

# STEP INTO WELLNESS



Diocese of Palm Beach  
2020 Healthiest Employers Award Honoree



## 30 Day Thankfulness Challenge

<b>Day 1</b> What unexpected blessing are you thankful for?	<b>Day 2</b> What friend(s) are you grateful for?	<b>Day 3</b> What childhood lesson are you thankful for?	<b>Day 4</b> What Christ-like attribute are you grateful for?	<b>Day 5</b> What family member(s) are you grateful for today?
<b>Day 6</b> What provision are you thankful for?	<b>Day 7</b> What traditions are you thankful for?	<b>Day 8</b> What song are you thankful for?	<b>Day 9</b> What memory are you grateful for?	<b>Day 10</b> What book are you thankful for?
<b>Day 11</b> What talent are you grateful for?	<b>Day 12</b> What part of technology are you grateful for?	<b>Day 13</b> What charity or foundation are you thankful for?	<b>Day 14</b> What silly moment are you thankful for?	<b>Day 15</b> What surprise have you been grateful for?
<b>Day 16</b> What location are you thankful for?	<b>Day 17</b> What act of kindness are you grateful for?	<b>Day 18</b> What product are you grateful for?	<b>Day 19</b> What teacher are you thankful for?	<b>Day 20</b> What room in your home are you thankful for?
<b>Day 21</b> What part of your day are you thankful for?	<b>Day 22</b> What household task are you grateful for?	<b>Day 23</b> What happened today that you are thankful for?	<b>Day 24</b> What ordinary object makes you grateful?	<b>Day 25</b> What trait of your personality are you grateful for?
<b>Day 26</b> What change in your life are you thankful for?	<b>Day 27</b> What promise are you thankful for?	<b>Day 28</b> What reason for laughter are you grateful for?	<b>Day 29</b> What meal are you thankful for?	<b>Day 30</b> What struggle are you grateful for?

Nov 2020

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### Great American Smokeout

No matter your age or how long you've been smoking, quitting improves health both immediately and over the long term. Giving up smoking is a journey, and it can be hard, but you can increase your chances of success with a good plan and support. Getting help through counseling and medications doubles or even triples your chances of quitting successfully.

Quitting smoking is a process, and success may look different for different people. There are many ways to quit smoking, and some work better than others. The American Cancer Society can tell you about the steps you can take to quit smoking and help you find quit-smoking programs, resources, and support that can increase your chances of quitting successfully. To learn about the available tools, call 1-800-



## October Happenings Calendar

Nov 1—30	American Diabetes Month
Nov 1—30	Lung Cancer Awareness Month
Nov 1—30	Alzheimer's Disease Awareness Month
Nov 1—30	Pancreatic Cancer Awareness Month
Nov 19	Great American Smokeout
Nov 26 	Thanksgiving

## Your Weight Can Affect Your Joints

### How Weight Affects Your Joints

When extra weight slows you down, it's time to look at what's happening on the inside. If you're experiencing pain and swelling, your joints might be affected by osteoarthritis, and obesity is one of its primary risk factors.

### What is osteoarthritis?

As the most common form of arthritis, osteoarthritis occurs when the cartilage between your bones breaks down. The more weight you have on your body, the more pressure you place on your joints, causing the cartilage to erode. If this continues, it could cause disability and keep you from walking and performing other daily activities you enjoy.

### What are the signs of osteoarthritis?

Pain  
 Inflammation or swelling  
 Lack of flexibility  
 Cracking sound when bending  
 Limited range of motion  
 Weak muscles

### How is osteoarthritis diagnosed and treated?

Diagnosis may be done through a review of medical history, lab tests and x-ray. There is no cure for osteoarthritis, but your doctor may recommend over-the-counter medications, physical therapy, surgery (if needed) and weight loss.

### How can I lose weight?

In addition to osteoarthritis, obesity can lead to other chronic conditions, including heart disease and diabetes, especially if your mobility is limited. It can also increase your risk for falls due to muscle weakness. Take the pressure off by following these seven tips for losing weight:

1. Eat more protein, fruits and veggies
2. Drink enough water (At least eight, eight-ounce glasses)
3. Exercise (150 minutes per week)
4. Limit sugars, starches and carbohydrates
5. Control portion size
6. Chew slowly

Add fiber to your diet (25 grams of fiber each day for a 2,000 calorie diet)

Losing weight isn't always easy, but taking even a small step toward a healthier lifestyle can make a difference down the road. But you're not on this journey alone. If you have questions or would like to learn about other weight loss options, talk with your doctor.

[www.pbgmc.com/healthy-living](http://www.pbgmc.com/healthy-living)

## Healthy Fudgy Pumpkin Pie Energy Bites

*Healthy Fudgy Pumpkin Pie Energy Bites -- all the flavor of pumpkin pie in a portable, bite-sized form! (refined sugar free, high fiber, gluten free, dairy free, vegan)*

**Ingredients:** 1 cup 100% Pure Pumpkin Puree, ½ cup Roasted Almond Butter, 1-2 tsp Vanilla Crème-Flavored Stevia Extract (to taste), 2 tsp Ground Cinnamon, ¼ tsp Salt, 1 cup Quinoa Flakes \*\*, ½ cup Quick Cooking Oats

### Directions:

1. In a stand mixer bowl fitted with a beater attachment, add the pumpkin puree, almond butter, stevia extract, cinnamon and salt. Mix on low speed.
2. While mixing, add the quinoa flakes and oats.
3. Scrape down the sides of the bowl and mix one last time. Cover the bowl and refrigerate for 30 minutes.
4. Line a cookie sheet with parchment paper. Use a cookie scoop to portion out the dough and place on the prepared cookie sheet. Roll the dough into balls. Serve immediately or cover and refrigerate for later!

\*\*If you don't have Quinoa Flakes, you can try using all Quick Cooking Oats instead.

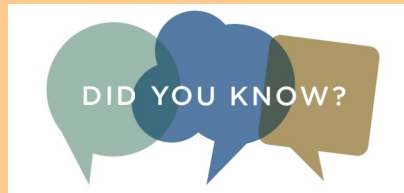
Yummmmmmm



Recipe courtesy of : <https://dessertswithbenefits.com/healthy-pumpkin-pie-energy-bites>

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.

# **First Stop Health**



## **Diocese of Palm Beach Telemedicine Service**

### **What Is Telemedicine?**

Doctors available via phone or video, 24/7

### **When Should I Call First Stop Health?**

When you don't feel well, experience a minor injury or illness, run out of a prescription \*while traveling, or have a medical question.

### **Why Should I Use Telemedicine?**

It saves you time and money. Doctors can diagnose and treat you from the comfort of home (or wherever you are).

### **How Does It Work?**

Call, log in at [fshealth.com](http://fshealth.com), or download the First Stop Health mobile app to request your doctor visit. You're all set to get started—no registration required.

### **How Much Does It Cost?**

Nothing! \$0— no fees or copays. It's provided to medical-enrolled employees and their covered dependents as part of the Diocese of Palm Beach benefits package.

TALK TO A DOCTOR 24/7! CALL 888-691-7867





# Depression

Do you have a friend or family member that suffers with depression? Well, you are not alone. According to the National Institute of Mental Health, there are 17.3 million U.S. adults who have experienced an episode of major depression. Depression is an illness that involves the body, mood, and thoughts that affect the way a person eats, sleeps, thinks and behaves. Depression is a period of sadness, irritability, or low motivation that occurs with other symptoms. It lasts at least two weeks in a row and is severe enough to negatively affect one's life. People suffering with depression cannot "pull themselves together" and get better, just like someone cannot will or make high blood pressure or diabetes away. Depression requires appropriate care and treatment.

## Signs of Depression

Not everyone who is depressed experiences every symptom. Some people experience only a few symptoms while others may experience many. The severity and frequency of symptoms and how long they last will vary depending on the individual. Also, symptoms may vary depending on the stage of the illness.

- Loss of interest in activities that were once interesting or enjoyable
- Loss of appetite with weight loss or overeating with weight gain
- Loss of emotional expressions
- A persistently sad, anxious, or empty mood
- Feelings of hopelessness, pessimism, guilt, worthlessness, helplessness, social withdrawal
- Unusual fatigue, low energy level, feelings of being slowed down
- Sleep disturbances and insomnia, early morning awakening or oversleeping
- Trouble concentrating, remembering or making decisions; unusual restlessness or irritability
- Persistent physical problems such as headaches, digestive disorders, or chronic pain that do not respond to treatment
- Thoughts of death or suicide

## Depression Treatment

Depression is a medical condition requiring medical care and even the most severe cases of depression can be treated. Treatment typically includes medication, therapy, or a combination of the two. Not everyone with depression is affected the same way and there is no "one size fits all" for treatment.

## How to Help a Friend or Family Member That is Depressed

Listen to them. Let your friend or family member know that you are there for them. Keep in mind that your friend/family member may want to talk about how they feel and not necessarily want advice.

Help find them support. If your friend/family member is interested in counseling, encourage and support them to make their appointment. Even helping search for a counselor can be very helpful.

Be patient. Depression usually improves with treatment, but it can be a slow process. Some antidepressants can take up to six weeks to become beneficial. Even with successful treatment, depression doesn't always go away entirely. Your friend/family member may continue to have symptoms from time to time. Avoid assuming a good day means they are "cured".

Stay in touch. Let your friend/family member know that you care about them. People living with depression may become withdrawn and avoid reaching out. Even if you aren't able to spend a lot of time with them on a regular basis, check in regularly with a text, phone call, or a quick visit.

Educate yourself about depression. Legitimate websites for the Anxiety and Depression Association of America (ADAA) and the National Institute for Mental Health are great resources, along with the National Suicide Prevention Lifeline at 1-800-272- 8255 (TALK).

Know the different forms depression can take. Your friend/family member may seem to be in a bad mood, or feel exhausted a lot of time. Try to keep in mind that what their feeling can still be a part of depression.

## When It's Time to Intervene

Depression can increase a person's risk for suicide or self-injury, so it is important to know how to recognize the signs. Some signs that your friend/family member is having suicidal thoughts and needs immediate help include:

- Frequent mood swings or personality changes
- Talking about death or dying
- Purchasing a weapon
- Increased substance use
- Risky or dangerous behavior
- Getting rid of belongings or giving away treasured possessions
- Talking about feeling trapped or wanting a "way out"
- Pushing people away or saying they want to be left alone
- Saying goodbye with more feeling than usual

If you think your friend/family member is considering suicide, immediately take your friend/family member to an emergency room for a medical evaluation or immediately contact their therapist or primary care physician. When someone is appearing suicidal, there is no time to wait or holding off until they feel better.



[www.health.com/condition/depression](http://www.health.com/condition/depression)