

STEP INTO WELLNESS



Diocese of Palm Beach
2020 Healthiest Employers Award Honoree



12 Days of Christmas Workout

Dec 2020

TWELVE { WORKOUT }

days of Christmas

A one minute
plank for my belly

seven
mountain climbers

two
push-up jacks

eight
jumping lunges

three
squat thrusts

nine
boxing punches

four
tricep dips

ten
shoulder presses

five
burpees

eleven
standing crunches

six
knees to elbows

twelve
deltoid raises

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As 2020 comes to a close, we wish you a safe, happy and healthy Christmas and a very Happy New Year. 2020 has given us challenges to overcome and obstacles to traverse. It has been a year to remember, without a doubt! We hope that next year brings renewed hope, positivity and good health!

Enjoy the Season!!!!



Loving
Father
help us remember
the birth of **JESUS**
that we may share in
the song of the angels
the gladness of the shepherds
and the worship of the wise men
Close the door of hate and
open the door of love all over the
world. Let kindness come with every gift and
good desires with every greeting. Deliver us from
evil by the blessing which Christ brings, and teach us
to be merry with clear hearts. May the Christmas morning
make us happy to be Thy children, and the Christmas
evening bring us to our beds with graceful thoughts,
for giving and for given,
for Jesus' sake
AMEN

Using Teledentistry to Manage Oral Health

Due to the COVID-19 pandemic, dentists have taken precautions to protect patient health, either by closing their offices temporarily or by establishing certain guidelines for providing care.

You, your dentist and the dental staff need to adapt to new ways of interaction to ensure safety during the pandemic. Dental office teams are focused on infection control, distancing, and wearing personal protective equipment, such as gowns, masks and face shields. By necessity, they may limit visits to urgent or immediate care needs.

If you cannot make an office visit or if you seek a diagnosis to determine your needs, you may have access to services through teledentistry. This new approach enables dentists to have virtual live consultations with patients through videoconferencing or phone applications.

As businesses across the nation use videoconferencing software so teams can continue working, dental offices are integrating this approach to provide personalized care when onsite visits are limited or not feasible.

In teledentistry, your dentist will use phone, text or video to provide a virtual consultation to address your problems and determine if you need to schedule an in-person visit. You can set up an appointment with your dental office, by phone or online, to discuss problems. These visits are billed as visits with problem-focused evaluations.

Check your insurance plan coverage for details on what teledentistry services are included. **Delta Dental** covers teledentistry services. Your coverage benefits for problem-focused exams would apply. Once you know you need care delivered remotely, take four action steps:

- 1. Contact your dental office to find out if teledentistry services are offered**, how they are scheduled, and how appointments are set up
- 2. Ensure that you have the technology** (such as conferencing software or mobile app) for video and audio communication with your dentist.
- 3. Fill out any required paperwork**. This might include an intake form, patient consent and new patient form if it's a first-time meeting.
- 4. Know your rights as a patient**. Educate yourself on Health Insurance Portability and Accountability Act (HIPAA) guidelines to protect your privacy and the confidentiality of your health information.

Your dentist can determine through consultation whether you have an emergency dental problem and can provide instructions on how to treat conditions. If you have a cracked or chipped tooth, soft tissue lesion (bump), small cavity, jaw pain or similar non-emergency condition, a teledentistry consultation through phone or video may work. If you need urgent treatment, it must be scheduled for an onsite visit.



<https://www.deltadental.com/grinmag/us/en/ddins/2020/summer/using-teledentistry.html>

December Happenings Calendar

Dec 1—31	Safe Toys and Gifts Month
Dec 1—7	Chrohn's and Colitis Awareness Week
Dec 6—12	Influenza Vaccination Week
Dec 6—12	National Handwashing Awareness Week
Dec 8	Immaculate Conception
Dec 25 	Christmas Day

20 Minute Cauliflower Soup

Short on time? This quick and easy soup will warm you up while filling your body with veggies. For a quicker alternative, ditch the fresh vegetables and replace with a package of frozen cauliflower and one coarsely grated Russet potato.

Ingredients: 1 tbsp. unsalted butter; 1 tbsp. extra virgin olive oil; 1 medium onion, chopped; 1 leek (white and light green parts), chopped; 2 cloves garlic, finely chopped; 1 small head cauliflower (about 2 pounds), cored and sliced; 4 c. lower-sodium chicken broth; 1/2 c. heavy cream; Cracked pepper, for serving; **Chive Oil** 1 bunch chives, 1/2 c. canola or grapeseed oil

Directions:

- Heat butter and oil in large pot on medium. Add onion, leek and 1/2 teaspoon salt and cook, covered, stirring occasionally, until very tender (but not brown), 10 to 12 minutes.
- Stir in garlic and cook 1 minute. Add cauliflower, broth and cream and simmer until cauliflower is tender, 15 to 18 minutes.
- Using handheld blender (or standard blender, in batches), puree until smooth.
- Make Chive Oil:** In blender, puree chives and 1/2 cup canola or grapeseed oil until smooth. Transfer to small saucepan and cook on medium until mixture begins to simmer, about 3 minutes. Pour through a coffee filter set over a measuring cup.
- Serve drizzled with Chive Oil and cracked pepper, if desired

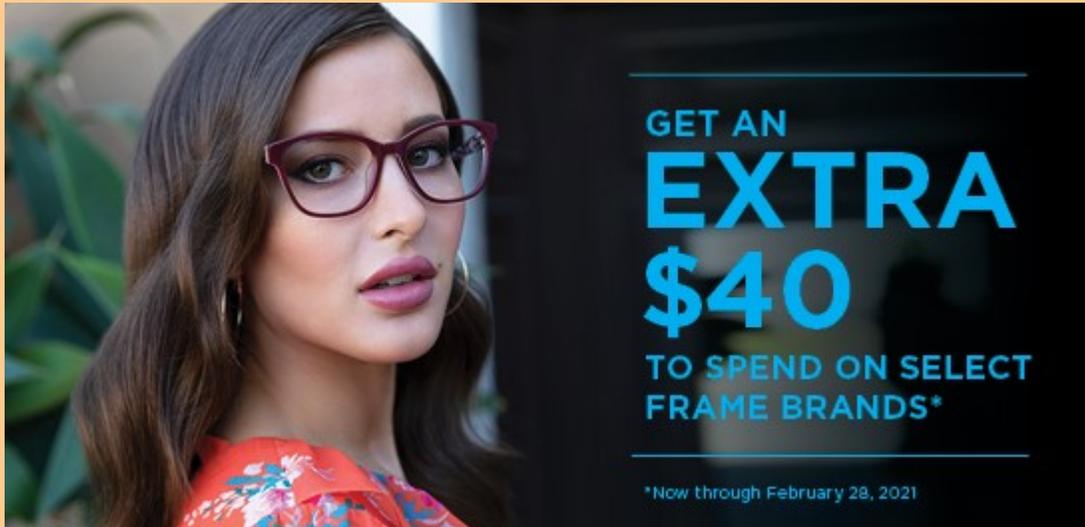
SOUPS ONLINE



<https://www.goodhousekeeping.com/food-recipes/easy/a46630/20-minute-cauliflower-soup-recipe/>

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!



Now through February 28, 2021, eligible VSP® Vision Care members get an extra \$40 to spend on featured frame brands bebe, CALVIN KLEIN, CALVIN KLEIN JEANS, Dragon®, and Flexon.®

No extra paperwork or hassle, just big savings everyone will love.



GET AN
EXTRA \$40
TO SPEND ON

Choose a frame from any of these brands and \$40 will automatically be applied to your purchase when you use your benefits.

BEBE • CALVIN KLEIN
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Available only to VSP® members with applicable plan benefits. Offers are only available through VSP network doctors and in-network locations. Coupon not required to redeem offer. Void where prohibited. Offer good through February 28, 2021.
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HOLIDAY SAFETY TIPS

10 TIPS TO PROTECT YOUR HOME DURING THE HOLIDAYS



HOLIDAY THEFT

Theft overall tends to rise in the months of November and December. Best thing to do is to make sure you secure everything that you can. Lock up cars, trucks, and homes.

LEAVE THE LIGHTS ON

Thieves usually don't approach homes that appear to be occupied. Leave on outside lights at night (or set them with a timer) and when you leave the house during the day; leave on some of the lights inside the home to give the appearance that someone is home.



PACKAGE DELIVERY

More and more people are purchasing gifts online and having them shipped to their home. With this trend, more people are having packages stolen right off their front porch. If you're expecting packages, request signature confirmation or have a trusted neighbor hold on to it for you.

COOKING HAZARDS

A fried turkey is delicious. A fried house due to a deep fryer accident is not. Make sure you read the instructions on how to prepare your turkey safely and please, use the deep fryer OUTSIDE of the house.



DECORATION HAZARDS

Speaking of fires, Christmas tree fires can be devastating for what is normally such a beacon of happiness. If you have a live tree, make sure that it has water every day, and ensure that any lights you use are checked for breaks or exposed wires.

CREATIVE DISPOSAL

Dispose of your presents boxes creatively – placing that 60" TV box outside on trash day after Christmas is just asking for trouble. Try and break down boxes and other packaging as to not give away the wonderful gifts your family received.

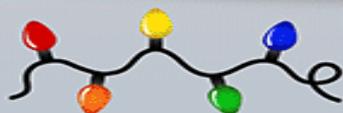


SOCIAL MEDIA

In today's inter-connected age, it's important to be very careful about what you share on social media. Be very careful about what you post and if you do decide to share your gifts, please make sure you don't have your location tagged to the post.

TRAVEL

If you're traveling to visit family or going on a holiday vacation, wait until after your trip to post about it. Have a good friend or neighbor check on your house every couple of days to give you an update.



DECORATIONS & LIGHTING

Make sure not to run extension cords through windows or garage doors. Just the littlest crack can expose a home to thieves.

WHO'S AT THE DOOR

Criminals can try and scope at your home posing as a delivery person or someone looking for charitable donations. Be cautious when talking to people you're unfamiliar with and don't let them in your home

