

# STEP INTO WELLNESS



Diocese of Palm Beach  
2021 Healthiest Employers Award Honoree



## BEWARE of Holiday SCAMS!!!!



Dec 2021

### Types of Common Scams

- Online shopping scams: Scammers often offer too-good-to-be-true deals via phishing emails, texts or advertisements. Such schemes may offer brand-name merchandise at extremely low prices, or the products being sold are not the same as the products advertised.
- Social media shopping scams: Consumers should beware of posts on social media sites that appear to offer vouchers or gift cards. Some may appear as holiday promotions or contests. Others may appear to be from known friends who have shared the link.
- Work-from-home or holiday temporary job scams: Consumers should beware of sites and posts offering work they can do from home. These opportunities rely on convenience as a selling point but may have fraudulent intentions.
- Gift card scams: During the holiday season, consumers should be careful if someone asks them to purchase gift cards for them. In these scams, the victims received either a spoofed email, phone call or a text from a person in authority requesting the victim purchase multiple gift cards.
- Package delivery scams: The goal of this scam is to obtain personal information or gain access to an individual's electronic device. The scammer often pretends to be associated with a trusted mail delivery service claiming to have an undelivered package that may incur a holding fee.
- Holiday travel scams: Individuals looking to book holiday travel reservations should remain alert to potential travel scams.

### Ways to Protect Yourself from Holiday Scams

- Avoid clicking links in unsolicited emails or text messages: Links can be used to download malware. Verify that sources are legitimate before clicking emails, and scan email attachments with antivirus programs before opening them.

- Be cautious of emails claiming to contain pictures in attached files. They may contain viruses.
- Use only trusted merchants. Conduct a business inquiry of the online retailer on the Better Business Bureau's [website](#).
- Use multifactor authentication on your financial and social media accounts.
- Secure credit card accounts, even rewards accounts, with strong passwords. Change passwords and check accounts routinely.
- Keep your devices updated.
- Be wary of online retailers who use a free email service (e.g., Gmail, Hotmail, etc.).
- If the email or text is coming from a friend or family member, give them a call to confirm.
- Beware of providing credit card information when requested through unsolicited emails.
- Check your bank account and card activity regularly. If you see any irregular activity, contact your bank as soon as possible.
- Banks, credit card companies and other financial institutions do not request information via email. Verify requests for personal information from any business or financial institution by contacting them using the main contact information on their official website.
- Avoid filling out forms contained in email messages that ask for personal information.
- Make charitable contributions directly, rather than through an intermediary, and pay via credit card or check.



<https://www.citizenstla.com>

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### Holiday Driving

**Make Sure to Plan Ahead**— Planning ahead can go a long way toward safety for yourself and your loved ones. This is a good time for preventative maintenance, transmission and all!

**Don't Drive Under the Influence!** Just as with any other time of the year, it is never acceptable to drive while under the influence. Have a designated driver who will refrain and ensure that you and your loved ones have a safe way to get home.

**Avoid Fatigued Driving** - With nighttime coming earlier every day, many people who commute to work may find themselves tired when driving home or while making an extra stop to run a holiday errand. Any condition in which your full attention cannot be given to the road is a dangerous one.

**Refrain from Distracted Driving** – Per the CDC, taking your eyes off the road for even five seconds is dangerous. This includes eating while driving, putting on makeup, fiddling with radio/ac/heat controls, using your phone and texting—Just don't do it!

**Drive Defensively**—Stay alert, err on the side of caution.

## National Safe Toys and Gifts Month

### Holiday Shopping Safety Tips

Before making any purchases for the people on your list this season and throughout the year, make sure to keep safety in mind. We want to keep the holidays a magical time of the year without any trips to the E.R. or emergencies.

Follow these 3 important tips to be sure you're purchasing safe gifts:

1. Inspect the toys before you buy them. Avoid toys with sharp edges or parts that can be easily pulled off. For children younger than age three, avoid toys with small parts, which can cause choking.
2. Make sure the age and skill level marked on the toy matches the age and skill level of the child you're buying for.

Check toys for the ATSM (American Society for Testing and Materials) label that proves it's up to standard.

*Other safety tips to keep in mind this holiday season:*

- Do not give toys with ropes, cords, or that can heat up, and avoid crayons and markers unless they are labeled nontoxic.
- Keep high-powered magnet sets away from children. Building and play sets with small magnets should also be kept away from small children.
- Keep deflated balloons away from children younger than eight years old as they can choke or suffocate on deflated or broken balloons. Also discard broken balloons immediately.
- Helmets and safety gear should be worn properly at all times and they should be sized to fit when using riding toys, skateboards and in-line skates.
- After gift opening, immediately discard plastic wrapping or other toy packaging before the wrapping and packaging pose safety issues.

Keep toys appropriate for older children away from younger siblings.

### TOY-RELATED INJURIES

Approximately 217,000 children are treated at hospital emergency rooms for toy-related injuries


Riding toys are responsible for the majority of toy injuries among children ages 14 and under

Other causes of toy-related deaths include choking, drowning and suffocation



<https://americanspcc.org/>

## December Happenings Calendar

Dec 1 - 31	National Safe Toys and Gifts Month
Dec 1 - 7	National Handwashing Awareness Week
Dec 8	Immaculate Conception
Dec 25 	Christmas Day

### Easy Stuffed Mushrooms

This healthy stuffed mushroom appetizer is a nice balance of soft mushrooms, creamy filling and crunchy topping. This combination tastes downright decadent, but it's actually good for you. Be sure to get all of the moisture out of the chopped mushrooms before moving on to the next step; if not, the filling will be soggy and make the mushroom caps watery.

**Ingredients:** Cooking spray; 1 ½ pounds medium-size fresh button mushrooms (about 30 mushrooms); 1 tablespoon olive oil; 1 tablespoon chopped garlic; ½ teaspoon kosher salt ½ teaspoon black pepper; ¼ cup plus 3 tablespoons whole-wheat panko (Japanese-style breadcrumbs), divided; 4 ounces 1/3-less-fat cream cheese; 2 tablespoons chopped fresh flat-leaf parsley; 1 tablespoon chopped fresh thyme; 1 ounce Parmesan cheese, grated (about 1/4 cup), divided

#### Instructions:

1. Preheat oven to 400 degrees F. Lightly coat a rimmed baking sheet with cooking spray. Remove stems from mushrooms and reserve. Lightly brush any dirt from mushroom caps and stems. Arrange mushroom caps, stemmed sides up, on prepared baking sheet. Chop stems.
2. Heat oil in a large nonstick skillet over medium-high. Add chopped mushroom stems, garlic, salt and pepper; cook, stirring often, until mushrooms soften and turn golden brown and moisture has evaporated, about 6 minutes. Add 1/4 cup of the panko; cook, stirring often, until panko is light golden, about 1 minute. Add cream cheese, parsley, thyme and 2 tablespoons of the Parmesan; remove from heat, and stir until combined.
3. Spoon 1 heaping teaspoon mushroom mixture into each mushroom cap. Stir together remaining 3 tablespoons panko and 2 tablespoons Parmesan in a small bowl. Working with 1 at a time, gently dip the stuffed tip of each mushroom cap in panko-Parmesan mixture to lightly coat; return to baking sheet. Lightly coat tops of stuffed mushrooms with cooking spray.
4. Bake in preheated oven until tops of mushrooms are golden brown and mushrooms are soft, 20 to 22 minutes.



[www.eatingwell.com](http://www.eatingwell.com)

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.

## Protect Yourself from the Flu and Shingles at No Cost to You

### Don't Forget About the Flu

With social distancing measures from the COVID-19 pandemic relaxing, it is more important than ever to get the flu vaccine to help protect you and your friends and family from the potentially deadly virus.

The flu shot is the single best way to prevent the influenza virus. The Centers for Disease Control and Prevention (CDC) estimates that the flu vaccine prevented 7.5 million influenza illnesses, 105,000 flu-related hospitalizations and 6,300 associated deaths during the 2019-2020 flu season.<sup>1</sup>

The CDC **recommends everyone six months of age and older get the flu vaccine every year** because the vaccines are updated to combat the most common viruses for each flu season.

While some people may have concerns about getting the flu shot, it is important to note that it is safe and does not cause the flu. It just takes two weeks for the antibodies that protect against the virus to develop in the body.

You can receive the vaccine at **no cost** at any of the participating pharmacies listed on the back!



### Save Yourself from Shingles

Shingles is a virus that causes a painful, blistering rash that takes about a week to heal, but the pain can last for months or even years for some people. And if you had chickenpox as a kid, you're at risk. The older you are, the higher your risk is as well. In fact, one in three people in the U.S. will develop shingles in their lifetime.<sup>2</sup>

The CDC **recommends adults 50 years of age and older receive the shingles vaccine**. The shingles vaccine, Shingrix, is the only way to protect yourself from getting shingles and is 90% effective at preventing the painful virus.<sup>3</sup> Shingrix is available to you at **no cost** at any of the participating pharmacies listed on the back.



TAKE ADVANTAGE OF  
**\$0 COPAYS**  
FOR BOTH VACCINES

1 Centers for Disease Control and Prevention (CDC). Vaccine Effectiveness: How Well Do Flu Vaccines Work? <https://www.cdc.gov/flu/vaccines-work/vaccineeffed.htm>.

2 CDC. Shingles (Herpes Zoster). <https://www.cdc.gov/shingles/index.html>.

3 CDC. Shingles Vaccination. [https://www.cdc.gov/vaccines/vpd/shingles/public/shingrix/index.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fvaccines%2Fvps%2Fshingles%2Fpublic%2Findex.html](https://www.cdc.gov/vaccines/vpd/shingles/public/shingrix/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fvaccines%2Fvps%2Fshingles%2Fpublic%2Findex.html).



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May the peace and hope of  
*Christ's birth*  
be with you now and in the days ahead...

## Tips For A Safe Christmas Holiday



The hustle and bustle of the holiday season can be a fun, exciting time. However, holiday decorations, parties and cold weather can pose threats to children.

### Keep these safety tips in mind while preparing for the holidays:

1. If you have a real tree, make sure the tree stand is always filled with water so the tree doesn't dry out and pose an increased fire hazard. If you buy an artificial tree, make sure it is made from fire-retardant material. Make sure the stand is flat on the ground, and decorate the tree to equally distribute weight.
2. Do not leave children alone in a room with lighted candles, matches, lighters, fireplaces or any other sources of flame or heat.
3. Keep decorations out of reach of children and secured to the wall. Any object small enough to fit through a toilet paper tube can obstruct the airway of a child.
4. Keep mistletoe, holly berries and poinsettias out of reach of children as each is toxic when ingested.
5. Use power strips with built-in circuit breakers. Avoid putting too many plugs into one electrical outlet. Keep cords out of the way or behind furniture, and insert electrical outlet covers into any unused outlets.
6. Closely supervise your child if he or she is helping you decorate, especially when handling lighting, ornaments and breakable objects.
7. Purchase lights with the UL Listed mark which certifies that the product has been tested to meet safety requirements.
8. Make sure your children's toys are age-appropriate and the batteries cannot be easily removed. Batteries shaped like disks, or button batteries, pose a choking risk to young children.
9. Avoid placing gifts under the tree that contain glass, perfume or cologne, poisonous substances or sharp materials.
10. Keep alcohol out of reach of children. Quickly clean up leftover drinks.
11. Dress your child properly for the weather, making sure that their hands, feet and heads are covered.
12. The Great Outdoors: When hanging outdoor lights, keep electrical connectors off the ground and away from metal rain gutters. Use insulated tape or plastic clips instead of metal nails or tacks to hold them in place.
13. Climbing Up: Using a ladder when you put up lights? Choose the correct ladder for the job and double check for a certification mark to ensure your portable ladder complies with applicable standards.
14. Keep the Gas Behind Glass: Do not use your gas fireplace if the glass panel is removed, cracked, or broken, and only allow a qualified service person to replace fireplace parts.
15. Sound the Alarm: Test your smoke alarms monthly to make sure they work, and be sure to install smoke and carbon monoxide (CO) alarms on every level of your home -- especially near sleeping areas.

Carefully inspecting your home and taking care of any safety hazards can ensure you and your children have a happy, safe holiday season.