

STEP INTO WELLNESS



Diocese of Palm Beach
2019 Healthiest Employers Award Honoree



2020—The Year of Vision and Wellness

January 2020

NEW YEAR—NEW ME

At the dawn of a new decade, maybe we should ask ourselves if traditional resolutions are worth the sacrifices we make for them? Think of the classics: you buy a gym membership, or vow to diet, or give up something you enjoy. Resolutions usually involve strict sacrifice and obedience. It's small wonder we tire of them so quickly; we need wiggle room and more positive reinforcement.

Forget compulsive exercise and carb vetoes. Maybe the answer lies in finding sports and healthy foods we actually enjoy, and slowly building them into our routine?

So far so good, but the meteoric rise of wellness trend has changed our New Year New Me mentality. Wellness, the pursuit of optimum wellbeing in our emotional and physical lives, has changed *when* we seek reinvention. It needn't be once a year. It cannot be undone by a false move. Wellness suggests that we can improve ourselves in any moment of any day. It's as easy as breathing deeply with a calm app, and as quick as a five minute sauna session to sweat the small stuff away.

Crucially, wellness is about feeling good and feeling healthy, rather than looking good. The best thing about focusing on wellness in 2020 over a set of narrow resolutions is that it tends to last.

Traditional NY resolutions tend to be about purging ourselves after our festive indulgences. They smack of guilt and dissatisfaction. But wellness is part of a wider commitment to living a good life.

Maybe it's the lack of regiment that makes it sustainable in the long-term. We might like to shake things up every now and then, but that's the exception to the rule. We are creatures of habit. Harsh measures like giving up sugar or signing up for a 6am boot camp might last a few weeks. Making time for simple pleasures and noticing how they benefit your health can last a lifetime.

Take a walk in one of the many nature reserves in Florida to wander in dense greenery, spotting wildlife and breathing fresh air.

See yourself getting a little more sleep. Perhaps go to bed a half hour earlier for starters. We're all craving it, but likely not getting enough of it. As people want to make this a growing priority, try a sleep app such as Sleep Cycle and Relax Melodies to help you prepare for sleep each night.

See a vision of a healthier you. It is not going to happen overnight, but it CAN happen!

See yourself trying something you've always wanted to do.

See yourself having more energy and endurance because you opened your eyes to make a healthy change!

See yourself focusing on sustainable and realistic eating habits as well as making more time for your mental health — whether it be with therapy, meditation, prayer, journaling or expressing gratitude more often.

See the very best you in 2020!



In this issue:

- 2020—The Year of Vision and Wellness
- Wellness Webinar
- January Happenings
- Stay Hydrated
- Glaucoma
- **Know Your Benefits RxE-DO Update**
- Thyroid Awareness

WELLNESS WEBINAR

Mindful Eating—A non-diet approach to lose weight and keep it off!

In this FREE live online chat session with dietician Alejandra Boker, you will learn about mindful eating. Topics include:

How to eat when you're hungry, and stop when you're satisfied.

How to really taste food and to enjoy the taste of healthy food.

How to manage emotional issues you have around food and eating.

How food affects your mood and energy throughout the day.

How to enjoy the eating experience more, and as a result enjoy life more.

What food best fuels your body and realize that unhealthy food does not make you feel very good.

The webinar will take place on January 15, beginning at noon. A link will be sent via email to your onsite Wellness Co-Captain.

Stay Hydrated



Since our bodies are mostly made up of water, drinking enough water is key to your body's ideal functioning. It is important to understand how much water you need to consume in order to stay hydrated, as well as to practice strategies to maintain adequate hydration in your day-to-day life. Know also that your hydration needs may vary depending on factors such as exercise, the temperature of the surrounding environment, illness, and pregnancy.

Drink some water when you first get up in the morning. Some people only drink milk or coffee in the morning, but adding at least one glass of water will help to increase your hydration in the morning. You can keep a water bottle beside your bed if that makes it easier to remember to drink it.

Carry water on you at all times. Water bottles are cheap to buy and can be carried to work, to school, or whenever you are away from the house for several hours. Some have marks for reading how many milliliters or fluid ounces of liquid you have, so that you can keep track of how much you have been drinking.

A common recommendation is to drink at least 8 eight ounce glasses of fluid daily, and more if you are exercising or out in the hot weather.

However, men need an average of 13 eight ounce glasses of fluid and women need an average of 9 eight ounce glasses of fluid every day. Or, you can also divide your body weight in half and drink that amount of water in ounces. For example, if you weigh 160 pounds, then you would need to drink 80 ounces of water per day.

Drink water before you get thirsty. When you are thirsty, your body signals that it already has a lack of fluid. To stay hydrated, you should drink water often enough to keep this from happening. As you age, your thirst receptors will become less effective at sensing your body's need for hydration, so it is a good idea to get into the habit of sipping water throughout the day.

Monitor your urine as a sign of your hydration status. In addition to drinking before you get thirsty, you should also check your urine as an indication of whether you are staying hydrated enough. People who are consuming adequate fluids will have plenty of clear, light yellow urine. On the other hand, those who are dehydrated will have less urine that is a darker yellow as it is more concentrated.

Resource: <https://www.nlm.nih.gov/medlineplus/drinkingwater.html>

January Happenings Calendar

Jan 1 - 31	Glaucoma Awareness Month
Jan 1 - 31	Blood Donor Month
Jan 1 - 31	Thyroid Health Awareness month
Jan 19 - 31	Healthy Weight Weeks
Jan 20	Martin Luther King Day
1stQuarter On Demand Webinar	Recipe Revamp/Quick & Easy Meals (29 minutes) https://kvgo.com/bcbsflorida/RecipeRevamp



National Glaucoma Awareness Month

Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase.

Early Symptoms: None

Later Symptoms: Loss of side (peripheral) vision, blindness

Diagnosis: Dilated eye exam

Treatment: Medicine (usually eye drops), laser treatment, surgery

What is glaucoma?

Glaucoma is a group of eye diseases that can cause vision loss and blindness by damaging a nerve in the back of your eye called the optic nerve.

The symptoms can start so slowly that you may not notice them. The only way to find out if you have glaucoma is to get a comprehensive dilated eye exam.

There's no cure for glaucoma, but early treatment can often stop the damage and protect your vision.

Source: <https://www.glaucoma.org/news/glaucoma-awareness-month.php>

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.... Rx Deductible Update



Benefit Update : Rx Deductible Update

Effective January 1, 2020



Effective January 1, 2020, the Diocese of Palm Beach is pleased to announce the removal of the \$100 prescription deductible.

The appropriate prescription benefit copays will be in effect immediately without the requirement of satisfying the deductible.

If you have any questions, please contact RxEDO Member Services at (888) 879-7336 for assistance.

Thyroid Awareness Month

1. What is the Thyroid?

Your thyroid is a butterfly-shaped gland about 2 inches long at the base of your neck, in front of your throat. The thyroid has two symmetrical sides, like butterfly wings, called lobes that sit on each side of your windpipe. These sides are sometimes connected by thyroid tissue called the isthmus.

2. What Does the Thyroid Do?

Your thyroid releases specific hormones that travel through your body and regulate vital functions. These include breathing, heart rate, metabolism, menstrual cycles, body temperature, blood pressure, even your mood is affected by these hormones. Because of this, without the correct quantities of hormones your body and mood can become unbalanced.

3. How Does it Work?

The thyroid is part of your endocrine system that produces, stores, and circulates hormones into your bloodstream to interact with cell production. Made from iodine in your food, the thyroid produces two main hormones: triiodothyronine (T3) and thyroxine (T4) monitored by two brain glands, the hypothalamus and the pituitary. The over or underproduction of these hormones is monitored by the thyroid stimulating hormones (TSH) released by the pituitary.

4. Why Do You Need it?

Thyroid hormones T3 and T4 interact with almost every cell in the body, regulating the speed of their many processes. For example, if your T3 and T4 levels are high, they will increase your heart rate and metabolism, where low levels would decrease them.

5. What is Hyperthyroidism?

Hyperthyroidism occurs when too much T3 and T4 hormones are released into the bloodstream, accelerating the speed of cell processes. This can cause unintentional weight loss, rapid heart rate, irritability, anxiety, and increased sensitivity to high temperatures.

6. What is Hypothyroidism?

Hypothyroidism occurs when too little T3 and T4 hormones are produced, slowing down cell processes. This can cause fatigue, diarrhea, difficulty concentrating, dry skin and hair, and joint or muscle pain.

7. Symptoms of Thyroid Cancer

Swelling, lumps, or nodes found in your neck are the most common symptoms of thyroid cancer. Large thyroid tumors may cause neck or facial pain, difficulty swallowing, hoarseness, coughing, voice changes, and shortness of breath.

8. Possible Causes & Risk Factors

Most people affected by thyroid cancer are between the ages of 20 and 55, occurring in females 2 to 3 times more than males, and more commonly diagnosed after pregnancy or menopause. Also, exposure to high levels of radiation can increase your risk for thyroid cancer, like Hodgkin lymphoma radiation therapy and radioactive contamination. Though the direct cause for thyroid cancer is unknown, thyroid disease, even non-cancerous, can be genetic.

Healthy Eating for a Healthy Thyroid

Adopting a nutritious diet for your thyroid not only keeps you feeling good once your thyroid levels are normal, but it helps your digestive system function smoothly and your heart pump efficiently—both of which support healthy metabolism. If you still don't feel well despite your medication, improving your diet and starting an exercise program may help. Following are some tips for healthy eating.

Eat nutritious foods. Eat a variety of fruits, vegetables, nuts, and whole-grain foods to improve your overall health. Protein should come from lean sources, such as fish or beans. Rely on healthy oils, such as olive oil.

Cut down on "bad" fats and simple carbohydrates. Certain dietary fats contribute to heart disease and some forms of cancer. Reduce saturated fats, which come mainly from animal products such as meat and cheese, and trans fats, which take the form of hydrogenated oils in processed foods and many margarines. Instead, choose fats that help reduce LDL cholesterol. These include monounsaturated and polyunsaturated fats from vegetable oils, and omega-3 fats found in certain kinds of fish. Seeds, nuts, and legumes are also healthy choices.

Stick with complex carbohydrates found in whole-grain foods, fruits, and vegetables, and minimize soft drinks, potato chips, candy, crackers, and other junk foods that are high in calories and low in nutrients. Getting enough protein should not be a problem. Most people in developed countries get plenty of protein in their diets.

Increase dietary fiber. Dietary fiber helps improve digestion. Eating whole-grain foods and a variety of vegetables and fruits ensures that you have an ample supply of dietary fiber.



Source: <https://www.health.harvard.edu/staying-healthy/healthy-eating-for-a-healthy-thyroid>