

STEP INTO WELLNESS



Diocese of Palm Beach 2020 Healthiest Employers Award Honoree



New Years' Resolutions and Well-Being

Jan 2021

It is the beginning of a New Year, and hopefully, this year will be a little less eventful. At this time, so many people make resolutions such as losing weight, exercising more, and saving more money. Interestingly, over 80% of New Years' Resolutions fail, yet we continue to make them year after year.

Einstein is quoted as saying, "Insanity is doing the same thing over and over again, expecting a different result". So, why do we continue to make the same resolutions every year and expect better results?

Resolutions themselves are not the problem; they can be beneficial and help us make positive changes, as long as they are achievable and sustainable. To reduce stress and stop the guilt that comes along with failed resolutions, try making them focused and measurable.

Setting SMART goals creates a plan that is specific and measurable and by its nature, makes the goal achievable.

Specific. Your resolution should be absolutely clear. "Making a concrete goal is really important rather than just vaguely saying 'I want to lose weight.' You want to have a goal: How much weight do you want to lose and at what time interval?" said Katherine L. Milkman, an associate professor of operations information and decisions at the Wharton School of the University of Pennsylvania. "Five pounds in the next two months — that's going to be more effective."

Measurable. This may seem obvious if your goal is a fitness or weight loss related one, but it's also important if you're trying to cut back on something, too. If, for example, you want to stop biting your nails, take pictures of your nails over time so you can track your progress in how those nails grow back out, said Jeffrey Gardere, a psychologist and professor at Touro College of Osteopathic Medicine. Logging progress into a journal or making notes on your phone or in an app designed to help you track behaviors can reinforce the progress, no matter what your resolution may be.

Achievable. This doesn't mean that you can't have big stretch goals. But trying to take too big a step too fast can leave you frustrated, or affect other areas of your life to the point that your resolution takes over your life — and both you and your friends and family flail. So, for example, resolving to save enough money to retire in five years when you're 30 years old is probably not realistic, but saving an extra \$100 a month may be. (And if that's easy, you can slide that number up to an extra \$200, \$300 or \$400 a month).

Relevant. Is this a goal that really matters to you, and are you making it for the right reasons? "If you do it out of the sense of self-hate or remorse or a strong passion in that moment, it doesn't usually last long," said Dr. Michael Bennett, a psychiatrist and co-author of two self-help books. "But if you build up a process where you're thinking harder about what's good for you, you're changing the structure of your life, you're bringing people into your life who will reinforce that resolution, then I think you have a fighting chance."

Time-bound. Like "achievable," the timeline toward reaching your goal should be realistic, too. That means giving yourself enough time to do it with lots of smaller intermediate goals set up along the way. "Focus on these small wins so you can make gradual progress," Charles Duhigg, author of "The Power of Habit" and a former New York Times writer, said. "If you're building a habit, you're planning for the next decade, not the next couple of months."

Resolutions can be very helpful and don't have to be a source of stress or failure. Take some time to discover what you want to change in your life and use resolutions to focus your energy on the areas you feel need to be improved.



<https://www.nytimes.com/guides/smarterliving/resolution-ideas>

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Small Habits Make A Difference

One reason that small habit changes can work is because you build success quickly. Each time you follow through on a small habit, you build your confidence.

When you've set up a specific small habit, you can reduce anxiety about whether you're doing "it right" or doing "enough." If your small habit is to eat a vegetable every day at lunch, every time you do it, you can log it as a success.

The most important thing to remember when you choose a small habit is to make it something you can do. **Set yourself up for success.**

That's the beauty of making small habits -- one habit becomes routine, and then you add another small habit. You keep moving steadily in easy steps that move you toward big change.

Link the habit to something that motivates you. Changing old behaviors takes work, so you need a good reason to make a new habit worth your effort.

www.webmd.com

Space Heater Safety Tips

Heating equipment is the second leading cause of home fires in the United States. More than 65,000 home fires are attributed to heating equipment each year. These fire result in hundreds of deaths, thousands of injuries and millions of dollars in property damage.

Portable electric space heaters can be a convenient source of supplemental heat for your home in cold weather. Unfortunately, they can pose significant fire and electric shock hazards if not used properly. Fire and electrical hazards can be caused by space heaters without adequate safety features, space heaters placed near combustibles, or space heaters that are improperly plugged in.

Safety should always be a top consideration when using space heaters. Here are some tips for keeping your home safe and warm when it's cold outside:

1. Make sure your space heater has the label showing that it is listed by a recognized testing laboratory. Before using any space heater, read the manufacturer's instructions and warning labels carefully.
2. Inspect heaters for cracked or broken plugs or loose connections before each use. If frayed, worn or damaged, do not use the heater.
3. Never leave a space heater unattended. Turn it off when you're leaving a room or going to sleep, and don't let pets or children play too close to a space heater.
4. Space heaters are only meant to provide supplemental heat and should never be used to warm bedding, cook food, dry clothing or thaw pipes.
5. Install smoke alarms on every floor of your home and outside all sleeping areas and test them once a month.
6. Proper placement of space heaters is critical. Heaters must be kept at least three feet away from anything that can burn, including papers, clothing and rugs.
7. Locate space heaters out of high traffic areas and doorways where they may pose a tripping hazard.
8. Plug space heaters directly into a wall outlet. Do not use an extension cord or power strip, which could overheat and result in a fire. Do not plug any other electrical devices into the same outlet as the heater.
9. Place space heaters on level, flat surfaces. Never place heaters on cabinets, tables, furniture, or carpet, which can overheat and start a fire.
10. Always unplug and safely store the heater when it is not in use.



<https://www.esfi.org/resource/space-heater-safety-tips-146>

January Happenings Calendar

Jan 1—31	Thyroid Awareness Month
Jan 1—31	National Glaucoma Awareness Month
Jan 1—31	National Birth Defects Prevention Month
Jan 1—31	Cervical Health Awareness Month
Jan 6—12	Folic Acid Awareness Week
Jan 18	Martin Luther King Day

Roasted Cauliflower Soup

Ingredients: 1 head garlic, 4 tablespoons olive oil, divided
Kosher salt and freshly ground black pepper, 2 heads cauliflower, cut into florets, 1 onion, diced, 5 cups vegetable stock, 3 fresh thyme sprigs, 1 bay leaf, 1/2 cup heavy cream (or half and half)

Directions:

1. Preheat oven to 425 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
2. Cut head of garlic, about 1/4-inch, to expose tops of garlic cloves. Place garlic head, cut side up, on a sheet of foil. Drizzle with 1 tablespoon olive oil; season with salt and pepper, to taste. Fold up all 4 sides of the foil and cover tightly.
3. Place cauliflower florets in a single layer onto the prepared baking sheet. Add 2 tablespoons olive oil; season with salt and pepper, to taste. Gently toss to combine. Place garlic onto the baking sheet.
4. Place into oven and roast until cauliflower and garlic is tender and golden brown, about 30-35 minutes. Let garlic cool before squeezing cloves from skin.
5. Heat remaining 1 tablespoon olive oil in a large stockpot or Dutch oven over medium heat. Add onion, and cook, stirring occasionally, until tender, about 3-4 minutes. Stir in vegetable stock, thyme and bay leaf. Bring to a boil; reduce heat and simmer, covered, for 5 minutes.
6. Stir in cauliflower and garlic. Bring to a boil; reduce heat and simmer, covered, until cauliflower is tender and falling apart, an additional 10 minutes. Puree with an immersion blender until desired consistency is reached.
7. Stir in heavy cream; season with salt and pepper, to taste. If the soup is too thick, add more vegetable stock as needed until desired consistency is reached.
8. Serve immediately.



Recipe courtesy of : <https://damndelicious.net/>

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!

Pharmacy Benefit Provider



Effective January 1, 2021, The Diocese of Palm Beach has a new pharmacy partner!

Begin Using your new Elixir ID card for all prescription drug purchases as of January 1, 2021

Be sure to give your pharmacy your new Elixir card so they can change your record to the new provider. This will also apply to your covered dependents.

Beginning January 1, 2021, if your pharmacy uses the RxEDO card they will be told that you are not covered because your data does no longer appears in the RxEDO system as of that date.

Only use your Elixir card and your Elixir eligibility information reflected on your Elixir ID card for you and your covered dependents for your prescription drug purchases.

If you would like to contact Elixir, they can be reached at 800-771-4648 or you may visit their website www.elixirsolutions.com

You may also call Sandy Maulden in the Benefits Office at 561-775-9574 or smauld-en@diocesepb.org or Ana Jarosz at 561-775-9525 or anaj@diocesepb.org about your benefits related questions.



National Glaucoma Awareness Month

Glaucoma is a group of eye conditions that damage the optic nerve, the health of which is vital for good vision. This damage is often caused by an abnormally high pressure in your eye.

Glaucoma is one of the leading causes of blindness for people over the age of 60. It can occur at any age but is more common in older adults.

Many forms of glaucoma have no warning signs. The effect is so gradual that you may not notice a change in vision until the condition is at an advanced stage.

Because vision loss due to glaucoma can't be recovered, it's important to have regular eye exams that include measurements of your eye pressure so a diagnosis can be made in its early stages and treated appropriately. If glaucoma is recognized early, vision loss can be slowed or prevented. If you have the condition, you'll generally need treatment for the rest of your life.

Symptoms

The signs and symptoms of glaucoma vary depending on the type and stage of your condition. For example:

Open-angle glaucoma

Patchy blind spots in your side (peripheral) or central vision, frequently in both eyes

Tunnel vision in the advanced stages

Acute angle-closure glaucoma

Severe headache

Eye pain

Nausea and vomiting

Blurred vision

Halos around lights

Eye redness

If left untreated, glaucoma will eventually cause blindness. Even with treatment, about 15 percent of people with glaucoma become blind in at least one eye within 20 years.

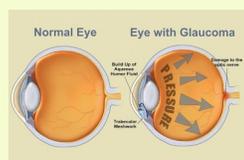
When to see a doctor

Promptly go to an emergency room or an eye doctor's (ophthalmologist's) office if you experience some of the symptoms of acute angle-closure glaucoma, such as severe headache, eye pain and blurred vision.

Causes

Glaucoma is the result of damage to the optic nerve. As this nerve gradually deteriorates, blind spots develop in your visual field. For reasons that doctors don't fully understand, this nerve damage is usually related to increased pressure in the eye.

Elevated eye pressure is due to a buildup of a fluid (aqueous humor) that flows throughout the inside of your eye. This internal fluid normally drains out through a tissue called the trabecular meshwork at the angle where the iris and cornea meet.



When fluid is overproduced or the drainage system doesn't work properly, the fluid can't flow out at its normal rate and eye pressure increases.

Glaucoma tends to run in families. In some people, scientists have identified genes related to high eye pressure and optic nerve damage.

Types of glaucoma include:

Open-angle glaucoma

Open-angle glaucoma is the most common form of the disease. The drainage angle formed by the cornea and iris remains open, but the trabecular meshwork is partially blocked. This causes pressure in the eye to gradually increase. This pressure damages the optic nerve. It happens so slowly that you may lose vision before you're even aware of a problem.

Angle-closure glaucoma

Angle-closure glaucoma, also called closed-angle glaucoma, occurs when the iris bulges forward to narrow or block the drainage angle formed by the cornea and iris. As a result, fluid can't circulate through the eye and pressure increases. Some people have narrow drainage angles, putting them at increased risk of angle-closure glaucoma.

Angle-closure glaucoma may occur suddenly (acute angle-closure glaucoma) or gradually (chronic angle-closure glaucoma). Acute angle-closure glaucoma is a medical emergency.

Normal-tension glaucoma

In normal-tension glaucoma, your optic nerve becomes damaged even though your eye pressure is within the normal range. No one knows the exact reason for this. You may have a sensitive optic nerve, or you may have less blood being supplied to your optic nerve. This limited blood flow could be caused by atherosclerosis — the buildup of fatty deposits (plaque) in the arteries — or other conditions that impair circulation.

Prevention

Get regular dilated eye examinations. Ask your doctor to recommend the right screening schedule for you.

Know your family's eye health history. Glaucoma tends to run in families. If you're at increased risk, you may need more frequent screening.

Exercise safely. Regular, moderate exercise may help prevent glaucoma by reducing eye pressure. Talk with your doctor about an appropriate exercise program.

Take prescribed eyedrops regularly. Glaucoma eyedrops can significantly reduce the risk that high eye pressure will progress to glaucoma. To be effective, eyedrops prescribed by your doctor need to be used regularly even if you have no symptoms.

Wear eye protection. Serious eye injuries can lead to glaucoma. Wear eye protection when using power tools or playing high-speed racket sports in enclosed courts.

www.mayoclinic.org