

STEP INTO WELLNESS



Diocese of Palm Beach
2021 Healthiest Employers Award Honoree



July Is UV Safety Awareness Month

July 2021

UV PROTECTION CHART

Low (0-2)	Medium (3-5)	High (6-7)	Very High (7-10)	Extremely High (11+)
Sunscreen	Sunscreen	Sunscreen	Sunscreen	Sunscreen
Sunglasses	Sunglasses	Sunglasses	Sunglasses	Sunglasses
	Hat	Hat	Hat	Hat
		Shade	Shade	Shade
				Indoors from 10am – 4pm

Summer has arrived and while the sun is shining bright it's a golden time to highlight July as UV Safety Awareness Month!

We all love to take in those warm summer rays, but everyone must remember to protect their skin and eyes from the damaging effects of the sun.

The sun emits radiation known as UV-A and UV-B rays. Both types can damage your eyes and skin:

- UV-B rays have short wavelengths that reach the outer layer of your skin
- UV-A rays have longer wavelengths that can penetrate the middle layer of your skin

By learning the risks associated with too much sun exposure and taking the right precautions to protect you and your family from UV rays, everyone can enjoy the sun and outdoors safely.

Here are the harmful things unprotected sun exposure can do:

- Cause vision problems and damage to your eyes
- Suppression of the immune system
- Premature aging of the skin
- Skin cancer

Fortunately, there are things you can do to minimize the risk that comes with sun exposure.



1. Cover Up: Wearing a Hat (wide brimmed) or other shade-protective clothing can partly shield your skin from the harmful effects of UV ray exposure. Proper clothing may include long-sleeved shirts, pants, hats, and sunglasses - for eye protection.

2. Stay in the Shade: The sun's glare is most intense at midday. Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin. The sun can still damage your skin on cloudy days or in the winter.

3. Choose the Right Sunscreen: This is extremely important. The U.S. Food and Drug Administration's (FDA) new regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15, and should protect against both Ultraviolet A (UV-A) and Ultraviolet B (UV-B) rays.

4. Use the Right Amount of Sunscreen: Most people apply only 25-50 percent of the recommended amount of sunscreen. When out in the sun, it's important that you apply at least **one ounce (a palmful) of sunscreen every two hours**. You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

By taking the proper precautions and following this advice you and your loved ones can enjoy the sun. If you are having any problems after being in the sun, be sure to talk to your healthcare provider.

www.VA.Gov

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Fireworks Safety

Be sure to follow the following safety tips:

Never allow young children to handle fireworks. Older children should use them only under close adult supervision.

Never use fireworks while impaired.

Anyone using fireworks or standing nearby should wear protective eyewear.

Never hold lighted fireworks in your hands.

Never light them indoors.

Only use them away from people, houses and flammable material.

Never point or throw fireworks at another person.

Only light one device at a time and maintain a safe distance after lighting.

Never ignite devices in a container. Do not try to re-light or handle malfunctioning fireworks.

Soak both spent and unused fireworks in water for a few hours before discarding. Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire. www.nsc.org

July Happenings Calendar

July 1 - 31	UV Safety Awareness Month
July 1- 31	Healthy Vision Month
July 1 - 31	National Safety Month
July 1 - 31	Sarcoma Awareness Month
July 4	Independence Day (Observed July 5)
July 28	World Hepatitis Day

What is Sarcoma?

Sarcoma is a rare cancer in adults (1% of all adult cancers), but rather prevalent in children (about 20% of all childhood cancers). It is made up of many "subtypes" because it can arise from a variety of tissue structures (nerves, muscles, joints, bone, fat, blood vessels – collectively referred to as the body's "connective tissues"). Because these tissues are found everywhere on the body, Sarcomas can arise anywhere. Thus, within each site of the more "common" cancers there is the occasional surprise sarcoma diagnosis (e.g., breast sarcoma, stomach sarcoma, lung sarcoma, ovarian sarcoma, etc.). The most frequent location are the limbs since this is where the majority of the body's connective tissue resides. They are commonly hidden deep in the body, so sarcoma is often diagnosed when it has already become too large to expect a hope of being cured. Although a lot of the lumps and bumps we get are benign, people should have them looked at by a doctor at an early stage in case it is sarcoma.

Sarcoma is sometimes curable by surgery (about 20% of the time), or by surgery with chemotherapy and/or radiation (another 50-55%), but about half the time they are totally resistant to all of these approaches—thus the extreme need for new therapeutic approaches. At any one time, more than 50,000 patients and their families are struggling with sarcoma. More than 16,000 new cases are diagnosed each year and nearly 7,000 people die each year from sarcoma in the United States.

Sarcoma – Cancer of the Connective Tissues

Sarcomas are cancers that arise from the cells that hold the body together. These could be cells related to muscles, nerves, bones, fat, tendons, cartilage, or other forms of "connective tissues." There are hundreds of different kinds of sarcomas, which come from different kinds of cells.

Sarcomas can invade surrounding tissue and can metastasize (spread) to other organs of the body, forming secondary tumors. The cells of secondary tumors are similar to those of the primary (original) cancer. Secondary tumors are referred to as "metastatic sarcoma" because they are part of the same cancer and are not a new disease.

www.curesarcoma.org

Meet Your Wellness Co-Captains!

Cathy Holland, Cardinal Newman High School

What year did you begin your career with the Diocese and what do you do?

I began as a volunteer in 1996 and then part time/full time in 1998. I'm Secretary of Guidance/Office of Student Services/School Counseling

What do you love most about your job?

I love the students. They make my day every day no matter what they need.

What do you enjoy about being involved with the Step Into Wellness Program?

I love reading and learning information from the monthly newsletters and then passing them on to the faculty/staff here at CNHS. We all need to be concerned about our health. I also love being involved, although a minimal role, in encouraging my co-workers to sign up for the Health Fairs. These fairs are amazing. So much information can be obtained about your health with just a few simple tests in minutes. In the past, the walking challenges have been "challenging" to say the least but it has been fun competing against the other schools in the diocese. I have loved helping folks sign up for events and assisting them with that. I always tell them, "If I can do it, so can you."

What impact, as a co-captain, do you feel you have made on or with your work team?

I hope that I have inspired them to get involved, care about their health, and work together as a team not only in a competitive manner but also by trying to make it fun and informative. For the veterans here at CNHS, they have endured countless emails and reminders and they feel supported and pass their support on to others.

What advice would you give to other co-captains or someone new stepping into this role?

It is up to the principal as to how involved they want their school to be. When I was originally asked to take this position over, I was a bit skeptical. I have been very fortunate with our principals and have always received tremendous support for any program, publication, or special event that has been suggested for the schools to participate in. It is not a big time factor to do this for your school but the benefits far outweigh not getting involved. I would highly recommend "taking this on." Carol Waring is amazing to work with and she will walk you through anything necessary to accomplish whatever you or the school wants to do.



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.

FREE PRESCRIPTIONS AVAILABLE



Certain Over-The-Counter (OTC) medications (listed below) are covered by your prescription benefit plan for a \$0 copay. OTC medications do not legally require a prescription, but to have OTC medications covered under your prescription drug benefit plan, you must obtain a written prescription from your doctor and present it to a pharmacist to be filled. The prescription must indicate OTC for you to receive it for a \$0 copay.

Remember, your doctor is the most qualified person to choose the appropriate medicine for you. Ask your doctor about the OTC alternatives below to find out if they are right for your treatment plan. **The following steps may help you to save money on current prescriptions in the therapeutic classes listed below:**

- ▣ Tell your doctor that your benefit plan has coverage of the OTC products below.
- ▣ If your doctor is comfortable in moving your treatment to an OTC medication, obtain a written prescription from your doctor for the OTC medication. Ask the doctor to indicate “Over-The-Counter” or “OTC Version” on the written prescription.
- ▣ Take the OTC prescription to a pharmacy to have it filled, make sure to tell the pharmacist or pharmacy technician that your benefit plan covers certain OTC items.

The following OTC medications are covered by your Diocese of Palm Beach Prescription Benefit Plan at a \$0 copay:

Gastrointestinal Medications (Proton Pump Inhibitors):

Prilosec OTC (20mg)
Omeprazole OTC (20mg)
Prevacid 24HR OTC (15mg)
Zegerid OTC
Nexium OTC
Pantoprazole (Protonix)
Lansoprazole (Prevacid)
Rabeprazole (Aciphex)
Omeprazole (Prilosec)
(Including all Generic or Store Name versions)

Allergy Medications:

Allegra /D OTC & Fexofenadine /D OTC
Claritin /D OTC & Loratadine /D OTC
Zyrtec /D OTC & Cetirizine /D OTC
Pseudoephedrine OTC
(Including all Generic or Store Name versions)

2021 Employee Health, Wellness and Safety Expos!

Below are the locations and dates for the 2021 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 2021 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).

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

As we continue to practice safety due to COVID-19, we will follow the same biometric screening process as in 2020. Exhibitors will be limited to reduce exposure.

Entry will only be allowed for those who have made appointments for the biometric screenings. No walk in screenings.

July 29 – Cathedral of St. Ignatius Loyola Parish Hall,	9:30 AM – 1:30 PM	9999 North Military Trail, PBG
Aug 3 – All Saints Catholic School Cafeteria,	9:30 AM – 1:30 PM	1759 Indian Creek Parkway, Jupiter
Aug 5 – St. Joan of Arc Sports Arena,	11:30 AM – 3:30 PM	501 SW 3rd Ave, Boca Raton
Aug 10 – St. Anastasia Parish Hall,	11:30 AM – 3:00 PM	401 S 33rd St., Ft. Pierce
Oct 1 – St. Helen School Gymnasium,	1:00 PM – 3:00 PM	2050 Vero Beach Ave., Vero Beach
Oct 13 – Cardinal Newman HS Café,	1:00 PM – 4:00 PM	512 Spencer Dr., West Palm Beach

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!!!

Please only come at your selected appointment time.

CDC Guidelines and recommendations will be followed to maximize safety for all participants.

Mammogram Screening Appointments

To schedule your mammogram appointment at one of the wellness expos, call Florida Mobile Mammography/Invision Diagnostics at **1-877-318-1349 option 1** OR online at **FloridaMobileMammography.com**

Be sure to bring your identification and your insurance card.

