



# RADER READER

FLORIDA STATE SENATOR KEVIN RADER,  
DISTRICT 29

## DEAR FRIENDS:

Hurricane Dorian was inconsistent, but I am proud of our first responders, local, and state governmental entities for their rapid, proactive mobilization. Although our community was mostly unscathed, sadly the Bahamas saw massive devastation. Hurricane season comes to an end on November 30, and we must continue to be prepared in case another hurricane unexpectedly forms. The below information will assist you in this effort. September is nationally recognized as National Honey Month and Suicide Prevention Awareness Month; I will be sharing information on both these topics.

As always, we are here to help, so please contact my office if you have concerns or need assistance.

*Kevin Rader*

## BEE PREPARED.

Before a hurricane reaches our shores (and even during), the Florida Division of Emergency Management creates an informational page on their website which consolidates necessary information. Topics that may vary from evacuation zones, warnings, watches, and the latest updates from the Governor's office. The Division is tasked with preparing and implementing the statewide Comprehensive Emergency Management Plan. It also serves as the state's liaison with federal and local agencies on emergencies of all kinds. Following a disaster, the Division conducts damage assessment surveys and advises the Governor on whether to declare an emergency and seek federal relief funds. To learn more about the Florida Division of Emergency Management, please visit their website at:

**WWW.FLORIDADISASTER.ORG**

It is crucial also to be registered to receive alerts from your County's Emergency Management as they are focused on your specific area. They disseminate critical countywide notifications and the most updated information affecting your community. On their website, you may find county resources that will assist you with your preparations, such as finding generator-ready businesses, shelters, flood, and evacuation zones. For more information or to learn how to sign up for AlertBroward or AlertPBC contact:

**Broward County:**  
**BROWARD.ORG/EMERGENCY**  
**311 or 954 831 4000**

**Palm Beach County:**  
**DISCOVER.PBCGOV.ORG/PUBLICSAFETY/DEM**  
**561 712 6464**

During evacuations, traffic tends to be more congested than usual so plan accordingly. You may find real-time traffic information and evacuation routes at [www.FL511.com](http://www.FL511.com) or by dialing 5-1-1.

# SUICIDE PREVENTION MONTH



This month recognizes Suicide Prevention Awareness, and this is a crisis that has directly affected many throughout our community. The Statewide Office of Suicide Prevention, located within the Florida Department of Children and Families, facilitates the Suicide Prevention Coordinating Council. The Statewide Office of Suicide Prevention and the Suicide Prevention Coordinating Council are tasked with implementing the Florida Suicide Prevention Strategy which focuses on reducing the stigma of mental illness, improving public knowledge, and teaching intervention skills. It is crucial that we remove the stigma and recognize the warning signs or risk factors to lower the suicide ideation, attempts, and deaths. The strategy outlined in the Florida Action Steps For Suicide Prevention Efforts from 2016-2020 are:

- Integrate and coordinate suicide prevention activities across multiple sectors and settings
- Increase public knowledge of the factors that offer protection from suicidal behaviors and promote wellness and recovery
- Develop, implement, and monitor effective evidence-based programs to promote wellness and prevent suicide-related behaviors
- Provide training on the prevention of suicide and related behaviors to community and clinical service providers
- Promote suicide prevention as a core component of health care services
- Promote and implement effective clinical and professional practices for assessing and treating those identified as being at risk for suicidal behaviors
- Increase the usefulness of national and state-level surveillance data to inform suicide prevention efforts.

## CRISIS SUPPORT

### *Military/Veterans*

- Call-1800 273 8255
- Text-838255

### *Deaf & Hard of Hearing*

- Chat-TTY 800-799-4889

### *Spanish/Español*

- Llama-1888-628-9454
- También puede marcar el 1-800-622-4357

### *Creole*

- Rele-305-358-4357

### *LGBTQ Youth*

- Call-866-488-7386 (Available 24/7)
- Text-1-202-304-1200 (Available Fridays)
- Chat-The Trevor Project (Everyday from 3pm-9pm)

### *National Suicide Prevention Hotline*

- Call-1800-273-TALK(8255)

### *211 Helpline*

- Call-211 or 1866 882-2991

## NATIONAL HONEY MONTH



There are nearly 20,000 known species of bees throughout the world; 4,000 of which are native to the United States. Information suggests that the first honey bee colonies arrived in the Colony of Virginia from England early in the seventeenth century. Today, the commercial production of more than 90 crops relies on bee pollination. About one-third of the food eaten by Americans comes from crops pollinated by honey bees. Without the industrious honey bee, American dinner plates would look quite bare.

A single worker honeybee produces approximately 1/12 of a teaspoon of honey in their lifetime. This means that about 23,000 bees are needed to produce a single jar of honey! It is the only food to contain pinocembrin, which is an antioxidant that promotes brain functionality. In other words, eating honey can make you smarter! Dating back to ancient times, honey has been used throughout the world for its medicinal purposes. The next time you have a cough, try reaching for a jar of honey since the World Health Organization reports that honey coats and soothes throat irritation. Honey is even known to help heal canker sores and relieve dry skin. So the next time you see a beehive, don't think about their removal, but all their contributions.


### DISTRICT

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### DISTRICT 29 CITIES

CITY OF BOCA RATON  
TOWN OF HIGHLAND BEACH  
CITY OF PARKLAND  
CITY OF COCONUT CREEK  
CITY OF BELLE GLADE  
CITY OF SOUTH BAY  
VILLAGE OF WELLINGTON

INCLUDING PORTIONS OF:  
CORAL SPRINGS  
LAKE WORTH  
BOYNTON BEACH  
DELRAY BEACH

