



Local Resources to Help Cope with Tragedy

Newsletter - February 2022 

[www.ParklandCares.org](http://www.ParklandCares.org) | (954) 740-6731



Stay tuned  
for an exciting

**PARKLAND** *Cares*<sup>TM</sup>  
Local Resources to Help Cope with Tragedy

Announcement!



Coming  
March 1st!



ParklandCares.org | (954) 740-6731



## REMEMBERING THOSE WE LOST ON THE TRAGIC DAY OF 2/14/18

As we mark four years since the 2018 tragedy, we know the psychological wounds are still present and raw for so many in the community. For those who are struggling, remember, you're not alone, and we can help connect you with mental health services. Our hotline is open Monday-Friday from 9:00am-6:00pm and is free, confidential, and available in any language. Just call (954) 740-MSD1 (6731).



Parkland Cares MSD Hotline  
**(954) 740-MSD1 (6731)**

## EAGLES HAVEN SPREADING THE LOVE EVENT

On Monday, February 14, Eagles Haven will be honoring the memories of those lost on this tragic day four years ago by hosting a day of wellness activities from 12:00-4:00 P.M. See the flyer below for more information.



### **Spreading the Love** **Monday, February 14, 2022** **12:00 pm**

5655 Coral Ridge Drive • Coral Springs  
954.618.0350

Please join us as we honor the memories of

Alyssa Alhadeff • Scott Beigel • Martin Duque • Nicholas Dworet  
Aaron Feis • Jaime Guttenberg • Chris Hixon • Luke Hoyer  
Cara Loughran • Gina Montalto • Joaquin Oliver • Alaina Petty  
Meadow Pollack • Helena Ramsay • Alex Schachter  
Carmen Schentrup • Peter Wang

*always in our hearts*

### **The Day Will Include:**

Painting, Jewelry Making, Snacks,  
Therapy Dogs, Meditation & Movement,  
and a Community Healing Circle.

## COMMUNITY CORNER: PARKLAND CARES COMMUNITY PARTNER, BROWARD HEALTH!



We' like to express our sincere gratitude to our Community Partner, Broward Health. It's through Broward Health's support of Parkland Cares that we're able to achieve our mission of providing funding and awareness for trauma care and mental health services through our grants to local nonprofits serving the South Florida community. Thank you for your generous support!

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## SUPPORT PARKLAND CARES WHILE DOING YOUR EVERYDAY AMAZON SHOPPING!

Whoever said multitasking wasn't a good idea must not know about Amazon Smile. You can do your online shopping on Amazon AND support a great cause at the same time.



Shop with **amazon**smile  
Support **PARKLAND***Cares*<sup>™</sup>  
Local Resources to Help Cope with Tragedy

### How to Donate with Amazon Smile:

1. Visit **smile.amazon.com**.
2. Choose Parkland Cares, Inc. as your charity.
3. Start shopping!
  - Amazon donates 0.5% of the price of your eligible
  - AmazonSmile purchase to your chosen charity.

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## ARE YOU FOLLOWING PARKLAND CARES ON SOCIAL MEDIA?

You can find Parkland Cares on [Facebook](#), [Twitter](#), and [Instagram](#) and stay up to date with all Parkland Cares activities, events, and important news about mental health and how you can support individuals in need of trauma care in our South Florida community.







2ND  
ANNUAL



IN MEMORY OF  
BARTON D. WEISMAN

Co-Chairs: Debi Weisman,  
Shawn Rosenthal,  
& George Temel



**SOLD OUT!**

Limited 19th hole &  
dinner tickets are still  
available for purchase

Monday | April 18, 2022

PARKLAND  
GOLF & COUNTRY CLUB



Benefiting  
**PARKLAND** *Cares*<sup>™</sup>

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# GRANT APPLICATIONS OPEN

## MARCH 28-APRIL 18

Local non-profit agencies in South Florida can apply for grant funding from Parkland Cares in our seventh round of grant funding to provide mental health services to South Florida community members impacted by trauma.



Apply online at [www.ParklandCares.org/Grant](http://www.ParklandCares.org/Grant)



SUBMIT YOUR APPLICATION TO PARKLAND CARES EXECUTIVE DIRECTOR, STACEY UDINE, AT [SUDINE@PARKLANDCARES.ORG](mailto:SUDINE@PARKLANDCARES.ORG).

Text MSD to 71760 to donate today



[www.ParklandCares.org](http://www.ParklandCares.org)

## IN CASE YOU MISSED IT...



We're very excited for our upcoming 2nd Annual Broward Health Parkland Cares Golf Classic on Monday, April 18th at Parkland Golf & Country Club.

In the mean time, check out the great drone footage from our First Annual Broward Health Parkland Cares Golf Classic held last April! Click the image to the left to view the full video.

**[How Olympians Embraced Mental Health After Biles Showed the Way](#)** - By John Branch, New York Times, Feb. 9, 2021 - In speaking openly about mental health, along with other star athletes like the tennis player Naomi Osaka, Biles gave tacit permission to be vulnerable. She reminded fans, friends and family that even the best athletes in the world have feelings and fears.

**[All About Trauma: What It Is, Short- and Long-Term Effects, How to Cope With It, and When to Get Help](#)** - By Emma Penrod, Everyday Health, Jan. 22, 2021 - "In PTSD, symptoms associated with acute stress do not lessen over time, indicating the brain has been unable to heal and has become stuck, as Nature says, in the fight-or-flight state. PTSD is only diagnosed if symptoms are still present after more than a month has passed since the traumatic event."

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**[2021 Parkland Cares Grant Presentation Ceremony Video](#)** (click link to watch video)



Check out **[special footage](#)** from our Fall 2021 Grant Presentation Ceremony on YouTube! We're so thankful for all of our local non-profit agency grantees that provide counseling and mental health services for South Florida community members affected by trauma so they can start their healing journeys.

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# Thank You!

to our

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**PARKLAND** *Cares*™  
Local Resources to Help Cope with Tragedy

Your generosity and support is critical in helping us provide funding to local non-profits serving South Florida community members affected by trauma.

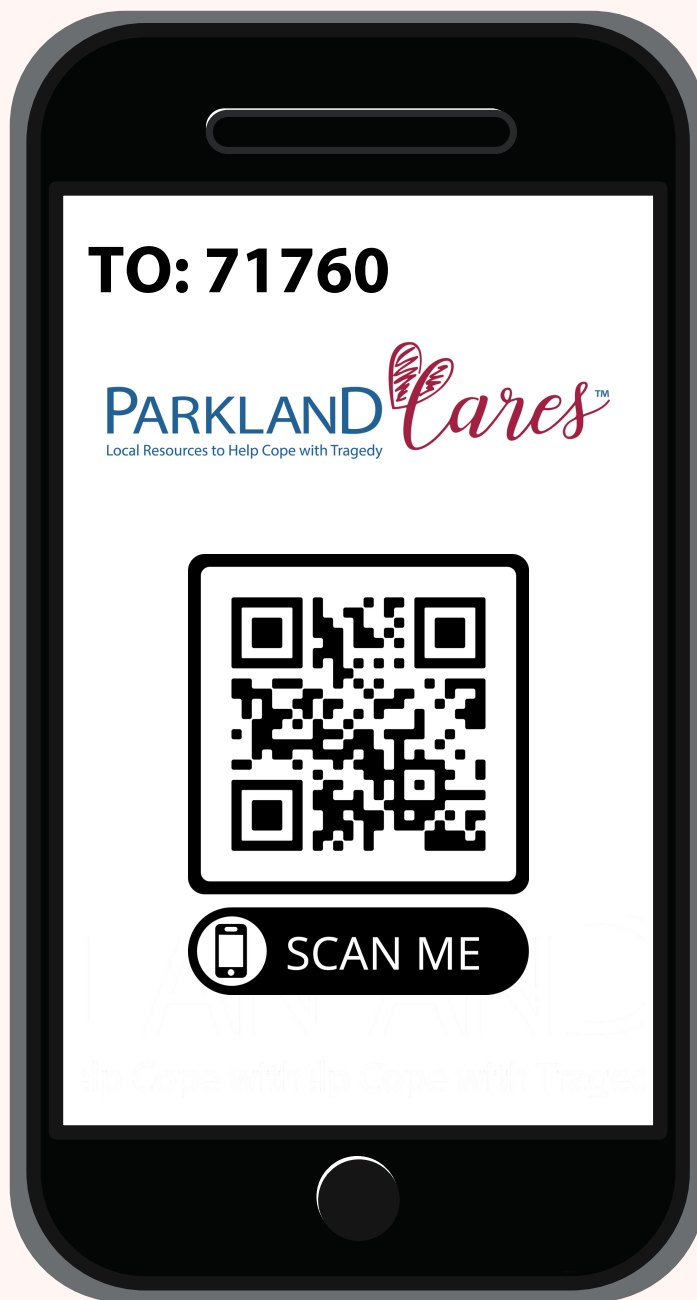
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**No matter the season or time of year,  
giving the gift of hope and healing is truly priceless.**

To donate to Parkland Cares, simply text **MSD** to **71760**.



[Donate Now](#)

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