

STEP INTO WELLNESS



Diocese of Palm Beach
2019 Healthiest Employers Award Honoree



Reduce Your Risk of Stroke and Know the Signs

Every 40 seconds someone in the United States suffers a stroke. Strokes are the leading cause of death, yet it's possible to prevent up to 80 percent of them. If you think a healthy lifestyle helps reduce stroke risk, you're right. A healthy lifestyle includes eating nutritious foods, and keeping your weight, blood sugar and blood pressure in check. It's also important to quit smoking and manage stress.

But there's more you can do to reduce your risk of stroke. It starts with what you eat.

- Cut down on diet sodas - drinking them every day can significantly increase the risk of stroke.
- Serve up wild-caught fish like salmon, sardines, halibut, mackerel and trout.
- Eat a rainbow of colored fruits and veggies to get a wide variety of vitamins and minerals.
- Look for citrus fruits, broccoli, Brussels sprouts, cauliflower and green and red peppers for vitamin C
- The best food sources for iron include grass-fed red meat, sardines, turkey, tofu, lentils, quinoa, eggs, broccoli, spinach, pumpkin seeds and cashews.
- For Lycopene try eating tomatoes and other red or pink fruits such as watermelon, red cabbage, grapefruit, carrots, persimmons, papaya and asparagus.
- To add or increase potassium in your diet, try dried fruit, bananas, coconut, potatoes, cooked spinach, broccoli, cantaloupe and honeydew melon.

With so many good-tasting healthy foods available, eating to avoid the risk of stroke can be a great way to nourish your body.

Stroke Signs and Symptoms

- Sudden **numbness** or weakness in the face, arm, or leg, especially on one side of the body
- Sudden **confusion**, trouble speaking, or difficulty understanding speech
- Sudden **trouble seeing** in one or both eyes
- Sudden **trouble walking**, dizziness, loss of balance, or lack of coordination

Sudden **severe headache** with no known cause

Call 9-1-1 right away if you or someone else has any of these symptoms.

If you think someone may be having a stroke, act F.A.S.T. and do the following simple test:

F—Face: Ask the person to smile. Does one side of the face droop?

A—Arms: Ask the person to raise both arms. Does one arm drift downward?

S—Speech: Ask the person to repeat a simple phrase. Is the speech slurred or strange?

T—Time: If you see any of these signs, call 9-1-1 right away.



Resources:

www.ncbi.nlm.nih.gov; www.cdc.gov/dhdspl/; www.americanheart.org; www.strokeinfo.org

September 2019

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October is Breast Cancer Awareness Month

Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point. Most women can survive breast cancer if it's found and treated early.

A mammogram – the screening test for breast cancer – can help find breast cancer early when it's easier to treat. National Breast Cancer Awareness Month is a chance to raise awareness about the importance of detecting breast cancer early.

- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years.

During October, be sure to take a group "pink" pic and send it to cwaring@diocesepb.org

Health, Wellness and Safety Expos

There are only **two** major expos left for the 2019 health and wellness expo season!

Now is the time to mark your calendars and select your destination for the remainder of the 2019 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 expo scheduled at your specific work site, you are warmly invited to attend one that is most convenient for you and your staff members.

You do not have to stay for the entire period of time that the event 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, you will earn a \$50 gift card. All you have to do is attend **one** 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 and glucose, triglycerides and LDL - A1C for those with a reading of 120 or higher for glucose and not already diagnosed as diabetic).

To schedule your **biometric screening** please use the **online Pick A Time Scheduler** to pick the location and time you wish to select for your screening. The online link is:

<https://pickatime.com/client?ven=11604103>

Dates and Locations:

October 4 – St. Helen School Gymnasium, 1 PM – 3 PM

2050 Vero Beach Avenue, Vero Beach

October 16 – Cardinal Newman HS Cafe, 1:00 PM –4:00 PM

512 Spencer Drive, WPB

Get your \$50 gift card AT THE EXPO!!!!!!



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.

September Happenings Calendar

Sept 1 - 30	National Childhood Obesity Awareness Month
Sept 1 - 30	Healthy Aging Month
Sept 1 - 30	National Cholesterol Education Month
Sept 1 - 30	World Alzheimer's Month
Sept 1 - 30	Whole Grains Month



Healthy Aging Month

It's hard to believe September is already here!

September is the beginning of fall, football, and healthy aging! That's right, September is Healthy Aging Month and the Senior Helpers family is ready to celebrate.

Healthy Aging Month is an annual health observance created to focus on the positive aspects of growing older. It is designed to spread awareness and inspiration on health and age!

To kick off the celebration, here are a few quick tips on practicing healthy aging:

- **Work it out!** Keeping your body active is so important for healthy aging! Try walking, running, swimming, or dancing for daily activities.
 - **Drink water!** Keeping your body hydrated is not only key to good health, but it can always provide energy and keep you looking younger.
- Make friends! Staying social is extremely important for mental health. Check out your local community centers for events happening in your area.

Resources: www.seniorhelpers.com

Know Your Benefits.... The Standard Additional Services



Additional Services Available Through The Standard

Effective August 1, 2018, The Standard Insurance Company became the provider for life, accidental death and disability benefits. The Standard is also providing our employees additional value-added services. The additional services come at no additional cost to you. The additional services include:

▶ **Employee Assistance Program (EAP)**

You, your dependents (including children to age 26) and all household members can contact master's-degreed clinicians 24/7 by phone, online, live chat, email and text. There's even a mobile EAP app. Receive referrals to support groups, a network counselor, community resources or your health plan. If necessary, you'll be connected to emergency services.

Your program includes up to three face-to-face assessment and counseling sessions per issue.

To contact a clinician call 888.293.6948 TDD: 800.327.1833 24 hours a day, seven days a week

WorkLife Services

WorkLife Services are included with the Employee Assistance Program. Get help with referrals for important needs like education, adoption, travel, daily living and care for your pet, child or elderly loved one.

Online Resources - Visit www.eapbda.com to explore a wealth of information online including videos, guides, articles, webinars, self-assessments and calculators.

▶ **The Life Services Tool Kit - Resources and Tools to Help You and Your Beneficiary**

The Life Services Tool Kit is automatically available to those insured under a group life insurance policy from The Standard. Visit the Life Services Tool Kit Website at standard.com/mytoolkit and enter user name "assurance" for information and tools to help you make important life decisions such as Estate Planning, Financial Planning, Health and Wellness, Identity Theft Prevention, and Funeral Arrangements.

▶ **Travel Assistance**

Things can happen on the road. Passports get stolen or lost. Unforeseen events or circumstances can derail travel plans. Medical problems surface at the most inconvenient times. Travel Assistance can help you navigate these issues and more at any time of the day or night.

You and your spouse are covered with Travel Assistance - and so are kids through age 25 - with your group insurance through The Standard.

Contact Travel Assistance by calling 800-527-0218 (United States, Canada, Puerto Rico, U.S. Virgin Islands and Bermuda). If you are in other areas call +1-410-453-6330.



Alzheimer's Disease Awareness

Alzheimer's disease is a progressive disorder that causes brain cells to waste away (degenerate) and die. Alzheimer's disease is the most common cause of dementia — a continuous decline in thinking, behavioral and social skills that disrupts a person's ability to function independently.

The early signs of the disease may be forgetting recent events or conversations. As the disease progresses, a person with Alzheimer's disease will develop severe memory impairment and lose the ability to carry out everyday tasks.

Current Alzheimer's disease medications may temporarily improve symptoms or slow the rate of decline. These treatments can sometimes help people with Alzheimer's disease maximize function and maintain independence for a time. Different programs and services can help support people with Alzheimer's disease and their caregivers.

There is no treatment that cures Alzheimer's disease or alters the disease process in the brain. In advanced stages of the disease, complications from severe loss of brain function — such as dehydration, malnutrition or infection — result in death.

Memory loss is the key symptom of Alzheimer's disease. An early sign of the disease is usually difficulty remembering recent events or conversations. As the disease progresses, memory impairments worsen and other symptoms develop.

At first, a person with Alzheimer's disease may be aware of having difficulty with remembering things and organizing thoughts. A family member or friend may be more likely to notice how the symptoms worsen.

Brain changes associated with Alzheimer's disease lead to growing trouble with memory.

Everyone has occasional memory lapses. It's normal to lose track of where you put your keys or forget the name of an acquaintance. But the memory loss associated with Alzheimer's disease persists and worsens, affecting the ability to function at work or at home.

People with Alzheimer's may:

- Repeat statements and questions over and over
- Forget conversations, appointments or events, and not remember them later
- Routinely misplace possessions, often putting them in illogical locations
- Get lost in familiar places
- Eventually forget the names of family members and everyday objects

- Have trouble finding the right words to identify objects, express thoughts or take part in conversations

Alzheimer's disease causes difficulty concentrating and thinking, especially about abstract concepts such as numbers.

Multitasking is especially difficult, and it may be challenging to manage finances, balance checkbooks and pay bills on time. These difficulties may progress to an inability to recognize and deal with numbers.

The ability to make reasonable decisions and judgments in everyday situations will decline. For example, a person may make poor or uncharacteristic choices in social interactions or wear clothes that are inappropriate for the weather. It may be more difficult to respond effectively to everyday problems, such as food burning on the stove or unexpected driving situations.

Once-routine activities that require sequential steps, such as planning and cooking a meal or playing a favorite game, become a struggle as the disease progresses. Eventually, people with advanced Alzheimer's may forget how to perform basic tasks such as dressing and bathing.

Brain changes that occur in Alzheimer's disease can affect moods and behaviors. Problems may include the following:

- Depression
- Apathy
- Social withdrawal
- Mood swings
- Distrust in others
- Irritability and aggressiveness
- Changes in sleeping habits
- Wandering
- Loss of inhibitions



These skills may be preserved longer because they are controlled by parts of the brain affected later in the course of the disease. A number of conditions, including treatable conditions, can result in memory loss or other dementia symptoms. If you are concerned about thinking skills you observe in a family member or friend, talk about your concerns and ask about going together to a doctor's appointment.

Resource: www.mayoclinic.org