

STEP INTO WELLNESS



Diocese of Palm Beach
2023 Healthiest Employers Award Honoree



Holiday Safety

Dec 2024

Watch Out For Fire Starters!!!!

Candles and Fireplaces

Use of candles and fireplaces, combined with an increase in the amount of combustible, seasonal decorations in many homes during the holidays, means more risk for fire. The National Fire Protection Association reports that on average candles cause 46% of fires annually in December.

- Place candles where they cannot be knocked down or blown over, and out of reach of children
- Keep matches and lighters up high and out of reach of children in a locked cabinet
- Use flameless rather than lighted candles near flammable objects
- Don't burn trees, wreaths or wrapping paper in the fireplace
- Use a screen on the fireplace at all times when a fire is burning
- Never leave candles or fireplaces burning unattended or when you are asleep
- Check and clean the chimney and fireplace area at least once a year

Turkey Fryers

Be alert to the dangers if you're thinking of celebrating the holidays by frying a turkey.



The Consumer Product Safety Commission reports there have been hundreds of turkey-fryer related fires, burns or other injuries, and millions of dollars in property loss from these incidents. The NSC discourages the use of turkey fryers at home and urges those who prefer fried turkey to seek out professional establishments or consider using oil-less turkey fryers at home. If you must fry your own turkey, follow all U.S. Fire Administration turkey fryer guidelines.



Food Poisoning is No Joke

Keep your holidays happy by handling food safely. The [foodsafety.gov](https://www.foodsafety.gov) website from the U.S. Department of Health and Human Services provides some valuable holiday food safety tips:

- Wash your hands frequently when handling food
- Keep raw meat away from fresh produce
- Use separate cutting boards, plates and utensils for uncooked and cooked meats to avoid cross-contamination
- Use a food thermometer to make sure meat is cooked to a safe temperature
- Refrigerate hot or cold leftover food within two hours of being served.
- When storing turkey, cut the leftovers in small pieces so they will chill quickly.
- Leftovers are safe for three to four days when properly refrigerated.

<https://www.nsc.org/community-safety/safety-topics/seasonal-safety/winter-safety/holiday>

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Twelve Days of Healthy Habits

1. Hydration (drink more water)
2. Move With Joy (have fun with movement, dance to your favorite holiday tunes)
3. Mindful Meals (sit down, chew slowly and savor each bite)
4. Add a Veggie to Every Meal (crowd your plate with nutrient-dense, fiber-packed goodness. Bonus: veggies are low in calories and help keep you full)
5. Ditch Liquid Calories (swap sugary drinks for healthy alternatives)
6. Protein Power Up (Get good protein in every meal)
7. Sleep Like a Baby (Aim for 7-9 hours of quality rest. Avoid screens an hour before bed)
8. Declutter Your Snacks (Make healthy snacks accessible)
9. Sneaky Movement (hint: take the stairs!)
10. Portion Patrol (and Control)
11. Gratitude and Self-Care (A healthy mind supports a healthy body)
12. Plan Ahead (Prep some healthy meals, set movement goals, and create a plan to navigate holiday parties)

<https://healthiapp.com/blog/12-days-of-healthy-habits-a-december-wellness-challenge>

Tips For A Joyful and Balanced Holiday!

The holiday season is a magical time of year filled with love, laughter, and of course, delicious food. But with all the hustle and bustle, it's easy to forget to take care of ourselves. This year, let's be mindful to prioritize our health and well-being, while still enjoying all the festive fun, including the holiday food.

Take a moment to think about what truly matters to you during the holidays. Is it spending time with loved ones, trying new recipes, or simply enjoying the twinkling lights and cozy atmosphere? By focusing on what is truly important, you'll feel more in control and at peace, even amidst the chaos.

This is a time when delicious treats and traditional dishes are abundant, but it's also a time when healthy eating habits can be challenging to maintain. Traditional holiday foods are often high in calories, sugar and unhealthy ingredients. However, with a little bit of planning, you can enjoy your once-a-year favorites and still stay healthy during the holidays. Here are a few tips to help you eat mindfully over the holidays:

Bring a healthy dish to share.

When you're invited to a gathering, bring a nutritious dish to share with others. This way, you'll have a healthy option to choose from, and you can feel good about what you're eating.

Sparkling water with a twist. Instead of sugary drinks, try sparkling water with fruit or herbs. This saves calories and helps with hydration.

Use a smaller plate. Research shows that when we eat from smaller dishes, we tend to feel full and satisfied sooner. Give it a try!

Sample and savor. Try a variety of foods but take small bites and savor each one. This will help you enjoy the flavors and textures without overeating.

Eat before you go. Have a light meal or snack before heading to a party to avoid overeating. When we delay eating, it can lead to overeating and the feelings that come with it.

Get enough rest. Prioritize your time and get enough rest so you can enjoy the season without stress.

Remember, it's about balance.

The holiday season is a time to connect with loved ones and enjoy some of our favorite foods. By being mindful of your eating habits, you can stay healthy, happy, and focused on what truly matters.

Don't be too hard on yourself if you indulge a little—it's all about balance and enjoying the season in a way that feels joyful and sustainable to you.

Happy holidays, and happy, healthy eating!

NIH.gov, MyPlate.gov



December Happenings Calendar

Dec 1 - 31	Flu Prevention Month
Dec 1 - 31	Toy Safety Month

Phone Scams — Holiday or Any Day!

With holiday shopping looming around the corner, many of us will be scouring the internet for a great deal. At the same time, many scammers will be doing their best to get YOUR money!! Here are a few tips and scams to watch out for:

The **"Can you hear me?"** phone scam. You may receive a call where the caller immediately asks, "Can you hear me?" By getting you to respond immediately with "yes", scammers can record your affirmative answer and use the recording to claim that you agreed to pay the scammer. If you feel like the call is from someone you may know, a tip to avoiding this scam includes responding to this question with, "I can hear you just fine."

The Bank Scams. While your bank may call to confirm a transaction, it is recommended that you tell the caller that you will call them back. Call your bank (don't call back the number that just called you) and only then confirm any transactions and security information requested.

The **"Tech Support Scam"**. If you get a call from a person claiming to be from Microsoft, Apple, or some other tech company, asking if you have been experiencing a problem with your computer or that a virus has been identified, it is important to immediately hang up. Keep in mind that these tech companies aren't monitoring your computer for viruses and the caller may be attempting to install malware on your computer.

The **"Lucky Winner Scam"**. Scammers may call you and say that you have won a large amount of money or a vacation. IT is important to keep in mind if you haven't entered the contest, then you can't win the prize. Additionally, you will never be asked to pay taxes on your winnings before receiving the prize.

To protect yourself against phone scammers and robocall scams, it is important to:

Avoid answering calls from unfamiliar numbers

Be cautious when speaking with someone from an unknown number

Sign up for the National Do Not Call Registry to help prevent against sales calls. You can call 888-382-1222 or register by visiting [donotcall.gov](https://www.donotcall.gov)



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! VSP Extras!

Enjoy Savings Beyond Your Vision Benefits!

vsp exclusive member extras



Take advantage of Exclusive Member Extras for you and the whole family! Get access to more than \$3,000 in savings from VSP® and other popular brands. Offers shown below are available at all VSP network doctor locations or participating partner locations.

Click on the offers below to learn how to save on everyday products and services that go beyond vision care and help make your life healthier and easier.

Glasses and Sunglasses

Extra
\$20
to Spend

Get an Extra \$20 to spend on Featured Frame Brands.*

Extra
\$40
to Spend

Get an Extra \$40 to spend on select Featured Frame Brands.*

Up to
40% Off
Lens Enhancements

Save up to 40% off popular lens enhancements.†

eyeconic
a vsp vision company

Shop and save online for glasses, sunglasses, and contacts with your VSP benefits.



enchroma.

WORLD'S BEST COLORED LENS GLASSES*

Get up to 20% off popular EnChroma collections.

HOYA

Get 6-month satisfaction guaranteed protection on HOYA lenses.

Mau Jim

Get up to a \$40 rebate when you spend \$200 or more on a complete pair of Maui Jim prescription sunglasses.



Save 20% on additional pairs of Nike glasses and sunglasses.

sunsync

Save up to 40% on SunSync*

techshield

Save up to 40% on all TechShield*

unity

Try Unity* lenses worry-free for six months with The Unity Promise.



Try ZEISS Lenses risk-free for six months.

vsp
PREMIER
edge

Maximize your savings with VSP Premier Edge™. Offers only available at Premier Edge locations.

BAUSCH + LOMB
See better. Live better.

Save up to \$310 on an annual supply of contact lenses.

BAUSCH + LOMB
Biotrue
ONE DAY LENSES

Get a free 30-day supply of Biotrue ONEday contact lenses and an

HOYA

Get 12-month satisfaction guaranteed protection on HOYA lenses.

Mau Jim

Get up to a \$50 rebate when you spend \$200 or more on a complete pair of Maui Jim prescription sunglasses.

Premier Edge Promise

Get a worry-free eyewear guarantee with triple protection.†

unity

Try Unity lenses worry-free with The Unity Promise for 12 months.



Try ZEISS Lenses risk-free for 12 months.

Improve Your Health and Increase Your Savings

vsp exclusive member extras

As a member, you can save on everyday products and services that fit your needs beyond vision care—like discounts on fitness, nutrition, prescription drugs, and access to diabetes resources.

Contacts

BAUSCH + LOMB
See better. Live better.

Save up to \$300 on an annual supply of contact lenses.

Health and Wellness

Diabetes Management Support

Save on testing supplies and find resources to help prevent or manage Diabetes.

optomap

Get not-to-exceed \$39 special pricing on optomap images.‡

LASIK*

LasikPlus

Save up to \$1100 off LASIK.

LASIK vision
ANYTIME

Save up to \$1,100 off LASIK.

NVISION
Eye Centers

Save up to \$1,200 off all custom LASIK and PRK.

TLC
Laser Eye Centers*

Save up to \$1100 off LASIK.

Hearing Health

TruHearing

Save up to 60% on prescription and over-the-counter hearing aids, get deals on batteries, and access a free online hearing screening.‡

Leisure and Lifestyle

vsp simple values

Access a variety of savings on fitness, prescription drugs, entertainment, travel, cash rewards, and more.‡

Home and Financial Well-Being

CareCredit

Get instant, in-office promotional financing offers for eye care and eyewear.

everplans

Organize, securely store, and assign access to important documents like wills, passwords, and more. All for just \$27 a year.

smartcredit

Get smart about your credit, money, and privacy with Smartcredit, helping you meet your financial goals for just \$8.95 a month.

See how your savings can add up at vsp.com/offers.

2024 Pink It Out !!! For Breast Cancer Awareness



St. Joan of Arc Parish Staff



St. Joan of Arc School Staff

Thank you to the staff of St. Joan of Arc School and Parish for their submission for our Breast Cancer Awareness photo! The pictures were inadvertently left out of the November edition! You all look FABULOUS!!!!