

# STEP INTO WELLNESS



Diocese of Palm Beach  
2019 Healthiest Employers Award Honoree



## Ten Years of Wellness Grand Prize Winners!

December 2019

In celebration of the ten year milestone of wellness in the Diocese of Palm Beach, we partnered with Dave Magruder, Founder and President of Life Safety Solutions to make this year extra special. Dave generously provided all of the Grand Prizes that were awarded to the four lucky recipients.

This year, nearly 700 employees attended a Health Expo or biometric screening event! We are thankful that we have the opportunity to provide our employees the chance to take advantage of the important health screenings that include blood pressure, glucose, cholesterol, triglycerides, LDL and A1C for those whose blood sugar was at or above 120. In addition, many employees took advantage of the other screenings that were offered at various events such as bone density, vision, and mammography. There were also other exhibitors showcasing the various services and products that they offer. If you missed the Health Expo this year, please be sure to plan for next year. The events begin in June and run through the Fall.

The winner of the (very popular) Adjustable Stand Up Desk and Fitbit Charge 3 was **Eric Seibenick** of St. Bernadette Church. The winner of the Healthy Cooking and Eating package was **Rebecca (Jin Joo) Berndt** of All Saints School, The winners of the two Mongoose Mountain Bike packages were **Jessica Muni** of St. Joan of Arc School and **Beatriz Urrea** of the Pastoral Center.

Congratulations to the Grand Prize Winners!!

Eric Seibenick and Dave Magruder



Dave Magruder, JinJoo Berndt, Carol Waring



Carol Waring, Jessica Muni, Dave Magruder



Below: (L): C. Waring, D. Magruder, B. Urrea, Bishop Barbarito, (R); Beatriz Urrea, Troy Church



In this issue:

- Grand Prize Winners— 10 years of Wellness
- Handwashing
- December Happenings
- Holiday Tips—Keep it Simple
- Pet Safety
- Know Your Benefits RxE-DO Update
- Recipe of the Month
- Top Ten Holiday Safety Tips

### Holiday Handwashing Tips

Nobody likes getting sick, especially during the holidays. One way to avoid catching a bah-humbug? Practice proper handwashing.

You may think you know how to wash your hands, but there's a right way to do it—and most people get it wrong. Discover how to wash your hands to avoid catching and spreading germs this holiday season.

**Wet your hands.** You can use hot or cold water. Turn off the tap to save water during the next few steps.

**Lather up.** Apply soap and rub your hands together to make a lather. Scrub all over your hands, including the backs of your hands and under your nails.

**Scrub for 20 seconds.** Lathering with soap for at least 20 seconds helps you remove more germs from your hands. Anything less than that kills fewer germs. Don't want to count to 20? Humming the "Happy Birthday" song twice is the right amount of time.

**Rinse your hands** well under the faucet.

**Dry your hands** with a clean towel, or air dry them.

**Stay Well!!!!**

## Holiday Tips—Keep It Simple...

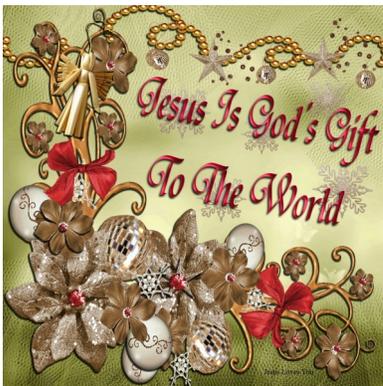


Most of us look forward to the holidays. We enjoy decorating, finding the perfect gift and catching up to family and friends. But often we are pulled in so many directions it can become stressful.

Sometimes you need to let go and realize you simply can't live up to your own expectations and get it all done. Here are some tips to help you through the holiday season:

1. Keep it simple. Don't let the demands of the holidays overwhelm you.
2. Be realistic, do what you can manage and ask for help if you need it. Spend time with people who support you. If you have had a particularly difficult year...family issues, loss of a loved one or financial pressures...spend time with people you can confide in and who will help you through.
3. Take care of yourself. Stick to your routines as often as possible. Get plenty of sleep, exercise, step outside and get some fresh air, and have a healthy snack handy for when you miss a meal.
4. Limit alcohol. Remember that alcohol is a depressant. If you are already feeling down or stressed, it could make you feel worse.
5. Avoid marathon mall shopping. Some of us love a day of shopping, love the crowds and going from store to store. But if this isn't your cup of tea, shop on-line or plan several short shopping trips instead of squeezing everything into one long day.

The greatest gift. It doesn't have to be big or expensive. Sometimes the best presents are the traditions your family creates. Memories are the greatest gift.



[www.creativebenefitsinc.com](http://www.creativebenefitsinc.com)

## December Happenings Calendar

Dec 1 - 31	Safe Toys and Celebrations Month
Dec 1 - 7	National Handwashing Awareness Week
Dec 1 - 7	National Influenza Vaccination Week
Dec 9	Immaculate Conception
Dec 25	Christmas Day
4th Quarter On Demand Webinar	Heart Healthy Living Program <a href="http://www.diocesepb.org/wellness-webinars-on-demand">http://www.diocesepb.org/wellness-webinars-on-demand</a> Click on Wellness Programs



### Keep Your Pet Healthy and Safe During the Holiday Season

**Don't Feed Pets Table Scraps:** Like people, pets can gain weight during the holidays. Keep your pet on a regular feeding schedule and avoid giving your pets table scraps, which can wreak havoc on his system, cause diarrhea, and vomiting or add extra calories he doesn't need. And, too much fatty food can also cause pancreatitis.

**Watch Counter Surfers and Food Bandits** If a pet wants something, he'll find a way to get it. During the holidays, there are all kinds of delicious – and toxic – things hanging around the house. Chocolate, uncooked bread yeast dough, macadamia nuts, onions, Xylitol and more can all cause big problems if your pet ingests them.

**Hide Electric Cords** To avoid electric shock and burned mouths, cover them with cord covers or use battery-powered holiday lights.

**Avoid Bringing Toxic Plants Into the House** Holiday plants can be poisonous to pets, warns Dr. Edward Cooper, assistant professor of Veterinary Clinical Services at the Ohio State University College of Veterinary Medicine. Poinsettias and pine are a couple of popular holiday plants that can cause problems. Dr. Cooper recommends checking the ASPCA toxic and non-toxic plant list for more info.

Have an idea, suggestion or comment? Contact your Wellness Coordinator, Carol Waring at [cwaring@diocesepb.org](mailto:cwaring@diocesepb.org) or 561-775-9572. Have a benefits question? Contact your Benefits Assistant, Sandy Maulden at [smaulden@diocesepb.org](mailto:smaulden@diocesepb.org) or 561-775-9574. Be sure to visit the wellness web page at [www.diocesepb.org/wellness](http://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.

### Sweet Potato Stacks with Sage Browned Butter

#### INGREDIENTS

1/4 cup unsalted butter; 3 tablespoons fresh sage leaves;; 3 garlic cloves, smashed; 1 1/2 pounds sweet potatoes (about 4 small) peeled and cut into 1/4 inch thick rounds; Cooking spray; 1 1/4 teaspoons kosher salt, divided; 1 oz Parmesan cheese, grated (about 1/4 cup)

#### INSTRUCTIONS

**Step 1** Preheat oven to 375 F

**Step 2** Melt butter in a small saucepan over medium-high. Add sage and garlic. Reduce heat to medium; cook 5 minutes or until butter is foamy and just starting to brown, swirling pan occasionally. Place sage leaves on a paper towel-lined plate. Discard garlic. Reserve butter.

**Step 3** Place 2 potato slices in the bottom of each of 12 muffin cups coated with cooking spray. Sprinkle evenly with 1/2 teaspoon salt and 1 tablespoon Parmesan. Add 2 potato slices to each cup; top each with 1/2 teaspoon browned butter. Cover with foil; bake at 375°F for 25 minutes or until tender. Remove pan from oven; discard foil. Drizzle remaining browned butter evenly over potatoes; top evenly with remaining 3/4 teaspoon salt and remaining 3 tablespoons cheese.

**Step 4** Preheat broiler to high

**Step 5** Broil potatoes 3 minutes or until cheese melts. Remove from oven; cool. Place potato stacks on platter, top with reserve sage leaves.



cookinglight.com

www.

### Top Ten Holiday Safety Tips

**1. Inspect electrical decorations for damage before use.**

Cracked or damaged sockets, loose or bare wires, and loose connections may cause a serious shock or start a fire.

**2. Do not overload electrical outlets.**

Overloaded electrical outlets and faulty wires are a common cause of holiday fires. Avoid overloading outlets and plug only one high-wattage into each outlet at a time.

**3. Never connect more than three strings of incandescent lights.**

More than three strands may not only blow a fuse, but can also cause a fire.

**4. Keep trees fresh by watering daily.**

Dry trees are a serious fire hazard.

**5. Use battery-operated candles.**

Candles start almost half of home decoration fires (NFPA).

**6. Keep combustibles at least three feet from heat sources.**

A heat sources that was too close to the decoration was a factor in half of home fires that began with decorations (NFPA).

**7. Protect cords from damage.**

To avoid shock or fire hazards, cords should never be pinched by furniture, forced into small spaces such as doors and windows, placed under rugs, located near heat sources, or attached by nails or staples.

**8. Check decorations for certification label.**

Decorations not bearing a label from an independent testing laboratory such as Underwriters Laboratories (UL), Canadian Standards Association (CSA), or Intertek (ETL) have not been tested for safety and could be hazardous.

**9. Stay in the kitchen when something is cooking.**

Unattended cooking equipment is the leading cause of home cooking fires (NFPA).

**10. Turn off, unplug, and extinguish all decorations when going to sleep or leaving the house.**

Unattended candles are the cause of one in five home candle fires. Half of home fire deaths occur between the hours of 11pm and 7am (NFPA).



<https://www.esfi.org/>