

STEP INTO WELLNESS



Diocese of Palm Beach
2023 Healthiest Employers Award Honoree



New Year, New You!!!!

January is National Staying Healthy Month!
Celebrate National Staying Healthy Month throughout January to kick off the new year with a special health-focused celebration. After the partying and festivities of the previous year, this month encourages everyone to focus on overall wellbeing and self-care. The goal is to encourage people to embrace a healthier lifestyle by promoting healthy routines throughout January and throughout the rest of the year... and beyond!
Five simple ways to stay healthy:

- 1. Water fights off heart attacks**
According to research, you can reduce the chances of heart attack by 40% if you drink at least five glasses of water a day. How does water help prevent heart attacks? One theory is that it helps to lower blood pressure. When you're dehydrated, your blood becomes thicker and harder to pump, which can lead to high blood pressure. By staying hydrated, you can keep your blood flowing smoothly and reduce your risk of hypertension.
- 2. Reduce sitting and sleeping**
They're great — in moderation — as too much of either can decrease life expectancy.
- 3. Laughter is the best medicine**
It increases blood flow by 20%, which is good for the human heart.
- 4. Reading beats stress**
Getting engrossed in reading can reduce cortisol and other unhealthy stress hormone levels by 68%.
- 5. Green for mental health**
Spending time outdoors or in green spaces indoors can boost mental health, self-esteem, and reduce negative thoughts too.



Tips To Get Moving In the New Year

January is an exciting time!
New year, new goals, and new habits. Start your year with positive changes that include small realistic goals to boost your physical activity. You might have a goal to exercise more, to be more consistent, or to try a new sport. You can do it!
Remember, physical activity benefits your body and mind. It helps you keep a healthy weight and reduces your risk of conditions like diabetes, high blood pressure, depression, anxiety, stroke and even some types of cancers. Movement also boosts your mood, helps you sleep better and increases your energy level.
The Centers for Disease Control and Prevention recommend adults get at least 150 minutes a week of moderate-level physical activity such as brisk walking and at least two days a week of activities that strengthen muscles.
Take extra steps each day by parking farther away, take the stairs, stand up or take a brisk walk.
Do what you enjoy! Try different exercises to find which one(s) you enjoy most. Go to the gym, take cycling classes, swim, run, dance or play sports. You are more likely to stick with a routine doing something you genuinely enjoy. Get creative and have fun!
Buddy up for success! Partner with a friend or group of people with similar goals.
Set realistic goals. Break your goals into small steps to reach them faster and build your confidence.
Make the most of the new year. Keep moving to boost your body and your mind. Start small and set yourself up for success!



Jan, 2024

In this issue:

- National Staying Healthy Month
- Tips to Get Moving in the New Year
- Live Webinar
- Budget Friendly Meal Planning
- January Happenings
- Awareness Month Topics
- Know Your Benefits— Covid Guidelines
- Move More!!!

Live Webinar

Jan 17th at 1:00pm ET/12:00pm CT: Sanitas Preventive Care & General Wellness

Learn from a doctor how a healthy lifestyle and regular checkups can help you be well and stay well.

For quick registration, just point your phone camera at the QR code or use the link below:



bit.ly/4aseNf8



Budget-Friendly Meal Planning Tips

Dining out may save you a little time in the short term, but it can easily derail your budget. Over time, the added expenses of driving to and from restaurants, paying for meals, and tipping can add up, even if you only dine out occasionally.

Cooking at home can save time and money with proper planning. In some cases, it may even save you thousands. Try these budget-friendly tips to get healthy meals on the table without breaking the bank:

- **Plan ahead.** Planning is key when it comes to sticking to your food budget. Set aside time each week to plan menus and fine-tune your grocery list to get the most for your money.
- **Choose simple recipes.** Recipes with fewer ingredients can help reduce your grocery bill. Look for simple recipes that don't require hard-to-find or expensive ingredients.
- **Stick with staples.** Steer clear of processed, convenience foods and stick to basic ingredients to keep costs lower.
- **Cook in large batches.** Large batches of soups, stews, and casseroles can be pre-portioned into individual servings and frozen for later use.
- **Make substitutions.** Be flexible with your menus and make cost-saving substitutions as needed. If you originally planned for green beans but broccoli is on sale, make a quick substitution.
- **Maximize leftovers.** Leftovers can easily become second or third meals to help cut down on food expenses. Have leftovers for lunch, or designate a "salad night" each week to use up remaining ingredients.
- **Use grocery delivery services.** If you are prone to impulse purchases at the supermarket or have trouble sticking to your list, grocery delivery services may be a good option. While you will pay a little more for delivery fees, you can adjust your order before you click the 'buy' button.

Planning ahead and taking a few simple steps makes it easy to prepare healthy, affordable meals.

1. Reader's Digest. I Meal Plan Every Week—and It Saves Me Thousands of Dollars a Year. Updated Jan. 31, 2023. Accessed Aug 29, 2023.
2. US Department of Agriculture (USDA). MyPlate. Accessed Aug 27, 2023.
3. PrepDish. 10 Tips for Frugal Meal Planning. Published Jul 11, 2023. Accessed Sept 1, 2023.

January Happenings Calendar

Jan 1 - 31	Blood Donor Month
Jan 1 - 31	Radon Awareness Month
Jan 1—31	National Glaucoma Awareness Month
Jan 15	Martin Luther King Day
Jan 23	Maternal Health Awareness Day

National Glaucoma Awareness Month

Glaucoma is a leading cause of irreversible blindness in the US. It has no noticeable symptoms in its early stages, and vision loss progresses at such a gradual rate that people affected by the condition are often unaware of it until their sight has already been compromised.

During Glaucoma Awareness Month, the American Academy of Ophthalmology (AAO) advises the public that the best defense against developing glaucoma-related blindness is by having routine, comprehensive eye exams.

For more information, visit:
<https://www.aao.org/>

National Blood Donor Month

January has been designated as National Blood Donor Month to encourage people to give or pledge to give blood at least two or more times a year. Blood is typically in short supply during the winter months, especially January, due to the holidays, travel schedules, inclement weather, and illness. A reduction in donor turnout can cause blood shortages around the country.

For more information, visit:
<https://www.adrp.org/NBDM/>

National Radon Awareness Month

Radon is a gas that can build up to dangerous levels inside homes, schools, and other buildings without anyone knowing it. It also has been found to cause lung cancer. Every home should be tested for radon and fixed if levels are high. This Radon Awareness Month, test your home for radon. Testing is easy and inexpensive, and it could save your life.

For more information, visit:
<https://www.adrp.org/NBDM/>

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 Health and Wellness Benefits!

COVID 19 GUIDELINES FOR THE DIOCESE OF PALM BEACH

The Diocese of Palm Beach is currently following the below guidelines for COVID-19 positive individuals per Florida State law. The stated guidelines may change. These are general guidelines and may be reviewed on a case-by-case basis.

Covid-19 Positive Persons

Following are the guidelines adopted by the Diocese of Palm Beach for positive individuals. As in the past, if a person has tested positive for COVID-19 or has mild symptoms and is waiting for test results, the affected person will:

1. Notify your supervisor and stay home.
2. Contact physician and follow medical care/advice and notify supervisor of results if COVID-19 testing is recommended.
3. If you test positive, provide a copy of the test result and work with supervisor to determine exposure to others if the person tests positive.
4. Isolate. Stay at home for at least 5 days from the date of your positive test.
5. If you have no symptoms or your symptoms are improving, no fever without fever-reducing medication for 24 hours: You can leave isolation.

If exposed to Covid-19

The following are the guidelines adopted by the Diocese of Palm Beach for exposure.

If a person has been in close contact with someone who has COVID-19 (less than 6 feet away from someone with COVID-19 for a total of 15 minutes or more over a 24-hour period) please take these steps to keep others safe.

1. Quarantine at home for at least 5 days **if** you have symptoms of COVID and follow above guidelines for positive testing persons.
2. If asymptomatic, you do not need to quarantine, however, continue to monitor for symptoms of COVID 19 for 10 days after exposure.
3. If you develop symptoms follow the above guidelines for positive testing persons.

International Travel - [U.S. Citizens, U.S. Nationals, U.S. Lawful Permanent Residents, and Immigrants: Travel to and from the United States | CDC](#)

Upon your return - please monitor yourself for COVID-19 symptoms and follow the above stated "If exposed to COVID 19" guidelines.

In closing, we all have a responsibility to prevent the spread of communicable diseases. This is not limited to COVID-19. Some examples of other common communicable diseases are Chickenpox / Shingles, Hepatitis, Influenza, Mersa, Mumps, Pink Eye, West Nile Virus. Similar guidelines as those stated above would apply for those other diseases, in accordance with existing policies. Good judgment skills by all employees are critical in safeguarding the health of students, coworkers, and others.

Please contact Ana Jarosz at 561-775-9525 or email at anaj@diocesepb.org if you have any questions. Thank you for your cooperation.

MOVE MORE IN 2024!!!!



Muscle Building

Balance

Aerobic: Get Your Heart Beating Faster. Aerobic activity can help you do everyday tasks and keep your mind and memory sharp. Try these aerobic activities... Walk around the neighborhood, go for a swim or a bike ride, play a sport with friends (try tennis or pickleball). Shoot for 150 minutes per week.

Muscle: Build Your Muscle Strength. Muscle building activity can make it easier to get up from a chair or open a jar. Try squats, lunges or arm circles, carry groceries or lift weights or fill a jug with water and lift that instead! Aim for two days per week.

Balance: Can help reduce your risk of falls and your risk of injury if you do fall. Try these balance activities. Stand on one leg, walk backwards or sideways.

Feeling unsteady? Try holding on to a chair or wall for support.

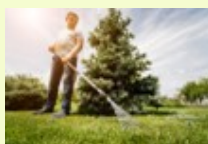
What about stretching? Stretching can help you stay flexible enough to do everyday tasks — like bending down to tie your shoes. Try stretching to cool down after activity.

Get a mix of activity types at the same time. For even more health benefits, try something that counts as more than 1 activity type:

Try ballroom or salsa dancing



Rake leaves in the yard



Take a water aerobics class



Find tips and videos to help you get moving at:

health.gov/MoveYourWay

Build your weekly activity plan at:

health.gov/MoveYourWay/Activity-Planner