

STEP INTO WELLNESS



Diocese of Palm Beach 2019 Healthiest Employers Award Honoree



Make Your Thanksgiving a Healthy One

It may seem like a good idea to save your appetite for the main event, but be careful about showing up ravenous for Thanksgiving dinner. When you're that hungry, your willpower tends to disappear, and you're likely to eat whatever's in sight.

Instead, eat a satisfying snack before starting your Thanksgiving festivities. Nuts, yogurt, a salad with avocado, or eggs are all good options to consider during the morning before the meal.

Instead of filling up on heavy appetizers, go for lighter fare, such as fresh veggies, salads, chips and salsa, or a vegetable-based soup like butternut squash soup.

A good rule for filling up your plate at any kind of buffet or large meal is to go heavy on vegetables. If you can, choose an array of fresh, grilled, or roasted vegetables like beets, carrots, Brussels sprouts, or cauliflower. Turkey is also a healthy part of the Thanksgiving meal, especially if you avoid the skin.

Although it might be tempting to load your plate with mashed or sweet potatoes, try to limit your intake of starch-heavy items.

Many classic Thanksgiving recipes feature hefty amounts of added sugar and cream. Try to avoid them if possible, or try out a lighter recipe if you're the one cooking.

Easy adjustments involve adding more vegetables to your stuffing and plopping fewer marshmallows or brown sugar bits on top of your sweet potatoes.

If you're not cooking, bring what you want to eat.. Consider showing up with a plate of roasted vegetables or a winter fruit salad.

It might be tempting to sip on cider or wine throughout the meal. But if you're looking to trim excess calories, limit the amount of sugary drinks or alcoholic beverages you consume.

Try having one glass of cider, for example, and sipping on water or seltzer during the rest of the meal. This will not only keep you feeling full, it will also help keep you hydrated.

It's Thanksgiving, so there will likely be pumpkin pie at your meal. Here's a tip for making (or eating) a bit healthier at dessert: If you're baking, try cutting down the pie crust so that it's all about the filling.

For example, an apple cobbler with a crumble on top still gives all the apple goodness with less processed carbohydrates. Though it's never advisable to waste food, you could also consider leaving the crust behind if you're not cooking a dessert.

Once you've finished eating, consider taking a refreshing stroll outside or playing a game of football in the yard. If you live or are staying nearby, you could also walk or take public transportation home.

The important thing is to have a good time with family and friends. As far as eating goes, it's important to enjoy the holiday since it's just one day of the year. That just might mean being more mindful about what you eat on Friday or over the weekend.



Source: <https://www.businessinsider.com/healthy-thanksgiving-nutrition-dietician>

November 2019

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Great American Smokeout

The Great American Smokeout is held on the third Thursday of November. This event focuses on encouraging Americans to quit tobacco smoking. People are challenged to stop smoking for at least 24 hours assuming that their decision not to smoke will last longer, hopefully, forever.

Today, more than 43 million people in the United States smoke cigarettes - that is about 1 in 5 adults.

The first Great American Smokeout occurred in California on November 18, 1976. In 1977, the event was taken nationwide. Different people quit smoking in different ways. There are those who quit abruptly and completely and those who cut back gradually. Some people need substitutions and distractions to suppress cravings and others need special medicines.

No matter which approach you choose, the Great American Smokeout is the perfect occasion to make the first step. If you have already decided to quit, you don't have to wait until November.

THANKS TO ALL WHO WORE PINK FOR BREAST CANCER AWARENESS



Wearing Pink and Sporting Pink Carnations are L-Pastoral Center Staff ; Above Cathedral of St. Ignatius Loyola Staff



All Saints School Staff



Holy Name of Jesus Church Staff



John Carroll HS Staff

November Happenings Calendar

Nov 1 - 30	American Diabetes Month
Nov 1 - 30	Lung Cancer Awareness Month
Nov 1 - 30	National Alzheimer's Awareness Month
Nov 15	Great American Smokeout
Nov 28	Thanksgiving Day
4th Quarter On Demand Webinar	Heart Healthy Living Program http://www.diocesepb.org/wellness-webinars-on-demand Click on Wellness Programs



Smoked Salmon Salad in Cucumber Cups

INGREDIENTS

1/4 cup finely chopped green onions; 2 tablespoons plain 2% reduced-fat Greek yogurt; 2 tablespoons canola mayonnaise; 2 tablespoons drained capers; 1 tablespoon chopped fresh dill, divided; 1 (12-ounce) package cold-smoked salmon, coarsely chopped; 3 English cucumbers; 1/8 teaspoon freshly ground black pepper

INSTRUCTIONS

Step 1

Combine first 4 ingredients in a medium bowl. Stir in 2 teaspoons dill and chopped salmon.

Step 2

Peel cucumbers in alternating vertical stripes. Cut cucumbers into 3/4-inch-thick slices, and scoop out seeds with a small spoon or melon baller, leaving bottom intact to form a cup.

Step 3

Spoon about 1 tablespoon salmon mixture into each cucumber cup. Sprinkle cups evenly with remaining 1 teaspoon dill and pepper.

Substitute gravlax or even flaked canned salmon in this appetizer if you prefer salmon that has not been smoked.

Source: <https://www.myrecipes.com/recipe/smoked-salmon-salad>

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.... 403(B) Changes

DIOCESE OF PALM BEACH, INC. 403(B) PLAN



Blackout Period Notice

Important notice concerning your rights under the Diocese of Palm Beach, Inc. 403(b) Plan.

The Diocese of Palm Beach, Inc. 403(b) Plan will be transitioning to Lincoln Financial Group (Lincoln) effective November 15, 2019. Your current 403(b) account with Transamerica will automatically transfer to Lincoln.

During the process of transferring your account, you will be unable to direct or diversify assets credited to your plan account or obtain distributions, including hardship distributions, from the plan. This period, during which you will be unable to exercise these rights otherwise available under the plan, is called a "blackout period."

The blackout period for the plan will begin at 4:00 EST on November 7, 2019 and end on November 29, 2019, or earlier if possible.

We encourage you to consider carefully how this blackout period may affect your retirement planning, as well as your overall financial plan. It is very important that you review and consider the appropriateness of your current investments in light of your inability to direct or diversify those investments or request distributions during the blackout period.

As part of the transition to Lincoln, all assets in your plan will be automatically directed to the new investment options chosen by Diocese of Palm Beach, Inc. These options were chosen because their investment approach and objectives are similar to those of your current investment options.

When the blackout period ends, you will be able to log into your account at Lincoln, review it and make changes.

Note: You are required to re-designate your beneficiaries online after the transition, as your current beneficiary information will NOT transfer from Transamerica. If you do not designate a beneficiary with Lincoln, your beneficiary will be your spouse, or if you do not have a spouse, your estate.

If you have any questions concerning this notice, please contact Vito Gendusa, CFO at (561) 775-9518 or vgendusa@diocesepb.org.



Breast Cancer Awareness - Proud In Pink!!!



St. Anastasia School Staff



St. Joan of Arc School Staff



St. Anastasia School Staff



St. Vincent Ferrer School Staff



Cardinal Newman HS Staff



St. Clare School Staff



Cardinal Newman HS Staff



St. Thomas More Academy Staff



St. Juliana School Staff