

September/October 2019

## The Catholic Diocese has a New Employee Benefit!!!

### What is an Employee Assistance Program?

The Employee Assistance Program (EAP) is a free resource that provides confidential mental health and related services to employees and their dependents. It's completely free and confidential.

Moore Counseling & Mediation Services, Inc. is an independent service provider we have contracted with to provide the EAP program.

- A call is all it takes to get the support you need!
- All calls answered 24x7 by a qualified provider.
- All crisis situations handled immediately.
- All appointments made within 24-48 hours.

(216) 404-1900  
Toll Free 866-340-6267

Access your EAP online at:  
[eap.moorecounseling.com](http://eap.moorecounseling.com)  
Username: **Diocese of Cleveland**



### Dates to Remember

**Upcoming EAP Webinars**

"Organizational Skills"  
Presented by: Brittani Davis  
Tuesday, October 29, 2019  
12:30 p.m. - 1:15 p.m.

"Importance of Self Care"  
Presented by: TBA  
Tuesday, November 19, 2019  
12:30 p.m. - 1:15 p.m.

[Access the online webinar here](#)

<https://www.moorecounseling.com/webinars>

### Help Reduce the Flu at Work

Flu season is fast approaching so it's time to start thinking about getting your annual flu shot. Getting an annual flu vaccine is the first and best way to protect yourself and others from the flu.

New this year: If you are enrolled in one of our Diocesan health plans, you no longer need a voucher. Simply show your pharmacist your CVS/Caremark card. If you have misplaced your card, call 844-431-4882 to request a new card. If you are not enrolled in one of our health plans, you can still obtain vouchers from the Benefits Office by calling (216) 696-6525 or e-mailing us at [hbo@dioceseofcleveland.org](mailto:hbo@dioceseofcleveland.org).

Find more information at...<http://www.mydocbenefits.com/>.

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## Healthy Insights

### Fit to the Core

Your core muscles act as a bridge between your upper and lower body. They include your abs, glutes, back, hips and chest. Strengthening your core helps you improve everyday movements, such as carrying groceries and maintaining an active, pain-free lifestyle.

Here are some exercises targeting your core muscles:

#### BIRD DOG

1. Get on your hands and knees with your back flat.
2. Straighten your left leg to the rear and your right arm to the front and hold for a few seconds.
3. Return to starting position and do the same with the opposite arm and leg. Make sure to hold the position steady; 10 repetitions of each arm and leg.



#### BRIDGE

1. Lie on your back, with knees bent, feet flat and firmly on the floor, and hips and toes pointed forward.
2. Exhale as you squeeze your buttocks and tighten your lower abdominal muscles while lifting your hips and pelvis off the floor.
3. Inhale as you lower your pelvis and return to the starting position; 10 repetitions.



#### PLANK

1. Get on your hands and knees, with your hands a little more than shoulder-width apart and slightly in front of your shoulders.
2. Extend 1 leg at a time; balance on the balls of your feet as in the up part of a push-up. Keep your back parallel to the floor and your head and neck in line with your spine.
3. Hold for 15 to 60 seconds; 1 repetition.



More core exercises: [www.acefitness.org/acefit/fitness\\_programs\\_core\\_workout.aspx?workoutid=5](http://www.acefitness.org/acefit/fitness_programs_core_workout.aspx?workoutid=5).

By Charles Platkin, PhD









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## Healthy Insights cont.

### Wellness Calculators & Fitness Tips

Here are some quick and useful tools to help you estimate your healthy body weight, target heart rate, amount of body fat and more. They will set exercise goals and educate you about your health.

<http://personalbest.adam.com/content.aspx?productId=20>

 <b>BMI</b>	<b>Body Mass Index Calculator</b> Approximate how much body fat you have by simply entering your height and weight.	 <b>Kcal</b>	<b>Calorie Burner Counter Calculator</b> Estimate how many calories your favorite activity burns.
 <b>Target Heart Rate Calculator</b>	Know your target heart rate to help you get the most out of your exercise.	 <b>Desirable Body Weight Calculator</b>	Enter your type of body frame, height, and sex to estimate your healthy body weight.
 <b>Nutritional Needs Calculator</b>	Figure out how many calories you need to lose, maintain or gain weight.	 <b>Waist to Hip Calculator</b>	Determine your body shape and find out what that shape means.
 <b>Risky Drinking</b>	Answer a few questions to find out if you should seek professional help.	 <b>Smoking Cessation</b>	Clear your thinking about smoking.

Official exercise guidelines are updated as we are learning more about how physical fitness and exercise affect our health and longevity.

#### **Key Recommendations:**

**AGES 3 TO 5 (NEW):** Get at least 3 hours per day of active play (light, moderate or vigorous) to enhance growth and development.

**AGES 6 TO 17 (NO CHANGE):** Get 60 minutes per day of moderate- to vigorous-intensity activity for healthy heart, muscle and bone development.

**ADULTS (NO CHANGE):** Get at least 150 to 300 minutes of moderate-intensity activity or 75 minutes of vigorous activity each week; add muscle strengthening 2 to 3 days a week.

**Just move more and sit less.** The new guidelines suggest any amount of physical activity has health benefits, including better sleep, stress relief and improved blood pressure and mental health. Over time, staying physical helps manage many ongoing health conditions including obesity, osteoarthritis, diabetes and dementia.

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Find more information at...<http://www.mydocbenefits.com/>.



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## Healthy Eating cont.

### Highlight Recipe

#### Autumn Harvest Vegetable Bake

##### Ingredients

- 1 tbsp extra virgin olive oil
- ½ cup red onion, finely diced
- 1 clove garlic, minced
- 2 cups butternut squash, ½-inch diced
- 1 red pepper, ½-inch diced
- 4 cups baby spinach
- ¼ tsp salt, or more to taste
- ¼ cup Parmesan cheese, grated
- ½ cup mozzarella cheese, grated
- 2 tbsp fresh basil, chopped

##### Method:

Preheat oven to broil at 500°F. In a large, ovenproof skillet or cast-iron pan, heat olive oil over medium heat. Add onion, garlic and squash. Cook 10 minutes, stirring frequently. Add red pepper and cook 5 minutes, stirring frequently. Add spinach, salt and Parmesan. Cook until spinach wilts, stirring frequently, for about 3 minutes. Remove from heat. Top with mozzarella and broil 3 minutes or until cheese is browned and bubbly. Remove from oven and top with basil. Serve.

Makes 4 servings. Per serving:

190 calories | 12g protein | 10g total fat | 4g saturated fat | 5g mono fat  
| 1g poly fat | 20mg cholesterol | 17g carbohydrate | 0g sugar | 5g fiber |  
400mg sodium





