

WFLC Community Issues and Programming



WFLC Community Issues and Programming
October 1, 2019 – December 31, 2019

Dir. of Operations/Programming and Marketing Dir. Jill Strada
WFLC-FM / Cox Radio Miami
January 1, 2020

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WFLC Community Issues and Programming

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WFLC Community Issues and Programming

October 1, 2019 - December 31, 2019

WFLC serves the Miami / Ft. Lauderdale / Hollywood market and all of its surrounding communities. Listed below is a description of the community issues addressed by the station in its programming for the period October 1, 2019 – December 31, 2019

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Description of Regular Public Affairs Program

The regular public affairs programming schedule includes the weekly, Sunday broadcast of:

6:00 am **Community Convo's with Kimmy B.**
Produced by WFLC / Cox Radio Miami
45Minutes

Community Convo's with Kimmy B is a public affairs show which showcases discussions with the people, charities, and community organizations that work tirelessly to educate and benefit the people of South Florida. The show educates listeners on programs and services that are available to them, as well as highlighting those individuals and organizations that are reaching out and affecting change, and how our listeners can get involved in order to help make a difference in their community.

WFLC serves the Miami / Ft. Lauderdale market and all of its surrounding communities. Listed below is a description of the community issues addressed by the station in its programming for the period October 1, 2019 – December 31, 2019.

Health - (HEA)

October 6, 2019 6:00 a.m.

Community Convo's with Kimmy B – The Miami Diaper Bank

Duration: 00:15:00 minutes

Founded in 2013, The Miami Diaper Bank is a 501(c)3 non-profit organization and first established diaper bank in Miami. The Miami Diaper Bank's mission is to collect and distribute diapers and other Diaper Related Products to low-income families and their children, while also raising awareness about the need for diaper donations in the South Florida area.

TOPIC: A representative from The Miami Diaper Bank came into discuss the invaluable and quite essential work and services being provided by the MDB. We talked about the immense need for diapers and other personal hygiene products specifically related to babies and young children throughout our community, the financial burden that buying these products can pose for disadvantaged and low income families, and the ways our community can take advantage of the services provided by the Miami Diaper Bank as well as get involved and lend support to this organization.

October 13, 2019 6:00 a.m.

Community Convo's with Kimmy B – Broward County/United Way/One

Community Partnership 2

Duration: 0:45:00 minutes

United Way of Broward County has united the community to tackle the most complex, critical challenges and create long-lasting positive change. United, we stand up for those who can't stand up for themselves, united we confront those who are working hard and falling short and united we fight for the health, education and financial stability of every person in our community. One Community Partnership 2 (OCP2) is a grant and county initiative enhancing the delivery of services to transition-age youth and emerging adults (14-21 years of age) who experience emotional/mental health challenges that also may include co-occurring substance use, trauma, and other complex issues. This initiative provides the Broward System of Care with effective transition supports for all youth entering adulthood on their way towards *resiliency*, *recovery*, and *wellness*.

TOPIC: With October being Mental Illness Awareness Month we had Elkin Alfred from United Way of Broward County and Tiffany Lawrence with OCP2 in to talk about Mental Health, living with Mental Health disorders and the ongoing battle to end the stigma surrounding the Mental Health conversation. We talked about depression, triggers, environmental and occupational factors that can lead to higher levels of stress & anxiety which of course negatively impact our Mental Health and Wellness. Tiffany touched on the heightened rates of depression and anxiety as well as rising suicide rates affecting younger people, especially those in the LGBTQIA community. Elkin highlighted cultural issues and stereotypes that negatively impact the African American and Latino communities, making it more difficult for individuals to ask for help and/or access resources. We also addressed how, as a community, we can be more aware and engaged with friends, family members, co-workers, etc. who may be struggling with Mental Health Issues, and most important we discussed techniques and ways in which to ask and identify if/when we or others may need help.

October 20, 2019 6:00 a.m.
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Community Partnership 2
Duration: 0:45:00 minutes

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November 11, 2019 6:00 a.m.

Community Convo's with Kimmy B – Florida Department of Health Tobacco Free Florida/Group Quit Program

Duration: 00:25:00 minutes

Tobacco Free Florida (TFF) launched in 2007. TFF is administered through the Florida Department of Health's Bureau of Tobacco Free Florida (BTFF), and funded by money derived from the state's tobacco settlement agreement with the major tobacco companies in 1997. TFF reaches millions of Floridians through hard-hitting media campaigns, public relations, social media, evidence-based tobacco cessation services, grassroots initiatives, county-level grants that advance tobacco-free policies, a youth-led movement called Students Working Against Tobacco (SWAT), school-based interventions, and surveillance and evaluation to ensure effectiveness.

TOPIC: A counselor who with Tobacco Free Florida (TFF) Group Quit program in partnership with Nova Southeastern University came in to give some backstory on TFF, what types of services they supply, who is eligible to participate, and how people can take advantage of all TFF's FREE programs designed to help individuals quit tobacco. Her area of specialty is the Group Quit program, so we talked at length about the benefits of Group Quit, the difficulties and challenges many smokers face when trying to quit, and who to contact and where to go to sign up for Group Quit.

November 17, 2019 6:30 a.m.

Community Convo's with Kimmy B – Stacy Hyde and Broward House

Duration: 00:25:00 minutes

The Mission of Broward House is to improve the quality of life for individuals impacted with chronic health challenges, including HIV, by providing pathways to wellness. Providing hope and healing to our communities, combating stigma, increasing knowledge and prevention.

TOPIC: Stacy Hyde, President of Broward House, came in to discuss the work happening at Broward House, the escalation of the AIDS epidemic and its impact on our South Florida communities, and the ways in which Broward House is trying to offset and combat these things. We also discussed the need for increased HIV awareness and education, as well as testing, and the need for more open dialogue regarding sex, best practices for safe/protected sex, as well as prevention and treatment pertaining to HIV/AIDS. During our conversation we also talked about the always present negative stigmas and judgements associated with an HIV/AIDS diagnosis, and the ways this impacts those affected. We also talked about Broward House's marquee fundraising

event...The Smart Ride and how people can participate or support those already riding. This was an amazing and eye-opening discussion and reminder that although we have come such a long way in our fight to end HIV/AIDS, we still have so far to go and Broward House is committed to seeing this through and standing by our south Florida Community until the end.

November 24, 2019 6:00 a.m.

Community Convo's with Kimmy B – Miami Dade County Department of Health/WIC Program

Duration: 00:15:00 minutes

The Special Supplemental Nutrition Program for Women, Infants, and Children aka WIC Program is a federally funded public health nutrition program providing nutrition education, nutritious foods, breastfeeding support, and healthcare referrals for income-eligible women who are pregnant, breastfeeding or postpartum, infants, and children up to age 5. Breastfeeding promotion and support are integral parts of the WIC program. WIC is striving to increase the incidence and duration of breastfeeding among women enrolled in the program.

TOPIC: Personnel from the Miami-Dade County Department of Health WIC program came in to talk about breastfeeding, it's benefits, and many of the issues, questions, and concerns that breastfeeding mothers or women considering breastfeeding might have. We also talked about the plethora of services that the WIC agency provides for breastfeeding moms, including a free breast pump program, peer counselor support programs which provide mother-to-mother counseling, and the special WIC food packages that are available for participants who are exclusively breastfeeding their babies.

December 01, 2019 6:00 a.m.

Community Convo's with Kimmy B – Tanya Zuckerbrot, MS, RD conversation on Holiday Health and Wellness

Duration: 00:45:00 minutes

A global leader in the health and wellness space, Tanya Zuckerbrot, MS, RD, is an internationally-known dietitian and the creator of the renowned F-Factor™ Diet, the only dietitian-created program for weight-loss and optimal health that is based on scientifically proven fiber-rich nutrition. Tanya holds a Master's degree in Nutrition and Food Studies from New York University and completed a two-year dietetic internship at NYU Medical Center. She is an accredited member of the American Dietetic Association, the Greater New York Dietetic Association, the American Association for Diabetes Educators, and a member of the National Association of Professional Women. Tanya completed her CDR Certificate of Training in Adult Weight Management as well as her CDR Certificate of Training in Childhood and Adolescent Weight Management.

TOPIC: Tanya called in to discuss Health, Wellness, and Body Positivity, along with ways to staying on track and on task with your fitness goals throughout the Holiday season. With her dietary and fitness expertise and medical background Tanya was able to provide our listeners with some valuable insight into the world of dieting & nutrition and how our relationship with food impacts our long-term health and wellness. We also discussed the health risks and financial costs associated with being overweight and/or clinically obese, medical conditions which now apply to 2/3s of our American population. Tanya was also able to provide tips and tools for making healthier decisions when eating out and attending Holiday parties and get togethers, as well as the importance of exercise, and mental wellness.

December 08, 2019 6:00 a.m.

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December 29, 2019 6:00 a.m.

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Duration: 0:15:00 minutes

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Underserved Populations-USP

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Community Partnership 2**

Duration: 0:45:00 minutes

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November 03, 2019 6:00 a.m.

Community Convo's with Kimmy B – Urban Oasis Project

Duration: 00:25:00 minutes

Located in Miami, Florida, Urban Oasis Project was a volunteer-based group for two years and, in February 2010, incorporated as a Florida not-for-profit organization. At the Urban Oasis Project, they believe that good, clean, healthy food should be accessible to all - so we run Farmers Markets, we plant gardens with low-income families, and we support many local farms by bringing their produce to markets. In past years we ran our own farms, but we are focusing on all the other parts of our mission this year. Urban Oasis Project prides itself in being an inclusive non-profit organization, embracing all people who support our mission regardless of religious preferences, sexual orientation, economic status, ethnicity, age, or disability. Urban Oasis experiments with all gardening and farming philosophies that do not harm the environment.

Topic: Art Friedrich, President of UOP, came in to talk about the organization, its programs and many moving pieces. We discussed the importance of ensuring all members of our South Florida community have access to healthy and fresh fruits and vegetables, while teaching about and encouraging sustainability. We talked about the G.I.V.E. Gardens program that provides individuals/families/communities with the tools, resources, and man-power in order to plant individual and community gardens in “food deserts” or areas with limited access to healthy fresh produce. Art also spoke at length on the importance of supporting local growers, encourage environmentally friendly gardening and farming, and working with government agencies to ensure that food vouchers can be used to purchase healthy, organic, and locally grown products. We gave out information on the UOP traveling Farmers markets and on their SNAP and Voucher programs.

November 10, 2019 6:00 a.m.

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November 10, 2019 6:30 a.m.

Community Convo's with Kimmy B – Easter Seals Festival of Chefs

Duration: 0:20:00 minutes

Easter Seals is a 501(c)3 non-profit organization that has been helping individuals with disabilities and special needs, and their families, live better lives for more than 80 years. Whether helping someone improve physical mobility, return to work or simply gain greater independence for everyday living, Easter Seals offers a variety of services to help people with disabilities address life's challenges and achieve personal goals.

TOPIC: Nanette Molina, a member of the Easter Seals of Florida team came in to discuss one of the organizations biggest and most beloved fundraisers, Festival of Chefs. In its 31st year this event has been bringing local south Florida chefs and foodies together for a night full of delicious bites, crafty cocktails, and moving stories with the purpose of raising awareness around the fantastic work Easter Seals is doing to help the handi-abled members of our community thrive and flourish and enjoy the best quality of life possible.

November 17, 2019 6:30 a.m.

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November 24, 2019 6:20 a.m.

Community Convo's with Kimmy B – DIBIA DREAM FOUNDATION

Duration: 00:30:00 minutes

DiBia DREAM is a registered 501(c)3 non-profit committed to fostering life skills development through STEM and recreational education for underserved youth in Miami and New Orleans. At DiBa DREAM, we help youth win at life.

Topic: Dibia DREAM founder Brandon Okpalobi came in to discuss the work his organization is doing here in our South Florida community. We talked about his upbringing, his education at the University of Miami, the impact that sports coupled with great teachers, coaches, and mentors had on his life and the value of education over everything else. Brandon talked about the rapidly changing workforce in America and the need for our young people to be able to access STEM and STEAM field programs, training, and education, which is what his organization focuses on, as well as the importance of providing all children with equal access to "experiences" outside of their daily norms in an effort to foster self-confidence and encourage them to think and dream bigger. He also gave out information on the organizations Free S.T.E.M. Saturdays programs.

December 22, 2019 6:00 a.m.

Community Convo's with Kimmy B – The Miami Diaper Bank

Duration: 00:20:00 minutes

Founded in 2013, The Miami Diaper Bank is a 501(c)3 non-profit organization and first established diaper bank in Miami. The Miami Diaper Bank's mission is to collect and distribute diapers and other Diaper Related Products to low-income families and their children, while also raising awareness about the need for diaper donations in the South Florida area.

TOPIC: A representative from The Miami Diaper Bank came into discuss the invaluable and quite essential work and services being provided by the MDB. We talked about the immense need for diapers and other personal hygiene products specifically related to babies and young children throughout our community, the financial burden buying these products can pose for disadvantaged and low income families, and ways our community can take advantage of the services provided by the Miami Diaper Bank as well as get involved and lend support to this organization.

December 22, 2019 6:25 a.m.

Community Convo's with Kimmy B – Stacy Hyde and Broward House

Duration: 00:25:00 minutes

The Mission of Broward House is to improve the quality of life for individuals impacted with chronic health challenges, including HIV, by providing pathways to wellness. Providing hope and healing to our communities, combating stigma, increasing knowledge and prevention.

TOPIC: Stacy Hyde, President of Broward House, came in to discuss the work happening at Broward House, the escalation of the AIDS epidemic and its impact on our South Florida communities, and the ways in which Broward House is trying to offset and combat these things. We also discussed the need for increased HIV awareness and education, as well as testing, and the need for more open dialogue regarding sex, best practices for safe/protected sex, as well as prevention and treatment pertaining to HIV/AIDS. During our conversation we also talked about the always present negative stigmas and judgements associated with an HIV/AIDS diagnosis, and the ways this impacts those affected. We also talked about Broward House's marquee fundraising event...The Smart Ride and how people can participate or support those already riding. This was an amazing and eye-opening discussion and reminder that although we have come such a long way in our fight to end HIV/AIDS, we still have so far to go and Broward House is committed to seeing this through and standing by our south Florida Community until the end.

December 29, 2019 6:00 a.m.

Community Convo's with Kimmy B – Miami Dade County Department of Health/WIC Program

Duration: 0:15:00 minutes

The Special Supplemental Nutrition Program for Women, Infants, and Children aka WIC Program is a federally funded public health nutrition program providing nutrition education, nutritious foods, breastfeeding support, and healthcare referrals for income-eligible women who

are pregnant, breastfeeding or postpartum, infants, and children up to age 5. Breastfeeding promotion and support are integral parts of the WIC program. WIC is striving to increase the incidence and duration of breastfeeding among women enrolled in the program.

TOPIC: Personnel from the Miami-Dade County Department of Health WIC program came in to talk about breastfeeding, its benefits, and many of the issues, questions, and concerns that breastfeeding mothers or women considering breastfeeding might have. We also talked about the plethora of services that the WIC agency provides for breastfeeding moms, including a free breast pump program, peer counselor support programs which provide mother-to-mother counseling, and the special WIC food packages that are available for participants who are exclusively breastfeeding their babies.

December 29, 2019 6:20 a.m.

Community Convo's with Kimmy B – DIBIA DREAM FOUNDATION

Duration: 00:30:00 minutes

Dibia DREAM is a registered 501(c)3 non-profit committed to fostering life skills development through STEM and recreational education for underserved youth in Miami and New Orleans. At Dibia DREAM, we help youth win at life.

Topic: Dibia DREAM founder Brandon Okpalobi came in to discuss the work his organization is doing here in our South Florida community. We talked about his upbringing, his education at the University of Miami, the impact that sports coupled with great teachers, coaches, and mentors had on his life and the value of education over everything else. Brandon talked about the rapidly changing workforce in America and the need for our young people to be able to access STEM and STEAM field programs, training, and education, which is what his organization focuses on, as well as the importance of providing all children with equal access to “experiences” outside of their daily norms in an effort to foster self-confidence and encourage them to think and dream bigger. He also gave out information on the organizations Free S.T.E.M. Saturdays programs.

Education

November 17, 2019 6:30 a.m.

Community Convo's with Kimmy B – Stacy Hyde and Broward House

Duration: 00:25:00 minutes

The Mission of Broward House is to improve the quality of life for individuals impacted with chronic health challenges, including HIV, by providing pathways to wellness. Providing hope and healing to our communities, combating stigma, increasing knowledge and prevention.

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November 24, 2019 6:20 a.m.

Community Convo's with Kimmy B – DIBIA DREAM FOUNDATION

Duration: 00:30:00 minutes

Dibia DREAM is a registered 501(c)3 non-profit committed to fostering life skills development through STEM and recreational education for underserved youth in Miami and New Orleans. At Dibia DREAM, we help youth win at life.

Topic: Dibia DREAM founder Brandon Okpalobi came in to discuss the work his organization is doing here in our South Florida community. We talked about his upbringing, his education at the University of Miami, the impact that sports coupled with great teachers, coaches, and mentors had on his life and the value of education over everything else. Brandon talked about the rapidly changing workforce in America and the need for our young people to be able to access STEM and STEAM field programs, training, and education, which is what his organization focuses on, as well as the importance of providing all children with equal access to "experiences" outside of their daily norms in an effort to foster self-confidence and encourage them to think and dream bigger.

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Human Services

October 6, 2019 6:00 a.m.

Community Convo's with Kimmy B – The Miami Diaper Bank

Duration: 00:20:00 minutes

Founded in 2013, The Miami Diaper Bank is a 501(c)3 non-profit organization and first established diaper bank in Miami. The Miami Diaper Bank's mission is to collect and distribute diapers and other Diaper Related Products to low-income families and their children, while also raising awareness about the need for diaper donations in the South Florida area.

TOPIC: A representative from The Miami Diaper Bank came into discuss the invaluable and quite essential work and services being provided by the MDB. We talked about the immense need for diapers and other personal hygiene products specifically related to babies and young children throughout our community, the financial burden buying these products can pose for disadvantaged and low income families, and ways our community can take advantage of the services provided by the Miami Diaper Bank as well as get involved and lend support to this organization.

November 03, 2019 6:00 a.m.

Community Convo's with Kimmy B – Urban Oasis Project

Duration: 00:25:00 minutes

Located in Miami, Florida, Urban Oasis Project was a volunteer-based group for two years and, in February 2010, incorporated as a Florida not-for-profit organization. At the Urban Oasis Project, they believe that good, clean, healthy food should be accessible to all - so we run Farmers Markets, we plant gardens with low-income families, and we support many local farms by bringing their produce to markets. In past years we ran our own farms, but we are focusing on all the other parts of our mission this year. Urban Oasis Project prides itself in being an inclusive non-profit organization, embracing all people who support our mission regardless of religious preferences, sexual orientation, economic status, ethnicity, age, or disability. Urban Oasis experiments with all gardening and farming philosophies that do not harm the environment.

Topic: Art Friedrich, President of UOP, came in to talk about the organization, its programs and many moving pieces. We discussed the importance of ensuring all members of our South Florida community have access to healthy and fresh fruits and vegetables, while teaching about and encouraging sustainability. We talked about the G.I.V.E. Gardens program that provides individuals/families/communities with the tools, resources, and man-power in order to plant individual and community gardens in "food deserts" or areas with limited access to healthy fresh produce. Art also spoke at length on the importance of supporting local growers, encourage environmentally friendly gardening and farming, and working with government agencies to ensure that food vouchers can be used to purchase healthy, organic, and locally grown products. We gave out information on the UOP traveling Farmers markets and on their SNAP and Voucher programs.

November 10, 2019 6:00 a.m.

Community Convo's with Kimmy B – Urban Oasis Project

Duration: 00:25:00 minutes

Located in Miami, Florida, Urban Oasis Project was a volunteer-based group for two years and, in February 2010, incorporated as a Florida not-for-profit organization. At the Urban Oasis Project, they believe that good, clean, healthy food should be accessible to all - so we run Farmers Markets, we plant gardens with low-income families, and we support many local farms by bringing their produce to markets. In past years we ran our own farms, but we are focusing on all the other parts of our mission this year. Urban Oasis Project prides itself in being an inclusive non-profit organization, embracing all people who support our mission regardless of religious preferences, sexual orientation, economic status, ethnicity, age, or disability. Urban Oasis experiments with all gardening and farming philosophies that do not harm the environment.

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November 10, 2019 6:30 a.m.

Community Convo's with Kimmy B – Easter Seals Festival of Chefs

Duration: 0:20:00 minutes

Easter Seals is a 501(c)3 non-profit organization that has been helping individuals with disabilities and special needs, and their families, live better lives for more than 80 years. Whether helping someone improve physical mobility, return to work or simply gain greater independence for everyday living, Easter Seals offers a variety of services to help people with disabilities address life's challenges and achieve personal goals.

TOPIC: Nanette Molina, a member of the Easter Seals of Florida team came in to discuss one of the organizations biggest and most beloved fundraisers, Festival of Chefs. In its 31st year this event has been bringing local south Florida chefs and foodies together for a night full of delicious bites, crafty cocktails, and moving stories with the purpose of raising awareness around the fantastic work Easter Seals is doing to help the handi-abled members of our community thrive and flourish and enjoy the best quality of life possible.

November 17, 2019 6:00 a.m.

Community Convo's with Kimmy B – Florida Department of Health Tobacco Free Florida/Group Quit Program

Duration: 00:25:00 minutes

Tobacco Free Florida (TFF) launched in 2007. TFF is administered through the Florida Department of Health's Bureau of Tobacco Free Florida (BTFF), and funded by money derived from the state's tobacco settlement agreement with the major tobacco companies in 1997. TFF reaches millions of Floridians through hard-hitting media campaigns, public relations, social media, evidence-based tobacco cessation services, grassroots initiatives, county-level grants that advance tobacco-free policies, a youth-led movement called Students Working Against Tobacco (SWAT), school-based interventions, and surveillance and evaluation to ensure effectiveness.

TOPIC: A counselor who with Tobacco Free Florida (TFF) Group Quit program in partnership with Nova Southeastern University came in to give some backstory on TFF, what types of services they supply, who is eligible to participate, and how people can take advantage of all TFF's FREE programs designed to help individuals quit tobacco. Her area of specialty is the Group Quit program, so we talked at length about the benefits of Group Quit, the difficulties and challenges many smokers face when trying to quit, and who to contact and where to go to sign up for Group Quit.

November 24, 2019 6:00 a.m.

Community Convo's with Kimmy B – Miami Dade County Department of Health/WIC Program

Duration: 0:15:00 minutes

The Special Supplemental Nutrition Program for Women, Infants, and Children aka WIC Program is a federally funded public health nutrition program providing nutrition education, nutritious foods, breastfeeding support, and healthcare referrals for income-eligible women who are pregnant, breastfeeding or postpartum, infants, and children up to age 5. Breastfeeding promotion and support are integral parts of the WIC program. WIC is striving to increase the incidence and duration of breastfeeding among women enrolled in the program.

TOPIC: Personnel from the Miami-Dade County Department of Health WIC program came in to talk about breastfeeding, it's benefits, and many of the issues, questions, and concerns that breastfeeding mothers or women considering breastfeeding might have. We also talked about the plethora of services that the WIC agency provides for breastfeeding moms, including a free breast pump program, peer counselor support programs which provide mother-to-mother counseling, and the special WIC food packages that are available for participants who are exclusively breastfeeding their babies.

December 01, 2019 6:00 a.m.

Community Convo's with Kimmy B – Tanya Zuckerbrot, MS, RD conversation on Holiday Health and Wellness

Duration: 00:45:00 minutes

A global leader in the health and wellness space, Tanya Zuckerbrot, MS, RD, is an internationally-known dietitian and the creator of the renowned F-Factor™ Diet, the only dietitian-created program for weight-loss and optimal health that is based on scientifically proven fiber-rich nutrition. Tanya holds a Master's degree in Nutrition and Food Studies from New York University and completed a two-year dietetic internship at NYU Medical Center. She is an accredited member of the American Dietetic Association, the Greater New York Dietetic Association, the American Association for Diabetes Educators, and a member of the National Association of Professional Women. Tanya completed her CDR Certificate of Training in Adult Weight Management as well as her CDR Certificate of Training in Childhood and Adolescent Weight Management.

TOPIC: Tanya called in to discuss Health, Wellness, and Body Positivity, along with ways to staying on track and on task with your fitness goals throughout the Holiday season. With her dietary and fitness expertise and medical background Tanya was able to provide our listeners with some valuable insight into the world of dieting & nutrition and how our relationship with food impacts our long-term health and wellness. We also discussed the health risks and financial costs associated with being overweight and/or clinically obese, medical conditions which now apply to 2/3s of our American population. Tanya was also able to provide tips and tools for making healthier decisions when eating out and attending Holiday parties and get togethers, as well as the importance of exercise, and mental wellness.

December 08, 2019 6:00 a.m.

Community Convo's with Kimmy B – Tanya Zuckerbrot, MS, RD conversation on Holiday Health and Wellness

Duration: 00:45:00 minutes

A global leader in the health and wellness space, Tanya Zuckerbrot, MS, RD, is an internationally-known dietitian and the creator of the renowned F-Factor™ Diet, the only dietitian-created program for weight-loss and optimal health that is based on scientifically proven fiber-rich nutrition. Tanya holds a Master's degree in Nutrition and Food Studies from New York University and completed a two-year dietetic internship at NYU Medical Center. She is an accredited member of the American Dietetic Association, the Greater New York Dietetic Association, the American Association for Diabetes Educators, and a member of the National Association of Professional Women. Tanya completed her CDR Certificate of Training in Adult Weight Management as well as her CDR Certificate of Training in Childhood and Adolescent Weight Management.

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December 15, 2019 6:00 a.m.

Community Convo's with Kimmy B – Tanya Zuckerbrot, MS, RD conversation on Holiday Health and Wellness

Duration: 00:45:00 minutes

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December 22, 2019 6:00 a.m.

Community Convo's with Kimmy B – The Miami Diaper Bank

Duration: 00:20:00 minutes

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December 29, 2019 6:00 a.m.

Community Convo's with Kimmy B – Miami Dade County Department of Health/WIC Program

Duration: 0:15:00 minutes

The Special Supplemental Nutrition Program for Women, Infants, and Children aka WIC Program is a federally funded public health nutrition program providing nutrition education, nutritious foods, breastfeeding support, and healthcare referrals for income-eligible women who are pregnant, breastfeeding or postpartum, infants, and children up to age 5. Breastfeeding promotion and support are integral parts of the WIC program. WIC is striving to increase the incidence and duration of breastfeeding among women enrolled in the program.

TOPIC: Personnel from the Miami-Dade County Department of Health WIC program came in to talk about breastfeeding, it's benefits, and many of the issues, questions, and concerns that breastfeeding mothers or women considering breastfeeding might have. We also talked about the plethora of services that the WIC agency provides for breastfeeding moms, including a free breast pump program, peer counselor support programs which provide mother-to-mother counseling, and the special WIC food packages that are available for participants who are exclusively breastfeeding their babies.

ENVIRONMENT:

November 03, 2019 6:00 a.m.

Community Convo's with Kimmy B – Urban Oasis Project

Duration: 00:25:00 minutes

Located in Miami, Florida, Urban Oasis Project was a volunteer-based group for two years and, in February 2010, incorporated as a Florida not-for-profit organization. At the Urban Oasis Project, they believe that good, clean, healthy food should be accessible to all - so we run Farmers Markets, we plant gardens with low-income families, and we support many local farms by bringing their produce to markets. In past years we ran our own farms, but we are focusing on all the other parts of our mission this year. Urban Oasis Project prides itself in being an inclusive non-profit organization, embracing all people who support our mission regardless of religious preferences, sexual orientation, economic status, ethnicity, age, or disability. Urban Oasis experiments with all gardening and farming philosophies that do not harm the environment.

Topic: Art Friedrich, President of UOP, came in to talk about the organization, its programs and many moving pieces. We discussed the importance of ensuring all members of our South Florida community have access to healthy and fresh fruits and vegetables, while teaching about and encouraging sustainability. We talked about the G.I.V.E. Gardens program that provides individuals/families/communities with the tools, resources, and man-power in order to plant individual and community gardens in "food deserts" or areas with limited access to healthy fresh produce. Art also spoke at length on the importance of supporting local growers, encourage environmentally friendly gardening and farming, and working with government agencies to ensure that food vouchers can be used to purchase healthy, organic, and locally grown products. We gave out information on the UOP traveling Farmers markets and on their SNAP and Voucher programs.

November 10, 2019 6:00a.m.

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Duration: 00:25:00 minutes

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can be used to purchase healthy, organic, and locally grown products. We gave out information on the UOP traveling Farmers markets and on their SNAP and Voucher programs.

DIVERSITY/RACE RELATIONS

October 13, 2019 6:00 a.m.

**Community Convo's with Kimmy B – Broward County/United Way/One
Community Partnership 2**

Duration: 0:45:00 minutes

United Way of Broward County has united the community to tackle the most complex, critical challenges and create long-lasting positive change. United, we stand up for those who can't stand up for themselves, united we confront those who are working hard and falling short and united we fight for the health, education and financial stability of every person in our community. One Community Partnership 2 (OCP2) is a grant and county initiative enhancing the delivery of services to transition-age youth and emerging adults (14-21 years of age) who experience emotional/mental health challenges that also may include co-occurring substance use, trauma, and other complex issues. This initiative provides the Broward System of Care with effective transition supports for all youth entering adulthood on their way towards *resiliency*, *recovery*, and *wellness*.

TOPIC: With October being Month Illness Awareness Month we had Elkin Alfred from United Way of Broward County and Tiffany Lawrence with OCP2 in to talk about Mental Health, living with Mental Health disorders and the ongoing battle to end the stigma surrounding the Mental Health conversation. We talked about depression, triggers, environmental and occupational factors that can lead to higher levels of stress & anxiety which of course negatively impact our Mental Health and Wellness. Tiffany touched on the heightened rates of depression and anxiety as well as rising suicide rates affecting younger people, especially those in the LGBTQIA community. Elkin highlighted cultural issues and stereotypes that negatively impact the African American and Latino communities, making it more difficult for individuals to ask for help and/or access resources. We also addressed how, as a community, we can be more aware and engaged with friends, family members, co-workers, etc. who may be struggling with Mental Health Issues, and most important we discussed techniques and ways in which to ask and identify if/when we or others may need help.

October 20, 2019 6:00 a.m.

**Community Convo's with Kimmy B – Broward County/United Way/One
Community Partnership 2**

Duration: 0:45:00 minutes

United Way of Broward County has united the community to tackle the most complex, critical challenges and create long-lasting positive change. United, we stand up for those who can't stand up for themselves, united we confront those who are working hard and falling short and united we fight for the health, education and financial stability of every person in our community. One Community Partnership 2 (OCP2) is a grant and county initiative enhancing the delivery of services to transition-age youth and emerging adults (14-21 years of age) who experience emotional/mental health challenges that also may include co-occurring substance use, trauma, and other complex issues. This initiative provides the Broward System of Care with effective transition supports for all youth entering adulthood on their way towards *resiliency*, *recovery*, and *wellness*.

TOPIC: With October being Mental Health Illness Month we had Elkin Alfred from United Way of Broward County and Tiffany Lawrence with OCP2 in to talk about Mental Health, living with Mental Health disorders and the ongoing battle to end the stigma surrounding the Mental Health

conversation. We talked about depression, triggers, environmental and occupational factors that can lead to higher levels of stress & anxiety which of course negatively impact our Mental Health and Wellness. Tiffany touched on the heightened rates of depression and anxiety as well as rising suicide rates affecting younger people, especially those in the LGBTQIA community. Elkin highlighted cultural issues and stereotypes that negatively impact the African American and Latino communities, making it more difficult for individuals to ask for help and/or access resources. We also addressed how, as a community, we can be more aware and engaged with friends, family members, co-workers, etc. who may be struggling with Mental Health Issues, and most importantly we discussed techniques and ways in which to ask and identify if/when we or others may need help.

October 27, 2019 6:00 a.m.

Community Convo's with Kimmy B – Broward County/United Way/One

Community Partnership 2

Duration: 0:45:00 minutes

United Way of Broward County has united the community to tackle the most complex, critical challenges and create long-lasting positive change. United, we stand up for those who can't stand up for themselves, united we confront those who are working hard and falling short and united we fight for the health, education and financial stability of every person in our community. One Community Partnership 2 (OCP2) is a grant and county initiative enhancing the delivery of services to transition-age youth and emerging adults (14-21 years of age) who experience emotional/mental health challenges that also may include co-occurring substance use, trauma, and other complex issues. This initiative provides the Broward System of Care with effective transition supports for all youth entering adulthood on their way towards *resiliency*, *recovery*, and *wellness*.

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November 24, 2019 6:20 a.m.

Community Convo's with Kimmy B – DIBIA DREAM FOUNDATION

Duration: 00:30:00 minutes

Dibia DREAM is a registered 501(c)3 non-profit committed to fostering life skills development through STEM and recreational education for underserved youth in Miami and New Orleans. At Dibia DREAM, we help youth win at life.

Topic: Dibia DREAM founder Brandon Okpalobi came in to discuss the work his organization is doing here in our South Florida community. We talked about his

upbringing, his education at the University of Miami, the impact that sports coupled with great teachers, coaches, and mentors had on his life and the value of education over everything else. Brandon talked about the rapidly changing workforce in America and the need for our young people to be able to access STEM and STEAM field programs, training, and education, which is what his organization focuses on, as well as the importance of providing all children with equal access to “experiences” outside of their daily norms in an effort to foster self-confidence and encourage them to think and dream bigger.

December 29, 2019 6:20 a.m.

Community Convo’s with Kimmy B – DIBIA DREAM FOUNDATION

Duration: 00:30:00 minutes

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Community Outreach/Events

October 6, 2019 6:25 a.m.

Community Convo's with Kimmy B – Gilda's Club South Florida/Over the Edge

Duration: 0:25:00 minutes

Gilda's Club South Florida, an affiliate of the Cancer Support Community, is a non-profit 501c3 dedicated to providing support, education and hope to all people impacted by cancer, family members and friends of those diagnosed, children, and people who have lost someone to cancer.

TOPIC: Kim Praitano, President and CEO of Gilda's Club South Florida came in to discuss the amazing work going on at the organization. With September being Pediatric Cancer Awareness Month and October being Breast Cancer Awareness month it was the perfect time to have Kim come in and discuss the importance of being diligent when it comes to one's health and wellness, including self-examinations which can lead to early detection and a much better prognosis for recovery when dealing with Cancer. We talked about the unique history surrounding Gilda's Club, how we came to have our own chapter her in South Florida, as well as what makes Gilda's so unique. We discussed the programming and resources provided by Gilda's free of charge to any and all who have been impacted by cancer. Kim also discussed ways in which the community can get involved with Gilda's Club South Florida as well as ways in which we can help them continue their great work; including participating in and/or donating towards their upcoming "Over the Edge" fundraiser.

November 3, 2019 6:25 a.m.

Community Convo's with Kimmy B – PAWS 4 YOU Pawssion for Fashion Pet Adoption Event

Duration: 0:25:00 minutes

PAWS4you Rescue, Inc. is a 501(c)3 non-profit, volunteer, donor-subsidized animal rescue organization based in Miami, Florida. The mission of this organization is to serve this community through rescuing abandoned and neglected animals, nurturing these animals back to health through love and state-of-the-art care, and providing crucial education to promote healthy and enriching relationships between pet owners and their pets. Over the last 11 years, we have served the vital need of sheltering, fostering, and placing dogs in the southern part of Miami-Dade County. We offer life-saving services and employ various strategies to place and keep animals in loving, lifelong homes.

TOPIC: Paws 4 You partnered with local Pet accessory boutique Parisian Pets to host a fundraiser and Pet Adoption Event, which included a Pet Fashion Show and Live Performance. The 1st annual Pawssion for Fashion event was also used as supply drive for the foster families working with Paws 4 You, as well as a means of raising awareness for the organization and bringing much needed media attention to the critical nature of the abandoned animal crisis that exists here in South Florida.

November 10, 2019 6:25 a.m.

Community Convo's with Kimmy B – Easter Seals Festival of Chefs

Duration: 0:25:00 minutes

Easter Seals is a 501(c)3 non-profit organization that has been helping individuals with disabilities and special needs, and their families, live better lives for more than 80 years. Whether helping someone improve physical mobility, return to work or simply gain greater independence for everyday living, Easter Seals offers a variety of services to help people with disabilities address life's challenges and achieve personal goals.

TOPIC: Nanette Molina, a member of the Easter Seals of Florida team came in to discuss one of the organizations biggest and most beloved fundraisers, Festival of Chefs. In its 31st year this event has been bringing local south Florida chefs and foodies together for a night full of delicious bites, crafty cocktails, and moving stories with the purpose of raising awareness around the fantastic work Easter Seals is doing to help the handi-abled members of our community thrive and flourish and enjoy the best quality of life possible.

PUBLIC SERVICE ANNOUNCEMENTS:

Cox Media Group

Labor of Love Bahamas Relief Drive

09/04-10/01

Cox Media Group

Kelly Jo Dowd Foundation Breast Cancer Bake Sale

10/24-10/26

Cox Media Group

Pride Center Wicked Manors 2019

10/19-10/31

Cox Media Group

One Love Bahamas Relief Concert

10/31-11/09

Cox Media Group

Miami Foundation Give Miami Day

011/19-11/21

Cox Media Group

HITs 97.3 Turkey Drive

11/22-11/24