

STEP INTO WELLNESS



Diocese of Palm Beach
2021 Healthiest Employers Award Honoree



May is Stroke Awareness Month

May 2022

National Stroke Awareness Month began in May 1989. It was created to promote public awareness and reduce the incidence of stroke in the United States. While many things have changed in the last 32 years for the better around stroke care, no one at the time of its creation could foresee what we have gone through in the last year alone.

Stroke Symptoms

Spot a stroke F.A.S.T.

FACE DROOPING

Does one side of the face droop or is it numb? Ask the person to smile.

ARM WEAKNESS

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

SPEECH DIFFICULTY

Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?

TIME TO CALL 9-1-1

If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

The majority of strokes (87%) occur when blood vessels to the brain become narrowed or clogged with fatty deposits called plaque. This cuts off blood flow to brain cells. A stroke caused by lack of blood reaching part of the brain is called an ischemic stroke. High blood pressure is a leading risk factor for ischemic stroke.

Are all ischemic strokes the same?

There are two main types of ischemic stroke.

- Cerebral thrombosis is caused by a blood clot (thrombus) in an artery going to the brain. The clot blocks blood flow to part of the brain. Blood clots usually form in arteries damaged by plaque.

*Cerebral embolism is caused by a wandering clot (embolus) that's formed elsewhere (usually in the heart or neck arteries). Clots are carried in the bloodstream and block a blood vessel in or leading to the brain. A main cause of embolism is an irregular heartbeat called atrial fibrillation.

How are ischemic strokes treated?

Acute treatment is the immediate treatment given by the health care team when a stroke happens. The goal of acute treatment is to keep the amount of brain injury as small as possible.

This is done by quickly restoring blood flow to the part of the brain where the blockage was.

There is a clot-busting drug called alteplase (IV r-tPA) used to treat ischemic stroke. It can reduce disability from stroke by breaking up a blood clot that is stopping the blood flow to the brain.

HOW CAN I LEARN MORE?

Call 1-888-4-STROKE (1-888-478-7653) or visit stroke.org to learn more about stroke or find local support groups.

Sign up for Stroke Connection, a free digital magazine for stroke survivors and caregivers, at stroke-connection.org.

Connect with others who have also had an experience with stroke by joining our Support Network at stroke.org/supportnetwork.

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Wellness Expos

Come on out to one of the 2022 Wellness Expos! This is our 13th year offering FREE HEALTH SCREENINGS to our diocesan employees. Your screening will include blood pressure, glucose, LDL, triglycerides and A1C if glucose is 120 or above. Receive one-on-one onsite health coaching, immediate results AND>>>>>> a \$50 Visa Gift Card!!!!



Stroke – there's treatment if you act FAST.



Vision Health Month

You may be wondering what you can do to defend against digital eye strain. Here are a few tips:

Schedule yearly eye exams to learn ways to improve your visual comfort and keep track of your eye health and overall health and wellness.

Did you know, an eye exam may detect early signs of serious health conditions including diabetes, and high blood pressure

Try the 20-20-20 rule. Give your eyes a break every 20 minutes and spend 20 seconds looking at something at least 20 feet away. Also, blinking more often helps to moisten your eyes, which may help reduce visual discomfort.

Sit farther away from the TV and try to limit watching anything in the dark.

Lower your phone and computer screen brightness to reduce digital eye strain while working or scrolling.

Set screen time limits on apps to help manage time spent looking at your phone.

Take time to participate in activities that won't strain your eyes, such as exercising, spending quality time with friends and family, going outside, etc. **For more information contact www.vsp.com**

Appointments for Mobile Mammography Available Now

Scheduling your annual mammogram at one of the Wellness Expos is easy, quick and convenient. We bring the mobile unit to you!

The event locations that they plan to attend this year include the Cathedral of St. Ignatius Loyola, St. Joan of Arc, All Saints, St. Anastasia and Cardinal Newman.

You may schedule an appointment and early registration is highly recommended. If you are due for your mammogram this year, and don't want to wait in a crowded doctor's office, please consider the mobile unit. They provide a 3D screening at no additional cost. If you are covered under of the diocese health insurance, there is a zero co-pay as a preventive screening. If you have other insurance through a previous employer or spouse, you may use your insurance as well. To make an advance appointment you may reach **Florida Mobile Mammography at 877-318-1349 or www.floridamobilemammography.com**. You do need to have a primary physician or gynecologist to whom the results can be sent.

Please bring your insurance card and identification to your appointment.



May Happenings

May 1 - 31	Stroke Awareness Month
May 1 - 31	Asthma and Allergy Awareness Month
May 1 - 31	Better Sleep Month
May 1 - 31	Vision Health Month
May 8	Mother's Day
May 18	Live Webinar

Cran-Orange Couscous Salad

For a light summer salad chock full of healthy goodness, try this light and refreshing salad. This recipe is amped up with the bright flavors of oranges, cranberries, basil and a touch of fennel. Enjoy!!

Ingredients:

3 cups uncooked pearl (Israeli) couscous; 2 cans (14 ounces each) garbanzo beans or chickpeas, rinsed and drained; 2 large navel oranges, peeled and chopped; 2 cups fresh baby spinach; 1 cup crumbled goat cheese; 1 small red onion, chopped; 3/4 cup dried cranberries; 1/2 cup fennel bulb, thinly sliced, fronds reserved; 1/2 cup chopped pecans, toasted; 8 fresh basil leaves, chopped, plus more for garnish

vinaigrette: 1/2 cup olive oil; 1/4 cup orange juice; 1/4 cup balsamic vinegar; 1 tablespoon grated orange zest; 2 teaspoons honey; 1 teaspoon salt; 1/2 teaspoon pepper

Instructions:

Prepare couscous according to package directions. Fluff with a fork; cool. In a bowl, combine couscous and the next 9 ingredients. In a small bowl, whisk together vinaigrette ingredients until blended. Pour over salad; toss to coat. Garnish with additional chopped basil and reserved fennel fronds.



www.tasteofhome.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 Benefits: Tria Health – Care Coordination at its Finest!

Tria Health provides one-on-one, confidential telephonic counseling with a pharmacist.

Tria Health – Medication Assistance is Only a Phone Call Away!

Tria Health provides one-on-one, confidential telephonic counseling with a pharmacist. Tria Health's pharmacists are your personal medication experts and work with you and your doctor(s) to make sure your conditions are properly controlled without the risk of medication-related problems. You are not required to change your medications, pharmacy or doctor to receive this benefit.

Tria Health is available for members on Diocese of Palm Beach's health plan. Active participants will receive **free generics and 50% off select brand medications, up to \$20**, used to treat targeted chronic conditions. Active participants with diabetes will have access to a **FREE** meter, testing strips, and mobile app designed to help you better manage your diabetes!

Why Participate?

Your Tria Health pharmacist can help your doctor(s):

- Ensure your medications are working and help minimize side effects
- Identify any medication savings opportunities
- Check to make sure your dosing is effectively treating your condition
- Assist with any other medication-related problems you are experiencing


Ready to Get Started?

To schedule your first appointment, visit www.triahealth.com/enroll or call 1.888.799.8742 to speak with a Tria Health member advocate

Tria Health is recommended for members and/or dependents who have the following conditions and/or take multiple medications:

Diabetes - Heart Disease - High Cholesterol - High Blood Pressure

Mental Health - Asthma/COPD - Osteoporosis - Migraines



UNDERSTANDING YOUR RESPIRATORY SYMPTOMS:
COVID-19, Common Colds, Asthma and Allergies

Florida Blue
BetterYou

Understanding Your Respiratory Symptoms Wednesday, May 18th at 2:30 pm

Join us for a live webinar as we discuss year 3 of the COVID-19 pandemic and how some of the symptoms of COVID-19 are similar to asthma, colds and seasonal allergies. Dr. Kelli Tice will review current data trends along with information about asthma and other respiratory conditions so you can distinguish between them, along with treatment options. Don't miss this opportunity to get your questions answered!

To register type this link into your browser window:

https://guidewell-cqpub.cosocloud.com/content/connect/c1/7/en/events/event/shared/default_template/event_registration.html?connect-session=breezbreezf66egq3f2ixgd6gq&scoid=62378411

(You may email me directly for the "simple link" to sign up for either program, it doesn't work in a PDF formatted document.) These have also been sent via email to your onsite wellness co-captains.

2022 Wellness Expos!!!!

Registration is OPEN!!!! Space is Filling FAST!

<https://pickatime.com/DOPBHealthscreeningschedule>

July 28 - Cathedral of St. Ignatius Loyola

August 2 - St. Joan of Arc

August 4 - All Saints School

August 9 - St. Anastasia

October 7 - St. Helen School

October 12 - Cardinal Newman High School

Mobile Mammography will be at the following locations as well:

Cathedral of St. Ignatius Loyola, St. Joan of Arc, All Saints,
St. Anastasia and Cardinal Newman

WEEK 1: STRIVE FOR A HEALTHIER PLATE

This Week's Goal: At least 5 of my meals will use the 2/3 - 1/3 plate principle. I will focus on following the New American Plate by filling at least 2/3 of my plate with cancer-protective, healthy weight-promoting, plant foods.

WEEK 2: GET UP AND GET GOING!

This Week's Goal: By the end of the week I will add an extra 5-10 active minutes or 500-1,000 steps each day to maintain a healthy weight and keep active!

WEEK 3: ADD SOME COLOR TO YOUR PLATE

This Week's Goal: At each meal, I will eat at least 1 serving of colorful vegetables or fruits.

WEEK 4: UP AND AT 'EM

This Week's Goal: By the end of the week I will add daily 5-10 minutes or 500-1000 steps of more intense physical activity to maintain a healthy weight and keep active!

WEEK 5: ENJOY WHOLE GRAINS

This Week's Goal: I will eat 3 or more servings daily of whole grains.

WEEK 6: MOVE MORE STRATEGIES

This Week's Goal: By the end of the week, I will replace sitting time with 5-10 minutes or 500-1000 steps of activity.

WEEK 7: MAKE PLANTS THE CENTER OF YOUR PLATE

This Week's Goal: I will eat no more than 18 ounces of cooked red meat. If I do eat processed meat, I will limit to once a week with the ultimate goal of avoiding it.

WEEK 8: SHAKE UP YOUR ROUTINE

This Week's Goal: By the end of the week, I will add 30 minutes or take 4,000 steps while doing NEW physical activity at least 3 days this week.

WEEK 9: QUENCH YOUR THIRST WITH GOOD HEALTH

This Week's Goal: I will replace sugar-sweetened beverages with water, tea, coffee and milk. I will replace alcoholic beverages with alcohol-free fizzers or reduced alcohol spritzers.

WEEK 10: PUTTING IT ALL TOGETHER

This Week's Goal: I will focus on making 5 improvements to my home, work and social environments to eat smart and move more.