

# 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/>

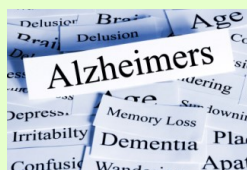
## Brain Awareness Month

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/July 2023

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### July is UV Awareness Month

In July, we raise awareness that UV is the root cause of most skin cancers and encourage you to take precautions. The American Association of Dermatology recommends that the public Practice Safe Sun all year-round by following three simple steps while outdoors:

- \*Seek shade when appropriate
- \*Wear sun-protective clothing
- \*Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher

Below are some resources and links to keep you Sun Safe!

<https://www.aao.org/eye-health/tips-prevention/sun>

<https://www.cancerhealth.com/basics/health-basics/cancer-prevention>

How to choose clean and safe sunscreen:

<https://www.everydayhealth.com/skin-beauty/steps-choosing-clean-safe-sunscreen/>

## 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 30.
- 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 sunburn, 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/July 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 12 - 18	Men's Health Week
July 1 - 31	Juvenile Arthritis Awareness Month
July 1 - 31	UV Awareness Month
July 4	Independence Day 
July 28	2023 Wellness Expo St. Ignatius Loyola

## Vegetarian Lasagna Rolls

**Ingredients:** 5 Brown rice pasta sheets; 2 cups marinara sauce; 12 oz veggie ground (non-meat burger); 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](mailto:cwaring@diocesepb.org) or 561-775-9572. Have a benefits question? Contact your Benefits Assistant, Sandy Maulden at [smaulden@diocesepb.org](mailto:smaulden@diocesepb.org) or 561-775-9574. Be sure to visit the wellness web page at [www.diocesepb.org/wellness](http://www.diocesepb.org/wellness) for helpful links and information.

## Know Your Health and Wellness Benefits! Enhanced Benefit!



We are very pleased to announce that at the most recent Health Trust Board Meeting, board members approved an increase in benefits to the diocesan **Delta Dental Plan**. This increase in benefits is effective **retro-active to January 1, 2023**.

Prior to this action by the board, the following dental benefits applied:

- Calendar Year Deductible \$100  
(waived for Diagnostic and Preventive Services)
- Diagnostic and Preventive Services 100 % (1)
- Basic Services 80% (1)  
(fillings, endodontics, periodontics, and oral surgery)
- Major Services 50% (1)  
(crowns, inlays, onlays, cast restorations, and prosthodontics)
- Maximum annual benefit \$1,500

**Effective January 1, 2023**, there will be an increase in the maximum annual benefit and benefits payable for major services. The following benefits will apply:

- Calendar Year Deductible \$100  
(waived for Diagnostic and Preventive Services)
- Diagnostic and Preventive Services 100% (1)
- Basic Services 80% (1)  
(fillings, endodontics, periodontics, and oral surgery)
- **Major Services 70% (1)**  
(crowns, inlays, onlays, cast restorations, and prosthodontics)
- **Maximum annual benefit \$3,000**

(1) Reimbursement is based on PPO contracted fees for PPO dentists, Delta Dental Premier contracted fees for Premier dentists and the program allowance for non-Delta Dental dentists.

If you, or your dentist, have already filed a claim with Delta Dental for services rendered in calendar year 2023, please provide your dentist with a copy of this memo and request that they re-submit your dental claim to Delta Dental if the amount paid is less than as stated for the new benefits structure. Delta Dental will re-process your claim and apply the new benefit structure. Those with no claims to date totaling over \$1,500 in calendar year 2023 or who have not incurred costs for Major Services (crowns, inlays, onlays, cast restorations, and prosthodontics) will not need to request the re-adjudication.

Please contact Sandy Maulden, in the Benefits Office, at [smaulden@diocesepb.org](mailto:smaulden@diocesepb.org) , or 561-775-9574 if you have any questions on the above.

# 2023 Employee Health and Wellness Expo Information

Below are the locations and dates for the 2023 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 2023 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 and A1C if your glucose is 120 or over and you have not been diagnosed with Diabetes ).**

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/DOPBHealthscreeningschedule>**

## HEALTH, WELLNESS AND SAFETY EXPO DATES AND LOCATIONS

July 28 – Cathedral of St. Ignatius Loyola Parish Hall,	9:30 AM – 2:00 PM	9999 North Military Trail, PBG
Aug 3 – St. Joan of Arc Sports Arena,	11:30 AM – 3:30 PM	501 SW 3rd Ave, Boca Raton
Aug 4 – All Saints Catholic School Gymnasium,	9:00 AM – 1:30 PM	1759 Indian Creek Parkway, Jupiter
Aug 8 – St. Anastasia Parish Hall,	10:00 AM – 2:00 PM	401 S 33 <sup>rd</sup> St., Ft. Pierce
Aug 9 – St. Vincent Ferrer Gymnasium,	12:30 PM – 3:00 PM	810 George Bush Blvd., Delray Bch
Oct 6 – St. Helen School Gymnasium,	1:00 PM – 3:00 PM	2050 Vero Beach Ave., Vero Beach
Oct 11 – Cardinal Newman HS Café,	1:00 PM – 4:00 PM	512 Spencer Dr., West Palm Beach



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 are mandatory—Please only come at your selected appointment time.**

