
IT'S WORTH REPEATING

"The greatest medicine of all is to teach people how not to need it."
~Hippocrates

TRENDING AROUND TOWN

Live! (Almost) with Yasmin Dias Guichot

Who has earned two Master's degrees, converses in four languages and is one great staff member? You are right on if you said Health Foundation's Program Officer Yasmin Dias Guichot, who manages grants for the Foundation's Healthy Eating Active Communities Priority Area as well as grants that fit in the Other Community Health Needs designation. An integral part of the team since coming on board in 2016, Yasmin works on grants, research, strategic program development and provides consultation to the local community.



[Click Here](#)

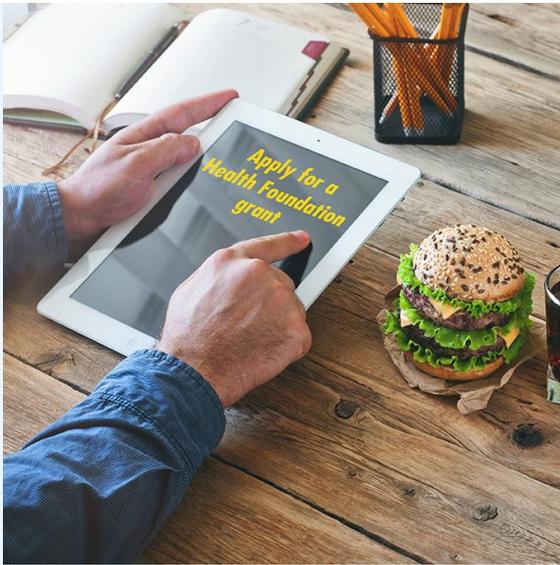
Yasmin is a member of the Miami-Dade County Public Schools District Wellness Advisory Committee and the Consortium for a Healthier Miami-Dade for which she was given an award for her commitment and participation at the Consortium's Annual Event in 2017.

Prior to her current position, Yasmin worked for the University of Miami Miller School of Medicine in program and curriculum development. Her first Master's is in Biomedical Research from the University of Maastricht in the Netherlands and the second is in Public Health from the University of Miami.

Have it Your Way

Before getting in a pickle over an old fast food slogan, have it your way describes Health Foundation's new era in grantmaking. After an extensive review of grant policies and procedures, changes were made to help support the strong work and leadership of health-related nonprofit organizations. The new process creates a partnership between the applicant and Foundation staff to co-design the application process.

The new community engagement format drives



more impactful grantmaking. For example, when applicants are developing their projects, they will now be able to discuss them with a Foundation program staff member, gaining their guidance prior to final submission. The Foundation also offers funding opportunities on an ongoing basis, instead of semi-annually.

Please see the [funding calendar](#) and opportunities that are listed under the Grants tab of our new website, www.hfsf.org. Eligibility requirements, and information on Priority Areas are also available on the website. We look forward to working with our community partners during this new time in our grantmaking.

What's Great About the Number 15?

In Major League Baseball, there are 15 baseball teams on each of the National and American Leagues. In science, 15 is the atomic number of phosphorus. In mathematics, it is a triangular number. And in philanthropy, 15 is the number of outstanding people on Health Foundation of South Florida's Board of Directors.

After recently electing Thao M.P. Tran, M.D., M.P.H., Medical Director, Graduate School Physician Assistant Program, Keiser University, as chairwoman and adding new members Javier Casillas, Managing Director with Whitehorse Capital, Ines Hernandez, MPA, Senior Vice President of South Florida Market Manager in Community Development at Citi and Barbara Ronda, M.H.S.A., Associate Vice President and Chief Administrative Officer, University of Miami Health System to its current roster, Health Foundation's Board shines with visionaries and community-minded individuals.



Thao M.P. Tran, M.D., M.P.H.

Dr. Tran, who earned a degree in Chemical Engineering from California Polytechnic University, a Medical Degree from University of Minnesota and a Master of Public Health degree from Loyola University, has held numerous leadership roles and has assisted healthcare entities with federal and state regulatory compliance, legal issues, revenue cycle management, patient safety and quality outcomes. Her devotion to working in the public sector to improve quality of life and health/wellness indicators led to assisting key community partners on Population Health Management strategies by evaluating alternative health care finance and delivery systems to promote accountable care communities.

Other officers for this term are J. Everett Wilson, Esq., Akerman LLP as Vice Chairman and Karen Gilmore, Vice President, Regional Executive Federal Reserve of Atlanta, Miami Branch as Secretary. Loreen Chant, President & CEO of Easter Seals South Florida is the immediate past chair. Completing the Foundation's board are: Richard B. Adams, Esq.; Melida Akiti, LCSW; Luther Brewster, Jr., Ph.D.; Michael DeLuca, MHN; Carol Fine; Philip Grossman, M.D.; Susan Kelley and Roderick King, M.D.

This robust roster of 15 individuals leads the way to Health Foundation's impactful grantmaking in South Florida.

Now Hear This: Age Out Loud for Older Adults



When the Administration for Community Living (ACL) considered themes for Older Americans month in May, they must have selected Age Out Loud after seeing South Florida boom with ways to improve the health and lives of people as they age. Communities and stakeholders are working to ensure goals and visions made for later in life can come to fruition for all South Floridians.

Recently, the Miami-Dade Age Friendly Initiative, launched in 2012 with a grant to Health

Foundation from Pfizer and Grantmakers In Aging, enabled the County to join a prestigious network of more than 380 cities and global communities committed to promoting greater health, well-being and quality of life for people of all ages. AARP Florida, in affiliation with the World Health Organization, recently awarded the County a special designation: acceptance into the Network of Age-Friendly Communities.

The Initiative has expanded and is empowered through the collaborative efforts of dynamic community partners, including AARP Florida, the Alliance for Aging, Health Foundation of South Florida, Miami-Dade County, Miami-Dade Metropolitan Planning Organization, United Way of Miami-Dade and Urban Health Partnerships. Their actions established Miami-Dade as the fifth largest community in the U.S. to become an Age-Friendly Community.

The Initiative is also helping to brighten the lives of the more than half a million older adults living in Miami-Dade County, the largest population of 60-and-over adults in Florida, with policy, system and environmental changes in the areas of housing, transportation and outdoor space-building. For more information on the Initiative, check out www.agefriendlymiami.org.

Breakfast of Champions: Broward and 11 Cities Lauded for Healthiest Weight Projects

According to the Florida Department of Health, only 36 percent of Floridians are at a healthy weight. By 2030, almost 60 percent will be obese. Helping to crunch these numbers down to size is **Healthiest Weight Florida**, a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living.

The initiative works closely with partners on leveraging existing resources to maximize reach and impact. The Florida Department of Health in Broward County works with partners to implement the Broward County Healthiest Weight Work plan, part of the Community Health Improvement Plan. They planned for success.



Dr. Paula Thaqi presented an award at a Fort Lauderdale City Commission meeting recently. From left to right: Tina Patregnani, Guy Hine, Dr. Paula Thaqi, Kirk Buffington and Gina Rivera.

The Department named the County and 11 Broward cities as the Healthy Weight Community Champions for 2017, recognizing their projects to encourage physical activity and nutritious foods. The winners are: Broward County, Coconut Creek, Cooper City, Deerfield Beach, Fort Lauderdale, Hallandale Beach, Hollywood, Miramar, Oakland Park, Plantation, Weston and Wilton Manors. Projects have included park improvements, recreational programs that promote exercise, and taking steps to encourage bicycling, diabetes awareness and prevention, and community gardens.

For more information on Healthiest Weight Florida, and to see the work being done in Broward as well as Miami-Dade and Monroe Counties, visit: www.healthiestweightflorida.com

Multigenerational Parks in Full Swing in Monroe County



There is a growing movement to create a different kind of outdoor activity space. Some people call them fitness parks or outdoor gyms. Monroe County calls them multigenerational parks; a place where parents and grandparents can combine workouts with child care, and people of all ages can go and enjoy being active outdoors.

The City of Key West recently passed a resolution supporting the development of city policies and regulations for the construction and redevelopment of multigenerational parks. The Multigenerational Park initiative was spearheaded by the Florida Department of Health in Monroe County as part of a two-year, \$65,000 grant received last year from Health Foundation. The initiative advocates for policy change to address this issue and to increase the number of multigenerational parks in the lower keys.

Multigenerational parks provide the needed tools, equipment, and features at parks that would benefit those of all ages. For more information on the

Multigenerational Park initiative, please contact the Florida Department of Health in Monroe County's Gayle Glover at gayle.glover@flhealth.gov or by phone at 305.809.5606.

It's A Date

Now through May 1

Vote for ideas that were submitted to the Miami Foundation's Public Space Challenge

Here's the link to the Public Space Challenge:

<http://ideas.ourmiami.org/page/>

If you're feeling challenged trying to decide which great idea to vote for, we will impartially suggest a few that were submitted by our Live Healthy Community Partnerships



Initiative's Live Healthy Little Havana and some of their partners.

Live Healthy Little Havana "Walk This Way, Bike This Way" Project
<http://ideas.ourmiami.org/place/496680>

Live Healthy Little Havana Solar Trees Project
<http://ideas.ourmiami.org/place/496722>

Ride the River
<http://ideas.ourmiami.org/place/496023>

UrbanaSpace: A Little Corner of Happy and ¼ Mile of Healthy Right in Little Havana
<http://ideas.ourmiami.org/place/495117>

Now through May 12

Vote for The Education Fund's Food Forest video and help them win a USA Today grant



The Education Fund's mission is to maximize every child's potential and to ensure that each one graduates with every opportunity for success. They engage the entire community in making educational excellence a top priority, ensuring that every child learns and succeeds in Miami-Dade County Public Schools.

You can vote once each day until May 12th. [Click here to vote.](#)

April 28

Little Havana Me Importa

Help to make Health Foundation's Live Healthy Community Partnership's Live Healthy Little Havana a healthy, thriving community. Talk to the Planning Team, share ideas and enjoy a rewarding evening in Domino Park. Visit www.livehealthylittlehavana.com.



May 7

The Underline offers over-the-top activities

The Underline, which is transforming the land below Miami Metrorail into a 10-mile linear park, urban trail and living art



The Underline's Health Advisory Committee (L) Co-Chair Jessie Berrin (Baptist Health South Florida) Chair Peter Wood (Health Foundation of South Florida) with FIU's Alicia Stewart and Dr. Luther Brewster, who is also on Health Foundation's Board of Directors.

destination, invites you to ride with the Baptist Health South Florida Underline Cycling Club from Dadeland North Metrorail station to Vizcaya Museum and Gardens. Sign-up via Eventbrite.

To see other activities and for more information on the Underline visit www.theunderline.org

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