

STEP INTO WELLNESS



Diocese of Palm Beach 2018 Healthiest Employers Award Honoree



Love Your Heart!!!!

Feb 2019

February's abundance of valentines is a great reminder to show friends and family how much they are loved. But, do you show love to your own heart? It's an important question. Every cell, tissue and organ depend on the heart for oxygen and nutrients, making it the most important muscle you have.

Ignoring heart health can lead to heart disease and stroke, the leading cause of death for men and women. But, making small steps - physically and emotionally - can reduce the risk.

WORK WITH YOUR BODY

Just 30 minutes of exercise several days a week can help your heart. Too hard to work in 30 minutes? Try to spread the time throughout the day by sitting less and moving more.

A plate of vegetables, fruit, lean protein and healthy fats can be as tasty as it is healthy.

Sleep is a cornerstone of health. Too little or too much can diminish heart health. Medical experts recommend 7 1/2 to 8 hours of sleep each night.

Taking a moment for three deep, focused breaths - slowly breath in, slowly breath out - helps reset the body/mind function and reduces stress.

CONNECT EMOTIONALLY AND SPIRITUALLY

It's a fact. Research shows that a higher sense of purpose can reduce your risk of heart problems by nearly 20 percent. This is a good month to reflect on your personal values and purpose in life.

Human beings are social by nature, and contact with others is essential to good health. Strong relationships with family, friends and community groups are two-way streets. Supporting others increases a sense of purpose, meaning and self-esteem, and reduces depression. Receiving support validates feelings, eases stress and reinforces a sense of belonging.

The mind-body connection has been well documented. Emotions regulate the central nervous system and hormone system, which connect to the heart. Faith can create a positive impact on the heart by increasing the mind-body connection.

Every moment of every day, your heart works to keep you going. Small, consistent efforts on your part to give it attention physically and emotionally can become routine behavior that lead to a heart healthy lifestyle - and turn your heart into your best valentine!

DO YOU KNOW YOUR HEART QUIZ

Celebrate American Heart Month with a fun heart health quiz, and determine if you really know what's good and bad for your ticker. Don't be alarmed if you're unsure of some of the answers. Just remember that's it all for fun!

1. Tomatoes are good for your heart!
2. Wait until you're 60 to talk to your doctor about potential heart issues.
3. Staying calmer keeps your arteries young.
4. Skip olive oil. It's bad for the heart.
5. Magnesium helps keep your heart healthy.
6. Close to half a million women die every year from heart disease.
7. Avoid chocolate! This sweet doesn't do any favors for your heart.
8. Getting out on the green to golf can help your heart.
9. The heart is more functional and less functional at certain times of the day.
10. Spending too much time with your sweet-heart can negatively impact heart health.

Answers: 1.T, 2.F, 3.T, 4.F, 5.T, 6.T, 7.F, 8.T, 9.T, 10.F



Resources: WebMD.com, Heart.org, Fitandfabliving.com

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2019 Diocese Walking Challenge

The 2019 Walking Challenge will kick off on March 1 and run (or walk) through March 31!

Many of you have already submitted your team names and have started making plans on where you're going to put the trophy!

Some very creative team names have been submitted and are, frankly, AWESOME!!!!!!

If you want to participate, check in with your onsite wellness co-captain. They can tell you what your team name is. Or, if one hasn't been submitted yet, put your heads together and come up with a fun name! So far we have:

St. Clare Heart and Sole; St. Joan Groovy Gators; St. Juliana Shamrock Shufflers; All Saints Red Hot Chili Steppers; Cardinal Neman Cruising Crusaders; St. Ann Angels in Action; St. Jude Saints in Sneakers. MORE TO COME!!!

Have questions? Please email cwaring@diocesepb.org

Dental Cleaning

Be sure to add a dental visit to this year's spring cleaning list. A professional dental cleaning at least twice a year can improve your oral health, reports the Academy of General Dentistry (AGD), an organization of general dentists dedicated to continuing dental education.

The AGD strongly recommends that a dentist or hygienist perform a dental cleaning every six months. This professional dental cleaning reinforces the home-care oral health regimen of brushing and flossing and gives the dentist an opportunity to locate areas in the mouth that may need special attention.

People who regularly practice good oral hygiene at home with proper brushing and flossing techniques typically do not experience discomfort during a cleaning. However, those who have neglected their oral hygiene habits may experience some discomfort or sensitivity during a dental cleaning. The dentist can use a topical anesthetic before the cleaning to alleviate any discomfort.

During a dental cleaning, you'll receive diagnostic and preventive services from your dentist as well as any needed educational information.

Diagnostic services may include:

- Reviewing and updating medical history, including information about heart problems, pregnancy, diabetes and medications, which may have an impact on your oral health
- Oral cancer examination and screening
- Evaluation of gum tissue
- Checking biting, chewing and swallowing patterns
- X-rays or examination of teeth to detect decay
- Referral to specialists for specific treatment

Preventive services may include:

- Removal of plaque and tartar
- Stain removal
- Fluoride application
- Sealants (for children)
- Polishing teeth, including fillings and crowns
- Cleaning and adjustment of dentures and partial dentures

Educational services may include:

- Tooth brushing and flossing instructions
- Nutritional counseling
- Recommendations for future treatment: when to return for follow-up hygiene treatment, periodontal (gum) concerns or restorative options
- Evaluation of self-care effectiveness
- Tobacco-cessation counseling



Resources: www.deltadental.com

February Happenings Calendar

Feb 1 - 28	American Heart Month
Feb 1 - 28	Children's Dental Health Month
Feb 1 - 28	AMD and Low Vision Awareness Month
Feb 18	Presidents Day
1st Quarter On Demand Webinar	Master Your Motivation - 7 Strategies for Staying Inspired https://kvgo.com/bcbsflorida/master-motivation



Heart Healthy Recipe - Quinoa and Black Bean Salad

Ingredients: 1/2 cup dry quinoa, 1 1/2 cups water, 1 1/2 tablespoons olive oil, 3 tablespoons lime juice, 1/4 teaspoon cumin, 1/4 teaspoon ground coriander (dried cilantro seeds), 2 tablespoons cilantro - chopped, 2 med. scallions, minced, 1 can (15 oz.) black beans, rinsed and drained, 2 cups tomato - chopped, 1 med red bell pepper - chopped, 1 med green bell pepper - chopped, 2 fresh green chilis (or to taste) - minced, black pepper (to taste)

Directions: 1. Rinse the quinoa in cold water. Boil water in saucepan, then add the quinoa. Return to boil, then simmer until the water is absorbed - 10 - 15 minutes.

2. While quinoa is cooking, mix olive oil, lime juice, cumin, coriander, chopped cilantro, and scallions in a small bowl, and set aside.

3. Combine chopped vegetables with the black beans in a large bowl and set aside.

4. Once quinoa has cooled, combine all ingredients and mix well. Cover and refrigerate until ready to serve.



Recipe provided by the National Heart, Lung and Blood Institute

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.

Take Advantage of ALL Your Health and Wellness Benefits!



PREVENTIVE HEALTH

Covered at 100% with your in-network provider

Mammogram

Colonoscopy - Ages 50 and older

Annual Wellness Exam



DENTAL (Delta Dental) www.deltadentalins.com or 800-521-2651

Diagnostic & Preventive Benefits 100% (in-network provider)

Oral examinations, routine cleanings, x-rays, fluoride treatment, space maintainers

PHARMACY (RxEDO)

The following over the counter medications are **FREE if medically necessary** with a doctors prescription stating to **disperse as "over the counter"**.

Claritin - Claritin D - Allegra - Zyrtec - Prilosec - Prevacid - Zegerid

Please visit RxEDO's internet site by going to **www.RxEDO.com** for helpful tools.

VISION/Hearing - VSP/Tru Hearing 800-877-7195

Learn more about this VSP member offer at www.diocesepb.org/benefits

TELEDOC www.Teladoc.com or 1-800-835-2362

Consults are \$15 Talk to a doctor 24/7/365 by phone or internet

Treatable conditions include sinus, allergies, cold/flu, ear infection and more! Teledoc doesn't replace your primary physician. It is a convenient and affordable option that allows you to talk to a doctor who can diagnose, recommend treatment and prescribe medication for many of your medical issues.

Wear Red in February

Heart Healthy Foods



Chances are we all know someone affected by heart disease and stroke, because about 2200 Americans die of cardiovascular disease each day. That's an average of one death every forty seconds. But together we can change that. Cardiovascular diseases, which includes stroke, claim the lives of about one woman every 80 seconds unnecessarily.

The first Friday of February has been designated by the awareness campaign, Heart Truth, as National Wear Red Day ® in the United States. On this day, men and women are encouraged to wear red as a symbol of their support of women's heart health.

Did you know...heart disease and stroke kill one in three women, yet it is 80% preventable with education and action! When it comes to beating heart disease and stroke, change can be the cure. To save lives and raise awareness of this serious issue, the American Heart Association launched Go Red For Women, and the red dress has become the iconic symbol of their battle against heart disease and stroke in women.

According to the National Heart, Lung and Blood Institute (N.I.H.) in the U.S, Coronary Heart Disease is the "#1 killer of women in the United States". The day, which was first observed in 2002, aims to bring national attention to this fact, and to raise awareness of women's heart health.

The entire month of February is earmarked for heart disease awareness. Be sure to **get your staff together and take a photo** showing your support of education, awareness and hope of finding a way to battle and beat heart disease and stroke in women and men.

Do something heart healthy everyday in February and share what you did with others!!

As in years past, photos will be included in the next edition of the Step Into Wellness newsletter. E-mail your photo to cwaring@diocesepb.org



Berries

Berries, including blueberries, strawberries, blackberries, and raspberries, are chock full of heart-healthy antioxidants, polyphenols and fiber, which help fight chronic disease including heart disease. They are also a good source of vitamin C which has been linked to a lower risk of stroke. And they taste great too! For an added nutrition boost, add your favorite berries to cereal, yogurt, smoothies, and salads. Your heart—and your waist—will be happy

Cruciferous vegetables

Cruciferous vegetable, which include broccoli, kale, collards, cabbage, bok choy, Brussels sprouts, and cauliflower are members of the Brassica family and known to be rich in fiber, vitamins, minerals, and phytochemicals which have antioxidant properties and help fight heart disease. Cauliflower may not be green, but it is full of heart-healthy properties; it contains antioxidants, fiber, and allicin, a component found in garlic known to reduce cholesterol and reduce the risk of heart attacks. Cruciferous vegetables taste great when roasted with a little olive oil and your favorite spices.

Salmon

Salmon and other fatty fish, including arctic char, trout and sardines, contain heart-healthy fats know as omega-3 fatty acids, which have been shown to lower triglycerides, reduce inflammation, and decrease the risk of plaque in the arteries. Current guidelines suggest eating fish twice a week, and for good reason. Whether eating out or eating in, choose grilled salmon instead of a steak as your protein option.

Beans and legumes

Eating small amounts of beans and legumes is good for your heart. They are high in soluble fiber which helps to lower cholesterol and heart-healthy flavonoids shown to lower your risk for heart attack and strokes. Eating just one serving of beans or legumes per day has been shown to reduce LDL or "bad cholesterol." Beans and legumes are also high in fiber and are a terrific source of plant protein helping to keep you full—and trim, an added bonus for maintaining heart health. Top your salad with chickpeas, enjoy a lentil or split pea soup, or have a snack of hummus and veggies.

Nuts and seeds

Nuts contain protein, the antioxidant vitamin E, and heart-healthy fats. Sprinkle chopped walnuts and flaxseeds into your morning yogurt and enjoy a handful of almonds or an apple with a tablespoon of peanut butter for a healthy afternoon snack. One handful of your favorite nuts will satisfy both your hunger—and your heart! One caveat: eat your nuts unsalted of course!