

IT'S WORTH REPEATING

"True healthcare reform starts in your kitchen, not in Washington."
~ Anonymous

TRENDING AROUND TOWN

Live! (Almost) With Fernanda Kuchkarian

Although Fernanda Kuchkarian, MPH is one of the newest members to join the Health Foundation team, and the first staff member featured in this series, she is no rookie. A seasoned public health professional, she goes to bat as a program officer partnering with grantees and all who are working to improve health for all South Floridians.

A native of Brazil, Fernanda is the program officer for the Foundation's Behavioral Health and Primary Care priority areas. Prior to joining the Foundation in August, Fernanda was with the University of Miami Miller School of Medicine and the Ryder Trauma Center where she managed a telemedicine program. According to Fernanda, "Much like with telemedicine, one of the goals of Health Foundation is to increase access to care to those who most need it. I look forward to working closely with our grantees to make a positive impact in primary care and behavioral health in South Florida." She can be reached at: 305.374.6442 and fkuchkarian@hfsf.org

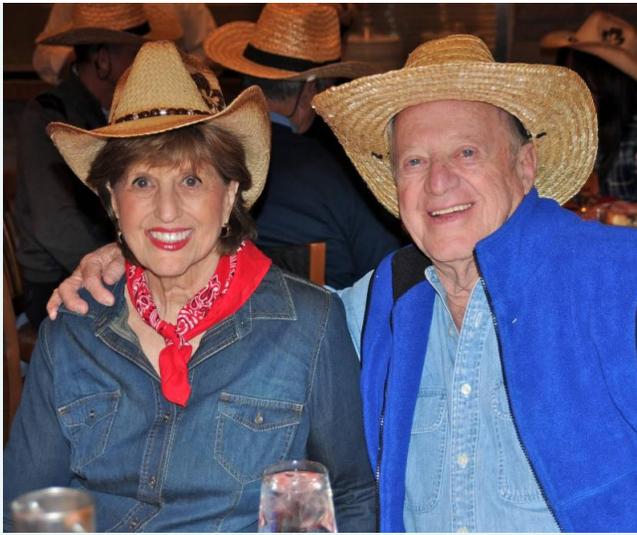


[Click here](#)

Blazing *Without Saddles*

When the U.S. Department of Health and Human Services' Administration for Community Living picked a theme for Older Americans Month celebrated in May, they probably selected "Blaze a Trail" after seeing the photo of Health Foundation Board member Stanley Worton, M.D. and his wife Joan. Just 83 years young, Dr. Worton doesn't normally wear cowboy hats, but he and the rapidly growing posse of inspiring older adults in South Florida do set examples of how to blaze trails.

The Miami-Dade Age-Friendly



Stanley Worton, M.D. and his wife Joan

Initiative works to blaze a trail year-round through its collaborative efforts to create a metropolitan area where older adults of all ages can stay active and healthy. The Initiative, which evolved from a grant Health Foundation of South Florida received in 2012 from Pfizer and Grantmakers in Aging, strives to implement policy, systems, and environmental changes to make Miami-Dade "age-friendly." Current work involves facilitating and implementing an Age-Friendly Miami-Dade Action Plan, advocating for older adults and continuing to raise awareness and support for the Initiative.

In addition to the Foundation, leading partners for the Initiative include: AARP, Alliance for Aging, Miami-Dade County, United Way and Urban Health Partnerships. These organizations, together with a multidisciplinary advisory committee, are building a Miami-Dade that is designed for all ages to grow up and grow old. Trail blazers and young'ns should mosey on over to www.agefriendlymiami.org for more information.

Board Gains: A Monopoly on the Best Directors



Carol Fine

Health Foundation's Board of Directors now has 16 members with the recent addition of Senior Vice President in the Wealth Management division of The Northern Trust Company Carol Fine and President and Chief Executive Officer for the Broward Regional Health Planning Council Michael De Lucca.



Michael De Lucca

According to Board Chairwoman Loreen Chant, who is President & CEO of Easter Seals South Florida, "As we work to build a culture of health in South Florida that addresses the many socio-economic factors that can inhibit well-being, we are fortunate to have such committed individuals on our Board. They, along with all of our members, have the expertise to fortify the impact we are making in building healthier communities and improving health for all residents."

At Northern Trust, Carol Fine is responsible for providing banking-credit, depository and treasury management and related advisory services to clients of the Bank within the Wealth Advisory segment. Prior to joining Northern Trust in 2010, she served in senior banking roles at City National Bank, SunTrust and First Union/Southeast Bank.

Mr. De Lucca directs Broward Regional Health Planning Council's staff of approximately 200 professionals and a budget of more than \$100 million that helps support the Council's programs, including Healthy Families Broward, substance abuse and mental health programs, Transforming Our Community's Health and a health data warehouse program, which was recognized as an innovative model by the Centers for Disease Control (CDC). Mr. De Lucca is also a member of the South Florida 100, 100 of South Florida's most influential people in government, politics and culture.

Health Foundation of South Florida's other officers for this term are Vice Chairman Arthur Finkle, CLU, Arthur Finkle & Associates and Secretary Roderick King, M.D., CEO of Florida Institute for Health Innovation.

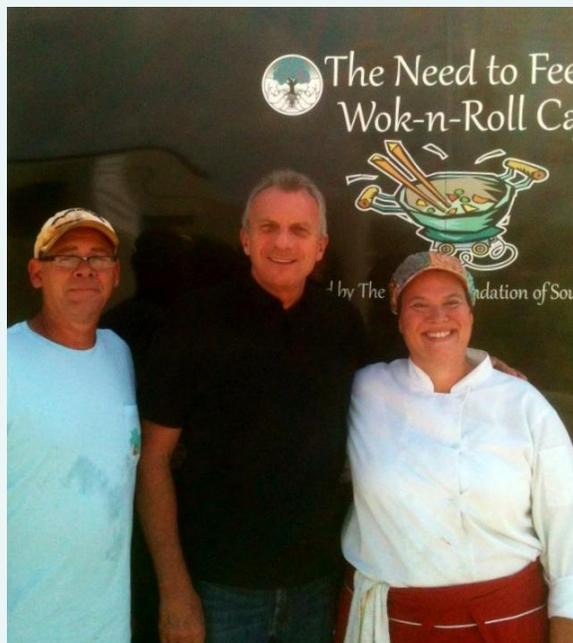
Completing the Board are: Richard B. Adams, Esq.; Melida Akiti, LCSW; Luther Brewster, Ph.D.; Karen Gilmore; Philip Grossman, M.D.; Susan Kelley; Richard Lavina; Ivette Motola, MPH, M.D.;

What to Say When You See a Banana Peeling Down the Street

That must be the Need to Feed's Mobile Farmer's Market. The nonprofit organization received a \$20,000 Health Foundation grant to launch the mobile concession trailer, "Wok-n-Roll Café," that travels to various food pantries in low-income, food-insecure communities throughout Broward County.

People may purchase the high-quality, locally-grown produce by using a variety of methods, including food assistance benefits, and can double the purchasing power of those benefits through a "Bonus Bucks" program. The mobile market not only keeps produce affordable for all of its customers, it offers food preparation suggestions.

Every stop includes a live cooking demonstration designed to teach healthy, budget-friendly meal preparation using fresh fruits and vegetables. Delicious samples are offered. Rounding out the menu is nutrition education, and distribution of simple recipes that are easily replicated.



Pro Football Hall of Fame Quarterback Joe Montana (C) stopped by the mobile market and met with Trina Spillman and her husband Keith

According to The Need to Feed Co-Founder and Executive Director Trina Spillman, "Expanding our ability to distribute fresh produce through the creation of a mobile market advances our mission to get nutritious, quality food into the hands of those in need." She added, "Our goal is to improve access to healthy, affordable food regardless of where you live or how much you earn."

The lack of affordable sources of fresh produce contributes to poor nutrition in many low-income neighborhoods. To address this problem, the Centers for Disease Control and Prevention (CDC) and the US Department of Agriculture (USDA) recommend increasing access to farmers markets, which, because of their flexibility, can bring produce directly into underserved communities.

For more information on The Need to Feed or perhaps to get a healthy recipe, please email Trina Spillman: trina@theneedtofeed.org In the interim, looking for an easy way to make a banana split? Cut it in half.

Best Exercise for the Heart?

It's said that philanthropy is the best exercise for the heart. Simply reach down and lift people up.



Akerman LLP's Henry H. Raattama Jr. (R) with colleague and Health Foundation Board member J. Everett Wilson were recognized by the Foundation at Philanthropy Miami's 15th annual "Donor Next Door" luncheon in Miami.



Health Foundation's Board Chairwoman Loreen Chant met with Governor General of Canada David Johnston (L) and other philanthropic leaders to discuss *Bringing Philanthropy into the 21st Century* through Transformative and Innovative Practice.

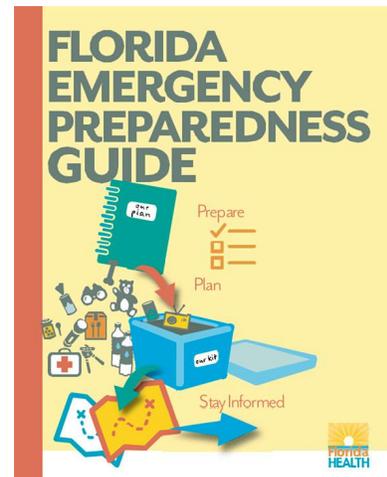
IT'S A DATE

June 1

Whether or not you're ready, hurricane season is here

Be prepared with the Florida Emergency Preparedness Guide in English, Spanish, Creole and large print.

[Read More](#)



June 13 - July 18

Have an idea for a grant project?

As part of its semi-annual grant cycle, Health Foundation will be accepting online Preliminary Proposals beginning **Monday, June 13** and concluding at 3:00 p.m. on **Monday, July 18**.

[More Info](#)

June 13 - August 12

Miami-Dade Parks Summer Camps

"Miami-Dade Parks Summer Camps gets kids outside and having fun being active. They enjoy fresh air, beautiful scenery and gain priceless experiences with new friends as they expand their sports abilities, imagination and adventure skills," said Miami-Dade Parks Director Jack Kardys.

And we agree. Managed by Miami-Dade Parks, Recreation and Open Spaces Department recreation specialists, the "Live A Park Life Summer Camps" are conveniently located at 29 parks throughout the county. Registration is underway online.



[Read More](#)



June 14

June is Men's Health Month.

On June 14 Community Health of South Florida's (CHI) invites men to enjoy free health screenings, entertainment and refreshments from 6:00 p.m. - 8:00 p.m. at the Doris Ison Health Center, 10300 SW 216 Street in Miami (33190). Free Colorectal Cancer Screenings for eligible men. Call 786.272.2100 for details.

June 20 - July 29

Free Math and Robotics Camp for 6th-8th graders

Math and Robotics Camp for 6th-8th graders at the Carrie P. Meek/Westview K-8 Center, 2101 NW 127th Avenue, Miami presented by The Education Fund and the Opa-Locka Community Development Corporation.

[Click here for additional information on the Math and Robotics Camp](#)



July 1

Application Deadline for Partners in Policy-Making Advocacy Training

Partners in Policymaking, a leadership and advocacy training program, teaches individuals with developmental disabilities and parents to become community leaders and catalysts for system change. Based on a national model, the overall goal of Partners is to develop productive partnerships between people who need and use services, and those in a position to create policies and laws. For information, contact Stacey Hoaglund, 954-252-8764 or shoaglundpartner@gmail.com

[Advocacy Training Application for Self-Advocates and Special Needs Parents](#)



GOTTA LEAVE 'EM LAUGHING



"If I knew I was going to live this long I would have taken better care of myself."
~ Mickey Mantle

Health Foundation of South Florida, a nonprofit grantmaking organization, is dedicated to improving health in Broward, Miami-Dade and Monroe Counties. By advancing health solutions, the Foundation makes a measurable and sustainable impact in ensuring access to affordable, quality health services for all residents. Since 1993, the Foundation has awarded more than \$113 million in grants and program support. For information, please call 305.374.7200 or visit www.hfsf.org



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