Medicare beneficiaries?" The answer is "no." However, described below are some things you should be thinking about at this time of year if you are a Medicare beneficiary.

December 7th is the last day that a Medicare beneficiary can leave his or her current Medicare health plan and go back to Original Medicare Part A and B with a Part D drug plan. Medicare beneficiaries can also change his or her Medicare Advantage plan to another one. Changes made will become

- of juice
- 4. All of the above

(Hint: Find the answer in red!)

For More Information

[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!](#)

effective on January 1, 2014. There are several ways you can make a change:

- You can call the Alliance for Aging's SHINE volunteers at 305-670-6500;
- You can go to www.medicare.gov and enroll for the Medicare health plan that you want;
- You can call the insurance plan that you would like to join; or,
- You can call Medicare at 1-800-Medicare (1-800-633-4227).

You will not need to tell your current insurance plan that you want to disenroll; your new Medicare health plan will take care of that. Here are some good questions to ask your current or any potential HMO that you might be considering:

- Will your HMO have a co-payment in 2014 for the first five (5) days in the hospital or the first five (5) days in the skilled rehabilitation center when you leave the hospital?
- Will your HMO require a referral by the primary care doctor to see a specialist?
- Will your HMO reimburse you for part of the \$104.90 (the Medicare Part B premium) in 2014?
- What will my co-payments be for prescription drugs in 2014?

Speaking of 2014, have you considered volunteering for the Alliance for Aging SHINE Program as a way to give back to our community? We would love for you to join our team. SHINE will hold a Basic Training for new volunteers

January 13 - 15, 2014.

After that, we ask for you to be able to commit one day a week to helping SHINE. SHINE volunteers provide free and unbiased information about Medicare, Medicaid, and prescription assistance. If you are interested, please call me at 305-670-6500, extension 11270!

Here's wishing you good health and a Happy New Year!

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.

December 2013 List of Events

AARP HomeFit Workshop

City Hall First Floor Conference Room
1700 Convention Center Drive
Thursday, December 12th, 2013
10:00 am

Senior Holiday Party

1901 Convention Center Drive
Tuesday, December 17, 2013
6:00- 8:00 pm

SHINE Counseling

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

Miami-Dade County State Attorney's Office

City of Miami Beach Office of Community Services
305.673.7491
Wednesday mornings, 10 am-12:30 pm

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

Trivia Answer: A. Whole fruit has more nutrients.

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