

STEP INTO WELLNESS



Diocese of Palm Beach
2025 Healthiest Employers Award Recipient



National Nutrition Month

March is National Nutrition Month!

This year's National Nutrition Month theme, Discover the Power of Nutrition, goes beyond sitting at the dinner table. It's a food journey that starts from how food is grown to how it ends up on your plate... at home, at school, at work or wherever you are! So, it's not just about eating, it's about understanding where our food comes from, how to make healthy choices, and ways to stretch your grocery budget.

Use tips from the Academy of Nutrition and Dietetics to start your healthy journey:

Budget friendly choices

- Learn to cook, plan meals and prep food. Try a hands-on cooking class near you, or search the web for live online cooking demos with step-by-step instructions. Start with simple recipes.
- For a quick healthy meal, fill your shelves with beans, salt-free canned vegetables, brown rice, quinoa or pasta, canned fish or chicken, olive oil, herbs and spices.
- Stick to your grocery list and stock up during sales.
- Enjoy family recipes and celebrate your heritage.
- Mix it up with fresh, frozen, canned, and dried food options.
- Get creative. Change up recipes, add more veggies or play with seasonings.
- Try new foods from around the world or look up a new recipe.
- Turn leftovers into lunch or freeze them.
- Eat more plant-based meals and snacks.
- Buy foods in season and from local farmers.
- Grow food at home or in a community garden.

VSP Vision Health Report

The Impact of Rising Screen Time

Screen time has increased to nearly 100 hours per week for desk workers. One of the primary factors affecting workforce eye health is excessive screen time.

This includes time spent on a computer for work as well as time using devices for personal reasons (e.g., cell phone, television, personal computer). This year, desk workers report getting on average 99.2 hours of total screen time each week—up from 97 hours last year and 96.1 hours the year before.

Notably, non-desk workers are getting nearly as much screen time—87.6 hours per week—largely because they spend more time on their phone and watching television. Still, these workers are spending more than 21 hours each week on a computer for work. In fact, all employees report getting far more screen time on workdays.

On a typical weekday, desk workers spend 93% of their waking hours on screens and non-desk workers spend 78% of their waking time on screens. In addition, almost all employees (96%) say they look at a screen before they go to bed, with 75% admitting that they do so every evening. In our survey, 73% of workers say they believe late-night screen time disrupts their sleep, and 53% think it affects their productivity at work the next day.

Screen time is soaring—even for workers who don't sit at a desk all day:

	Desk workers	Non-desk workers
Total weekly screen time	99.2 hours	87.6 hours
Hours on a computer for work	37.3	21.1
Hours on a cell phone	23.5	28.0
Hours watching television	20.8	23.4
Hours on a computer for personal use	17.6	15.1

March 2026

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Grocery List for Healthy Teeth

Keep: Milk, Toss: Chocolate milk. The calcium in milk is good for your teeth and jawbone. People who get the right amount of calcium are also less likely to develop gum disease. But don't minimize the health effects of this calcium-rich beverage by loading it up with cavity-causing sugars. Stick to plain varieties — and remember to brush afterward.

Keep: Water, Toss: Juice. While some juices come with the benefits of vitamins, many are acidic and loaded with sugar and empty calories. Water helps rinse away food particles and bacteria from your teeth without any of the extra sugar found in juices.

Keep: Yogurt, Toss: Ice cream

Craving something sweet? Instead of filling your freezer with ice cream, make your own homemade smile-friendly and calcium-rich frozen yogurt. **Ingredients:**

- 1 16 oz pkg. frozen strawberries
- 1/2 Cup sugar free sweetener
- 1/2 Cup nonfat plain yogurt
- 1 Tablespoon lemon juice



Eat Right Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

1. **Eat Breakfast** Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.
2. **Make Half Your Plate Fruits and Vegetables** Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.
3. **Watch Portion Sizes** Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.
4. **Be Active** Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or put on music and dance at home.
5. **Get to Know Food Labels** Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.
6. **Fix Healthy Snacks** Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.
7. **Consult an RDN** Whether you want to lose weight, lower your health risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.
8. **Follow Food Safety Guidelines** Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly. Learn more about home food safety at eatright.org.

March Happenings Calendar

Mar 1 - 31	National Nutrition Month
Mar 1 - 31	Workplace Eye Wellness Month
Mar 1—31	National Kidney Month
Mar 1—31	Colorectal Cancer Awareness Month
Mar 1—31	Brain Injury Awareness Month

9. **Drink More Water** Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.
10. **Get Cooking** Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.
11. **Order Out without Ditching Goals** You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.
12. **Enact Family Meal Time** Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.
13. **Banish Brown Bag Boredom** Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.
14. **Reduce Added Sugars** Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts label or ingredients list to identify sources of added sugars.
15. **Eat Seafood Twice a Week** Seafood – fish and shellfish – contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.
16. **Explore New Foods and Flavors** Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.

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!

LIFELINE SCREENING REIMBURSEMENT BENEFIT

Life Line Screening Reimbursement Program (Please note: This reimbursement program applies to employees who are covered by the diocesan medical plan (Florida Blue) and their eligible dependents)

- Florida Blue Insurance is **NOT** accepted by Life Line. As a reimbursement program, payment is made by you first and then reimbursed to you by the diocese.
- You **MUST** complete the Life Line Reimbursement form with both YOUR signature **AND** the signature of the Life Line employee **AT THE TIME OF YOUR SCREENING**.
- Both the Life Line Reimbursement Form **AND** the Life Line Screening receipt must be submitted to the Diocese of Palm Beach Benefits Office within 30 days for reimbursement eligibility.
- Covered individuals may only be eligible to receive reimbursement up to the maximum reimbursement of \$179 as per the form for the following preventative screenings offered by Life Line: **1. Carotid Artery; 2. Abdominal Aortic Aneurysm; 3. Peripheral Arterial Disease; and 4. EKG to detect Atrial Fibrillation – irregular heartbeat.** Covered employees/dependents may select any location offered by Life Line for the screening.
- Should the covered individual choose additional or alternative screenings offered by Life Line outside this program, they will be responsible for those payments in full and will not be eligible for reimbursement for the optional screenings.
- Once screening is completed and the Life Line Reimbursement form is signed, the form shall be submitted to the diocesan Benefits Office for review and processing of the reimbursement. Please note that we cannot process the reimbursement if all of the requirements stated above are not complied with. After processing is completed, the eligible employee will receive a check by mail up to the maximum allowed reimbursement amount. If discounts are offered by Life Line Screening that are less than the maximum allowable reimbursement, that amount will be reimbursed for the screenings.
- The form can be found on the Benefits/Wellness section of the Diocese of Palm Beach webpage under “FORMS” at: <https://www.diocesepb.org/employment-center/employee-healthwellness/better-you-from-blue/annual-preventive-screenings-clinicallabs.htm>
- If you have any questions pertaining to reimbursement through this program, please contact Sandra Maulden at 561-775-9574 or smaulden@diocesepb.org or Carol Waring at 561-775-9572 or cwaring@diocesepb.org

Call 888-814-0466



Thursday, June 4, 2026
Cathedral of St. Ignatius

WHO WORE RED For Heart Health Awareness Month!!!



Pastoral Center Staff

Thanks to ALL who wore RED for Heart Health Awareness Month in February!!!!



St. Joan of Arc Parish staff



St. Joan of Arc School staff

