

STEP INTO WELLNESS



Diocese of Palm Beach 2020 Healthiest Employers Award Honoree



Wellness Expo Update

As most of you are aware, the Step Into Wellness Program biometric screenings and Wellness Expos typically take place beginning in late July and run through October.

As such, we are moving forward with planning and hopeful optimism, that by that timeframe, we will have returned to some semblance of normalcy or at a minimum a "new normal" that will allow us to continue to provide this service to you, our employees, that you have come to expect and look forward to each year.

The dates and locations have been finalized and the link for registration is up and running.

Depending on how this virus runs its course, we may need to continue practicing social distancing, wearing PPE at the Expos, etc. We will certainly take the necessary steps to keep you safe, as well as those providing the services to ensure everyone follows the CDC guidelines that are in place at that time.

In the event that larger gatherings are still prohibited during the dates that have been scheduled, we will adjust accordingly and will keep you apprised through the Step Into Wellness newsletter and your onsite Wellness Co-Captains.

Throughout this time of quarantine and self-isolation, we have continued to provide valuable information and education on various topics via webinars and email to make sure you know that we are still connected and that well-being is still a priority and your health and safety are very important.

Thank you all for your continued support of your wellness program.

We look forward to seeing you (hopefully) at the 2020 Health and Wellness Expos!!!!

Stay Healthy.... Stay Safe!!!!

Healthiest Employer

We are thrilled to announce that the Diocese of Palm Beach Step Into Wellness Program was once again honored as one of South Florida's healthiest employers by the South Florida Business Journal and Florida Blue!

This is the fourth year that the diocese has been a recipient of this honor and we are very excited to be recognized for the wellbeing opportunities and programs that are made available to the employees of the diocese.

The award honors companies with policies and initiatives promoting the health and well-being of their employees.

Thank you to all of the Co-Captains and Wellness Champions who encourage their coworkers to stay engaged in wellness and good health! A very big THANK YOU goes out to all of our employees who participate each year!

We couldn't do it without you!!!!



May 2020

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2020 Health Expo Dates

The Employee Health and Wellness Expos are coming soon. Expos have been scheduled on the following dates:

July 30 at Cathedral of St. Ignatius Loyola from 9:30 AM - 1:30 PM

August 4 at All Saints School from 9:30 AM - 1:30 PM.

August 6 at St. Joan of Arc Sports Arena from 11:30 AM - 4:30 PM.

August 11 at St. Anastasia Parish Hall from 11:30 AM - 3:30 PM

October 2 at St. Helen School from 1:00 PM - 3:00 PM

October 14 at Cardinal Newman High School from 1:00 PM - 4:00 PM

***Dates subject to change based on Covid-19 restrictions**

Mental Health Month

Since 1949, the month of May has been observed as Mental Health Month in the United States and many national organizations such as NAMI, Mental Health America, and other affiliates spotlight Mental Health Month to raise awareness about the importance of mental health and to stop the stigma associated with mental health.

Mental illness isn't on a lot of people's radar. Even though about one-fourth of all Americans have mental health issues, we don't like to talk about it. That makes it hard to have a serious discussion. If you or a loved one deals with mental health issues and you are ready to talk about it, here are some tips to break the silence.

How to start a conversation about mental health:

1. Explore your feelings and learn what you can about your diagnosis.
2. Carefully choose the person you talk to about mental health. Choose someone you trust to listen and support you without judgment - someone who can keep the conversation private.
3. Write yourself notes and practice what you're going to say. You can also write a letter for the person you have chosen to read. This can help you feel more comfortable with what you need to share.

How to show support of a loved one who has mental issues:

1. Listen more than you talk.
2. Think before you speak.
3. Don't judge.
4. Be kind and understanding.
5. Take the person and their words seriously.
6. Help them find professional help.



Resources: webmd.com; mentalhealthamerica.net

May Happenings Calendar

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|------------|-------------------------------------|
| May 1 - 31 | Melanoma Detection/Prevention Month |
| May 1 - 31 | Mental Health Month |
| May 1 - 31 | Arthritis Awareness Month |
| May 1 - 31 | Healthy Vision Month |
| May 1 - 31 | Stroke Awareness Month |
| May 25 | Memorial Day |

Chili with Cauliflower Couscous

Ingredients: 1 lb 96% lean ground beef or turkey; 2 cans (30 oz) kidney beans—no salt; 2 large vine tomatoes; 1 head cauliflower; spray olive oil; salt and pepper to taste.

Seasonings: Chili—1/2 tablespoon chili powder, 1 tablespoon smoked paprika, 1 tablespoon garlic & onion powder mix. Couscous—1 tablespoon garlic & onion powder mix, 1 tablespoon extra virgin olive oil

Directions:

1. Set a nonstick skillet on medium high heat and spray with olive oil. When the skillet is hot, add the ground beef and chop and cook so that it is as fine as possible (with no large chunks). While the beef cooks in the skillet, add the seasonings and continue to chop and stir. This should between 6 to 8 minutes.

2. Add the beef to a slow cooker, then add chopped tomatoes and the kidney beans WITH the liquid (do not drain the cans). Stir, then cook the chili in the slow cooker for 8 hours on low heat, or 4 hours on high heat.

3. Chop the top of cauliflower head into pieces to create individual florets, then add the florets to a food processor. Pulse blend until it becomes grainy, resembling couscous.

4. Add olive oil to a nonstick skillet and toss in the cauliflower couscous. Add the seasonings to give it some "personality" and flavor.

5. Cook for about 3 to 5 minutes and then remove from the skillet. Once the chili has finished cooking, enjoy it with cauliflower couscous.



Recipe courtesy of <https://fitmencook.com/four-healthy-4-ingredient-recipes/>

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! VSP



Essential Medical Eye Care

Your well-being is at the heart of everything we do. During the month of May, 2020, VSP members can access essential medical eye care. The connection between your eyes and overall health is important and this expanded access will allow you to get eye care when you need it most. At VSP® Vision Care, we're committed to doing our part to "flatten the curve" and protect the health and safety of our members. That's why, through the month of May, VSP has expanded access to medical eye care services* for most VSP members and their covered dependents. **It is now effective through May 31, 2020** for members who do not already have this benefit.

By doing so, these members now have access to supplemental medical eye care for the detection, treatment, and management of ocular and visual conditions, including conjunctivitis, eye trauma, or sudden changes in vision. They can see their VSP network doctor in-person or remotely. Members can use their routine VSP coverage for lost or broken glasses or replacement contact lenses to meet immediate eyewear needs by contacting their VSP network doctor.

WHAT'S INCLUDED IN ESSENTIAL MEDICAL EYE CARE? Essential medical eye care services include, but are not limited to: • Sudden vision changes or vision loss • Eye trauma • Pink eye • Foreign body removal • Other symptoms that interfere with or significantly hamper day-to-day activities

WE'RE HERE FOR YOU. • Do you have lost or broken glasses, or you've run out of contacts, and don't have backup eyewear? You can use your routine VSP benefits for replacement glasses or contact lenses to meet your immediate eyewear needs.² • If you're unable to reach your VSP network doctor to make an appointment, call VSP Customer Care at 800.877.7195 and we'll help you find an eye doctor who is open and ready to assist you. • At your appointment, tell them you have VSP. There's no ID card necessary. • We'll handle the rest—there are no claim forms to complete when you see a VSP doctor.

Get the eye care you need. Questions? Call VSP at 800.877.7195.

1. A \$20 copay may apply. These services are not available for discount plan members. Call VSP Customer Care at 800.877.7195 for assistance with checking your benefit eligibility and plan information. 2. Members can use their eligible routine benefits for lost or broken glasses, or replacement contact lenses, to meet immediate eyewear needs. Contact your VSP network doctor for assistance.

Nothing contained herein alters any existing coverage. No insurance premium is charged or collected for this service expansion through May 2020. Essential medical eye care services billed to VSP are supplemental to medical insurance. Your health insurance carrier should be billed as the primary payer when other coverage exists, and the doctor participates on your health plan's network.

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2020 Employee Health and Wellness Expo Information

Below are the locations and dates for the 2020 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!** There may be other free screenings provided by local hospitals and providers. **Some of the additional screenings may include bone density, vision, hearing, posture, balance and more, depending upon location.**

Now is the time to mark your calendars and select your destination for the upcoming 2020 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 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 and glucose).

To schedule your **biometric screening** please use the **online Pick A Time Scheduler** 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://pickatime.com/DOPBHeathscreeningschedule>

HEALTH, WELLNESS AND SAFETY EXPO DATES AND LOCATIONS

**Dates subject to change based on Covid-19 restrictions*

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| July 30 – Cathedral of St. Ignatius Loyola Parish Hall, | 9:30 AM – 1:30 PM | 9999 North Military Trail, PBG |
| Aug 4 – All Saints Catholic School Cafeteria, | 9:30 AM – 1:30 PM | 1759 Indian Creek Parkway, Jupiter |
| Aug 6 – St. Joan of Arc Sports Arena, | 11:30 AM – 4:30 PM | 501 SW 3rd Ave, Boca Raton |
| Aug 11 – St. Anastasia Parish Hall, | 11:30 AM – 3:30 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 14 – Cardinal Newman HS Café, | 1:00 PM – 4:00 PM | 512 Spencer Dr., West Palm Beach |

GREAT NEWS!

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 fair!

The Employee Health and Wellness Expos are for EMPLOYEES ONLY

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

