

STEP INTO WELLNESS



Diocese of Palm Beach
2025 Healthiest Employers Award Winner



Alzheimer's and Brain Awareness Month



Call The 24/7 Helpline for info 800.272.3900

Alzheimer's and Brain Awareness Month occurs every **June**. Alzheimer's is the most common form of dementia. It causes problems with memory, thinking and behavior. Following are some early signs and symptoms:

1. Memory loss that disrupts daily life: One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking the same questions over and over, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

What's a typical age-related change? Sometimes forgetting names or appointments, but remembering them later.

2. Challenges in planning or solving problems: Some people living with changes in their memory due to Alzheimer's or other dementia may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What's a typical age-related change? Making occasional errors when managing finances or household bills.

3. Difficulty completing familiar tasks: People living with memory changes from Alzheimer's or other dementia often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game.

What's a typical age-related change? Occasionally needing help to use microwave settings or to record a TV show.

4. Confusion with time or place: People living with Alzheimer's or other dementia can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What's a typical age-related change? Getting confused about the day of the week but figuring it out later.

5. Trouble understanding visual images and spatial relationships: Some people living with Alzheimer's could experience vision changes. This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving.

What's a typical age-related change? Vision changes related to cataracts.

6. New problems with words in speaking or writing: People living with Alzheimer's or other dementia may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have trouble naming a familiar object or use the wrong name (e.g., calling a "watch" a "hand-clock").

What's a typical age-related change? Sometimes having trouble finding the right word.

7. Misplacing things and losing the ability to retrace steps: A person living with Alzheimer's or other dementia may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. He or she may accuse others of stealing, especially as the disease progresses.

What's a typical age-related change? Misplacing things from time to time and retracing steps to find them.

8. Decreased or poor judgment: Individuals living with Alzheimer's or other dementia may experience changes in judgment or decision-making. They may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean.

What's a typical age-related change? Making a bad decision or mistake once in a while, like neglecting to change the oil in the car.

9. Withdrawal from work or social activities: A person living with Alzheimer's or other dementia may experience changes in the ability to hold or follow a conversation. As a result, they may withdraw from hobbies, social activities or other engagements. They may have trouble keeping up with a favorite team or activity.

What's a typical age-related change? Sometimes feeling uninterested in family or social obligations.

www.alz.org

June/July 2026

In this issue:

- Alzheimer's and Brain Awareness Month
- June Webinars
- Men's Health Month
- June/July Happenings
- Mobile Mammography Info
- Know Your Benefits— Free Over The Counter Meds
- Health and Wellness Expos

June Florida Blue Resources and Webinars

June 3rd at 1:00pm : Ask the Dietitian: Nutrition for Men

Join us as Carolyn reviews the role nutrition plays for the specific needs of men. Point your smart phone camera to the QR Code below:



June 9th at 1:00pm : Men: It's Time for Your Tune-Up!

For our male members, join us to learn how to take care of your body like you take care of your car. Point your smart phone camera to the QR Code below:



June 17th at 12:00pm: Early detection saves lives: understanding the most common cancers.



Men's Health Month Tips for a Healthier Lifestyle

Men's Health Week (June 15 - June 21, 2026)


International Men's Health Week is a global initiative to increase awareness of male health issues and encourage institutions to develop health policies and services that meet the specific needs of men, boys, and their families.

- Eating Healthy:** Your eating habits significantly impact your physical and mental health. You can start improving your diet immediately with small steps such as adding more fruits and vegetables daily and avoiding highly processed (salty/sugary) foods. You can also begin by moderating your alcohol and caffeine consumption and getting proper nutrients from a more diverse menu of healthy food and supplements. Start with just one healthy item swap of your normal meal and progress from there!
- Get Moving:** Just 30 minutes per day of physical activity has been shown to improve immunity, heart health, productivity, memory, confidence and energy. Similarly, exercise reduces weight, depression, anxiety and chances of chronic health conditions. This does not need to be high intensity workout and a gym is not required; just do enough to get the heart rate up and breathing a bit faster. Find something you like to do and experiment with different activities.
- Preventive Maintenance:** Regular screenings and health check-ups can catch minor problems before they become much more significant problems, especially for men over 40. Blood pressure, cholesterol and blood glucose levels are some initial recommendations, especially if there is a family history of heart disease, cancer or diabetes.
- Rest and Recovery:** Getting enough sleep (7-9 hours for adults) is essential for optimal health and wellness. Sleep patterns have direct links to cognitive function, mood, energy and physical health. Setting a routine sleep and wake time or avoiding screen time in bed are great first steps.
- Mental Health:** Mental wellness is as important as physical health. Men struggle with admitting they may need help because of pressure to be "tough" and "push through." Men are four times as likely to die by suicide and two to three times more likely to misuse drugs and alcohol than women. Practices like mindfulness, meditation and spending time with loved ones can enhance mental wellbeing. Find a mental health professional to discuss how to manage your emotions.

Avoid Risky Behaviors: Men partake in more risky behaviors that can result in short and long-term consequences. Simple steps like limiting alcohol intake, avoiding tobacco/vaping, wearing seatbelts, and not engaging in risky behaviors can help you live a longer life.

As part of our annual wellness check, preventive screenings such as colonoscopies are covered at 100% beginning at age 45 with In Network providers with Florida Blue. www.menshealthmonth.org

June/July Happenings Calendar

June 1 - 30	Alzheimer's and Brain Awareness Month
June 1 - 30	Cataract Awareness Month
June 1 - 30	Men's Health Month
June 1 - 30	National Safety Month
June 15 - 21	Men's Health Week
July 1 -31	Juvenile Arthritis Awareness Month
July 1—31	UV Awareness Month
July 4	Independence Day 
July 30	Wellness Expo St. Ignatius Loyola

Appointments for Mobile Mammography

Scheduling your annual mammogram at one of the Wellness Expos is easy, quick and convenient. We bring the mobile unit to you!

You may schedule an appointment and early registration is highly recommended. The mobile unit will not be at all locations and times will vary. Hence, the importance of making an appointment. They will take walk in patients, however to guarantee a spot, it would be best to make an appointment

If you are due for your mammogram this year, and don't want to wait in a crowded doctor's office, please consider the mobile unit. They provide a 3D screening at no additional cost. If you are covered under the diocese health insurance, there is a zero co-pay as a preventive screening. If you have other insurance through a previous employer or spouse, you may use your insurance as well. To make an advance appointment you may reach **Florida Mobile Mammography at 877-320-3602 or www.floridamobilemammography.com**.

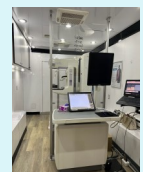
You do need to have a primary physician or other physician to whom the results can be sent.

Please bring your insurance card and identification to your appointment

As of now, the mobile mammography unit will be attending the following dates:

July 30:	Cathedral of St. Ignatius location
August 5:	St. Joan of Arc location
August 10:	St. Vincent Ferrer location
December 3:	Sacred Heart location

We are on standby for other dates should they become available on the Florida Mobile Mammography Calendar.



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! Enhanced Benefit!



FREE Prescriptions Available!

We would like to remind you about an important feature of your prescription benefit plan that may help you save money on prescriptions. Certain Over-The-Counter (OTC) medications (listed below) are covered by your prescription benefit plan for a \$0 copay.

OTC medications do not legally require a prescription, but to have OTC medications covered under your prescription drug benefit plan, you must obtain a written prescription from your doctor and present it to a pharmacist to be filled. The prescription must indicate OTC for you to receive it for a \$0 copay.

Remember, your doctor is the most qualified person to choose the appropriate medicine for you. Ask your doctor about the OTC alternatives below to find out if they are right for your treatment plan. The following steps may help you to save money on current prescriptions in the therapeutic classes listed below:

- ☐ Tell your doctor that your benefit plan has coverage of the OTC products below.
- ☐ If your doctor is comfortable in moving your treatment to an OTC medication, obtain a written prescription from your doctor for the OTC medication. **Ask the doctor to indicate "Over-The-Counter" or "OTC Version" on the written prescription.**
- ☐ Take the OTC prescription to a pharmacy to have it filled, make sure to tell the pharmacist or pharmacy technician that your benefit plan covers certain OTC items.

The following OTC medications are covered by your Diocese of Palm Beach Prescription Benefit Plan at a \$0 copay:

Gastrointestinal Medications (Proton Pump Inhibitors):

Prilosec OTC (20mg)
Omeprazole OTC (20mg)
Prevacid 24HR OTC (15mg)
Zegerid OTC
Nexium OTC
Pantoprazole (Protonix)
Lansoprazole (Prevacid)
Rabeprazole (Aciphex)
Omeprazole (Prilosec)
(Including all Generic or Store Name versions)

Allergy Medications:

Allegra /D OTC & Fexofenadine /D OTC
Claritin /D OTC & Loratadine /D OTC
Zyrtec /D OTC & Cetirizine /D OTC
Pseudoephedrine OTC
(Including all Generic or Store Name versions)

2026 Employee Health and Wellness Expo Information

Below are the locations and dates for the 2026 Employee Health and Wellness Expos. For those who have not attended one of the events in the past, we have professionals from Health Designs who will take your blood pressure, glucose and cholesterol. **The screenings are free! Now is the time to mark your calendars and select your destination for the upcoming 2026 Health, Wellness and Safety Expos coming to a location near you! Space is filling up quickly, so be sure to register early!**

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 event scheduled at your specific work site, you are warmly invited to attend one that is most convenient for you and your staff members.

Please share these dates with **ALL** of your staff. You do not have to stay for the entire period of time that the Expo 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 and biometric screenings, you will earn a \$50 gift card. All you have to do is attend **one** of the events 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, LDL, glucose, and triglycerides and A1C if your glucose is 120 or over and you have not been diagnosed with Diabetes) and have a one-on-one health coaching session.

To schedule your **biometric screening** please use the **online Sign Up Genius** to select the health fair location and time you wish to select for your screening. **YOU CAN BEGIN SELECTING YOUR TIME NOW!** - the online link is:

<https://www.signupgenius.com/go/70A0E4BA9AE23A3FF2-63925332-wellness>

HEALTH, WELLNESS AND SAFETY EXPO DATES AND LOCATIONS

July 30	Cathedral of St. Ignatius Loyola Parish Hall,	9:30 AM – 2:00 PM	9999 North Military Trail, PBG
NOTE: To make an appointment for the July 30 Expo, please contact Carol Waring directly at cwaring@diocesepb.org or 561-775-9572			
Aug 3	St. Juliana School Cafeteria	9:00 AM - 12:00 PM	4355 South Olive, WPB
Aug 4	All Saints Catholic School Gymnasium,	12:00 PM – 3:30 PM	1759 Indian Creek Parkway, Jupiter
Aug 5	St. Joan of Arc Sports Arena	11:30 AM – 3:30 PM	501 SW 3rd Ave, Boca Raton
Aug 6	St. Joseph Church Annex,	10:00 AM – 2:00 PM	1200 SE 10th Street, Stuart
Aug 10	St. Vincent Ferrer Kelleghan Hall,	12:30 PM – 3:30 PM	810 George Bush Blvd., Delray Bch
Sept 24	St. Anastasia School/Parish Hall	9:30 AM – 2:00 PM	401 S 33 rd St., Ft. Pierce
Oct 2	St. Helen School Gymnasium,	1:00 PM – 3:00 PM	2050 Vero Beach Ave., Vero Beach
Oct 22	Cardinal Newman HS Café,	1:00 PM – 4:00 PM	512 Spencer Dr., West Palm Beach
Dec 3	Sacred Heart School	11:00 AM – 2:45 PM	410 North M St. Lake Worth Beach



PLEASE COME AT YOUR SCHEDULED TIME— WALK IN SLOTS ARE LIMITED

NOTE: Please do not register for more than one location—gift cards are limited to one per employee

Biometric screenings will once again include a **full lipid panel** which includes **LDL and Triglycerides** along with A1C screening for those who present with glucose levels of 120 or higher (fasting or non-fasting) and who are non-diagnosed diabetics.

The \$50 gift card will be presented to you at the expo!

The Employee Health and Wellness Expos are for EMPLOYEES ONLY

You do not have to be covered by diocese health insurance to participate!!!

