



LAUDERHILL ENLIGHTENS

MOVING BEYOND COVID-19



SCAN ME





UPCOMING EVENTS

HEALTHY YOU COOK OFF & MARKET

Learn more about healthy foods, preparation and see some of the best chefs of South Florida in a showdown.

HEALTHY YOU CONVENTION

Learn more about Health & Wellness concerning COVID-19.

HEALTHY YOU EXPONENTIAL MOBILE

Look for the Healthy You SUV in Lauderhill for Pop-Up Events, Contests, Gift Bags, Giveaways and more. Make sure you scan the QR codes and post photos tagging #HealthyYouSUVEM for contest opportunities and information of upcoming events.

STAY UP TO DATE AT LAUDERHILLAHL.COM

Healthy You COVID-19 Green Market Lauderhill Mall

Women's COVID-19 Health Summit

Men's COVID-19 Health Summit

COVID Symposium

National COVID-19 Awareness Week Events

Community Chats "Creating Value in our COVID-19 Series"

Understanding COVID-19 and You. Targeting Hispanic population Mix and Mingle - Rancho Nando in Lauderhill

#LAHLMOBILE #LAUDERHILLAHL




Contents

City of Lauderhill Receives Grant to Assist Residents to Attain Equitable Access to Covid-19 Information, Accessibility to Healthcare	4
COVID-19 Makes Living with a Rare Disease Even Harder	6
City of Lauderhill Demographic Information	7
Live Long, Be Well: Science-based Tips for Healthy Aging	8
New Decision-Support Tool for COVID-19 Testing Can Help You Get Back to Your life, Safely!	10
New Study Finds Another Good Reason to Wear a Mask.....	11
Winter Viruses	12
Children and the Pandemic: NIH Explores Mental Health Impact on American Youth.....	14
Health-O-Ween.....	15
Healthy You Out & About.....	16
NIH COVID-19 Research Addresses Health Disparities in Testing	17
How to Protect Your Family from COVID-19	18
5 Questions About Long COVID	19
Updates on COVID-19 Vaccines in Pregnant People	20


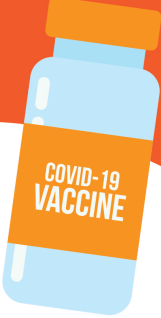
HOW DO I GET VACCINATED/BOOSTED?

Your doctor should be able to tell you when and where you can get your shots. It might be at a hospital, the doctor's office, a pharmacy, or a drive-thru clinic. You can also visit LauderhillAHL.com for more information, locations and vaccination/booster events.


LauderhillAHL.com



Follow Us On Social Media for the Latest Updates






HEALTHY FAMILY • HEALTHY COMMUNITY

ALL ABOUT COVID-19 VACCINE AND BOOSTERS

When we get a vaccine/booster, starts the response to our immune system. This helps our bodies learn to fight off the virus without the danger of an actual infection. If we are exposed to the virus in the future, our immune system “remembers” how to fight it. All approved COVID-19 vaccines provide powerful protection against severe illness and hospitalization due to COVID-19.



How Have You Managed Stress During COVID-19?	21
In Conversation: What is Behind Vaccine Hesitancy?	22
Lifestyle Changes Key to Delaying or Preventing Type 2 Diabetes	23-24
Updated Blood Pressure Guidelines: Lifestyle Changes Are Key.....	25
How to Cope With the Stress of Social Isolation	26
Teach-Back: How To Improve Your Patients' Understanding Of Their Care	27
Annual Checkup Checklist	28
Annual Check Up: Extended List for Preventative Care	29
Estate planning: Definition, Planning and Key Components.....	30-31
Healthy You & Wellness Guide: Navigating Health in Lauderhill	32
Lauderhill Community Assets	33-46
Healthy You Medication Tracker	47

City of Lauderhill Receives Grant to Assist Residents to Attain Equitable Access to Covid-19 Information, Accessibility to Healthcare



The City of Lauderhill has been awarded a grant to advance health literacy and enhance equitable community responses to COVID-19. The grant was awarded by the United States Department of Health and Human Services Office of the Assistant Secretary for Health and Office of Minority Health in response to the pandemic's impact on communities like ours.

The grant will directly address inequities in racial and ethnic minority populations and other socially vulnerable populations, including racial and ethnic minority communities.

The U.S. Department of Health and Human Services (HHS) Office of Minority Health (OMH) announced \$250 million in grant awards to 73 local governments as part of a new, two-year initiative to identify and implement best practices for improving health literacy to enhance COVID-19 vaccination and other mitigation practices among underserved populations. The Advancing Health Literacy (AHL) to Enhance Equitable Community Responses to COVID-19 initiative is part of the Biden/Harris Administration's National Strategy for the COVID-19 Response and Pandemic Preparedness.

"The Advancing Health Literacy initiative is a vital part of the HHS efforts to help communities hardest hit by the pandemic access and understand COVID-related information," said Assistant Secretary for Health, Dr. Rachel L. Levine, M.D. "This funding, and the partnerships with local and community entities across the country, will help our national efforts to continue to tackle health disparities surrounding COVID-19 vaccination, testing, and treatment."

Health literacy is a person's ability to find, understand and use information and services to help them make health-related decisions for themselves and others. Health literacy is a central focus of the Healthy People 2030 blueprint for improving the health of the nation, which is sponsored by the HHS Office of the Assistant Secretary for Health. Healthy People 2030 has elevated health literacy within one of its overarching goals: Eliminate health disparities, achieve health equity, and attain health literacy to improve the health and well-being of all.

The Advancing Health Literacy Initiative has been a vital part of the community engagement of the City of Lauderhill's "Healthy You," campaign. Since kicking-off in August 2022, the campaign has continued to increase the awareness of healthier living by providing culturally and

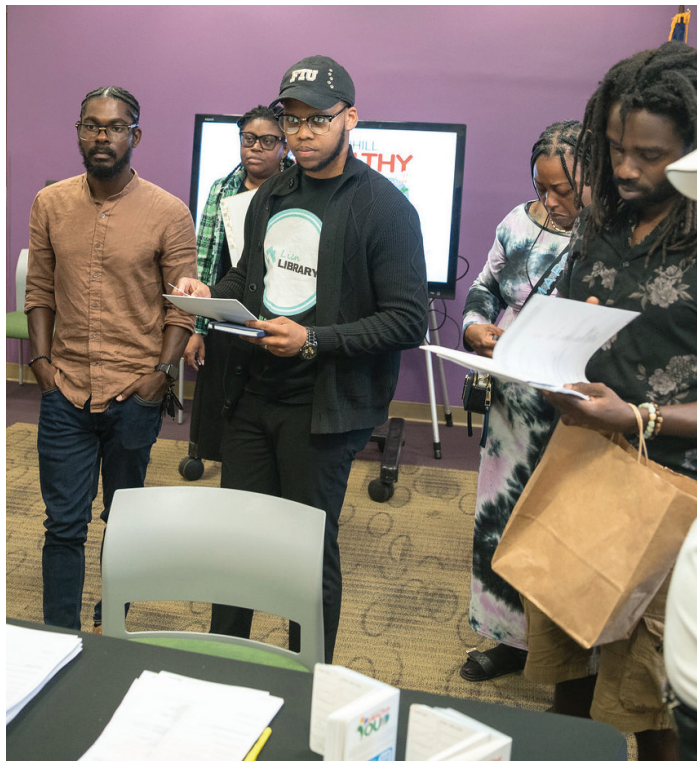


linguistically Covid-19 information in plain language to the minority population in the City of Lauderhill. Throughout the year, the Healthy You team has proudly been able to accomplish the following activities in the city for its patrons:

- **Reached over 7,500 Lauderhill residents** through community survey collection (i.e. Park activities, concerts and festival events, HOA meetings, church services, various community pop-up events as a vendor, co-workspaces, and more.)
- **Distributed healthy collateral materials** throughout the city to inform the community about COVID-19, preventative methods, vaccination and booster benefits and opportunities, and more.

- **Produced** healthy snack treat bags, produced branded shirts and tote bags, and other giveaways during community events like: Beer-B-Que festival, Health-O-ween, Thanksgiving Turkey Drive and Jazzin at the Park.
- **Engaged with Lauderhill community members** by facilitating multiple focus groups for various demographics like African-American, Hispanic, Haitian and Jamaican descent to insure diversity inclusion within the initiative.
- **Developed partnerships with Lauderhill** community leaders, business owners, and stakeholders by inviting them to Healthy You events, in which business surveys were collected, in addition to participating in City held events like the Lauderhill Chamber of Commerce Network Breakfast.
- **Issued Gift Cards** to Survey, Vaccinations and Boosters Lauderhill recipients.

The goal is to share information, resources and health services to our community to ensure that the patrons of the City of Lauderhill will understand basic medical information and be empowered to make informed decisions.



COVID-19 Makes Living with a Rare Disease Even Harder

But there are silver linings



Ongoing uncertainty, being alone, and not being able to get treatment. In many ways, the widespread challenges the COVID-19 pandemic created were already too familiar to members of the rare disease community. Now there was a new concern for people with rare diseases: how would COVID impact their specific disorder?

The pandemic has dramatically changed the world we live in. For people with a rare disease, many of the things that have been hard in the past have become even more difficult, and new challenges have appeared. Despite this, the pandemic has led to promising developments in rare disease research – a silver lining of this difficult time.

Working together on rare disease research

The Rare Diseases Clinical Research Network (RDCRN), led by the National Center for Advancing Translational Sciences (NCATS), is made up of 9 NIH Institutes and Centers along with rare disease patient advocacy groups. Together the RDCRN group studies over 200 rare diseases to learn more about how they start, progress, and how to improve diagnoses and treatments.

The pandemic affects access to care

To learn about how COVID-19 has impacted rare disease patients and provide better support for this community, RDCRN surveyed rare disease patients, their families, and caregivers about their experiences. They found this community has been deeply affected by the pandemic.

Between cancelled and delayed appointments, long waitlists, and concerns about getting infected, the pandemic has made it harder for people to get medical care, which is especially important for the rare disease community. It's not always easy to know when to seek medical care – especially if you're immunocompromised (which means your body can't fight disease) – and the pandemic made it even harder for people with rare diseases to get access to:

- Routine (regular) and preventive health care.
- Treatments to help manage their disease – including special diets, medications, and therapies.
- Testing and medical help for COVID-19 – which means that many rare disease patients aren't sure if they've been infected or not.

Although most people who were infected with COVID-19 only had mild symptoms, some in the rare disease community said the virus made some symptoms of their rare disease worse.

Luckily, telehealth has become more available because of the pandemic, which means it's becoming easier to get care without needing to worry about getting exposed to COVID-19. It also means many rare disease patients won't need to travel such long distances to see rare disease specialists.

COVID-19 innovations benefit rare disease research

Only about 5% of rare diseases have a treatment that's approved by the Food and Drug Administration (FDA). Research and development for new treatments can be painfully slow.

The pandemic caused delays and shutdowns for clinical studies and laboratories - including those studying and developing treatments for rare diseases. Figuring out how to research in these uncertain times has led to innovative changes in the research world that could have a lasting benefit for rare disease patients:

- **Virtual research.** Research institutions are moving towards virtual clinical trials, and the FDA has introduced new, more flexible guidelines. Virtual research means more rare disease patients will be able to take part in clinical trials and get new, promising treatments.
- **Learning more about the biology of COVID-19.** Studying COVID-19's biology is also helping researchers find better ways to treat COVID-19 in rare disease patients.
- **Using old drugs in new ways.** Finding new uses for approved drugs (called "drug repurposing") cuts down on FDA approval time, so as part of their pandemic response, the NCATS team developed a new resource for scientists called OpenData Portal to share information about COVID-19 drugs. Drug repurposing and data sharing platforms like this help to overcome some of the challenges of developing new treatments for rare diseases - like time, resources, and logistics - and get new, safe treatments to patients, faster.

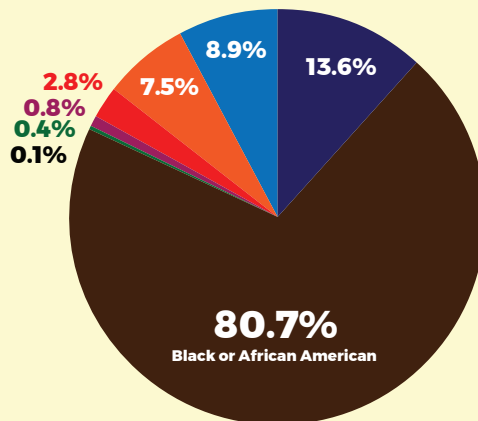
City of Lauderhill Demographic Information

Population Estimates, July 1 2021, (V2021) | 73,458



Race and Hispanic Origin

White alone, percent **13.6%**
 Black or African American alone, **80.7%**
 American Indian and Alaska Native alone, **0.4%**
 Asian alone, percent(a) **0.8%**
 Native Hawaiian and Other Pacific Islander alone, **0.1%**
 Two or More Races, percent **2.8%**
 Hispanic or Latino, percent **7.5%**
 White alone, not Hispanic or Latino, **8.9%**



Education

High school graduate or higher, percent of persons age 25 years+, 2016-2020 | **84.9%**
 Bachelor's degree or higher, percent of persons age 25 years+, 2016-2020 | **19.3%**

Health

With a disability, under age 65 years, percent, 2016-2020 **8.8%**
 Persons without health insurance, under age 65 years, percent **8.2%**

Mortality

Deaths due to cardiovascular disease **211.5** (per 100k population)
 Diabetes among adults aged ≥18 years **9.9%**
 Distribution of the population by race/ethnic group within a city or census tract (index) **62.2**

HEALTH FAST FACT

People with underlying conditions are at greater risk of severe illness from COVID-19.

SOURCE: Centers for Disease Control and Prevention

Live Long, Be Well: Science-based Tips for Healthy Aging

It's a time to celebrate getting older, but caring for your body, mind, mental health, and relationships has health benefits no matter your age.



Get moving

Physical exercise can increase mobility, help prevent falls and fractures, and reduce the risk of some diseases associated with aging. It can also give the brain a boost, which can help with tasks like processing information, learning new things, paying attention, and solving problems.

These kinds of exercise are especially important as you get older:

- **Endurance and aerobic exercises** such as hiking, biking, dancing, and swimming, which strengthen your heart and lungs and boost circulation.
- **Strength exercises** such as weightlifting, resistance band workouts, and carrying groceries, which keep your muscles strong.
- **Balance exercises** such as tai chi and standing on one foot, which help improve coordination and build strength to reduce the risk of falls and fractures.
- **Flexibility exercises and stretches** such as yoga, which can help keep you limber and protect you from injuries.

Experts recommend aiming for 2.5 hours of physical exercise each week, which is only slightly more than 21 minutes per day.

Eat healthy

A diet that includes plenty of nutrients, vitamins, and minerals keeps your brain and body healthy and may reduce your risk of some aging-related diseases.

- **Prioritize nutrient-rich foods** such as seafood, plant-based proteins like nuts and seeds, and lean (low-fat) meats and poultry.
- **Limit foods with unhealthy additives** such as added sugars and saturated fats.
- **Say “yes” to fruits and vegetables.** Research shows that eating five servings of fruits and vegetables every day can reduce your risk of some chronic diseases.
- **Watch your portion size.** Keep an eye on how much you are eating and talk to your doctor about how many calories are right for you and your lifestyle.

A Mediterranean-style diet—which includes nuts, vegetables, and fish—is one example of a diet that's good for heart health and may support the brain's ability to think and remember.

Prioritize your physical health

Small changes add up. Start today for greater health benefits later in life.

- **Drink less alcohol.** Alcohol can contribute to health problems, especially as you get older. If you drink, try sticking to one drink a day or less, or stop drinking altogether.
- **Prioritize sleep.** Aim for seven to nine hours of sleep each night. A bedtime routine and a regular sleep schedule can help develop good sleep hygiene.
- **Quit smoking and tobacco use.** If you use tobacco, dropping the habit now will help you feel better right away and can add years to your life, even if you've been smoking for a long time.
- **Keep up on your health care.** Make sure to get regular checkups and stay up to date on your health screenings and vaccinations.

Care for your mental health

- **Keep your stress in check.** Chronic stress can damage the brain and body, including the parts of the brain involved with learning and memory. Strategies like getting regular exercise, meditating, and connecting with friends and family can help you manage stress.
- **Speak up if you feel down.** If you're struggling with mental health, don't be afraid to reach out.

Nurture your relationships

No matter your age, feeling lonely and socially isolated can be harmful to your physical, emotional, and cognitive health. Developing and maintaining strong social ties can help you feel more engaged and connected.

Try:

- **Volunteering** for a local organization.
- **Scheduling regular check-ins** with friends and family who live far away.
- **Connecting with other people in your community.** Get to know your neighbors or join a local club.

Engage your mind

Exercising your brain is just as important as exercising your body. Activities that challenge your brain on a regular basis keep your mind active and healthy and may help slow cognitive decline as you get older.

Try:

- **Learning something new** like a new skill, language, or game.
- **Getting out and about**—you could visit a museum or try an exercise class.
- **Spending time on your hobbies**—for example, reading a book, playing the guitar, or cooking a nourishing meal.



THINGS YOU CAN DO TO MANAGE YOUR COVID-19 SYMPTOMS AT HOME

If you have possible or confirmed COVID-19



As much as possible, stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask.



Get Rest and Stay Hydrated



Avoid sharing personal items with other people in your household, like dishes, towels and bedding.

LauderhillAHL.com

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New Decision-Support Tool for COVID-19 Testing Can Help You Get Back to Your life, Safely!

Find out when to test and how often

ALMOST TWO YEARS INTO the COVID-19 pandemic, there's still so much uncertainty about how to live with this virus. We have safe and effective vaccines, and now masks, social distancing, and testing are normal parts of life. But there's also a new, more transmissible variant that's contributing to rising case numbers and breakthrough cases. It's still hard to know the best ways to use these tools to keep yourself, your loved ones, and your community safe.

Find out when to test and help slow the spread

Testing is an important tool to slow the spread of COVID-19 and help us get back to our daily lives and the activities that matter most, safely. A test can tell you if you're infected (and likely to spread the virus to others) even if you don't have symptoms.

But when should you test? And how often? Luckily, the **When To Test Calculator for Individuals** from WhenToTest.org can help you decide! This new, state-of-the-art tool is free to use and designed to help you:

- Understand your risk of getting COVID-19
- Understand your risk of spreading COVID-19 to other people
- Decide if you should consider getting tested

The tool was developed with support from the NIH's Rapid Acceleration of Diagnostics (RADx®) initiative and is managed by the National Institute of Biomedical Imaging and Bioengineering.

HEALTH FAST FACT

When To Test Calculator for Individuals calculates your estimated risk of having COVID-19 and spreading it to others.

How it works

The tool asks you a series of simple questions and uses your answers to calculate your estimated risk of having COVID-19 and spreading it to others. (It doesn't collect any personal information.) It uses an algorithm that's based on the most up-to-date scientific data available, and it asks about things that have the biggest impact on individual risk. The questions are about:

- **Where you live.** If COVID-19 rates are high in your county, your risk will be higher than someone who lives in an area with lower rates.
- **Vaccination status.** If you are fully vaccinated, you're less likely to get infected with COVID-19 than someone who isn't vaccinated, and you're also less likely to spread it to others.
- **Masking.** Wearing a mask around people you don't live with reduces your risk of getting COVID-19 and spreading it to others (even if you're fully vaccinated).
- **Social contact.** Being around more people means more opportunities for you to be exposed to the virus and to expose others. That's why the tool asks about the number of people you're regularly in close contact with and any social gatherings you've attended recently or plan to attend soon.

The When To Test tool doesn't give medical advice, and it won't tell you that you absolutely should or shouldn't get tested. Instead, it tells you your estimated risk of getting COVID-19 and your risk of spreading it to others. If your risk is high, you should think about getting tested as soon as possible. If it's low, you may not need to test right away.

Visit **WhenToTest.org** and get the information you need to get back to your life, safely.



IMAGE: ISTOCK, MODIFIED BY L. SMITH. COURTESY OF THE NATIONAL INSTITUTE OF BIOMEDICAL IMAGING AND BIOENGINEERING

New study finds another good reason to wear a mask

Humidity levels in mask may help delay, prevent infection

We know that when we wear a face mask, we protect ourselves and others from the virus that causes COVID-19. A new study supported by the National Institutes of Health (NIH) suggests that one way masks may protect us is by increasing the humidity of the air we inhale. The higher level of humidity, which comes from our breath, may increase our protection against diseases such as COVID-19.

The study researchers cited prior research that found that higher humidity can help the lungs clear out germs and mucus, which helps delay and reduce infection.

“The increased level of humidity is something most mask-wearers probably felt without being able to recognize it, and without realizing this humidity might actually be good for them,” said the study’s lead author, Adriaan Bax, Ph.D., NIH Distinguished Investigator.

Dr. Bax and his team tested four common types of masks. They tested N95 masks, three-ply disposable surgical masks, two-ply cotton-polyester masks, and heavy cotton masks. All four types increased the level of humidity of inhaled air, but to different levels. At lower temperatures, the humidifying effects of all the masks greatly increased. At all temperatures, the heavy cotton masks led to the most increased level of humidity.

“This research supports the importance of mask-wearing as a simple yet effective way to protect the people around us and ourselves from respiratory infection,” said Griffin P. Rodgers, M.D., director of NIH’s National Institute of Diabetes and Digestive and Kidney Diseases.

Winter Viruses

Steps to take to stay healthy this winter

Winter and viruses: A dangerous combination

Though a cold, flu, or COVID-19 can strike at any time, you're more likely to pick up a viral disease in the winter than at other times of the year. The cold, dry air in the winter months provides optimal conditions for the spread of viruses. People are also more likely to gather indoors to avoid the cold weather, creating ideal situations for viruses to spread in large numbers.

Prevention best practices

The best prevention for any kind of virus is to get a vaccine, if available. As we've seen with breakthrough COVID-19 cases, though, vaccines aren't perfect. Even if you're vaccinated, you should take the following steps to avoid contracting a virus this winter.

- **Mask up:** Even if you're fully vaccinated, you should wear a mask in public in areas where viruses are spreading quickly.
- **Wash your hands frequently:** Even if you don't see any dirt or grime on your hands, that doesn't mean germs aren't there. Hand sanitizer is good in a pinch, but washing with soap and water is still the best way to keep clean.
- **Disinfect surfaces:** Wiping down surfaces you touch a lot with just soap and water does remove some germs, but to make sure you're reducing germs to a safe level, consider using disinfectants like bleach or antibacterial wipes when cleaning. Some germ-y items to look out for include counters, doorknobs, faucet and toilet handles, light switches, remotes, and toys.
- **Avoid close contact with people who are sick:** If someone you're living with comes down with a viral disease, try to stay in different rooms as much as possible, use separate dishware, and wipe down shared spaces like bathrooms. If you have to be in the same room, try to be at least six feet apart and consider wearing a mask. Air purifiers are great if you have one, and, if the weather's warm enough, a cracked window can help new air flow into the room, lowering the risk of infection.
- **Try not to touch your eyes, nose, and mouth:** Though the virus that causes COVID-19 has been shown to mainly spread through the air, many viruses spread when someone touches a surface with the virus on it and then touches their eyes, nose, or mouth, where the virus can enter the body.



Steps to recover quickly from an illness

Should you come down with COVID-19, the flu, or another respiratory virus, here are some tips on how to help care for yourself.

- **Stay home, and stay away** from those you live with as much as possible.
- **Get tested** – knowing what's causing the infection can help inform treatment decisions.
- **Rest, drink lots of liquids,** and take pain relievers as needed for aches, pains, and fever.
- **Speak with your doctor.** Prescription antiviral drugs might be an option if you test positive for the flu. If you've tested positive for COVID-19, ask your doctor if you're eligible for an FDA-authorized or -approved COVID-19 antiviral medication.
- **Older individuals and those with existing medical conditions who have symptoms should call their doctor if they test positive for COVID-19.**
- **If symptoms get much worse,** consider going to the hospital.

- **Try using a humidifier** or steam to relieve congestion.
- **Gargling with salt water** can help get rid of mucus that collects at the back of the throat.
- **Cough drops and hard candy** can help ease a cough or sore throat.

Symptom breakdown

COVID-19

- Fever/feeling feverish: Yes
- Cough: Yes
- Shortness of breath: Yes
- Fatigue: Yes
- Sore throat: Yes
- Runny or stuffy nose: Yes
- Muscle pain or body aches: Yes
- Headache: Yes
- Vomiting and diarrhea: Yes
- Change in or loss of taste or smell: Yes
- Sneezing: Rarely

Flu

- Fever/feeling feverish: Yes
- Cough: Yes
- Shortness of breath: Yes
- Fatigue: Yes
- Sore throat: Yes
- Runny or stuffy nose: Yes
- Muscle pain or body aches: Yes
- Headache: Yes
- Vomiting and diarrhea: Sometimes
- Change in or loss of taste or smell: Sometimes
- Sneezing: Rarely



HEALTH FAST FACT

36K

The flu kills more than 36,000 people each year.

SOURCE: National Institutes of Health

Cold

- Fever/feeling feverish: Sometimes
- Cough: Yes
- Shortness of breath: Yes
- Fatigue: Sometimes
- Sore throat: Yes
- Runny or stuffy nose: Yes
- Muscle pain or body aches: Sometimes
- Headache: Yes
- Vomiting and diarrhea: Never
- Change in or loss of taste or smell: Sometimes with a stuffy nose
- Sneezing: Sometimes

Vaccine news

Vaccines not only provide protection for yourself but help prevent the spread of disease to vulnerable populations. The FDA-authorized and approved COVID-19 vaccines are safe, highly effective at preventing hospitalization and death, free, and widely available. The Centers for Disease Control and Prevention advises everyone age 5 and older to

get the first two COVID-19 vaccine shots, and everyone age twelve and older to get a booster shot.

People can find a local COVID-19 vaccination site by going to [vaccines.gov](https://www.vaccines.gov) or texting their zip code to GETVAX (438829) or VACUNA (822862).

Today's flu vaccines are developed to prevent what scientists believe will be the most widespread flu strain each winter. In June 2021, the NIH launched a clinical trial of a universal flu vaccine developed by scientists from the National Institute of Allergy and Infectious Diseases. If it works, the vaccine would provide long-lasting protection against multiple flu virus strains and could one day get rid of the need to get vaccinated every year. Until then, be sure to get your flu shot every year as well as the COVID-19 vaccine and any boosters.



Children and the Pandemic: NIH Explores Mental Health Impact on American Youth

Ongoing ABCD Study looks at academic, economic factors

COVID-19 has likely had some mental health impact on most of us, especially children and adolescents. The National Institutes of Health (NIH) is now funding research to understand exactly what that impact is.

The long-term Adolescent Brain Cognitive Development (ABCD) Study, led by NIH, is one such effort. In 2015, researchers at sites in 21 states began studying 10,000 9- and 10-year-olds. Their goal was to find out how video games, sleep patterns, education, and more affected their brain development. The study will follow these participants until they are 18 years old.

Researchers are now including a COVID-19 exposure questionnaire as part of the study. The responses will help show how factors like economic or regional differences contributed to the impact of the pandemic on children,

“For children, there are a lot of unknowns here.”

— Joshua Gordon, M.D., Ph.D.

says Joshua Gordon, M.D., Ph.D., director of National Institute of Mental Health.

Academic experiences can also impact children’s mental health, especially during COVID-19, Dr. Gordon says. He notes that economic differences can play a part in that too. For example, students who have more access to technology or academic support at home could have better outcomes.

“For children, there are a lot of unknowns here,” Dr. Gordon says. “The ABCD Study’s goal is to explore those unknowns.”

Health-O-Ween

Healthy You Team distribute healthy snacks for Halloween event.



On October 28, 2022 the City of Lauderhill's "Healthy You" awarded health grant initiative, hosted a "Health-O-Ween Trick or Treat" pop-up event at the Sadkin Community Center (1176 NW 42nd Way, Lauderhill, FL 33313) from 5pm-9pm. City of Lauderhill patrons enjoyed spooky "Healthy You gift bags," healthy treats, and participants were able to receive their vaccination or booster shots throughout the night.



HEALTHY YOU ON THE GO



LAUDERHILL CHAMBER OF COMMERCE BUSINESS SURVEY



JAZZIN IN THE PARK HEALTHY MATERIALS



ST. GEORGE PARK HOA RESIDENT SURVEY



CHAMBER OF COMMERCE HEALTH MATERIALS



LAUDERHILL SPORTS COMPLEX RESIDENT SURVEY



LAUDERHILL SPORTS COMPLEX RESIDENT SURVEY



BEER-B-QUE RESIDENT SURVEY

NIH COVID-19 Research Addresses Health Disparities in Testing

RADx-UP to support Hispanic and Latino populations among others



September 15 to October 15 is Hispanic Heritage Month, a time to honor and celebrate Hispanics and Latinos in the U.S. It also is a time to recognize health differences in these communities.

Our recent cover celebrity, Adamari López, is a Telemundo host and breast cancer fighter who is working hard to educate other women about the importance of routine health screenings. While Hispanic and Latina women have a lower death rate from breast cancer than white women, breast cancer is still the leading cause of cancer deaths for those groups.

Now is also an important time recognize National Institutes of Health research supporting Hispanic and other diverse communities. One such research initiative is the Rapid Acceleration of Diagnostics (RADx), in which scientists and researchers across the country are working to improve COVID-19 testing.

One of the four cornerstones of the RADx COVID-19 initiative is RADx Underserved Populations (RADx-

UP). RADx-UP hopes to improve access to testing for populations who are disproportionately affected by health disparities. A health disparity is a higher burden of negative health outcomes—such as illness or death—that often affects specific populations. For COVID-19, those include Hispanics and Latinos, as well as African Americans, American Indians, and Alaska Natives.

Through better testing, RADxUP will help researchers see a clearer picture of how COVID-19 affects these populations and how to improve health outcomes around the virus. That could mean everything from creating more accessible testing locations or customizing COVID-19 resources to address concerns relevant to each community. Ultimately, researchers want to best serve these and other communities to keep them healthy and safe.

How to Protect Your Family from COVID-19

What you need to know about child vaccination, side effects



Though most children and teenagers have had less severe cases of COVID-19 compared with adults, they can still get sick and spread the disease to other people.

That's why COVID-19 vaccines are important for children and teens who are eligible. Currently, the Centers for Disease Control and Prevention (CDC) recommends that everyone age 12 and older be vaccinated against COVID-19. Widespread vaccination is our best hope to prevent COVID-19 from spreading.

How they work

Vaccines help us develop immunity to the virus that causes COVID-19 without needing to get the illness. By getting vaccinated, people of all ages make it harder for the virus to spread from person to person. Much of the science and research behind some of the COVID-19 vaccines started with research that began before the pandemic on other viruses, like those that cause the cold and flu.

The COVID-19 vaccine has mild, temporary side effects and does not cause COVID-19.

Current guidelines for children

Everyone in the U.S., including children who are eligible, can get a free COVID-19 vaccination, regardless of immigration or health insurance status.

Currently, all children 12 and older are permitted to get the Pfizer COVID-19 vaccine, which is a two-part vaccine series. People need both doses of this vaccine before they are considered fully vaccinated; they are also not considered fully vaccinated until 14 days after their second dose. Before your child gets their vaccination, check with your local pharmacy to see if appointments are available or if you can just walk in. Your health care provider may also offer COVID-19 vaccines.

How to prepare your child

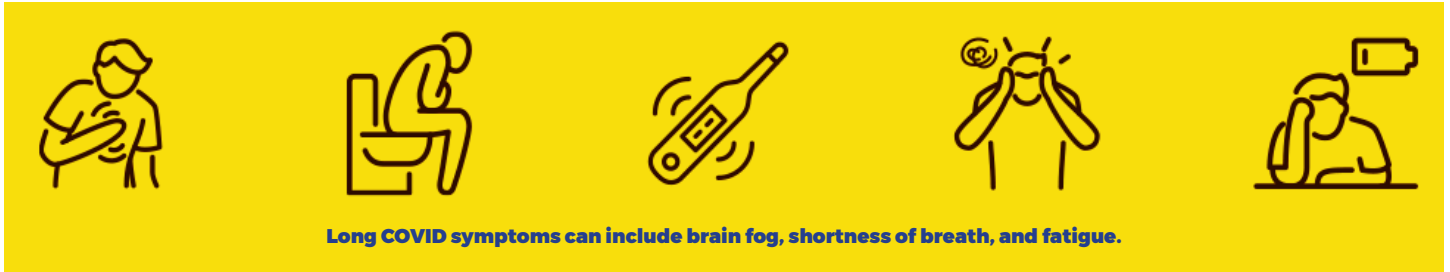
Talk to your child about what to expect from the vaccination. Side effects such as a sore arm, injection site swelling, tiredness, and headache may affect your child's ability to do some daily activities. The effects should go away in a few days. Many people have no side effects or reactions.

The CDC does not recommend taking ibuprofen, aspirin, or acetaminophen before vaccination for the purpose of trying to prevent vaccine-related side effects. It's also good to speak with your child's health care provider if you have any questions or to confirm any potential allergies.

After the shot, expect to stay for 15 minutes. That way your child can be observed in case of a severe allergic reaction that needs medical attention, which is very rare. Additionally, the CDC has a mobile app called V-safe that lets parents report any side effects. It can also help remind you of your child's second dose timing.

5 Questions About Long COVID

Symptoms can last weeks or even months



While most people with COVID-19 recover completely, thousands of people who survived COVID-19 are still struggling to return to their baseline even months later. As a result, the National Institutes of Health (NIH) is funding research to study the longer term health effects of COVID-19, including the condition known as Long COVID.

What is Long COVID?

Long COVID is a range of symptoms that can last weeks or months after first being infected with the virus that causes COVID-19 or can appear weeks after infection.

What are the symptoms?

They can include fatigue, shortness of breath, difficulty thinking or concentrating (sometimes called brain fog), sleep disorders, fevers, gastrointestinal symptoms, anxiety, and depression. New symptoms may start well after the time of infection, and symptoms can change over time.

Who can get Long COVID?

Anyone who has had COVID-19 can get Long COVID, regardless of age or prior health conditions.

How long does it last?

Symptoms can last for weeks or months after first being infected and can range from mild to severe. Researchers are working to understand more about recovery from COVID-19.

How is it being studied?

In December 2020, Congress approved \$1.15 billion in funding over four years for NIH to support research into Long COVID and other longer term health effects of COVID-19. In February 2021, NIH launched a new program to identify the risk factors and causes of Long COVID in order to help understand how it can be prevented or treated in the future.

Updates on COVID-19 Vaccines in Pregnant People

Study finds two doses of vaccines needed for protection



What was the reason for studying immune responses to the Pfizer and Moderna vaccines in pregnant people?

Prior to the last decade, there was a more simplistic understanding of pregnancy immunity. It was assumed that pregnant people were in an immune-suppressed state so they would not reject the fetus.

But pregnancy is not a static immune state—it's in flux. Pregnant people may respond to vaccines differently at different points in pregnancy. There might also be reason to think that pregnant individuals could respond to vaccines differently than nonpregnant people because the general immune state of pregnancy is unique.

The same is true with lactation, or breastfeeding. During the postpartum period, pregnant people return to a more nonpregnant immune state. This timeframe isn't well-studied. So, the questions we wanted to ask were, "Do pregnant and lactating individuals respond to the vaccine the same as nonpregnant people of the same ages?" and "Are lactating individuals' responses different from those of pregnant individuals?"

How did you study this?

We measured this by looking at the antibody response of pregnant individuals compared to nonpregnant individuals. We measured antibody levels before vaccination, after the first dose of the vaccine, and then about four weeks after the second dose of the vaccine.

What did the research find?

Unfortunately, we found that pregnant and lactating people are relatively less protected after the first dose of the vaccines compared to nonpregnant people. After the

second dose, both groups were relatively at the same spot. This was an interesting finding because it suggests that it's really important for pregnant and lactating people to adhere to the dosing schedule of the vaccine.

We also found that vaccinated lactating people made amazing levels of antibodies that were significantly higher than both nonpregnant and pregnant people. This shows that lactation is indeed a mysterious immune time that we don't know very much about.

Why are these findings important?

These findings are especially important today with the Delta variant strain of the COVID-19 virus. We now know that pregnant and lactating people who are half vaccinated are hardly protected against it, so it's extremely important for them to be cautious until they are fully vaccinated.

What other research is on the horizon?

Research has found that a side benefit of being vaccinated during pregnancy is that some of the antibodies the mother makes cross the placenta and protect the infant for a period of time. Right now, we're investigating exactly how long that protection might last. We're also looking into whether the antibodies that the mother makes can be passed to the infant via breast milk.

LAUDERHILL HEALTHY YOU
HEALTHY FAMILY • HEALTHY COMMUNITY

Protect yourself and your baby from COVID-19. Get vaccinated.

COVID-19 vaccination is high encouraged for people who are pregnant, breastfeeding, trying to get pregnant now, or might become pregnant in the future.

Ask your healthcare provider about the COVID-19 vaccine.

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How have you managed stress during COVID-19?

Residents share their stories and suggestions

During this global pandemic, we have all had to make changes to our daily lives. We asked readers to tell us how they kept connected and took care of their mental health over the last year. Here are some of their stories.



"Since my son's music lessons are now virtual, I can hover nearby pretending to be busy and savor the moments listening to him play. Bringing a pandemic puppy into the family has also been so good for all of us. We've shared lots of laughs and spent time together instead of in our separate corners of the house."

Susan L. Peters
Marketing Communications
Lauderhill, FL



"Significantly limiting our news intake allowed us to focus on key issues while avoiding repetitive stories. Many people were heading to the water as a means of escape, so we had to find new fishing spots that pushed us out of our comfort zone but was ultimately very rewarding."

Edward Jackson, Retired
Janice Jackson, Retired
Lauderhill, FL



"As a nail specialist, I was hit hard, I try to decompress on days off with my family. I find myself continually reframing negative situations for us. Instead of focusing on the places we can't go because of COVID, we find a new restaurants to explore each weekend. Instead of focusing on the time away from work, we focus on the extra family time. Focus on gratitude. That's it!

Indira Ramnarine
Beauty + Spa Specialist
Lauderhill, FL

In Conversation: What is behind vaccine hesitancy?

In a bid to curb the spread of SARS-CoV-2, the virus that causes COVID-19, public health experts have been pushing for a fast and effective vaccine rollout. However, some members of the public have been hesitant to take up vaccines. What happened, and is there something that science communicators keep getting wrong about vaccine hesitancy?

Millions of people around the world have now received a vaccine for COVID-19, yet for many the decision was not an easy one – indeed, some people are yet to accept a COVID-19 vaccine, even though it is available to them.

Some researchers have named this phenomenon “vaccine hesitancy” – the European Centre for Disease Prevention and Control (ECDC) defines it as the “delay in acceptance or refusal of vaccines despite availability of vaccination services.”

But what renders people unsure about accepting any given vaccine? And is vaccine hesitancy something that science communicators can help resolve?

Theories about the reasons behind people’s vaccine-related worries abound, and they may all hold some truth. Some

researchers surmise that what makes people hesitant about whether or not they should accept a vaccine is the lack of access to accurate, complete information by trusted sources about that vaccine.

Others say that it all comes down to the spread of misinformation from trusted sources about vaccination. Yet others point out that, during the COVID-19 pandemic, those belonging to some historically marginalized communities, such as Black Americans, were the most likely to be hesitant about COVID-19 vaccines.

This is due to a long history of medical experimentation and gaslighting experienced by this community, as well as to present experiences of racism and discrimination when attempting to access healthcare.



SYMPTOMS OF COVID-19

Seek medical care immediately if you or someone you know has Emergency Warning Signs of COVID-19:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Difficulty walking or staying awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

This is not a list of all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.

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SCAN ME



Lifestyle changes key to delaying or preventing type 2 diabetes

In the U.S., about 10 percent of the population has type 2 diabetes. Even more surprising? Nearly one in four people living with diabetes don't even know they have it.

These and other facts are included in a new report from the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). The third "Diabetes in America" report, released last summer, has information for everyone.

Do you think you or a family member could have type 2 diabetes? Read our overview below for information and lifestyle tips from the report and MedlinePlus.

Overview

Diabetes is a serious disease that occurs when your blood glucose, also called blood sugar, is too high. Having too much glucose in your blood affects how your body uses food for energy and growth.

With type 2 diabetes, your body doesn't make enough insulin, or use insulin effectively. Insulin—a hormone made by the pancreas—helps glucose move from your blood into your cells, where it is used for energy. Without enough insulin, not enough glucose reaches your cells, leaving glucose in your blood. Over time, having too much glucose in your blood can cause health problems.

Although diabetes has no cure, you can take steps to manage your diabetes with medication and lifestyle changes.

continued on next page





Symptoms of type 2 diabetes

Although people with diabetes usually have symptoms, too often those symptoms are ignored or dismissed. Some symptoms of diabetes include:

- Increased thirst and urination
- Increased hunger
- Feeling tired
- Blurred vision
- Numbness or tingling in the feet or hands
- Sores that do not heal
- Losing weight without trying

Causes

You can develop type 2 diabetes at any age, even during childhood. However, this type of diabetes occurs most often in middle-aged and older people. Type 2 is the most common type of diabetes. A family history of diabetes, high blood pressure, overweight or obesity, and being inactive can increase your chances of developing the disease. Women who have a history of gestational diabetes, which can develop during pregnancy, are also at increased risk.

It is more common in African Americans, Alaska Natives, American Indians, Asian Americans, Hispanic/Latinos, Native Hawaiians, and Pacific Islanders.

A primary care provider will often diagnose and treat type 2 diabetes. However, they may refer you to a diabetes specialist called an endocrinologist.

Complications

High blood glucose levels can have a severe effect on the body. Issues can include:

- Heart disease and stroke
- Kidney disease
- Vision problems
- Foot problems
- Nerve damage
- Sexual and bladder problems
- Gum disease and other dental problems

Prevention

There is good news for people at risk for type 2 diabetes. You can prevent or delay the disease with healthy lifestyle changes, according to findings from the NIDDK-supported Diabetes Prevention Program research study. That includes people with prediabetes, a condition where your blood glucose levels are higher than normal but not high enough to be diagnosed as diabetes.

Taking small steps, such as eating less and moving more to lose weight, can help you prevent or delay type 2 diabetes and related health problems. Asking your health care team about steps you can take to prevent type 2 is key.

- **Set a weight loss goal.** If you are overweight, set a weight loss goal that you can reach. Try to lose at least 5 to 10 percent of your current weight. For example, if you weigh 200 pounds, a 10 percent weight loss goal means that you will try to lose 20 pounds.
- **Follow a healthy eating plan for weight loss.** Research shows that you can prevent or delay type 2 by losing weight by following a reduced-calorie eating plan and being more active each day.
- **Move more.** Start slowly and add more activity until you get to at least 30 minutes of physical activity, like a brisk walk, five days a week.



PREVENTION METHOD:
**30 MINUTE TO 1 HOUR
 WORKOUT
 5 DAYS A WEEK.
 EASILY IMPLEMENTED
 AT THE LAUDERHILL
 SPORTS COMPLEX**

IMAGE: LAUDERHILL SPORTS COMPLEX
 COURTESY OF GRADY ROSS

Updated blood pressure guidelines: Lifestyle changes are key

NIH's David Goff unpacks new updates, shares advice



Nearly 86 million people in the U.S. have high blood pressure. (Blood pressure over 140/90 is traditionally defined as high blood pressure.) The condition, also known as hypertension, puts additional pressure on our blood vessels.

The additional pressure can damage your heart and blood vessels,

increasing our risk for strokes, heart disease, and kidney failure.

But knowing if you have high blood pressure isn't always simple. The condition is often called "the silent killer" because it has few—if any—symptoms. Other than you or a health provider checking your blood pressure, you may not realize you have it.

What do you want the public to know about the new guidelines?

There is increased risk once your blood pressure goes above 120/80. Research shows that for people with a systolic above 130—the risk for heart attack, stroke, kidney disease, and heart failure is higher than for people with normal blood pressure, which is no greater than 120 systolic.

What else should the public understand?

The new guidelines say people who already have had a heart attack or a stroke should be especially attentive. This also goes for people who have not had a heart attack or stroke but are at high risk for a heart attack or stroke, based on risk factors such as smoking, age, cholesterol, diabetes, and related factors. The AHA/ACC guidelines strongly recommend these people start drug therapy at the 130-systolic level.

If you have not had a heart attack or stroke and are at lower risk, the AHA/ACC guidelines don't recommend starting drug therapy until a systolic level of 140. If you're between 130 and 139, lifestyle changes, such as improving diet and increasing activity, are recommended.

African-Americans, Cuban-Americans, and Puerto Ricans should pay special attention because they are especially vulnerable to high blood pressure. Almost 46 percent of African-American adults have high blood pressure.

What lifestyle changes can help with high blood pressure?

Lifestyle changes are something we've been talking about for some time now.

Eat a healthier diet—like the DASH Diet—which means more fruits and vegetables, whole grains, lean meats and low-fat dairy, and nuts.

Some people might feel overwhelmed by making big changes in diet and exercise.

What do you say to them?

Small changes can be very effective.

Sometimes it can seem overwhelming to think about making major changes. But, we can build in small changes over time.



For example, at lunch, perhaps you often have a sandwich. Well, bread is a big source of salt. Deli meats—especially turkey and ham—are major sources of salt. If you trade in that sandwich for a healthy salad with some nuts and fruit, you've got a much healthier meal with a lot less salt.

What questions should I ask my health care provider about my blood pressure?

An important question to start with is, "What's my risk for heart disease and stroke?"

If you had a heart attack or stroke, then you know. But if you haven't had a heart attack or stroke, then ask your doctor about your risk.

Finally, ask, "Should I do anything to lower my blood pressure?" Your doctor can then advise on lifestyle changes or medical therapy as appropriate.

How to cope with the stress of social isolation

Loneliness and lack of contact can have long-term health effects

Social isolation, or being physically separated from others, can lead to loneliness and increased stress, especially during a pandemic.

Loneliness has been associated with higher rates of depression, anxiety, and suicide. It can also weaken our immune systems, which helps protect us from getting sick. Luckily, understanding stress and loneliness and how to manage them can help.

How stress affects us

While some stress is normal, too much of it can interfere with daily activities, relationships, and work. Symptoms of stress and anxiety include:

- Feeling irritable, restless, and on edge
- Feeling overwhelmed and unmotivated
- Muscle tension
- Fatigue or tiredness
- Difficulty concentrating

Combating stress

To combat stress, make sure to eat a diet full of heart-healthy fruits, vegetables, and grains. Get enough sleep (for adults, that is usually between 7 and 8 hours) and seek out physical activity.

Connecting with nature can lower levels of stress and reduce symptoms of anxiety and depression. A walk or bike ride may make you feel better and stay physically fit. Just 30 minutes of physical activity a day can make a big difference. Remember to wear a mask even when you are outside. Also, keep 6 feet of space between yourself and people who do not live in your home.

Combating loneliness

Avoiding in-person social gatherings will help keep you and others safe. But you can stay in touch with people in other ways:

- Connect with loved ones through online games, video calls, or messaging apps.
- Look online for virtual exercise classes, religious services, and cultural events.
- Try at-home, guided yoga, mindfulness, or meditation through a mobile app.
- Consider adopting a pet. Pets can provide comfort and lower blood pressure, according to the National Institute on Aging.



Reach out to a health care professional

Stress and social isolation can worsen existing mental illness. Consult your health care provider if your feelings are getting in the way of your daily life.

“For those with mental illnesses, be sure to continue your treatment regimens,” says Joshua Gordon, M.D., Ph.D., director of the National Institute of Mental Health. “Consider developing a plan for telehealth sessions with your provider if you (or your provider) are quarantined or must avoid exposures to the public for any reason. And reach out to friends and family for support, virtually if necessary.”

Teach-Back: How To Improve Your Patients' Understanding Of Their Care

Study finds on 12% of U.S. adults have proficient health literacy



What is the Teach-Back Method?

The Teach-Back Method allows you to ensure that your patients understand and remember everything you've told them by asking them to repeat that information in their own words. When patients can explain what they need to know or do about their health in their own words, you know that they have retained that information, and they are more likely to follow your directions.

What are the best practices in the Teach-Back Method?

- Ensure your provider is using plain, simple, and clear language.
- Ask your provider to share information in small amounts that you are able to repeat back.
- If you do not understand something the provider has said, ask for different approach to explain it.
- Ask your provider to use handouts or written

information, and to point out any information that should be reinforced with the patient.

- Encourage yourself (patient) to ask questions.

Isn't the Teach-Back Method only for Patients with Low Health Literacy?

Regardless of a patient's health literacy level, it's important to make sure the patient clearly understands the information from the provider. The U.S. Department of Health and Human Services (HHS) Office of Disease Prevention and Health Promotion reports that only 12 percent of U.S. adults have proficient health literacy. Remember, even people with strong literacy skills can still have limited health literacy when they:

- Aren't familiar with medical terms.
- Have to interpret data to make a care decision.
- Are diagnosed with a serious illness and are scared.
- Have complex conditions that require complicated self-care.

Who in my practice should use the Teach-Back Method?

Anyone in your practice who interacts with your patients about their health or care plan should use the Teach-Back Method.

This includes providers, nurses, and even administrative staff. For example, the staff member who schedules appointments for you should ask the patient to repeat the date and time of the scheduled appointment and any directions that the patient should remember, such as to bring all current medications to the visit.

What are the benefits of using the Teach-Back Method with my patients?

There are many benefits to using the Teach-Back Method:

- Improved patient understanding and adherence.
- Decreased call backs and cancelled appointments.
- Improved patient satisfaction.
- Improved patient outcomes.

Annual Checkup Checklist

Staying Healthy Together.

Sure, it always rings a bit ironic—sitting in the doctor’s office when you feel perfectly fine—but annual checkups are an important part of staying healthy. Outside the usual exams, screenings and vaccines you need to prevent disease and stay on top of changes in your body, there are a variety of other topics you should consider discussing with your primary care physician to ensure you keep feeling your best.

To help prioritize your current health concerns, consider the following thought-starters before your next annual checkup:

- Should I be taking any nutritional supplements? What should I be getting from my diet vs. supplements? If I want to make a change to my habits around food and nutrition, how can you help me?
- How much should I be moving every day? If I have difficulty making exercise a priority, what can I do?
- How do I cope with stress? Do I worry, deny, numb or have other unhealthy coping strategies?
- With what community do I spend the most time? Is it a virtual community? Do I have healthy relationships with 2-3 people I can speak with in-person?
- How is my sleep? Am I maintaining a regular sleep schedule (at least 7-9 hours per night)?
- What substances am I ingesting other than food? How could these impact my sleep, nutrition and mood?
- Who is/are my intimate partner(s)? Do I feel safe with them? How do I feel about my sexual and intimate behaviors?
- Aside from your yearly physical exam, your PCP may recommend certain screenings depending on your age and life stage. Some, like blood pressure and cholesterol, may be performed during your annual checkup; others, such as a pap smear and colonoscopy, will likely require a visit to a specialist or other facility.

20s	Blood pressure (every 3-5 years) Body mass index (BMI) baselines Full body skin check (annual) Pap smear (starting at age 21 and every 3 months)
30s	Cholesterol, blood pressure (every 3-5 years) BMI (every 1-3 years depending on risk factors) Full body skin check (annual) Pap smear (every 3-5 years)
40s	Full body skin check (annual) Mammogram discussion Pap smear (every 3-5 years) Prostate health discussion (African American)
50s	Full body skin check (annual) Colonoscopy (every 10 years) Shingles vaccine Mammogram discussion Pap smear (every 3-5 years) Prostate health discussion
60+	Full body skin check (annual) Colonoscopy (every 10 years up to age 75) Bone density study (age 65+)(every 2-5 years)

Annual Check Up: Extended List for Preventative Care

Good preventive care helps catch health issues early when they may be easier to treat. Have this checklist handy at your next appointment. Together, you and your primary care provider (PCP) can decide which tests and health care services are right for you. Recommended preventive care services may include the following¹:

Once a year	Date done	As needed	Date done
<input type="checkbox"/> Flu shot (every flu season)		<input type="checkbox"/> Colon cancer screening (for adults age 50 or older)	
<input type="checkbox"/> Vaccine review (see what shots you may be due for)		<input type="checkbox"/> Hepatitis C virus infection screening (for people at high risk and a one-time test for adults born between 1945–1965)	
Annual wellness visit/ routine physical	Date done	<input type="checkbox"/> Mammogram screening (every year starting at age 45; starting at age 55, it can change to every other year ²)	
<input type="checkbox"/> Blood pressure check		For people with diabetes	Date done
<input type="checkbox"/> Head-to-toe examination		<input type="checkbox"/> Exam to detect diabetes-related eye issues	
<input type="checkbox"/> Height, weight and body mass index (BMI)		<input type="checkbox"/> Exam to detect diabetes-related foot issues	
<input type="checkbox"/> Lifestyle screening check such as alcohol use, help quitting tobacco and healthy eating, if applicable.		<input type="checkbox"/> Hemoglobin A1c (HbA1c)	
As recommended by your PCP	Date done	<input type="checkbox"/> LDL cholesterol	
<input type="checkbox"/> Cervical cancer screening (Pap smear) for women ages 21–65		<input type="checkbox"/> Statin medication, if clinically appropriate	
<input type="checkbox"/> Cholesterol screening		<input type="checkbox"/> Tests to monitor for kidney disease	
<input type="checkbox"/> Dental exam			
<input type="checkbox"/> Bone mineral density test to screen for osteoporosis			
<input type="checkbox"/> Eye exam			
<input type="checkbox"/> Fasting blood sugar screening			
<input type="checkbox"/> Hearing exam			

See back for important topics to prepare for your next appointment.

Schedule Your 2023 Check Up!

Estate planning: Definition, Planning and Key Components

Planning tasks include making a will, setting up trusts and/or making charitable donations to limit estate taxes, naming an executor and beneficiaries, and setting up funeral arrangements. A will is a legal document that provides instructions on how an individual's property and custody of minor children, if any, should be handled after death.

What Is Estate Planning?

Estate planning is the preparation of tasks that serve to manage an individual's asset base in the event of their incapacitation or death. The planning includes the bequest of assets to heirs and the settlement of estate taxes. Most estate plans are set up with the help of an attorney experienced in estate law.

Understanding Estate Planning

Estate planning involves determining how an individual's assets will be preserved, managed, and distributed after death. It also takes into account the management of an individual's properties and financial obligations in the event



that they become incapacitated.

Assets that could make up an individual's estate include houses, cars, stocks, artwork, life insurance, pensions, and debt. Individuals have various reasons for planning an estate, such as preserving family wealth, providing for a surviving spouse and children, funding children's or grandchildren's education, or leaving their legacy behind to a charitable cause.

The most basic step in estate planning involves writing a will. Other major estate planning tasks include the following:

- Limiting estate taxes by setting up trust accounts in the names of beneficiaries
- Establishing a guardian for living dependents

- Naming an executor of the estate to oversee the terms of the will
- Creating or updating beneficiaries on plans such as life insurance, IRAs, and 401(k)s
- Setting up funeral arrangements
- Establishing annual gifting to qualified charitable and non-profit organizations to reduce the taxable estate
- Setting up a durable power of attorney (POA) to direct other assets and investments

Writing a Will

A will is a legal document created to provide instructions on how an individual's property and custody of minor children, if any, should be handled after death. The individual expresses their wishes through the document and names a trustee or executor that they trust to fulfill their stated intentions. The will also indicates whether a trust should be created after death. Depending on the estate owner's intentions, a trust can go into effect during their lifetime (living trust) or after their death (testamentary trust).

The authenticity of a will is determined through a legal process known as probate. Probate is the first step taken in administering the estate of a deceased person and distributing assets to the beneficiaries. When an individual dies, the custodian of the will must take the will to the probate court or to the executor named in the will within 30 days of the death of the testator.

The probate process is a court-supervised procedure in which the authenticity of the will left behind is proved to be valid and accepted as the true last testament of the deceased. The court officially appoints the executor named in the will, which, in turn, gives the executor the legal power to act on behalf of the deceased.

Appointing the Right Executor

The legal personal representative or executor approved by the court is responsible for locating and overseeing all the assets of the deceased. The executor has to estimate the

value of the estate by using either the date of death value or the alternative valuation date, as provided in the Internal Revenue Code (IRC).

A list of assets that need to be assessed during probate includes retirement accounts, bank accounts, stocks and bonds, real estate property, jewelry, and any other items of value. Most assets that are subject to probate administration come under the supervision of the probate court in the place where the decedent lived at death.

The exception is real estate, which must be probated in the county in which it is located.

The executor also has to pay off any taxes and debt owed by the deceased from the estate. Creditors usually have a limited amount of time from the date they were notified of the testator's death to make claims against the estate for money owed to them. Claims that are rejected by the executor can be taken to court where a probate judge will have the final say as to whether or not the claim is valid.

The executor is also responsible for filing the final personal income tax returns on behalf of the deceased. After the inventory of the estate has been taken, the value of assets calculated, and taxes and debt paid off, the executor will then seek authorization from the court to distribute whatever is left of the estate to the beneficiaries.

Any estate taxes that are pending will come due within nine months of the date of death.

Planning for Estate Taxes

Federal and state taxes applied to an estate can considerably reduce its value before assets are distributed to beneficiaries. Death can result in large liabilities for the family, necessitating generational transfer strategies that can reduce, eliminate, or postpone tax payments.

During the estate-planning process, there are significant steps that individuals and married couples can take to reduce the impact of these taxes.

AB Trusts

Married couples, for example, can set up an AB trust that divides into two after the death of the first spouse.

Education Funding Strategies

A grandfather may encourage his grandchildren to seek college or advanced degrees and thus transfer assets to an entity, such as a 529 plan, for the purpose of current or future education funding.

That may be a much more tax-efficient move than having those assets transferred after death to fund college when the beneficiaries are of college age. The latter may trigger multiple tax events that can severely limit the amount of funding available to the kids.

Cutting the Tax Effects of Charitable Contributions

Another strategy an estate planner can take to minimize the estate's tax liability after death is by giving to charitable organizations while alive. The gifts reduce the financial size of the estate since they are excluded from the taxable estate, thus lowering the estate tax bill.

As a result, the individual has a lower effective cost of giving, which provides additional incentive to make those gifts. And of course, an individual may wish to make charitable contributions to a variety of causes. Estate planners can work with the donor in order to reduce taxable income as a result of those contributions, or formulate strategies that maximize the effect of those donations.

Estate Freezing

This is another strategy that can be used to limit death taxes. It involves an individual locking in the current value, and thus tax liability, of their property, while attributing the value of future growth of that capital property to another person. Any increase that occurs in the value of the assets in the future is transferred to the benefit of another person, such as a spouse, child, or grandchild.

This method involves freezing the value of an asset at its value on the date of transfer. Accordingly, the amount of potential capital gain at death is also frozen, allowing the estate planner to estimate their potential tax liability upon death and better plan for the payment of income taxes.



Using Life Insurance in Estate Planning

Life insurance serves as a source to pay death taxes and expenses, fund business buy-sell agreements, and fund retirement plans. If sufficient insurance proceeds are available and the policies are properly structured, any income tax on the deemed dispositions of assets following the death of an individual can be paid without resorting to the sale of assets. Proceeds from life insurance that are received by the beneficiaries upon the death of the insured are generally income tax-free.

Estate planning is an ongoing process and should be started as soon as an individual has any measurable asset base. As life progresses and goals shift, the estate plan should shift in line with new goals. Lack of adequate estate planning can cause undue financial burdens to loved ones (estate taxes can run as high as 40%), so at the very least a will should be set up—even if the taxable estate is not large.

Finding the right financial advisor that fits your needs doesn't have to be hard. . If you're ready to be matched with local advisors that will help you achieve your financial goals, get started now.

Healthy You & Wellness Guide: Navigating Health in Lauderdale

A List of Grocery, Mental Wellness and RX Options in the City of Lauderdale

GROCERY STORE

ALL COUNTY PRODUCE

3691 N.W. 15th St.
954-791-6288

BEDESSEE

4000 N.W. 12th St.
954-583-3700

FRANK'S PRODUCE OF BROWARD

3790 N.W. 19th St., Bay 1
754-200-8432

MANGOS SUPERMARKET

5588 Oakland Park Blvd.
954-900-5667

ORIENTAL MART

4850 N. University Drive
561-315-6725

QUALITY POULTRY & SEAFOOD

1221 N. State Road 7
954-791-3324

SELECT FOODS

3628 N.W. 16th St., Bay 1
561-305-1111

PHARMACY

BETTER HEALTH PHARMACY

1478 N. State Road 7
954-530-9318

CVS/PHARMACY #1302

5501 W. Oakland Park Blvd.
954-735-4628

CVS/PHARMACY #2805

6980 W. Commercial Blvd.
954-741-3469

CVS/PHARMACY #3273

5555 N. University Drive
954-742-2506

MORRISON'S RX

7535 W. Oakland Park Blvd.
954-578-5858

SOCIAL SERVICE

ADVOCATES FOR AMERICA

4300 N. University Drive E103
877-574-3421

CHILDREN'S SERVICES COUNCIL

6600 W. Commercial Blvd.
954-377-1000

COMMUNITY RIGHTFUL CENTER,

7481 W. Oakland Park Blvd., Apt. 302
954-815-1192

THE COOPERATIVE FEEDING PROGRAM,

1 N.W. 33rd Terrace
954-792-2328

FAMILY IN DISTRESS

3800 Inverrary Blvd., Apt. 307
954-870-5912

HANDS TO HAND SUPPORT COORDINATION

3800 Inverrary Blvd., Apt. 1011
954-497-9911

HARMONY DEVELOPMENT CENTER

3810 Inverrary Blvd., Apt. 203
954-765-6368

HOLY TEMPLE YOUTH OUTREACH

3798 N.W. 19th St., Bay 5
954-859-6290

LIFE GUIDE SERVICES

4300 N. University Drive, Suite C102
305-777-8068

MENTAL HEALTH AMERICA OF SOUTHEAST

7145 W. Oakland Park Blvd.
954-746-2055

SERENITY HOUSE DETOX

1780 N.W. 52nd Ave.
954-440-2955

SILVER IMPACT

7155 W. Oakland Park Blvd.
954-572-0444

WOMEN ON A MISSION OUTREACH

4987 N. University Drive, Bay 21
954-306-2740

SUPERMARKET

A & R SUPERMARKET

4128 N.W. 21st St.
954-485-8022

BRAVO SUPERMARKET

1627 N. State Road 7
954-990-8373

FRESCO Y MAS

1531 N.W. 40th Ave.
954-791-4516

LAUDERHILL MEAT & FISH MARKET

1505 N. University Drive
954-533-5687

LAUDERHILL SUPERMART

2040 N.W. 49th Ave.
954-731-2064

LAUDERHILL COMMUNITY ASSETS

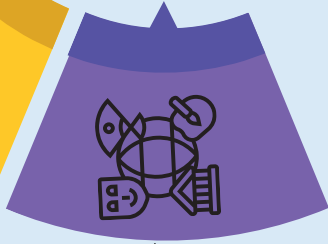
Institutional
Organizations found for a religious, educational, social, or similar purpose.



Local Economy
Economic and social systems that are make up the community.



Culture / Stories
Inspirational stories from members of the community.



Associations
A community group of people organized for a joint purpose



Physical Assets
Physical assets include land, parks, and gardens.



For more information and resources please scan the QR code





Our Partners Stories

Herbal Healing

Adrian Edwards, the health and wellness store owner was inspired and motivated to start their business after personally experiencing the transformative power of healthy lifestyle choices. They saw firsthand how taking care of their physical, mental, and emotional well-being had a positive impact on every aspect of their life, and they wanted to help others experience the same benefits.



In addition to providing high-quality products and services, Adrian is also committed to educating and empowering the community to take charge of their health and well-being.

They have organized a series of health and wellness events to provide information and resources on topics such as nutrition, exercise, stress management, and more.



During the Covid-19 pandemic, Adrian has also taken an active role in helping to keep the community safe and informed by hosting events focused on Covid prevention and awareness. They understand that good health is more important than ever, and they are dedicated to supporting and uplifting the community through these challenging times.

“Overall, Adrian is a true advocate for health and wellness, and their passion and dedication are helping to create a healthier, happier, and more resilient community.”



Compcare Medical Center

My name is Stephanie Brown. I am a Family Nurse Practitioner with over 30 years of professional healthcare experience. As a professional nurse working in several healthcare establishments in South Florida, I saw the disparity in care among a select segment of the population.

I realized the core of the problem was a lack of health literacy. This knowledge spawned a desire in me to pursue advanced studies and to make a difference by opening my own Nurse Practitioner owned healthcare practice to:

- Provide health education and increase health literacy among community members.
- Create a space where patients are comfortable expressing their concerns and know that they will be heard and addressed.
- Provide cost-effective medical care to patients who are uninsured or underinsured.



Over the past two years, I have worked tirelessly in the community providing medical care, COVID-19 vaccines, testing, and treatment in my office, churches, retirement homes, assisted living facilities, and in homes of elderly and shut-ins. I have done lectures at churches and via zoom to provide health education to members of the community.

“I am particularly thrilled with my partnership with the City of Lauderhill's “Advancing Health Literacy” initiative, designed to increase health awareness and ultimately impact the health of the community.”



Stephanie Brown, MSN, APRN, FNP-BC

Our Partners Stories



McArthur's Own Inc.

Jeanette A. Gordon, MBA is the President and CEO of McArthur's Own Inc., a community-focused consulting firm providing insight, support, and resources to stakeholders most interested in the positive health advancement of Black and Brown neighborhoods.



The Oasis Firm

When I was stationed in Japan and Afghanistan, I experienced difficulty finding qualified help with filing my taxes every tax season. I thoroughly researched tax professionals who specialize in helping military members and expats. I only found one company, but it was impossible to get in touch with them. That is when I realized we were an underserved market and was inspired to build the company to serve our brothers and sisters in arms. I believe that providing our services with service members in mind will help us innovate and thrive in an industry that also caters to all other citizens.



“Currently, we've partnered with the City of Lauderhill for the HHS Advancing Health Literacy Grant to educate our locals about financial well-being and how to maneuver the effect of the COVID-19 pandemic in personal finance.”

Fore Life

Fore Life, Inc. was founded to use the game of golf to make a difference in the lives of at-risk youth and their community. Fore Life has been making golf accessible to those who otherwise may not have access to the benefits of the sport at Lauderhill Golf Course since 1998.



“The HHS Advancing Health Literacy grant will allow Fore Life to expand its mission by creating a different dialogue and access to resources that help us focus on the health and well being of its patrons.”

OPS 360 Solutions

Ops 360 Solutions is a people-centered management and technology consultancy firm that brings innovative solutions. Our firm has more than five decades of combined first-hand and industry experience, allowing us the practical and strategic knowledge to deliver the best solutions for our clients. We assemble our team of experts—tailored to your specific needs and can support you every step of the way. We drive growth, develop processes, leverage technology, and create messaging that fosters your company's brand. We serve small to mid-size organizations, local government and municipalities, healthcare, and nonprofit organization.

We are thrilled to partner with the City of Lauderhill for the HHS Advancing Health Literacy grant. Through this partnership, Ops 360 Solutions will provide free training starting in February 2023 to the residents of Lauderhill. These training sessions will include how to use: Zoom, Microsoft teams, and Google Meets, how to ask important healthcare questions to your medical provider and how to store and safeguard important medical information.



“These free training aims to teach residents how to use different platforms to communicate effectively with their healthcare providers, family, and friends as well as ensure their healthcare plans are readily accessible.”



Local Economy



Lauderhill Chamber of Commerce

"The Lauderhill Regional Chamber of Commerce (LRCC) is a vibrant business membership organization dedicated to serving businesses in Lauderhill and throughout Central Broward County. We help our members grow by providing opportunities for them to network, build a referral base and learn best practices for running a successful business. We also improve the quality of life for our members through responsible, sustained leadership on relevant community and regional issues."

☎ (954) 318-6118 📍 4462 N University Dr, Lauderhill, FL 33351

The Bosses Market Inc.

"The Bo\$\$es Market is a community where you will find like-minded individuals. TBM was created for entrepreneurs to come together to push purpose and productivity. By far we are the best business networking group that operates in truth, affordability, and structure. Being a part of the Bo\$\$preneurs, you will receive an exchange of business information, ideas, and community support. There are many groups online that offer networking services and communities, however, The Bo\$\$es Market Inc. is an example of a large networking group that brings professionals together under one roof to accomplish a common goal."

☎ (954) 288-0535

BrightStar Credit Union

☎ (954) 486-2728 📍 593 NW 40th Ave, Lauderhill, FL 33313

We Florida Financial

☎ (954) 745-2400 📍 6079 W Oakland Park Blvd, Lauderhill, FL 33313

Minor Home Repair

The owner-occupied rehabilitation program is a deferred second mortgage that assists with the needs of repairs to correct code enforcement violations, health and safety issues, electrical, plumbing, roofing, windows, air conditioning units, and other structural items. Applicants will not receive the maximum award in all cases. The final award is based on the home inspection report, therefore, applicants will not receive the maximum award in all cases.

☎ (954) 714-2181

Purchase Assistance Program

The purchase assistance program is a deferred second mortgage that assists with down payment and closing costs for existing and new home purchases. New construction must have received a certificate of occupancy within the last twelve months. Applicants will not receive the maximum award in all cases.

☎ (954) 714-2181

Community Bus Shuttle

Lauderhill Community Shuttle operates during the following hours listed below. Passengers ride FREE!

☎ 954-572-2933 📍 7500 W. Oakland Park Blvd. Lauderhill, FL 33319

Donna's Caribbean Restaurant

☎ (954) 578-6970 📍 5434 N University Dr, Lauderhill, FL 33351

The Dutch Pot

☎ (954) 368-6605 📍 7468 W Commercial Blvd, Lauderhill, FL 33319

Island Sips Juice and Salads

☎ (800) 604-4699 📍 7224 W Oakland Park Blvd, Lauderhill, FL 33313



Institutional



Lauderhill 6-12 STEM-MED Magnet School

(754) 322-3600 1901 NW 49th Ave, Lauderhill, FL 33313

Royal Palm Elementary School

(754) 322-8350 1951 NW 56th Ave, Lauderhill, FL 33313

Castle Hill Elementary School

(754) 322-5600 2640 NW 46th Ave, Lauderhill, FL 33313

Lauderhill High School

(954) 731-2585 4131 NW 16th St, Lauderhill, FL 33313



Championship Academy West Broward Elementary & Middle School

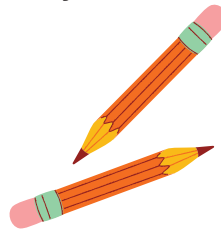
(954) 514-7323 7100 W Oakland Park Blvd, Lauderhill, FL 33313

University of Fort Lauderdale

(954) 486-7728 2701 NW 56th Ave, Lauderhill, FL 33313

Broward Community Schools

(754) 322-5650 4747 NW 14th St, Lauderhill, FL 33313



Broward Community & Family Health Centers

(954) 583-4710 1295 NW 40th Ave Suite 200, Lauderhill, FL 33313

Lauderhill Community Child Care Center

(954) 766-4763 1173 NW 40th Ave, Lauderhill, FL 33313

Total Health Medical Center

(954) 748-6665 7200 W Commercial Blvd Suite 205, Lauderhill, FL 33319

Lauderhill Medical Center

(954) 990-7216 514 W Oakland Park Blvd, Lauderhill, FL 33313

Mendez Medical Center

(954) 717-4066 5950 W Oakland Park Blvd, Lauderhill, FL 33313

Lauderhill Towne Centre Library

(954) 357-6406 6399 W Oakland Park Blvd, Lauderhill, FL 33313

Lauderhill Central Park Library

(954) 357-7833 3810 NW 11th Pl, Lauderhill, FL 33311



Family Unity, LLC (Social Services Organization)

(954) 703-1165 7264 W Oakland Park Blvd, Lauderhill, FL 33313

African-American Advocacy Center for Persons with Disabilities

(754) 551-5909 7101 W Commercial Blvd #4a, Lauderhill, FL 33319

Speak Loud Inc

"Speak Loud Incorporated is a 501(c)3 non-profit corporation organized and operated exclusively for charitable purposes. The mission of Speak Loud Incorporated will be to enhance the lives of underprivileged and misguided youth through scholarships, mentoring, and self-development programs. The organization will strive to resolve intrapersonal and interpersonal conflicts, which if remain unresolved may cause youth to resort to committing crimes and becoming another statistic within the criminal system. Speak Loud Incorporated results will generate sources to fund college education for youth, provide guidance on a career journey, and build self-confidence."

(754) 321-6600 2701 NW 56th Ave, Lauderhill, FL 33313

Florida Initiative for Suicide Prevention, Inc. (FISP)

(954) 357-7833 3810 NW 11th Pl, Lauderhill, FL 33311





Institutional

Healthy Mothers Healthy Babies Coalition of Broward County

"For thirty-three years, the agency has developed and implemented innovative programs and services for low-income pregnant and parenting families, focusing on zip codes at high risk of infant death, poor maternal/child health, and child endangerment. HMHB/Broward is a 501(c)3 organization whose mission is strengthening families and improving birth outcomes in the underserved community within Broward County through comprehensive programs, education, and access to vital support services."

(954) 765-0550 3810 Inverrary Blvd Suite 305, Lauderhill, FL 33319



Hope for Society Foundation Inc

"Hope for Society Foundation transforms schools and changes lives by bringing out the best in students, families, and communities locally and internationally. The foundation aims to strengthen students and the community through its Mission Outreach Programs "Free Boot Camp, Internship, Free Food Distribution, Adopt-A-Family for the Holiday, Assist individuals experiencing Homelessness & by providing resources necessary to facilitate growth and development. They strive to impact tomorrow's business and community leaders by bridging the gap between the business, students, and the community. The organization's goal is to provide essential support to individuals to realize their full potential and ultimately give back to communities and nations."

(954) 297-3586 4559 N University Dr, Lauderhill, FL 33351

Her Power Space - Coworking & Business Events

"Her Power Space - Where we take up Space! We are Woman forward, Men welcoming (TM). Get your business a professional mailing address. Her Power Space is a boutique coworking and business event venue available to book for your next pop-up shop, private meeting, workshop, or photo shoot. Perfect for realtors, lawyers, therapists, coaches, consultants, and anyone who doesn't want or need the overhead of an office. And since we're creatives too, we have a DIY podcast and video creation studio, with equipment to help your content shine! We also provide business services such as printers and hot-desk stations. No membership is required! There are no minimum hours requirements! Use our Space for an hour or a whole day! #weallwin"

(516) 962-4353 4300 N University Dr Suite F-100, Lauderhill, FL 33351



Art Prevails Project

"Art Prevails Project is a not-for-profit 501(c)3 performing and literary arts organization. We are committed to impacting South Florida and beyond by providing engaging and authentic artistic and cultural experiences through performance and education. Utilizing a multidisciplinary approach rooted in theatre and creative writing, we strive to entertain, educate, and inspire."

(516) 962-4353 4300 N University Dr Suite F-100, Lauderhill, FL 33351

Lauderhill Historical Museum

(954) 730-3066 1080 NW 47th Ave, Lauderhill, FL 33313



Lauderhill Police Department

(954) 497-4700 6279 W Oakland Park Blvd, Lauderhill, FL 33313

Lauderhill Fire Department

(954) 321-2471 1181 NW 41st Terrace, Lauderhill, FL 33313

(954) 572-1468 7801 NW 50th St, Lauderhill, FL 33351

(954) 730-2954 1980 NW 56th Ave, Lauderhill, FL 33313



Animal Medical Center

(954) 741-2776 6840 W Commercial Blvd, Lauderhill, FL 33319

VCA Promenade Animal Hospital

(954) 748-9600 4678 N University Dr, Lauderhill, FL 33351

Best Friends Animal Hospital

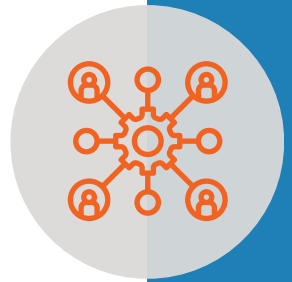
(954) 748-8227 5462 N University Dr, Lauderhill, FL 33351



Banfield Pet Hospital

(954) 749-1568 7850 W Commercial Blvd, Lauderhill, FL 33351

Associations



Cora's Children Foundation

"Here at Cora's Children Foundation, we know that it takes a village to raise a child. A little support will change the world. Since our founding in 2020, we have been determined to make an impact. The core of our efforts is to bring our team's fresh ideas and passion to the range of activities we're involved in. Through all of our endeavors, we hope to display the conviction behind our beliefs."

☎ (954) 288-0535 📍 7850 W Commercial Blvd, Lauderhill, FL 33351

Boys & Girls Club Lauderhill Club

"To provide a world-class Club experience that assures that success is within reach of every young person who walks through our doors, with all members on track to graduate from high school with a plan for the future, demonstrating good character & citizenship and living a healthy lifestyle"

☎ (954) 731-3552 📍 5455 NW 19th St, Lauderhill, FL 33313

From the Mouths of Babes - Film & Technology Program

"Kids ages 10-18 with creative minds to produce their very own short film!"

☎ (754) 235-1447 📍 7600 NW 50th St, Lauderhill



Girl Scouts

"We are proud to partner with 2.5 million girls and adults who believe in the power of every G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)™. The Girl Scouts have changed the world with their platform. They are instilling girls with courage, confidence, and character."

☎ (754) 235-1447 📍 7600 NW 50th St, Lauderhill

Judo Club

Judo Club - Jiu Jitsu • Grappling • Self Defense ages 6 and older.

☎ (954) 473-9679 📍 7600 NW 50th Street Lauderhill 33352



Mayor's Chess Challenge & Lauderhill Chess Club

"Join families, elected officials, and community leaders for free and friendly meetups in support of scholastic chess. Players of all ages and skill levels are welcome. Refreshments provided."

☎ (954) 473-9679 📍 7600 NW 50th Street Lauderhill 33352

LIONS MEN'S SOCCER

The Lauderhill Lions Men's Soccer Club affords local adult players an opportunity to participate in a competitive soccer club. The Lions Men's Soccer Club hosts an open team and an over-40 team.

📍 For more information, please contact Keith Davis at keith2sweet@hotmail.com.

Lauderhill Lions Soccer Academy

☎ (954) 793-7782 📍 7600 NW 50th St, Lauderhill, FL 33351

Planet Fitness

☎ (954) 874-3641 📍 2629 N State Rd 7, Lauderhill, FL 33313

City of Lauderhill Golf Course

☎ (954) 730-2990 📍 4141 NW 16th St, Fort Lauderdale, FL 33313

Preggo Dance

Preggo Dance® is a class that offers gentle and fun dance-based exercises exclusively for pregnant women. It's specifically designed to improve the lives of pregnant mothers and their babies (0-4 months old) by connecting them with a positive and a healthy fitness

☎ (954) 473-9679 📍 7600 NW 50th Street Lauderhill 33352

Women's Get Empowered Support Group

"It's easy to feel alone in your situation. You would be surprised to know that there are other women with similar stories and different outcomes. Come together and get support! Get Empowered!"

☎ (954) 800-6358 📍 3800 Inverrary Blvd #100d Lauderhill, FL 33319

Co-parenting groups

"We all want our children to grow up in an environment free of the parent discord's-parenting groups offered to parents trying to work out the conflicts that affect raising their child in a healthy home. A 4-hour class can be completed in 1-4 sessions"

☎ (954) 800-6358 📍 3800 Inverrary Blvd #100d Lauderhill, FL 33319





Associations

Veterans Support Organization

(954) 749-4827 4925 N University Dr, Lauderhill, FL 33351

The Healing Place

“A full-service drug and alcohol detox center, meaning that those who come to us with a dependence on drugs or alcohol can detox safely and under the care of medical and mental health professionals here in south Florida.”

(954) 731-3552 5455 NW 19th St, Lauderhill, FL 33313

NSPIRE Healthcare Lauderhill

“Inspire a culture that transforms the way healthcare is delivered one patient experience at a time”

(954) 485-8873 2599 NW 55th Ave, Lauderhill, FL 33313



Colonial Assisted Living at Fort Lauderdale

“With Colonial Assisted Living, residents can rest assured that their care is in their extended family’s hands. We take everyone’s well-being as seriously as if they were our own family members. Book a tour at Colonial Assisted Living at Fort Lauderdale today and see firsthand!”

(954) 749-4827 4925 N University Dr, Lauderhill, FL 33351

Pacifica Senior Living Forest Trace

(954) 526-6029 5500 NW 69th Ave, Lauderhill, FL 33319

Synagogue of Inverrary-Chabad

(954) 733-5333 6700 NW 44th St, Lauderhill, FL 33319

770 Moshiah Center

(954) 572-2690 4538 Inverrary Blvd, Lauderhill, FL 33319



House of Miracles Apostolic Church International

“To bring people to Jesus and membership in His family, develop them to Christ-like maturity, and equip them for their ministry in the church and life mission in the world, in order to magnify the name of the Lord. To win the lost for Christ.”

(706) 386-2432 3777 NW 16th St, Lauderhill, FL 33311

Christian Community Church-God

(954) 735-4114 2052 NW 49th Ave, Lauderhill, FL 33313

Upper Room Deliverance Tabernacle

(954) 583-9009 4061 NW 16th St, Lauderhill, FL 33313

The Worldwide Kingdom Ministry

(561) 320-3857 1737 NW 38th Ave, Lauderhill, FL 33311



Hemarus Plasma Lauderhill LLC

“Hemarus Plasma donation center is your local plasma donation center, we are a local business, so EVERY donor counts! Every time you visit our center, we guarantee that your plasma donation will be a friendly, efficient, and safe experience.”

(706) 386-2432 3777 NW 16th St, Lauderhill, FL 33311



Henderson Behavioral Health - Parkside House

(954) 735-1901 5700 NW 27th Court, Lauderhill, FL, 33313

Lauderhill Performing Arts Center

(954) 777-2055 3800 NW 11th Pl, Lauderhill, FL 33311



Physical Assets



Ilene Lieberman Botanical Gardens

(954) 730-3080 3801 Inverrary Blvd, Lauderhill, FL 33319

Jackie Gleason Park

(954) 730-3080 7260 NW 52nd St, Lauderhill, FL 33319

Veterans Park

(954) 572-1459 7600 NW 50th St, Lauderhill, FL 33351

Westwind Park

(954) 572-1471 4550 NW 82nd Ave, Lauderhill, FL 33351

Lauderhill Sports Park

(954) 572-1474 7500 W Oakland Park Blvd, Lauderhill, FL 33313

Ruth Rothkopf Park

(954) 730-3080 6800 NW 44th St, Lauderhill, FL 33319

Wolk Park

(954) 321-2466 1080 NW 42nd Way, Lauderhill, FL 33313

James D. Bradley Jr. Park

(954) 730-3080 3100 NW 16th St, Lauderhill, FL 33311

The Lauderhill Aquatic Center @ John E Mullin Park

(954) 486-8450 2000 NW 55th Ave, Lauderhill, FL 33313

St George Park

(954) 791-1039 3501 NW 8th St, Fort Lauderdale, FL 33311

Maye Frances Brooks Jenkins Park

(954) 730-3080 3801 NW 4th St, Fort Lauderdale, FL 33311

Central Broward Park & Broward County Stadium

(954) 357-5400 3700 NW 11th Pl, Lauderhill, FL 33311

Bicycle Network

The Bike Map was developed by the Broward MPO to inform and assist cyclists of all ages and abilities with selecting the most appropriate route for their travels. This color-coded map displays bicycle suitability of roadways based on the expected interaction with vehicular traffic a cyclist may experience when traveling along a particular corridor. This allows cyclists to select a route that is more suitable or appropriate for them based on their own experience, skill level and comfort. Major factors used to determine bicycle suitability include traffic volumes, speed limits, number of travel lanes and type of bicycle facility.

(706) 386-2432 3777 NW 16th St, Lauderhill, FL 33311



COVID-19 Asset Map and Resources

01

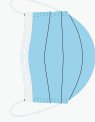
Prepare



You can help manage anxiety about COVID-19 by creating a plan in case you, or someone in your household, becomes ill. It is better to be prepared than to be caught off guard.

02

Protect



There are many ways your actions can help protect you, your household, and your community from severe illness from COVID-19.

03

Prevent



Tips to prevent yourself from catching COVID-19, or from potentially spreading the virus to others.

04

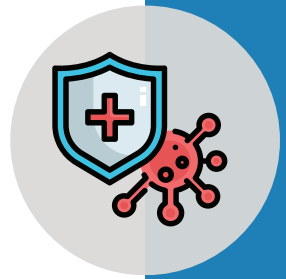
Respond



Lauderhill Advancing Health Literacy Response Plan goals and initiative.



Prepare



PREPARING YOURSELF FOR COVID-19

You can help manage anxiety about COVID-19 by creating a plan in case you, or someone in your household, becomes ill. Just like fire and tornado drills, it is better to be prepared than to be caught off guard.



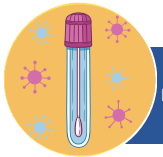
MEDICAL CARE

If you have symptoms of respiratory illness (fever, cough, shortness of breath) and are concerned about your health, call your doctor. You may find a list of local medical providers in "Our Community Asset Map"

Doctor:

Phone number:

Make sure you have a list of your regular medications available to share with your doctor. If you have a medical emergency, like trouble breathing, call 911 for immediate help.



Locate Your Local PCR Testing Facility

Because PCR tests really are the way to go to confirm a COVID diagnosis, it's wise to find a place near you that performs the tests.

Please visit the website below or scan the QR code to find the nearest place that offers testing:

[Community-Based Testing Sites for COVID-19](#)



CHILD & ELDER CARE

If you become sick, even with minor symptoms, you will need to isolate yourself to prevent spreading the virus to those you care for. Create a back-up plan for child and elder care.

Child-care backup:

Phone number:

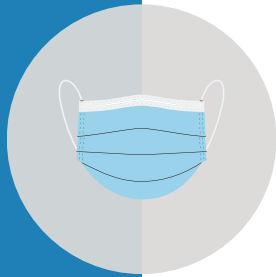
Elder-care backup:

Phone number:



SUPPLIES TO CONSIDER

- Tissues, trash bins
- Hand soap and hand sanitizer containing at least 60% alcohol
- Face covering (like a scarf or bandana to cover your mouth and nose)
- Cleaning supplies (wipes or sprays)
- Thermometer
- Fever- and pain-relieving medication
- Throat lozenges
- Fluids – water, tea, sports drinks
- Pantry stable foods (like applesauce)
- Make and freeze meals (like soup)



Protect



COVID-19 Protection

The best thing you can do is stay home unless you must go out for essential items or medical care.

If you do leave home remember to:

1. Carry hand sanitizer for when you are unable to wash your hands. Wash or use sanitizer frequently.
2. Wear a cloth face cover over your nose and mouth.
3. Keep at least 6 feet of distance between yourself and others.



LEARN ABOUT COVID-19

Stay informed with accurate news and information, but limit media exposure to avoid becoming overwhelmed.

You should know:

- How COVID-19 spreads.
- What the symptoms are.
- How to protect yourself.
- When to call a doctor.
- How the Executive Orders impact you.

Find more information at:

- LauderhillAHL.com



GROCERIES

Consider alternative ways to reduce contact with others while getting groceries:

- Grocery delivery services
- Curbside pick-up services
- Online shopping
- Delivery from people you know
- Food delivery services for older adults (Call 211 to locate one)
- Plan ahead to reduce the number of trips you do have to make



MEDICATIONS

- Contact your pharmacy about delivery service options.
- Use pharmacy drive-through, if available.
- Contact your pharmacy before you run out of your prescribed medications.



TAKE CARE OF YOURSELF

- Try to get good sleep to promote health and resilience.
- Avoid turning to alcohol or drugs when feeling stressed or worried.
- Stay connected to family through texts, phone calls, video chats and by sending letters.

Prevent













How to Prevent Catching & Spreading **Coronavirus**

Follow these tips to prevent yourself from catching coronavirus, or from potentially spreading the virus to others.



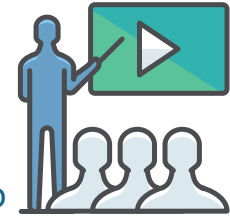
How to Prevent Catching The Virus	How to Prevent Spreading the Virus
 <p>Wash your hands often, for at least 20 seconds.</p>	 <p>Disinfect surfaces that you touch. Wash your hands often, for at least 20 seconds.</p>
 <p>Avoid touching your eyes and mouth with unwashed hands.</p>	 <p>Wear a facemask to cover your coughs and sneezes.</p>
 <p>Avoid close contact with people who are sick.</p>	 <p>Avoid close contact with other people. Stay at home while you are sick.</p>
 <p>Cover your coughs and sneezes with a tissue and throw out the tissue.</p>	 <p>Monitor your symptoms and seek medical attention if your symptoms worsen.</p>

1 Improve preparedness and response

2 Accelerate research and development

3 Coordinate to assess, respond and mitigate risks

GUIDANCE AND TRAINING



Provide the Teach-Back Method training to the target population to improve the health literacy of Lauderhill residents. Through our partners, residents will acquire the knowledge of "How to speak to your provider"

COMBATING MISINFORMATION

Collaboration with local businesses and organizations to disseminate COVID-19 health material to combat misinformation and promote science-based health messages. Health material will be available through social media on the following platforms:

 Facebook

 Instagram

 Twitter

 LauderhillAHL.com



PARTNERSHIPS AND MULTISECTORAL COLLABORATION

The Advancing Health Literacy grant provided local businesses and organizations the opportunity to give back to the community by providing health material, and "How to speak to your provider" training to increase residents' health literacy knowledge. Our residents have been very responsive to receiving information from trusted organizations in the community.

Through partnering with local businesses and organizations the Advancing Health Literacy grant has increased vaccination and testing rates by 45%.



STAY UP TO DATE AT LAUDERHILLAHL.COM



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LAUDERHILL ENLIGHTENS - MOVING BEYOND COVID-19

SCAN ME

