

STEP INTO WELLNESS



Diocese of Palm Beach
2018 Healthiest Employers Award Honoree



Stroke Awareness Month

May 2019

In May alone, some 65,000 Americans will experience a stroke with many unaware that they were even at risk. Less than a third will arrive in the emergency room within three hours, the optimal time period for better outcomes.

May marks National Stroke Awareness Month, and this year the National Stroke Association is turning the spotlight on the 10 modifiable risk factors that account for 90% of strokes globally. Hypertension remains the single most important modifiable risk factor, accounting for nearly 48% of strokes. With eight in ten people experiencing their first stroke having hypertension, getting your blood pressure checked is an important first step in controlling your stroke risk.

Research has shown that unhealthy behaviors such as physical inactivity, poor diet, and smoking have an adverse effect on health and increase your stroke risk. For example, smokers have an increased risk of stroke, up to two to four times, compared to a nonsmoker or those that have quit for longer than 10 years.

During National Stroke Awareness Month, the National Stroke Association is urging the public to look at their stroke risk factors, and pledge to make at least one change to reduce their stroke risk.

Here's how much stroke would be reduced if each were eliminated:

- Hypertension 47.9%
- Physical inactivity 35.8%
- Lipids (blood fats) 26.8%
- Poor diet 23.2%
- Obesity 18.6%
- Smoking 12.4%
- Heart causes 9.1%
- Alcohol intake 5.8%
- Stress 5.8%
- Diabetes 3.9%

Beyond reducing your risk for stroke, knowing the signs and symptoms of a stroke are equally important. Every 40 seconds someone in the U.S. has a stroke and around 800,000 people will have a stroke in the United States this year alone.

"Learning how to recognize a stroke is just as important as reducing your risk factors," says Robyn Moore, CEO of the National Stroke Association. "We know that recognition of stroke symptoms leads to receiving medical attention faster, which results in better outcomes. Knowing the signs of stroke, how to prevent it, and how to help others around you, just might save a life."

Sadly, however, fewer than half of 9-1-1 calls for stroke are made within one hour of symptom onset and fewer than half of callers correctly identify stroke as the reason for their call. The acronym FAST is an easy way to identify the most common symptoms of a stroke:

F – Face: Ask the person to smile. Does one side of the face droop?

A – Arms: Ask the person to raise both arms. Does one arm drift downward?

S – Speech: Ask the person to repeat a simple sentence. Is their speech slurred?

T – Time: If you observe any of these signs, call 9-1-1 immediately.

A common misconception is that strokes occur only in older adults. Although, your stroke risk increases with age, a stroke can happen to anyone at any time. About 15% of ischemic strokes occur in young adults and adolescents.

Despite being a leading cause of adult long-term disability, and the fifth leading cause of death, less than one in five Americans can correctly classify all five stroke symptoms. This May, during National Stroke Awareness month, get to know your stroke risk factors.

Resource: www.stroke.org

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2019 Health Expo Dates

The Employee Health and Wellness Expos are coming soon. Expos have been scheduled on the following dates:

July 25 at Cathedral of St. Ignatius Loyola from 9:30 AM - 1:30 PM

August 6 at All Saints School from 9:30 AM - 1:30 PM.

August 7 at St. Joan of Arc Sports Arena from 11:30 AM - 4:00 PM.

August 12 at St. Anastasia Parish Hall from 11:30 PM - 3:30 PM

October 4 at St. Helen School from 1:00 PM - 3:00 PM

October 16 at Cardinal Newman High School from 1:00 PM - 4:00 PM

Register now for your time

Mental Health Month

Since 1949, the month of May has been observed as Mental Health Month in the United States and many national organizations such as NAMI, Mental Health America, and other affiliates spotlight Mental Health Month to raise awareness about the importance of mental health and to stop the stigma associated with mental health.

Mental illness isn't on a lot of people's radar. Even though about one-fourth of all Americans have mental health issues, we don't like to talk about it. That makes it hard to have a serious discussion. If you or a loved one deals with mental health issues and you are ready to talk about it, here are some tips to break the silence.

How to start a conversation about mental health:

1. Explore your feelings and learn what you can about your diagnosis.
2. Carefully choose the person you talk to about mental health. Choose someone you trust to listen and support you without judgment - someone who can keep the conversation private.
3. Write yourself notes and practice what you're going to say. You can also write a letter for the person you have chosen to read. This can help you feel more comfortable with what you need to share.

How to show support of a loved one who has mental issues:

1. Listen more than you talk.
2. Think before you speak.
3. Don't judge.
4. Be kind and understanding.
5. Take the person and their words seriously.
6. Help them find professional help.



Resources: webmd.com: mentalhealthamerica.net

May Happenings Calendar

May 1 - 31	Melanoma Detection/Prevention Month
May 1 - 31	Mental Health Month
May 1 - 31	Arthritis Awareness Month
May 1 - 31	Healthy Vision Month
May 1 - 31	Stroke Awareness Month
May 27	Memorial Day
3rd Quarter On Demand Webinar	Walking for Your Health https://kvgo.com/bcbsflorida/walking

Vegetable Chicken Enchiladas

These enchiladas are full of fresh, tasty vegetables!

Ingredients: 1 large onion, peeled and chopped; 1 green bell pepper, seeded and chopped, 1 large zucchini, chopped, 1 cup chicken breast, cooked and chopped, 3/4 cup red enchilada sauce, 2 (16 ounce) cans of no-salt added tomato sauce, 8 (6 inch) corn tortillas, 2/3 cup of shredded, reduced-fat Monterey Jack cheese

Directions:

1. Preheat oven to 375
2. Spray a large skillet with nonstick cooking spray. Sauté onion for 5 minutes over medium heat, stirring occasionally. Add bell pepper and zucchini; cook for 5 minutes more. Stir in chicken; set aside.
3. Meanwhile, combine enchilada sauce and tomato sauce in a small bowl; add 1/2 cup of the sauce to the vegetable and chicken mixture.
4. Soften tortillas on the stovetop or in the microwave. Dip each tortilla in the sauce, and place equal amounts of vegetable and chicken mixture on one side. Roll up and place in a 9x13 inch pan. Pour any remaining sauce over the top.
5. Cover loosely with foil and bake 20 - 25 minutes.
6. Remove cover and sprinkle cheese over top; bake 5 minutes more.
7. Serve while hot!



Recipe courtesy of EatFresh.org

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!



Florida Blue is introducing “Better You Strides” powered by CafeWell, a free online wellness program that uses your needs, goals and interests to build your customized plan to better health.

A Personal Plan for You

Better You Strides creates a Personal Health Itinerary for you - a custom-made plan with recommended actions to reach your health goals. Activities cover healthy eating, tips to move more and ways to feel happier. Discover the fun of building healthy habits through activities, games, videos and quizzes. As you progress, your Personal Health Itinerary evolves, offering challenges and activities to help you stay motivated.

Your Mobile Fitness Partner

Tap into your Personal Health Itinerary from your smartphone, tablet or computer to track your progress or get support any time, anywhere. Many fitness apps like iHealth and MyFitnessPal and devices such as FitBit connect to Better You Strides. That makes tracking your progress even easier.

Start Your Journey to Better Health Today!

You can register for Better You Strides in one of two ways: from your floridablue.com member account or the CafeWell mobile app. Registering takes just a few steps.

From floridablue.com

1. Log in to your Florida Blue online account. Find “You Guide to Better Health” on the Right side of your home page. Click “Get Started”
2. Provide a user name and password in the Welcome screen that appears. Click “Create Your account”. Follow the directions on the Screen to create security questions for your Better You Strides personal page

From the [CafeWell mobile app](#)

1. Download the CafeWell app from the Apple App store or Google Play. Click “Register Now”.
2. Enter the sponsor code: `betteryoustrides`
3. Follow the directions on the screen to create your Better You Strides account.

If you have questions or need help registering, call 855-337-8340 or send an email to: betteryoustrides@cafewell.com

2019 Employee Health and Wellness Expo Information

Below are the locations and dates for the 2019 Employee Health and Wellness Expos. For those who have not attended one of the events in the past, we have nurses from Health Designs who will take your blood pressure, glucose and cholesterol. **The screenings are free!** There are other free screenings provided by local hospitals and providers. **Some of the additional screenings may include bone density, vision, hearing, posture, balance and more, depending upon location.**

Now is the time to mark your calendars and select your destination for the upcoming 2019 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 and glucose).

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/client?ven=11604103>

HEALTH, WELLNESS AND SAFETY EXPO DATES AND LOCATIONS

July 25 – Cathedral of St. Ignatius Loyola Parish Hall,	9:30 AM – 1:30 PM	9999 North Military Trail, PBG
Aug 6 – All Saints Catholic School Cafeteria,	9:30 AM – 1:30 PM	1759 Indian Creek Parkway, Jupiter
Aug 7 – St. Joan of Arc Sports Arena,	11:30 AM – 4:00 PM	501 SW 3rd Ave, Boca Raton
Aug 12 – St. Anastasia Parish Hall,	11:30 AM – 3:30 PM	401 S 33 rd St., Ft. Pierce
Oct 4 – St. Helen School Gymnasium,	1:00 PM – 3:00 PM	2050 Vero Beach Ave., Vero Beach
Oct 16 – Cardinal Newman HS Café,	1:00 PM – 4:00 PM	512 Spencer Dr., West Palm Beach



This year, biometric screenings will 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 fair!



The Employee Health and Wellness Expos are for EMPLOYEES ONLY