



# Newsletter

**YOU'RE INVITED TO THE BMSD'S 6TH ANNUAL EVENT "HEALTHY COMMUNITY ZONE WELLNESS JAMBOREE" RETURNING TO SAMUEL DELEVOE PARK, OCTOBER 22 AT 10AM!**

The Wellness Jamboree is free, open to the public and will feature wellness activities such as health screenings, fitness workouts, line dancing, children's activities, such as face painting, and bicycle and helmet giveaways. County departments and community agencies will be on hand to introduce residents to a variety of programs and services. The "Jamboree" educates residents of North and Central County and Broadview Park on available venues and wellness resources for staying healthy.

**Here's a list of exhibitors & vendors participating:**

- |   |  |   |
|---|--|---|
| Broward Community & Family Health Centers   | Broward Public Schools: Early Learning Language, and Family & Community Engagement | Broward County Parks  |
| Broward Addiction Recovery Center, Community Action Agency/Family Success & Elderly & Veterans Services | Recyclable Bicycle Exchange  | Broward County Transit  |
| Florida Dept. of Health, Broward  | Broward Health   | Broward Solid Waste & Recycling                                 |
| Broward Regional Health Planning Council  | Broward Sheriff's Office   | Hosana4Youth  |
| Broward Geographic Information Systems (GIS)  | Children's Services Council  | NatureScape Broward   |
| Broward Code Enforcement  | Starbucks  | Hispanic Unity  |
| 211   | Florida PANTHERS   | Broward Homeless Initiative Partnership                         |
| FPL   | KC Dance Crew  | Broward Animal Care   |
| Rap Snacks Inc.   | DJ Chubb   | Top Ladies of Distinction, Inc. Broward County Radiance Chapter |
| National Association of Mental Illness  | Holy Cross Hospital  | Broward County Emergency Management                             |
|   | American Red Cross   | Office of Economic and Small Business Development               |
|   | Urban League of Broward  | Broward College Nursing Club                                    |
|   | Boys & Girls Club  |   |
|   | Broward Library Creation Station   |   |

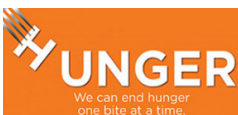
**TAKE THE SURVEY!**



Broward County Transit (BCT) is developing PREMO, a Premium Mobility Plan, to define a program of premium transit projects that are modern, convenient, attractive, safe, reliable, and frequent for Broward County residents and visitors. PREMO will look at "where" to locate premium transit, "what" it will look like, and "how" it can be built through a step-by-step process. A crucial element of the plan's success is input from the riders to understand the community's mobility needs for future transit options. Residents and visitors alike are encouraged to take the [survey](#) to provide feedback as the plan is developed or scan the QR code below.



Voters approved a one-cent surtax for transportation named the Mobility Advancement Program (MAP) Broward. A goal of MAP Broward is to provide enhanced transit services. For new and updated information about PREMO visit the dedicated [website](#) for this project.



**SEPTEMBER IS HUNGER ACTION MONTH®**

This month is dedicated to raising awareness for the more than 210,000 hungry people in Broward County, including 80,000 children. Throughout the month, the County encourages those

who can to donate non-perishable foods for those in need. Donation bins are located throughout Broward County. Learn more at [Broward.org/FoodDrive](http://Broward.org/FoodDrive).

## FIVE REASONS TO START EXERCISING

By Brenda Marty Jimenez, UF/IFAS Extension, Broward County

There are many benefits to staying active and getting regular exercise. One of the best things you can do for your health and wellbeing is to prioritize getting some type of exercise every day.

1. Physical activity can reduce the risk of many health conditions and improve overall health.
2. Staying active can help you sleep better.
3. During uncertain times, exercise may help control stress.
4. Exercise can keep muscles and bones strong, which may help to maintain independent living as we age.
5. Exercise can improve your quality of life and can increase the chances of living longer.



It is not always easy to start and/or maintain an exercise routine, but once you find activities you enjoy, you will see that staying active is not as difficult as you think! Once exercise becomes part of your daily activities, it becomes a beneficial and a worthwhile habit for a lifetime.

Source: [Five Reasons to Start Exercising Today](#).  
Visit the [UF/IFAS Extension](#) website for more wellness information.

## AARLCC (HARAMBEE ROOM)

### Emotional Emancipation Circles (In-Person) *Healing the Past & Looking to Our Future*

This healing space is an informed, psychologically sound, and community-defined self-help support group. These topics are subject to change based on what is going on within society.

Emotional Emancipation Circles (EE Circles, EECs) are healing spaces, evidence-informed, psychologically sound, culturally grounded, and community-defined self-help support groups designed to help heal, and end, the trauma caused by the root cause of anti-Black racism.

Broward Library Event: <http://broward.libnet.info/event/6596729> Directions: [African-American Research Library and Cultural Center](#)

## HUMAN SERVICES DEPARTMENT PROGRAMS AND SERVICES

- **Broward Addiction Recovery Center:** Helps more than 5,200 people each year for people over the age of 18 with substance abuse and other linked disorders. Services include medically supervised inpatient detoxification, residential treatment services and outpatient services. 954-357-4880
- **Free Help for Veterans:** Assists veterans and their families with understanding and determining eligibility for benefits. In 2021, they served more than 11,000 Broward County residents, filed more than 2,500 veteran benefits claims and received more than \$12 million on their behalf. 954-357-6622
- **Family Success Administration Division:** With four locations across the County, Family Success provides assistance to low-income families through federally-funded programs helping residents avoid homelessness, pay utility bills, and obtain rental assistance. They also assist with tuition, financial management, employment, transportation, nutrition, and childcare. 954-357-6367
- **Homeless Helpline:** The Homeless Helpline is open Monday through Friday, from 8AM to 6PM, and Saturday from 8AM to Noon. If you are experiencing homelessness, call 954-563-4357 to get help.
- **Nancy J. Cotterman Center:** The County's only certified rape crisis and accredited children's advocacy center that offers a 24-hour sexual assault helpline. A new facility will be opening in 2023. 954-761-RAPE
- **Ryan White Part A Program:** Medical support services for people living with HIV/AIDS who are uninsured or underinsured. 954-357-9797
- **Elderly Services:** Helps elders improve their quality of life through programs and services that promote self-sufficiency and aging in place. Community care for adults helps those 60 and older who are at risk of being placed in a nursing home. Services include house chores, personal care, respite care, emergency alert response, adult day care, monthly caregiver stipends and medical supplies. 954-357-6622

Source: [Broward.org/Humanservices](http://Broward.org/Humanservices)

## STAY CONNECTED WITH BMSD NEWS

Get information on community meetings, events, job opportunities, programs, and more by connecting with BMSD on Facebook, Twitter and Instagram.

**FREE  
EVENT!**



**OPEN  
TO THE  
PUBLIC!**

# 6th Annual Healthy Community Zone

## WELLNESS JAMBOREE



**Saturday, October 22 | 10AM**

REVEREND SAMUEL DELEVOE PARK

2520 Sistrunk Blvd., Fort Lauderdale 33311

**Raffles for Bicycles  
Free Refreshments, Music and Giveaways**  
(while supplies last)

Co-Sponsored by



[Broward.org/MunicipalServicesDistrict](http://Broward.org/MunicipalServicesDistrict)

954-357-7794

