

## Caridad Center's Family Festival Flyer



The flyer features a blue sky with white clouds and a sunburst effect behind the title. A circular inset shows a building with a fountain. The Caridad Center logo is on the left. A yellow starburst logo for the Diabetes Coalition is on the right. The bottom section has a beach background with a P.E.T. Program logo.

# Family Festival

Join us as together we



## "GIVE LIFE, GIVE HOPE"

to our Communities

### SAVE THE DATE

November 14, 2015

**RSVP**  
Contact: Gloria Marquez  
Tel: 561-737-6336 ext. 124  
Email: [petprogram@caridad.org](mailto:petprogram@caridad.org)  
Address: 8645 W. Boynton Beach Blvd.  
Boynton Beach, FL 33472  
Fax: 561-737-9232

**COME & HELP US ENGAGE OUR COMMUNITY**  
Healthy Lifestyle Demonstrations – Free Testing & Screenings  
Community Resource Awareness – Family Entertainment  
Music – Physical Activities – Raffles – Games  
And much more



Diabetes Coalition  
PALM BEACH COUNTY  
And Diabetes Week  
Grand Finale

**Become a sponsor & your logo will be here**



P.E.T. Program

# CARIDAD CENTER

## Outreach Department



If you are ready to take action against these diseases, there are educational programs available to you through the Caridad Center's P.E.T. Program.

For information in English or Spanish contact:  
(561) 853-1633 or  
(561) 737-6336 ext: 109  
petprogram@caridad.org

For information in English or Creole contact:  
(561) 737-6336 ext: 124  
petprogram@caridad.org



# How are you?

### “Closing the Gap”

Caridad Center has received a Closing the Gap grant. With this funding we are reaching out to the community and helping people prevent and manage health problems, including chronic diseases.

Look for us at community Health Fairs and at our annual Family Festival at the Caridad Center for free screenings and more information on how to live healthy.



Find Us On Facebook at  
[www.facebook.com/Caridadcenter](http://www.facebook.com/Caridadcenter)

Caridad Center

8645 Boynton Beach Blvd.  
Boynton Beach, FL 33472  
[www.caridad.org](http://www.caridad.org)

P.E.T. Program



## Cardiovascular Disease

Cardiovascular disease includes heart attack, stroke, high blood pressure, and heart failure, among other conditions. These conditions are mainly caused by tobacco use, lack of physical activity, unhealthy diet, and excessive use of alcohol.



## Diabetes

Type II Diabetes is a disease where the body does not process sugar the right way. This causes the sugar levels in your blood to become too high or too low, causing health complications.

If you experience:

- Unusual thirst,
- Frequency with urination,
- Weight loss,
- Tingling in your fingertips,

you could have diabetes.



# “Prevention is the best medicine”

- Centers for Disease Control and Prevention



## Obesity

Being obese can put you at risk for heart disease, type II Diabetes, stroke, and certain types of cancer. The best way to fight against obesity is to prevent it. The PET Department's Healthy Families program can help you, and your family, learn how to improve your eating and exercise habits and prevent obesity. For children who are obese or are at risk of becoming obese, the Healthy Families program can improve their health by teaching them how to create a healthy environment at home.



## Sexually Transmitted Diseases

Sexually transmitted diseases, including HIV, can be prevented by using condoms during any kind of sexual contact. Get a free and confidential HIV test at the Caridad Center.

## Oral Health

There is a common belief that the mouth is separate from the body, but one look inside a person's mouth can actually tell us a lot about that person's general health. What happens to the mouth can affect the rest of the body.

Good oral hygiene is very important for your general health. Keep in mind that gum infections and cavities are not only painful, but the infection can also travel into the bloodstream and into the rest of your body causing health complications.

It is recommended that you get a dental exam and a dental cleaning at least twice a year.

## Breast Cancer

Breast cancer is the most common type of cancer in American women. The earlier breast cancer is detected and treated, the better chances you have of surviving. It is important to have regular mammograms if you are over the age of 35 or if you have family members who have had breast cancer.



# FAMILY FUN NIGHT

Howell L Watkins Middle School

9840 Mac Arthur Blvd  
Palm Beach Gardens, FL 33403

## Free Screenings:

Cholesterol

Glucose

BMI

Blood Pressure

**! Come and join us for a fun evening!**

We will have Nutrition & Oral Health Demonstrations,  
Games, physical activities, prizes and much more.....

**February 12, 2015**

**6:00pm to 8:00pm**

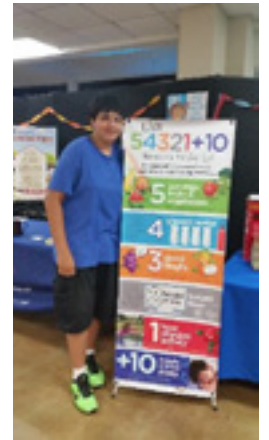
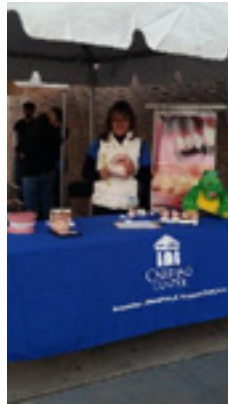
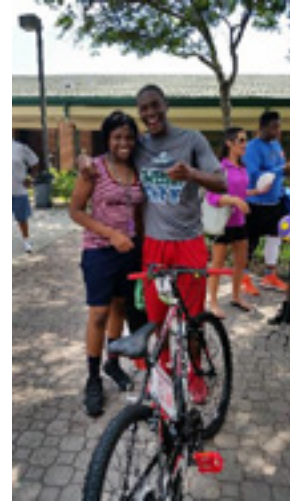
For more information contact  
Marta zuluaga at 561-736-6336  
Ext 117

[mzuluaga@caridad.org](mailto:mzuluaga@caridad.org)



**P.E.T. Program**







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## Who we are

### The Prevention Education and Treatment Program:

- ♦ Is a program that takes a comprehensive approach to the prevention, education, and treatment of chronic diseases
- ♦ Delivers family-centered, culturally competent care
- ♦ Provides early detection, treatment, and health education for low-income residents who have, or are at-risk for chronic diseases, such as: diabetes, high cholesterol, high blood pressure, and obesity



The difference between who you are and who you want to be is what you do!

## Our programs

### Healthy Family/Lifestyle Modification Program:

- ♦ Provides early detection, treatment, and health education for underserved families who are at-risk for obesity and chronic disease-related conditions

### Oral Health Program:

- ♦ Provides low-income, uninsured families quality dental care and education on proper dental hygiene to prevent tooth decay and oral disease
- ♦ Increases awareness of the importance of oral health and its relationship with diabetes and other chronic diseases
- ♦ Reduces disparities in access to preventive and dental treatment services in our community

### Stanford University Self-Management Programs:

- ♦ Help participants gain self-confidence in their ability to control their and/or their family's diabetes and chronic disease symptoms
- ♦ Provide small-group workshops that are interactive and focus on skill-building, sharing of experiences, and providing support as it relates to chronic disease management

### HIV Testing and Counseling Program:

- ♦ Provides confidential HIV testing and counseling for the prevention of HIV and other sexually transmitted diseases

## How we do it

### Health Fairs and Events:

- ♦ Are held in community venues as well as on the Caridad Center campus
- ♦ Provide information about healthy behaviors, nutrition, disease prevention, and disease management
- ♦ Reach a population with high incidence of diabetes, hypertension, high cholesterol, and obesity to ensure that they receive the appropriate medical care and education

### Community Health Promoters:

- ♦ Are community lay persons who are specially trained to be culturally and linguistically competent to fulfill the health education needs of the community
- ♦ Receive training in evidence-based programs and best practices to accomplish their role as health promoters in the community and increase health promotion and awareness
- ♦ Help participants identify their concerns and seek solutions through the mutual sharing of information and experiences, disseminate new information and knowledge to participants, and become role models to others by practicing the concepts themselves

### PET Program One-on-One Care & Group Classes:

- ♦ Provide group education classes, structured exercise programs, and one-on-one family-centered prevention counseling given by a PET Staff member who is trained to help participants manage their chronic diseases
- ♦ Allow participants to meet with their assigned PET staff member once a month to monitor their progress and make the necessary referrals for disease management

### Home visits:

- ♦ Home visits are done by a PET Educator who visits patients with the greatest need at their home to ensure that their home environment is suitable for the successful treatment and management of their condition



# PET Healthy Family Brochure



## Healthy family Lifestyle Program, Prevention, Education & Treatment Department



Healthy family Lifestyle is best tackled at home through improved parental involvement, increased physical exercise, better diet and eating habits.

The difference between who you are and who you want to be is what you do!!

### GENERAL PURPOSES

To improve families' lifestyle through education about nutrition, physical activity and healthy habits.

### PROJECT DESCRIPTION

This is a community based health care project that is part of the Prevention Education & Treatment Program initiative at Caridad Center. It is a culturally sensitive, family centered, early detection, prevention and treatment program for children from ethnic minorities/poor families who are at risk for, or determined to have, obesity. Utilizing Peer and Health Educators from the target communities (Latino/Haitian), it addresses issues of preventive healthcare and access for underserved populations greatly at risk for this epidemic.



### PROJECT ACTIVITIES

- Assessments & Screenings at Caridad Clinic and during outreach activities at community sites to determine risk for, or determination of, obesity
- Promotion of healthy lifestyle (nutrition/physical activity) individually and in group through:
  - ✓ Offer nutrition, exercise, and lifestyle modification education classes open to all
  - ✓ Organize on site Health Fair and participate in other agencies' community events/health fairs.
  - ✓ Provide one-on-one family centered prevention, education and counseling for project families
  - ✓ Work with and monitor individual family goals and activities established.
  - ✓ Collaborate with community partners also working in healthy lifestyle goals and obesity prevention
  - ✓ Provide treatment for obesity and/or other illnesses by pediatricians.
- Referrals for insured persons found at risk for obesity or other chronic disease(s) to their primary care physicians
- Recruitment and training of peer educators for target communities
- Emotional/social services support
- Family interactive events such as field trips, summer camps, contests, cooking demonstrations, supermarket tours, etc.



## Healthy family Lifestyle Program, Prevention, Education & Treatment Department



### PROJECT MODEL



Family-Based Healthy Lifestyle Programs provides interventions for both children and their parents. The treatment and prevention begins at home, creating a healthy-environment for the entire family



Families learn how to incorporate small, healthful changes into their lives so they can all get fit and healthy together!

### PROJECT TOOLS

- Outreach to at-risk communities
- Group Education Classes
- Health fairs
- One-on-one family-centered prevention, education and counseling for project families.
- Collaboration with community partners



### CONTACT US

- Project Coordinator: Marta Zuluaga  
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- Outreach and Classes Coordinator: Luz Smith  
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- One-on-one Counseling/Education Appointments coordinator: Johanna Cuellar  
[jcuellar@caridad.org](mailto:jcuellar@caridad.org) Ph: 561-853-1634 Ext. 118
- Fax: 561-737-9232

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