

STEP INTO WELLNESS



Diocese of Palm Beach
2025 Healthiest Employers Award Recipient



THINK HOLIDAY SAFETY

Safety Around The Christmas Tree.... AND MORE!!!

For safe holidays, focus on fire prevention (water live trees, check lights, watch candles), home security (use timers, hide gifts, lock up), and personal safety (stay aware while shopping, don't show off valuables, drink responsibly, travel prepared). Prevent falls by using stable ladders and clear walkways, and ensure kitchen safety by never leaving cooking unattended.

Decorating & Fire Safety

Christmas Trees: Water live trees daily; keep them away from heat sources. Use artificial trees with a fire-resistant label.

Lights: Inspect for frayed wires; turn them off when leaving or sleeping; avoid overloading outlets.

Candles: Keep away from flammable items, place on stable surfaces, and extinguish when unattended.

Elevations: Use stable ladders on level ground; don't stand on chairs.



Home Security

Timers: Use timers for lights and radios to make your home look occupied.

Visibility: Keep gifts and valuables out of sight from windows.

Lock Up: Always lock doors and windows, even for short trips.

Mail & Deliveries: Have a neighbor collect mail/packages.

After-Hours: Break down large boxes before disposal to hide new gifts.

Shopping & Personal Safety

Stay Aware: Be alert in crowded stores and parking lots.

Valuables: Avoid wearing expensive jewelry or carrying large amounts of cash.

Social Media: Don't post travel plans or valuables online.

Alcohol: Drink responsibly and don't drink and cook.

Travel & Health

Winter Travel: Check weather, have an emergency kit (blanket, flares, etc.), and ensure your car is ready.

Poisonous Plants: Keep mistletoe, holly, and lilies away from kids/pets.

Gifts: Give age-appropriate gifts, especially for toys (remove packaging promptly).

Smoke Alarms: Check batteries and test alarms.

Dec 2025

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Twelve Days of Healthy Habits

- 1.Hydration (drink more water)
- 2.Move With Joy (have fun with movement, dance to your favorite holiday tunes)
- 3.Mindful Meals (sit down, chew slowly and savor each bite)
- 4.Add a Veggie to Every Meal (crowd your plate with nutrient-dense, fiber-packed goodness. Bonus: veggies are low in calories and help keep you full)
- 5.Ditch Liquid Calories (swap sugary drinks for healthy alternatives)
- 6.Protein Power Up (Get good protein in every meal)
- 7.Sleep Like a Baby (Aim for 7-9 hours of quality rest. Avoid screens an hour before bed)
- 8.Declutter Your Snacks (Make healthy snacks accessible)
- 9.Sneaky Movement (hint: take the stairs!)
- 10.Portion Patrol (and Control)
- 11.Gratitude and Self-Care (A healthy mind supports a healthy body)
- 12.Plan Ahead (Prep some healthy meals, set movement goals, and create a plan to navigate holiday parties)

<https://healthiapp.com/blog/12-days-of-healthy-habits-a-december-wellness-challenge>

Tips For A Joyful and Balanced Holiday!

The holiday season is a magical time of year filled with love, laughter, and of course, delicious food. But with all the hustle and bustle, it's easy to forget to take care of ourselves. This year, let's be mindful to prioritize our health and well-being, while still enjoying all the festive fun, including the holiday food.

Take a moment to think about what truly matters to you during the holidays. Is it spending time with loved ones, trying new recipes, or simply enjoying the twinkling lights and cozy atmosphere? By focusing on what is truly important, you'll feel more in control and at peace, even amidst the chaos.

This is a time when delicious treats and traditional dishes are abundant, but it's also a time when healthy eating habits can be challenging to maintain. Traditional holiday foods are often high in calories, sugar and unhealthy ingredients. However, with a little bit of planning, you can enjoy your once-a-year favorites and still stay healthy during the holidays. Here are a few tips to help you eat mindfully over the holidays:

Bring a healthy dish to share.

When you're invited to a gathering, bring a nutritious dish to share with others. This way, you'll have a healthy option to choose from, and you can feel good about what you're eating.

Sparkling water with a twist. Instead of sugary drinks, try sparkling water with fruit or herbs. This saves calories and helps with hydration.

Use a smaller plate. Research shows that when we eat from smaller dishes, we tend to feel full and satisfied sooner. Give it a try!

Sample and savor. Try a variety of foods but take small bites and savor each one. This will help you enjoy the flavors and textures without overeating.

Eat before you go. Have a light meal or snack before heading to a party to avoid overeating. When we delay eating, it can lead to overeating and the feelings that come with it.

Get enough rest. Prioritize your time and get enough rest so you can enjoy the season without stress.

Remember, it's about balance.

The holiday season is a time to connect with loved ones and enjoy some of our favorite foods. By being mindful of your eating habits, you can stay healthy, happy, and focused on what truly matters.

Don't be too hard on yourself if you indulge a little—it's all about balance and enjoying the season in a way that feels joyful and sustainable to you.

Happy holidays, and happy, healthy eating!

NIH.gov; MyPlate.gov



December Happenings Calendar

Dec 1 - 31	Flu Prevention Month
Dec 1 - 31	Toy Safety Month
Dec 25	Christmas Day

Phone Scams — Holiday or Any Day!

With holiday shopping looming around the corner, many of us will be scouring the internet for a great deal. At the same time, many scammers will be doing their best to get YOUR money!! Here are a few tips and scams to watch out for:

The **"Can you hear me?"** phone scam. You may receive a call where the caller immediately asks, "Can you hear me?" By getting you to respond immediately with "yes", scammers can record your affirmative answer and use the recording to claim that you agreed to pay the scammer. If you feel like the call is from someone you may know, a tip to avoiding this scam includes responding to this question with, "I can hear you just fine."

The Bank Scams. While your bank may call to confirm a transaction, it is recommended that you tell the caller that you will call them back. Call your bank (don't call back the number that just called you) and only then confirm any transactions and security information requested.

The **"Tech Support Scam".** If you get a call from a person claiming to be from Microsoft, Apple, or some other tech company, asking if you have been experiencing a problem with your computer or that a virus has been identified, it is important to immediately hang up. Keep in mind that these tech companies aren't monitoring your computer for viruses and the caller may be attempting to install malware on your computer.

The **"Lucky Winner Scam".** Scammers may call you and say that you have won a large amount of money or a vacation. IT is important to keep in mind if you haven't entered the contest, then you can't win the prize. Additionally, you will never be asked to pay taxes on your winnings before receiving the prize.

To protect yourself against phone scammers and robocall scams, it is important to:

Avoid answering calls from unfamiliar numbers

Be cautious when speaking with someone from an unknown number

Sign up for the National Do Not Call Registry to help prevent against sales calls. You can call 888-382-1222 or register by visiting donotcall.gov



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! First Stop Health



Care that travels with you

Getting care while you're out of town can be a pain. Your employer provides First Stop Health's services at no cost to you. There are no hidden fees or copays, so you can focus on feeling better.

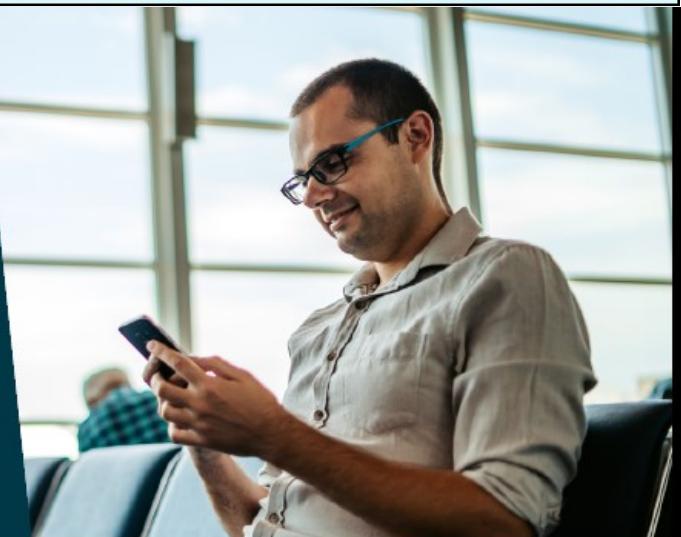
With First Stop Health Virtual Urgent Care, you can talk to a doctor via phone or video:

- ✓ **From wherever you are.** A hotel room, an airport, the beach, or wherever your travels take you.
- ✓ **Any time of day.** Doctors are available 24/7 for those jet-lagged nights and sight-seeing days.
- ✓ **For forgotten prescriptions.** Doctors can help you get one-time refills at your nearest pharmacy when appropriate*.



Download the app

Use the app to request care in just a few taps, review visits, download sick notes, and more.



Reasons for care

- Skin rash
- Medical questions
- Allergies
- Sinus issues
- Fever
- Pink eye
- Cold and flu
- COVID-19
- UTI
- Cough and congestion
- Nausea
- Stomachache
- Minor Injury
- And more

First Stop Health services are not intended to constitute a health plan. *Providers at First Stop Health do not prescribe controlled substances. Costs according to your medical plan may apply for prescriptions.

TWELVE { WORKOUT }

days of Christmas

A **one** minute
plank for my belly

two
push-up jacks

three
squat thrusts

four
tricep dips

five
burpees

six
knees to elbows

seven
mountain climbers

eight
jumping lunges

nine
boxing punches

ten
shoulder presses

eleven
standing crunches

twelve
deltoid raises