

STEP INTO WELLNESS



Diocese of Palm Beach
2025 Healthiest Employers Award Recipient



May is Stroke Awareness Month

May 2026

National Stroke Awareness Month began in May 1989. It was created to promote public awareness and reduce the incidence of stroke in the United States. While many things have changed in the last 33 years for the better around stroke care, no one at the time of its creation could foresee what we have gone through in the last year alone.

Stroke Symptoms

Spot a stroke F.A.S.T.

FACE DROOPING

Does one side of the face droop or is it numb? Ask the person to smile.

ARM WEAKNESS

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

SPEECH DIFFICULTY

Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?

TIME TO CALL 9-1-1

If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

The majority of strokes (87%) occur when blood vessels to the brain become narrowed or clogged with fatty deposits called plaque. This cuts off blood flow to brain cells. A stroke caused by lack of blood reaching part of the brain is called an ischemic stroke. High blood pressure is a leading risk factor for ischemic stroke.

Are all ischemic strokes the same?

There are two main types of ischemic stroke.

- Cerebral thrombosis is caused by a blood clot (thrombus) in an artery going to the brain. The clot blocks blood flow to part of the brain. Blood clots usually form in arteries damaged by plaque.

*Cerebral embolism is caused by a wandering clot (embolus) that's formed elsewhere (usually in the heart or neck arteries). Clots are carried in the bloodstream and block a blood vessel in or leading to the brain. A main cause of embolism is an irregular heartbeat called atrial fibrillation.

How are ischemic strokes treated?

Acute treatment is the immediate treatment given by the health care team when a stroke happens. The goal of acute treatment is to keep the amount of brain injury as small as possible.

This is done by quickly restoring blood flow to the part of the brain where the blockage was.

There is a clot-busting drug called alteplase (IV r-tPA) used to treat ischemic stroke. It can reduce disability from stroke by breaking up a blood clot that is stopping the blood flow to the brain.

HOW CAN I LEARN MORE?

Call 1-888-4-STROKE (1-888-478-7653) or visit stroke.org to learn more about stroke or find local support groups.

Sign up for Stroke Connection, a free digital magazine for stroke survivors and caregivers, at stroke-connection.org.

Connect with others who have also had an experience with stroke by joining our Support Network at stroke.org/supportnetwork.

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Life Line Screening Program



This reimbursement program applies to employees who are covered by the diocesan medical plan (Florida Blue) and their eligible dependents)

If you are planning to participate at one of the locations offered by Life Line Screening, **Please be sure to take the Reimbursement Form with you TO YOUR APPOINTMENT and HAVE IT SIGNED** by a Life Line staff member.

The form is available on the Benefits/Wellness section of the Diocese of Palm Beach webpage under "FORMS" at:

<https://www.diocesepb.org/employment-center/employee-health-wellness/better-you-from-blue/annual-preventive-screenings-clinical-labs.html>

Thursday, June 4, 2026
Cathedral of St. Ignatius Loyola

Stroke – there's treatment if you act FAST.



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 877-318-1349 or www.floridamobilemammography.com.**

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

Please bring your insurance card and identification to your appointment.



Monthly Health Observances

Global Employee Health and Fitness Month. It has never been easier or more important to keep moving, set goals and create sustainable change in your health and well-being. Employee health is a powerful strategic component of an organization and an investment in employee health is essential to managing health costs, improving organizational productivity, retention of employees, reducing stress and improving mental health. For more information, visit: www.healthandfitnessmonth.org (See page 4 for inspiration!)

High Blood Pressure Education Month. High blood pressure is a serious condition that can lead to coronary heart disease, heart failure, stroke, kidney failure and other health problems. The focus of this observance is to increase awareness about the prevention and treatment of this life-threatening condition. For more information, visit <https://www.nhlbi.nih.gov/hypertension>

St. Joan of Arc Staff Moving /Walking in April !!



May Happenings

May 1 - 31	Stroke Awareness Month
May 1 - 31	Asthma and Allergy Awareness Month
May 1 - 31	Better Sleep Month
May 1 - 31	Vision Health Month
May 1 - 31	Mental Health Awareness Month
May 10	Mother's Day

2026 Wellness Expos!!!!

Expos are being held at:

- July 30 Cathedral of St. Ignatius Loyola
- August 3 St. Juliana School
- August 4 All Saints School
- August 5 Saint Joan of Arc
- August 6 St. Joseph School (mini)
- August 10 St. Vincent Ferrer School
- Sept 24 St. Anastasia School
- October 2 St. Helen School
- October 22 Cardinal Newman HS
- December Sacred Heart School

Your screening will include blood pressure, glucose, LDL, triglycerides and A1C if glucose is 120 or above. Receive one-on-one onsite health coaching, immediate results AND>>>>>>

a \$50 Visa Gift Card!!!!

All employees are invited to participate, full or part time! Please mark your calendars!! Registration and scheduling information will be forthcoming,



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 Benefits: Pharmacy Benefit Reminder

Your pharmacy benefits are administered by MedImpact. Here's what you need to know.

MedImpact Healthcare Systems, Inc. ("MedImpact"), a company that has provided convenient healthcare solutions to millions of people for more than 35 years, is administering our diocesan pharmacy benefits.

There are no actions you need to take!

You can continue to use your Elixir member ID card, and the customer care phone number on the back of your member ID card will remain the same.

Access your benefits and services as you always have. You will begin to see the MedImpact name and colors on your materials and on the member portal.

Elixir Mail is **Birdi** and Elixir Specialty Pharmacy is **Specialty by Birdi**. If you were using either service for the home delivery of your medications, your prescriptions were automatically transferred for your convenience. If you have any questions, please visit: Birdi Mail: birdirx.com/mail-order or Specialty by Birdi: birdirx.com/specialty.

If you were using the Elixir member portal to manage your pharmacy benefits, you can continue to use the member portal at elixirsolutions.com with your existing log in and password.

If you have any questions or concerns, please refer to the back of your member ID card for the appropriate customer care phone number or use the BIN number on the front of your card to select the appropriate contact information below.

Rx Benefits for BIN 800004 (MTK)

800-771-4648

care@medimpact.com Member Portal

Birdi Mail Order Pharmacy 855-247-3479 (TTY 711)

patientcare@birdirx.com



Spotlight On Success!!!

Training for 13.1: More Than Just Miles



Many of us have set goals for ourselves—personal milestones, challenges to overcome, and aspirations we hope to achieve. What often makes those goals meaningful is the determination required to see them through. One of our own, Merlys Bolduc, Development and Lumen Christi Coordinator, has embraced that spirit by pursuing a challenge many might assume is reserved for seasoned athletes; training for and completing a half marathon. In sharing her journey Merlys offers insight into the inspiration, discipline and motivation that carry an ordinary person through an extraordinary commitment. Preparing for a half marathon is more than physical training; it demands perseverance, focus, and the willingness to remain committed even when the finish line feels distant. Her experience offers valuable lessons for anyone striving toward a difficult but worthwhile goal. Here is Merlys story in her own words.

“As I prepare for my half-marathon this June, I’ve quickly learned that crossing the finish line requires much more than just putting one foot in front of the other. As someone who doesn’t identify as a “runner” or feel “in shape,” this journey has had a steep learning curve. While cardio is the engine of my training, building a resilient body and mind depends on a truly holistic approach to wellness.

Beyond the physical challenge, I’ve found that having a meaningful “why” makes a world of difference. Fundraising for the Mission of Our Lady of the Angels in Chicago has provided that extra spark of motivation I need to keep pushing forward.

Here is how I am balancing the pillars of health to stay on track for race day:

Strength Training: The Secret Weapon

Early on, I realized that high-impact movement without support is a recipe for burnout or injury. To stay healthy, I’ve integrated two days of strength training into my weekly routine. By focusing on core stability and lower-body strength — lots of lunges and planks — I am building a “chassis” that can actually handle the impact of long-distance walking and running.

Fueling in a “Cocktail Society”

Nutrition is the high-octane fuel for endurance. I’ve shifted my focus toward complex carbohydrates for energy and lean proteins for muscle repair. Perhaps the most significant (and challenging) change has been managing alcohol consumption. In our “cocktail society,” it’s easy to overlook how a drink affects performance. Choosing to limit alcohol has led to noticeably better hydration and more consistent energy during my long weekend training sessions.

The Power of Recovery

I’ve learned that the real progress doesn’t actually happen during the workout — it happens during the recovery. I am now prioritizing 7-8 hours of quality sleep to allow my muscles to repair and my nervous system to reset. Listening to my body and respecting “rest days” has proven to be just as vital as hitting my mileage goals.

My Blueprint for Balance:

- Support your activity: Complement your primary cardio with functional strength.
 - Watch the “extras”: Reducing inflammation triggers like alcohol can noticeably improve how you feel the next morning.
- Sleep is a nutrient: Treat rest with the same discipline you bring to your workouts.

Training for 13.1 miles is a journey of discipline, but the lessons I’m learning — better sleep, cleaner eating and total-body strength — are benefits that will last long after I collect my medal in June.”

If you have a story to share, please send it to cwaring@diocesepb.org We would LOVE to feature you in Spotlight On Success!!!!