



Hometown News

Living Healthy Workshop – Community Center

SIGN ME UP! This is something both Mervin and I need. I realize now more than ever with just seeing my mother go through hip replacement (successfully, thank God) how important it is to do simple acts as stretching and exercise in addition to eating healthy. With such a busy lifestyle that we all succumb to, we tend to forget to take care of our bodies and health. I know when I take the time to eat right and take a walk with Molliesue, I feel 100%, like I can take on yet another role! It is so empowering!

Our Parks & Recreation Department is partnering with the Health Foundation of South Florida to offer a FREE 6-week workshop at our William F. Dickinson Community Center for members through the Foundation's regional collaborative initiative, Healthy Aging. Another bonus for joining the Community Center.

This Living Healthy Workshop, as it is called, is a two and a half hour class led by trained leaders with health conditions themselves, so they know first-hand about

their subject matter. This program is for adults 55 and older. The Healthy Aging program's mission is to ensure that effective health promotion and prevention programs in the areas of physical fitness, disease management and fall prevention are widely available on an ongoing basis for older adults in South Florida. Their program is based on solid evidence and built on existing strengths of the community.

As we age, so many of us limit our daily activities due to illness or disability. This pro-

gram is designed to increase our quality of life and reduce depression among homebound adults as well as decrease hospital visits, which in turn is money in your pocket, saving you health care costs. Research studies show that walking for 30 minutes at least three times a week reduces pain from arthritis, increases balance and strength and improves overall health. Once the course is scheduled, be sure to register quickly as it will fill up and class size is limited! Remember it is FREE TO MEMBERS of the Community Center!

Living Healthy Workshop for adults 55 and older. Get ready to feel better!

Even if you suffer from the below chronic diseases, you will discover new skills for living better.

- Arthritis
- Heart Disease
- Diabetes
- Cancer
- Bronchitis
- Emphysema
- Asthma
- Epilepsy

You will also learn to:

- Work with your healthcare team
- Manage symptoms
- Use your medication effectively
- Exercise safely and easily
- Handle difficult emotions
- Communicate better about your health with family and friends
- Solve problems
- RELAX—(my favorite!)

“He who is of a calm and happy nature will hardly feel the pressure of age, but to him who is of an opposite disposition, youth and age are equally a burden.”

- Plato

CITY OF HOMESTEAD—News and Events!



**W A L -
M A R T**
Neighborhood Market
S t o r e
M a n a g e r
Mr. Steve
Davidson and
I shopping for
avocados!

Welcome to him and the new store! The store is doing so well, very busy, and Mr. Davidson is eager to be a part of our community and help make a difference!

Save the Date Correction: My Biscayne-Everglades Greenway Bike Festival will be held on Saturday, April 26, 2014, 9 a.m.—2 p.m. My dear friends at the Homestead-Miami Speedway will be our host site for the free festival. There will be an 11-mile fat tire ride from the track to Biscayne National Park utilizing our Biscayne-Everglades Greenway. Parks & Recreation have been working to have bike shops, cycling advocacy groups and a bike polo demonstration, along with food and music. So exciting! In February's newsletter, I stressed the reawakening of my Biscayne-Everglades Greenway vision. This free festival is an opportunity for those riding to see exactly where a piece of this Greenway will be. The future is so bright and we are working diligently to make this dream a reality. It would make me so happy to see cyclists, bird watchers, environmentalists, recreational enthusiasts, and children afforded the safe trail way to experience the gifts of nature that are right here our beautiful City.



Councilwoman Judy Waldman

*Remember there's no such thing as a small act of kindness.
Every act creates a ripple with no logical end. ~Scott Adams*

**MOBILE
ANIMAL
CLINIC
(MAC):** A shout out of many thanks to Mayor Porter for organizing



the first of many mobile spay/neuter clinics right HERE in our City. There is now no excuse not to spay and neuter your pet. The demand in South Dade for this service is so high and out of control. With the MAC coming to us, we can actually make a difference in our over-populated City of abandoned dogs. It begins here—with spay/neuter. The clinic can perform 26 surgeries per visit. So you can imagine how quickly these appointments are filled! IT IS FREE! Please call 305-224-4433 to make your appointment. The MAC is scheduled to be in Homestead the second Saturday of every month. Thank you to Mayor Porter and everyone involved!

Good luck and congratulations to **Chefs On the Run** for being invited back again to participate in the South Beach Food & Wine Festival! We wish them luck and are grateful to them for representing Homestead!

Congratulations to all the beautiful and talented young ladies competing in the **Miss Homestead pageant** on March 1st. You are all special and I wish you much success and happiness in your future! Thank you to the Miss Homestead Scholarship Foundation, Inc. for caring and assisting in furthering their education!

EVENTS

Mardi Gras Festival & Parade in Downtown Homestead-Losner Park	Mar. 1 6-10 p.m. Parade at 7 p.m.
Miss Homestead Pageant—Homestead High School Auditorium	Mar. 1 6:30 p.m.
Genghis Grill—EAT FOR PATCHES Day 15% of ticket donated to Patches—must present flyer & present at time of ordering—print from http://www.patchespec.org/january2014.pdf	Mar. 5 11 a.m.— 8:45 p.m.
The Yale Whiffenpoofs—the Nation's Oldest A Cappella Group—South Dade High \$20/ticket—proceeds for scholarships	Mar. 9 2 p.m.
South Dade WeCare Awards Brunch at Phichol Williams Community Center: \$35/ticket	Mar. 13 10:30 a.m.
Broadway Favorites & Beloved Arias The Greater Miami Youth Symphony & The Vocal Studio of Manny Perez at South Dade High School Auditorium (Homestead Community Concerts): \$25/adults; \$5/student	Mar. 16 2:30 p.m.
HAPPY ST. PATRICK'S DAY! Get your green on! Saint Patrick is the patron saint and national apostle of Ireland. St Patrick is credited with bringing Christianity to Ireland.	Mar. 17

March 2014