

STEP INTO WELLNESS



Diocese of Palm Beach 2020 Healthiest Employers Award Honoree



March is National Nutrition Month

Mar 2021

Eating Right For Older Adults

Eating right doesn't have to be complicated. Before a meal, think about what foods you are going to eat. Choose foods that provide the nutrients you need. Build a healthy plate with foods such as vegetables, fruits, whole grains, low-fat dairy and lean protein foods.

Consider the following tips to help you get started on your way to eating right. Eat a variety of different colored vegetables, including dark-green, red and orange. Beans, peas, and lentils are also good choices. Fresh, frozen and canned vegetables can all be healthful options.

Look for "reduced sodium" or "no-salt-added" on the labels. Add fruit to meals and snacks. Choose fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole. Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth and oats all count as whole grains, too. Also, look for fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12.

Switch to fat-free or low-fat milk, yogurt and cheese. Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices. Eat a variety of foods from the protein food group each week, such as seafood, nuts, beans, peas, and lentils, as well as lean meat, poultry and eggs. Spread your protein intake throughout the day by including a lean source with meals and snacks. Protein foods are also a source of vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

Limit sodium, saturated fat and added sugars. Look out for salt, or sodium, in foods you eat. Compare sodium in the foods you buy and choose those with lower numbers. Add spices or herbs to season food without adding salt. Make major sources of saturated fats occasional choices, not every day foods. Examples of these include desserts, fried foods, pizza, and processed meats like sausages and hot dogs. Switch from solid fats to oils when preparing foods. Select fruit for dessert more often in place of desserts with added sugars.

Stay Well Hydrated. Drink plenty of fluid throughout the day. Choose unsweetened beverages, like water or milk, in place of sugary drinks.

Enjoy your food but be mindful of portion sizes. Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using smaller plates, bowls and glasses.

Cook more often at home, where you are in control of what's in your food. When eating out, look for healthier menu options. Choose dishes that include vegetables, fruits and whole grains, along with a lean protein food. When portions are large, share a meal or take half home for later.

Be physically active your way. Pick activities that you like and start by doing what you can. Every bit adds up and health benefits increase as you spend more time being active. If you are currently inactive, check with your doctor concerning increased physical activity.

Consult a registered dietitian nutritionist if you have special dietary needs. A registered dietitian nutritionist can create a customized eating plan for you.

www.eatright.org



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Colorectal Cancer Awareness

Colorectal cancer screening saves lives.

Regular screening, beginning at age 50, is the key to preventing colorectal cancer (cancer of the colon or rectum). If you're 50 to 75 years old, get screened for colorectal cancer regularly.

Among cancers that affect both men and women, colorectal cancer is the second leading cause of cancer deaths in the United States.

Every year, about 140,000 people in the United States get colorectal cancer, and more than 50,000 people die of it.

Precancerous polyps and colorectal cancer don't always cause symptoms, especially at first. If you have symptoms, they may include blood in or on the stool, abdominal pain that doesn't go away, or losing weight and you don't know why. If you have any of these symptoms, see your doctor.

<https://www.cdc.gov/cancer/dcpc/resources/features/colorectalawareness/index.htm>

March Happenings Calendar

Mar 1 - 31	Nat'l Nutrition Month
Mar 1- 31	Nat'l Colorectal Cancer Awareness
Mar 1 - 31	Nat'l Kidney Month
Mar 1 - 31	Workplace Eye Wellness Month
Mar 1 - 31	Save Your Vision Month
Mar 28	Palm Sunday

Getting Back to Healthy Eating

Eat real food. Is your food in its whole, unprocessed form? For example, eat an orange vs. drinking orange juice, eat a sweet potato vs. potato chips, or eat a chicken breast vs. chicken nuggets. The closer the food is to its natural form, the better off you will be! And when we think about what real foods are... they are vegetables, fruits, proteins like chicken, pork, shrimp and fish, healthy fats like nuts and beans, and whole grains (in their whole form).

Reading labels is key! We know food marketing is rooted in psychology as is the placement of those foods in the grocery store! Can you pronounce everything on the ingredients list?

Shop the perimeter of the grocery store. If you stick to the outside of the most grocery stores you are less tempted by the things in bags and boxes like the crackers, chips and cookies. The perimeter around most stores usually starts with the fruits and vegetables, continues to meats/proteins, the seafood counter, and then dairy and frozen food items. Try as much as possible to avoid the aisles!

If you feel overwhelmed about where to start, take one small step at a time. For example, if you only eat 2-3 servings of fruits and vegetables, start by increasing 1 serving per day for that week. If you drink regular/diet soda or ice tea, substitute one or more of those drinks per day for water. Or if you eat dinner out 2-3 times per week, cut back one of those times and eat at home. You may notice your waistline and your wallet will appreciate it!

Eat mindfully. It's not just what you eat... it's how you eat it. How we eat our food impacts our relationship with food and digestion of the food we eat. Take a seat and enjoy your food rather than eating on the go or while watching TV. Eat with intention. And pay attention to all your senses as you chew and swallow your food – the taste, smell, texture. How do you feel (i.e. after you eat, after you eat something healthy, something not so healthy)? Are you full, satisfied and happy?

Keep a food log. Awareness is essential with all healthy behaviors. A food log will help you get an idea of what you are eating... and what you are not eating! When we eat mindlessly, we often have a tendency to overeat and sometimes may not even realize that we've snacked here and there all the while adding up to possibly another small meal.

Last, enlist the help of your spouse, family members and/or friends. Getting the people around you on board not only helps you to make sustainable healthy lifestyle changes, but it can help those you love, too.

Keep it simple and take it back to the basics!

www.beebehealthcare.org

Who Wore Red?

Keeping safety in mind throughout the Covid-19 pandemic by social distancing, wearing masks, washing hands, and practicing good habits, we did have a submission for the annual "Wear Red" for heart health awareness.



St. Joan of Arc Church sported their various shades of red and donned their masks to keep one another safe while at the same time supporting the goal of heart health awareness.

Looking great, St. Joan employees!!!!!!

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 no longer appears in the RxEDO system after 12/31/2020.

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.



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

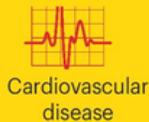
Regulate blood pressure

Keep blood minerals in balance

8 PROBLEMS KIDNEY DISEASE CAN CAUSE



Nerve damage



Cardiovascular disease



Heart attack



Stroke



Anemia/ low red blood cell count



Weak bones



High blood pressure



Kidney Failure

4 RISK FACTORS

Diabetes

High blood pressure

Age 60+

Family history

7 SYMPTOMS



Swelling: face, hands, abdomen, ankles, feet

Blood in urine
Foamy urine

Puffy eyes

Difficult, painful urination

Increased thirst

Fatigue

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