

STEP INTO WELLNESS



Diocese of Palm Beach
2020 Healthiest Employers Award Honoree



Cataract Awareness Month

Cataracts are the leading cause of vision loss in the United States, and it is the leading cause of blindness in the world. There are 24 million Americans over the age of 40 who are affected by cataracts, so it seems fitting that an entire month should be dedicated to education and awareness. In anticipation of Cataract Awareness Month, here are some common questions and answers about cataracts:

What is the treatment for cataracts?

Even though cataracts are so prevalent, they are very simple to treat. Cataracts are a clouding of the lens of the eye, which prevents passage of light into the eye. The solution to cataracts is cataract surgery, which requires a surgeon to remove the deteriorated lens and replace it with an artificial lens called an intraocular lens or IOL. Over 3 million Americans undergo cataract surgery annually, making it one of the most common surgeries in the United States. In fact, the entire surgery lasts only about 20 minutes, and most people can resume normal activities fairly rapidly.

Is cataract removal safe?

Cataract surgery is one of the safest and most effective surgeries with a success rate of 95 percent. Your surgeon will remove your clouded lens and replace it with an intraocular lens (IOL). Only a miniscule incision in the cornea is necessary to do this procedure, and it can be completed in about 15 minutes in an outpatient surgery center

Do cataracts only affect seniors?

Cataracts can affect anyone! Although most people do not show symptoms of cataracts until at least the age of 40, cataracts can also affect young adults or even children. Heredity, disease, eye injury and smoking could cause cataracts to develop at an earlier age.

Can I prevent cataracts?

There is no proven way to prevent age-related cataracts. However, choosing a healthy lifestyle can slow the progression of cataracts. Some ways to delay the progression of cataracts include avoiding smoking, reducing exposure to UV rays, eating healthy foods, and wearing proper eye protection to avoid eye injury.

Source: <https://yoursightmatters.com/june-cataract-awareness-month/>

Brain Awareness Month

Cognitive decline, ranging from mild cognitive impairment to dementia, can have profound implications for an individual's overall health and well-being. Older adults and others experiencing cognitive decline may be unable to care for themselves or conduct necessary activities of daily living, such as meal preparation and money management. Limitations with the ability to effectively manage medications and existing medical conditions are particular concerns when an individual is experiencing cognitive decline or dementia. If cognitive decline can be prevented or better treated, lives of many older adults can be improved.

Opportunities for maintaining optimal cognitive health are growing as public health professionals gain a better understanding of cognitive decline risk factors. The public health community should embrace cognitive health as a priority, invest in its promotion, and enhance the ability to move scientific discoveries rapidly into public health practice.

Cognition is a combination of mental processes that includes the ability to learn new things, intuition, judgment, language, and remembering. When cognition is impaired (referred to as cognitive impairment), a person has trouble with these processes that begins to affect the things he or she can do in everyday life. People of all ages can experience cognitive impairment, which can range from mild to severe. Cognitive impairment is not caused by any one disease or condition.

Alzheimer's disease and other dementias and conditions such as stroke and traumatic brain injury can cause cognitive impairment. Some causes of cognitive impairment are related to treatable health issues (e.g., medication side effects, vitamin B12 deficiency, and depression).



<https://www.cdc.gov/aging/healthybrain/index.htm>

June 2020

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2020 Health Expo Important Safety Information

In an effort to maximize safety for all, the following will be implemented for the 2020 Health Expo/Biometric Screenings:

1. ALL PARTICIPANTS will be REQUIRED to make an appointment.

NO WALK IN SCREENINGS WILL BE AVAILABLE THIS YEAR.

2. Face masks are **MANDATORY** to enter the event.

3. All Health Coaches will have a temperature check prior to entering the building.

4. Increased sanitation for each station will be done between every participant

5. Coaches will be wearing PPE (mask, shield, gloves, etc.)

6. Social Distancing: each work station will be set a minimum of six feet apart.

7. Arrive at your scheduled appointment time.

Summer Safety Tips

It's getting hot out there! Summer in South Florida is not for the faint of heart! It is important with the heat and the lure of outdoor activities that we take extra precautions to protect ourselves and our loved ones from the brutal summer heat and keep safety in mind while enjoying the great outdoors!

Sun Exposure

- Wear a broad spectrum sunscreen with a minimum of SPF 15.
- Follow the application directions on the sunscreen bottle.
- Apply sunscreen liberally (a minimum of 1 oz.) at least 20 minutes before sun exposure.
- Make sure to cover the ears, lips, neck, tops of feet, and backs of hands.
- Reapply sunscreen at least every 2 hours and each time you get out of the water or sweat heavily.
- Throw away old sunscreen, as sunscreens lose their potency after 1-2 years.
- Some sunscreens may not work as well when used with insect repellent, requiring more frequent reapplication when the two are used together.
- Wearing protective clothing can also help prevent sunscreen, particularly high-SPF clothing.
- Workers should wear wide-brimmed hats and sunglasses. Sunglasses with 100 percent UV protection and side panels are recommended.

Grilling

In addition to the fire hazards posed by grills, they can also release carbon monoxide, a deadly, odorless, colorless gas. Follow these tips to help prevent accidents.

- Check for leaks or breaks with gas grills.
- Clean the grill before use to eliminate fire hazards posed by heavy grease buildup.
- Always grill outdoors. Never grill indoors, on a balcony, or in the garage.
- Grill on a level surface at least 10 feet away from the house, garage, deck, or any flammable material.
- Keep children and pets at least three feet away from the grilling area.
- Never leave the grill unattended.
- Don't overload the grill with food. Excessive fat and grease dripping on flames can ignite large flare ups.
- Keep a fire extinguisher close by and know how to use it. Keep a spray bottle or bucket of water handy for minor flare ups.

Source: <https://ohsonline.com/>

June Happenings Calendar

June 1 - 30	Alzheimer's and Brain Awareness Month
June 1 - 30	Cataract Awareness Month
June 1 - 30	Men's Health Month
June 1 - 30	National Safety Month
June 15 - 21	Men's Health Week
June 19	Men's Health—Wear Blue Day

Vegetarian Lasagna Rolls

Ingredients: 5 Brown rice pasta sheets; 2 cups marinara sauce; 12 oz veggie ground; 1 cup shredded reduced fat mozzarella

Seasonings: 1 tablespoon Italian seasoning; 1 tablespoon extra virgin olive oil; sea salt and pepper to taste. **Garnish:** fresh green onion.

Directions:

- Set oven to 400F.
- Boil water in a pot and toss in the brown rice pasta sheets and cook according to the instructions given. When they are ready, set them aside on parchment paper or on a nonstick surface.
- Set a nonstick skillet on medium high heat and add olive oil. When the skillet is hot, toss in the veggie ground and chop it up and cook using a wooden spatula. While the veggie ground cooks, add Italian seasoning and continue to chop and stir for 5 minutes.
- Add the marinara to the skillet and thoroughly mix it together. Reduce the heat to medium and cook for another 3 to 5 minutes.
- Add a few tablespoons of the marinara veggie mixture to a brown rice pasta sheet, then roll it up. Repeat for the remaining lasagna sheets.
- Place the rolls in a baking dish, then evenly divide the remaining marinara on top of each roll.
- Top the rolls off with mozzarella cheese and then cover with aluminum foil. Bake in the oven for 20 minutes at 400F.



Recipe courtesy of <https://fitmencook.com/four-healthy-4-ingredient-recipes/>

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! Care Consultants



We understand that each person has unique health care needs and navigating the health care system is not always easy. So Florida Blue has set up specialized care teams and personalized services to make it easier to manage your health and maximize your health plan benefits.

These services are available to you at no extra cost to help you in your pursuit of health.

Benefit and care consultations: Planning ahead can make important decisions easier, especially when you're dealing with a new diagnosis or managing a serious health condition. The Care Consultant Team will explain how your benefits work, identify helpful services, find specialists, compare health care options, and explore ways you can save money.

Call a Care Consultant at 888-476-2227. Know before you go at home or from your mobile phone, log in to your member account at floridablue.com. Compare the cost of medical services and prescription drugs. View patient reviews and quality measures for hospitals. The more you know, the more confident you'll be.

Nurses on call 24/7 When you need answers right away. Call a health coach 24/7. Whether you or your family members have health concerns or general health questions, the nurseline is available at no cost. Simply call 877-789-2583.



2020 Employee Health and Wellness Expo Information

Below are the locations and dates for the 2020 Employee Health and Wellness Expos. For those who have not attended one of the events in the past, we have professionals from Health Designs who will take your blood pressure, glucose and cholesterol. **The screenings are free! Now is the time to mark your calendars and select your destination for the upcoming 2020 Health, Wellness and Safety Expos coming to a location near you!**

All employees are encouraged to attend and participate as this is a diocesan sponsored event.

Both full time and part time staff are invited.

If there is not an event scheduled at your specific work site, you are warmly invited to attend one that is most convenient for you and your staff members.

Please share these dates with **ALL** of your staff. You do not have to stay for the entire period of time that the Expo is running. If coverage is an issue, plan to rotate in specific blocks of time so everyone at your school or parish have a chance to attend. You can even carpool in groups. **You do not have to be covered by diocesan health insurance to participate.**

By taking advantage of one of the Expos and biometric screenings, you will earn a \$50 gift card. All you have to do is attend one of the events and get your biometrics completed (one little finger stick) AND complete the health assessment. You will get your results in a matter of minutes (blood pressure, cholesterol, LDL, glucose, and triglycerides).

To schedule your **biometric screening** please use the **online Pick A Time Scheduler** to select the health fair location and time you wish to select for your screening. **YOU CAN BEGIN SELECTING YOUR TIME NOW!** - the online link is:

<https://pickatime.com/DOPBHeathscreeningschedule>

HEALTH, WELLNESS AND SAFETY EXPO DATES AND LOCATIONS

As we respond to COVID-19, you will notice changes in our biometric screening process. We are following guidelines and regulations from the CDC in an effort to maximize safety for all participants and Health Coaches. Our focus is to ensure the same experience, but safer for everyone. Entry will only be allowed for those who have made appointments for the biometric screenings.

***Dates subject to change based on Covid-19 restrictions. Exhibitors will be limited to reduce exposure.**

July 30 – Cathedral of St. Ignatius Loyola Parish Hall,	9:30 AM – 1:30 PM	9999 North Military Trail, PBG
Aug 4 – All Saints Catholic School Cafeteria,	9:30 AM – 1:30 PM	1759 Indian Creek Parkway, Jupiter
Aug 6 – St. Joan of Arc Sports Arena,	11:30 AM – 4:30 PM	501 SW 3rd Ave, Boca Raton
Aug 11 – St. Anastasia Parish Hall,	11:30 AM – 3:30 PM	401 S 33 rd St., Ft. Pierce
Oct 2 – St. Helen School Gymnasium,	1:00 PM – 3:00 PM	2050 Vero Beach Ave., Vero Beach
Oct 14 – Cardinal Newman HS Café,	1:00 PM – 4:00 PM	512 Spencer Dr., West Palm Beach

GREAT NEWS!

Biometric screenings will once again include a **full lipid panel** which includes **LDL and Triglycerides** along with A1C screening for those who present with glucose levels of 120 or higher (fasting or non-fasting) and who are non-diagnosed diabetics.

The \$50 gift card will be presented to you at the expo!

The Employee Health and Wellness Expos are for EMPLOYEES ONLY

You do not have to be covered by diocese health insurance to participate!!!

Appointments and masks are mandatory—Please only come at your selected appointment time.



CDC Guidelines and recommendations will be followed.

Please see page 1 for additional 2020 Health Expo Important Safety Information