

# STEP INTO WELLNESS



Diocese of Palm Beach  
2023 Healthiest Employers Award Honoree



## National Nutrition Month

### March is National Nutrition Month!

This year's National Nutrition Month theme, Food Connects Us, 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.

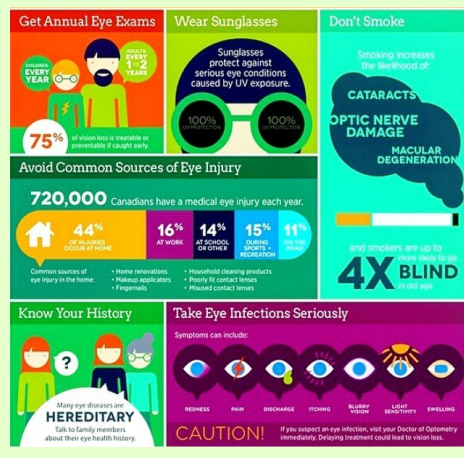


[www.eatright.org](http://www.eatright.org); MyPlate.gov

### Focus On Your Vision

Make sure your eyes stay healthy and strong. Here's what you can do:

- **Take a screen break.** Look away from a computer, phone or TV screen every 20 minutes.
- **Use safety gear.** When you play sports, wear goggles or a face helmet to protect your eyes. Wear protective eyewear when doing yard work.
- **Don't smoke.** Smoking increases your risk for age-related eye diseases, such as macular degeneration and cataracts. For free resources to help you quit, go to: [tobaccofreeflorida.com](http://tobaccofreeflorida.com)
- **Visit your eye doctor.** Regular checkups help catch eye problems early when they are easier to treat.
- **Wear your shades.** When you're outside, wear sunglasses with UV-B protection.
- **Eat colorful foods.** Fruits and vegetables have antioxidants that protect your eyes. Think carrots, sweet potatoes, oranges, grapefruit and avocado. Fish like salmon, tuna and sardines are high in omega-3 fatty acids that also help your eyes.
- **Get moving.** Exercise helps lower eye pressure and prevent conditions like eye hypertension.



March 2025

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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 home-made 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



## WORD SEARCH

Words may be horizontal, vertical, diagonal, or backwards

Acorn Squash	A	C	O	R	N	S	Q	U	A	S	H	C	E
Bulgur	S	A	P	K	E	A	D	L	I	N	E	W	I
Chard	N	M	E	D	R	M	P	O	P	C	O	R	N
Chicken	O	R	P	S	U	A	E	S	B	L	Y	U	D
Edamame	O	Y	A	I	N	T	C	A	S	D	E	G	B
Honeydew	T	A	R	O	R	O	O	T	N	K	N	L	S
Kiwi	E	D	M	D	K	M	H	R	I	A	U	U	R
Lychee	R	B	E	E	Y	C	B	W	O	C	R	B	R
Okra	W	I	S	A	R	D	I	N	E	S	B	Y	E
Parmesan Cheese	N	R	A	N	O	M	W	H	R	N	T	S	N
Popcorn	E	L	N	A	L	E	E	M	A	M	A	D	E
Sardines	K	U	C	S	A	T	S	G	S	T	P	E	C
Sesame Seeds	C	T	H	D	E	C	U	B	O	R	W	E	H
Tamarind	I	G	E	L	Y	H	R	A	O	M	H	S	I
Taro Root	H	Q	E	H	O	L	Q	D	M	W	C	E	L
Yogurt	C	H	S	P	G	R	N	L	G	E	D	M	A
	O	P	E	C	U	I	P	R	E	D	R	A	T
	P	W	G	B	R	P	K	H	N	Y	Q	S	D
	L	I	O	A	T	U	C	P	A	E	N	E	W
	N	G	M	R	R	Y	E	H	T	N	U	S	C
	R	A	E	K	L	G	I	N	O	O	R	I	F
	T	O	L	B	A	D	W	E	C	H	A	R	D

National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

Food is a connecting factor for many of us. Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. Health, memories, traditions, seasons and access can all impact our relationship with food. While these factors influence the foods we eat, the foods we eat also affect our health.

Registered Dietitian Nutritionists (RDs) and Nutrition and Dietetics Technicians, Registered (NDTRs) play a critical role in helping people understand the connection between the foods individuals and communities eat, and how these foods impact health throughout life.

## 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

## March is National Kidney Month

Get to know your hard working kidneys

6

WAYS KIDNEYS KEEP YOU HEALTHY



- Regulate fluid levels
- Activate Vitamin D for healthy bones
- Filter wastes from the blood
- Directs production of red blood cells
- Regulate blood pressure
- Keep blood minerals in balance

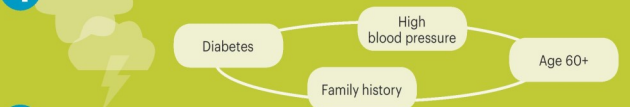
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PROBLEMS KIDNEY DISEASE CAN CAUSE



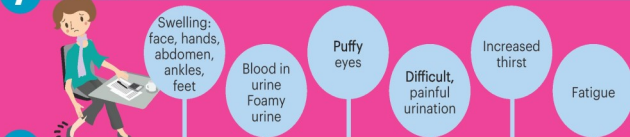
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RISK FACTORS



7

SYMPTOMS



2

TESTS YOU CAN TAKE (BLOOD AND URINE)



**Urine albumin-to-creatinine ratio** estimates the amount of a type of protein, albumin, that you excrete in your urine.

**Glomerular Filtration Rate (GFR)** tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.



National Kidney Foundation®

Learn more at [kidney.org](http://kidney.org)

One of the best things you can do to avoid kidney stones is to drink plenty of water every day. This will help make sure that you urinate frequently to avoid any build up of calcium or uric acid. Don't underestimate your sweat! Saunas, hot yoga and heavy exercise may sound good for your health, but they also may lead to kidney stones. Why? Loss of water through sweating whether due to these activities or just the heat of summer may lead to less urine production. The more you sweat, the less you will urinate, which allows stone-causing minerals to settle and deposit in the kidneys and urinary tract.

Have an idea, suggestion or comment? Contact your Wellness Coordinator, Carol Waring at [cwaring@diocese.pb.org](mailto:cwaring@diocese.pb.org) or 561-775-9572. Have a benefits question? Contact your Benefits Assistant, Sandy Maulden at [smaulden@diocese.pb.org](mailto:smaulden@diocese.pb.org) or 561-775-9574. Be sure to visit the wellness web page at [www.diocese.pb.org/wellness](http://www.diocese.pb.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 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](mailto:smaulden@diocesepb.org)



Call **888-814-0466** and use  
promo code **HSCA001**

Visit  **LLSA.SOCIAL/HSCA**



## WHO WORE RED!!!



Pastoral Center Staff



Catholic Charities Birthline Lifeline staff



Catholic Charities Ft. Pierce staff



Catholic Charities Staff



St. Joan of Arc Staff



St. Joan of Arc School staff

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

