

STEP INTO WELLNESS



Diocese of Palm Beach
2023 Healthiest Employers Award Honoree



National Nutrition Month

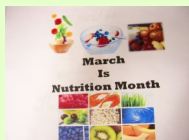
March is National Nutrition Month!

This year's National Nutrition Month theme, Beyond the Table, goes beyond sitting at the dinner table. It's a food journey that starts from how food is grown to how it ends up on your plate... at home, at school, at work or wherever you are! So, it's not just about eating, it's about understanding where our food comes from, how to make healthy choices, and ways to stretch your grocery budget.

Use tips from the Academy of Nutrition and Dietetics to start your healthy journey:

Budget friendly choices

- Learn to cook, plan meals and prep food. Try a hands-on cooking class near you, or search the web for live online cooking demos with step-by-step instructions. Start with simple recipes.
- For a quick healthy meal, fill your shelves with beans, salt-free canned vegetables, brown rice, quinoa or pasta, canned fish or chicken, olive oil, herbs and spices.
- Stick to your grocery list and stock up during sales.
- Enjoy family recipes and celebrate your heritage.
- Mix it up with fresh, frozen, canned, and dried food options.
- Get creative. Change up recipes, add more veggies or play with seasonings.
- Try new foods from around the world or look up a new recipe.
- Turn leftovers into lunch or freeze them.
- Eat more plant-based meals and snacks.
- Buy foods in season and from local farmers.
- Grow food at home or in a community garden.



www.eatright.org; MyPlate.gov

Focus On Your Vision

Make sure your eyes stay healthy and strong. Here's what you can do:

- **Take a screen break.** Look away from a computer, phone or TV screen every 20 minutes.
- **Use safety gear.** When you play sports, wear goggles or a face helmet to protect your eyes. Wear protective eyewear when doing yard work.
- **Don't smoke.** Smoking increases your risk for age-related eye diseases, such as macular degeneration and cataracts. For free resources to help you quit, go to: tobaccofreeflorida.com
- **Visit your eye doctor.** Regular checkups help catch eye problems early when they are easier to treat.
- **Wear your shades.** When you're outside, wear sunglasses with UV-B protection.
- **Eat colorful foods.** Fruits and vegetables have antioxidants that protect your eyes. Think carrots, sweet potatoes, oranges, grapefruit and avocado. Fish like salmon, tuna and sardines are high in omega-3 fatty acids that also help your eyes.
- **Get moving.** Exercise helps lower eye pressure and prevent conditions like eye hypertension.

The infographic is divided into several sections:

- Get Annual Eye Exams:** 75% of eye doctors recommend an eye exam every 1-2 years.
- Wear Sunglasses:** Sunglasses protect against serious eye conditions caused by UV exposure. 100% protection is shown.
- Don't Smoke:** Smoking increases the likelihood of CATARACTS, OPTIC NERVE DAMAGE, and MACULAR DEGENERATION. 4X BLIND at 80 age.
- Avoid Common Sources of Eye Injury:** 720,000 Canadians have a medical eye injury each year. Sources include: 44% at home, 16% at work, 14% at school, 15% during sports/recreation, 11% from household cleaning products.
- Know Your History:** Many eye diseases are HEREDITARY. Talk to family members about their eye health history.
- Take Eye Infections Seriously:** Symptoms include: REDNESS, PAIN, DISCHARGE, ITCHING, BLURRY VISION, LIGHT SENSITIVITY, PHELAGES. CAUTION! If you suspect an eye infection, visit your Doctor of Optometry immediately. Delaying treatment could lead to vision loss.

March 2024

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March Webinars

Prediabetes Session 1

Mar 7th: bit.ly/430y7Np

-Prediabetes Session 2

Mar 14th: bit.ly/42Qi7h1

-Prediabetes Session 3

Mar 21st: bit.ly/3lfzv1C

This series will focus on lowering your risk for developing Type 2 diabetes. We will review what prediabetes is along with the risk factors.

A Guide to Plant-Based Eating

Mar 12th: bit.ly/49r9Dzq

Join us to learn 5 myths of plant-based eating and how to get started, since following a plant-based diet is great for overall health. You will leave with several delicious recipes!

Ask the Dietitian

Mar 13th: bit.ly/3SRFUIS

Eating routines, Home food safety

Osteoarthritis vs. Rheumatoid Arthritis

Mar 21st: bit.ly/3OWRbqe

Learn about the differences !

Save Your Vision Month



Spending a significant amount of time in front of tablets, phones, and computer screens has been linked with digital eye strain. Digital eye strain can lead to symptoms such as blurred vision, dry, itchy, red, eyes, and headaches. The severity of symptoms is linked to several factors, including, age, the amount of time spent looking at a digital screen, and any uncorrected vision problems. To help prevent digital eye strain, follow the AOA's 20/20/20 rule. The rule involves taking a break from your screen every 20 minutes and focusing on an object that is 20 feet away for 20 seconds

Eye injuries at work are alarmingly common. According to the U.S. Bureau of Labor Statistics, nearly 20,000 eye injuries occur in the workplace each year and often require one or more missed work days for recovery. These injuries range from simple eye strain to severe trauma that can cause permanent eye damage or vision loss.

The most important thing you can do to protect your vision at work is to always wear appropriate protective eyewear. This can prevent more than 90% of serious eye injuries.

Tips to ease eye strain



Sit at arm's length, or 25 inches, from the computer screen.



Every 20 minutes, look 20 feet away for 20 seconds.



Adjust your room lighting and increase the contrast on your computer.



Use artificial tears to refresh your eyes when they feel dry.

Learn more at aao.org/eyesmart

www.retinalmd.com

March Happenings Calendar

Mar 1 - 31	National Nutrition Month
Mar 1 - 31	Workplace Eye Wellness Month
Mar 1—31	Save Your Vision Month
Mar 27 & 28	Holy Thursday and Good Friday
Mar 31	Easter Sunday

Lemony Lentil Salad with Feta (serves 6)



Ingredients: 1/3 cup lemon juice; 1/3 cup chopped fresh dill; 2 teaspoons Dijon mustard; 1/4 teaspoon salt, or to taste; 1/3 cup extra-virgin olive oil; Freshly ground pepper, to taste; 2 15-ounce cans lentils, rinsed, or 3 cups cooked brown or green lentils; 1 cup crumbled feta cheese, (about 4 ounces); 1 medium red bell pepper, seeded and diced (about 1 cup); 1 cup diced seedless cucumber; 1/2 cup finely chopped red onion

Directions: Whisk lemon juice, dill, mustard, salt and pepper in a large bowl. Gradually whisk in oil. Add lentils, feta, bell pepper, cucumber and onion; toss to coat.

Nutrition Facts (per serving)

280 Calories
16g Fat
24g Carbs
13g Protein

Recipe courtesy of Eatingwell.com

Have an idea, suggestion or comment? Contact your Wellness Coordinator, Carol Waring at cwaring@diocesepb.org or 561-775-9572. Have a benefits question? Contact your Benefits Assistant, Sandy Maulden at smaulden@diocesepb.org or 561-775-9574. Be sure to visit the wellness web page at www.diocesepb.org/wellness for helpful links and information.

Know Your Health and Wellness Benefits!

UPDATE ON LIFELINE SCREENING BENEFIT

In order to receive the discounted rate for the preventative screenings, covered individuals **MUST** call 1-800-679-5191 or register online at <https://lisa.social/HSC> or text the word **CIRCLE** to 216-279-1607.

If you are contacted by Life Line Screening directly, you must still register as stated above to receive the discounted rate for future or follow up screenings for the approved preventive tests.

Life Line Screening Reimbursement Program (Please note: This reimbursement program applies to employees who are covered by the diocesan medical plan (Florida Blue) and their eligible dependents)

- Florida Blue Insurance is **NOT** accepted by Life Line. As a reimbursement program, payment is made by you first and then reimbursed to you by the diocese.
- You **MUST** complete the Life Line Reimbursement form with both YOUR signature **AND** the signature of the Life Line employee **AT THE TIME OF YOUR SCREENING**.
- Both the Life Line Reimbursement Form **AND** the Life Line Screening receipt must be submitted to the Diocese of Palm Beach Benefits Office within 30 days for reimbursement eligibility.
- Covered individuals may only be eligible to receive up to a \$167 reimbursement for the following preventative screenings offered by Life Line: **1. Carotid Artery; 2. Abdominal Aortic Aneurysm; 3. Peripheral Arterial Disease; and 4. EKG to detect Atrial Fibrillation – irregular heartbeat.** Covered employees/dependents may select any location offered by Life Line for the screening.
- Should the covered individual choose additional or alternative screenings offered by Life Line outside this program, they will be responsible for those payments in full and will not be eligible for reimbursement.
- Once screening is completed and the Life Line Reimbursement form is signed, the form shall be submitted to the diocesan Benefits Office for review and processing of the reimbursement. Please note that we cannot process the reimbursement if all of the requirements stated above are not complied with. After processing is completed, the eligible employee will receive a check by mail up to the maximum allowed reimbursement amount.
- The form can be found on the Benefits/Wellness section of the Diocese of Palm Beach webpage under “FORMS” at: <https://www.diocesepb.org/employment-center/employee-healthwellness/better-you-from-blue/annual-preventive-screenings-clinicallabs.htm>
- If you have any questions pertaining to reimbursement through this program, please contact Sandra Maulden at 561-775-9574 or smaulden@diocesepb.org

WHO WORE RED!!!



Pastoral Center Staff



Catholic Charities Staff



St. Helen Catholic School Staff



St. Joan of Arc Staff

Thanks to ALL who wore RED for Heart Health Awareness Month!!!!