

May/June 2021

Benefit Spotlight

Join Moore Counseling and Mediation Services for their Monthly EAP Wellness webinar Series:

Am I Anxious or Depressed

Presented by: Antonio Conway
Thursday, June 10, 2021
12:30 p.m.- 1:15 p.m.

Mental Health Wellness

Presented by: Early Jackson
Thursday, June 17, 2021
12:30 p.m.- 1:15 p.m.

Men's Health:

Physical, Mental, Emotional & Spiritual Well-Being
Presented by: Antonio Conway
Tuesday, June 29, 2021
12:30 p.m.- 1:15 p.m.



Register for the online webinars [here](#).

After registering, you will receive a confirmation email containing information about joining the meeting.

Feel free to share the series with your coworkers

There's more information on our website:

www.MyDOCBenefits.com

The Catholic Diocese of Cleveland benefits website is designed to educate you on all of the exciting benefits that we have to offer. Follow the link to explore all the useful information the site has to offer.

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



Reminders

Upcoming Benefit Webinars

6/15 Noon

Medical Mutual of Ohio will present information about their Wellness Portal and show how the MyCare Compare tool can help save you money.

6/29 Noon

Everside Health: Learn how a personal relationship with a doctor can help improve your health.

To register for any of our webinars just go to www.MyDOCBenefits.com



May/June 2021

Healthy Insights

Deciphering Medical Studies

Nearly every day we read or hear about the results of new medical studies. The amount of information is overwhelming and coverage varies among news outlets. Some research is groundbreaking, while other studies add to many years of scientific inquiry. A few, such as the Framingham Heart Study, encompass several generations of participants.

Medical research evaluates health and illness. Scientists explore the causes of disease or symptoms, test if treatments help with a condition, and learn how certain behaviors affect one's health.

The goal is to help health care providers find new and better ways to understand, detect, control and treat illness, and to help patients determine their own personal health risks, especially when they are diagnosed with or are at risk for a medical disorder.

When you read or hear about medical studies, consider these key factors:

- How many people participated and who were they (gender, occupation, health status)?
- Was it a randomized controlled clinical trial? (Participants are randomly assigned to a treatment group or a control group. COVID-19 vaccine trials are an example.)
- Where was the research done and who paid for it?
- For new treatments being tested, were there side effects?

A good way to explore a study is to read its abstract — a summary that can help you quickly learn the important aspects of the data. Abstracts generally include the study's purpose, size, methods used, participants, and a summary of results.

To access clinical abstracts online, start with PubMed (U.S. National Library of Medicine), which includes more than 18 million citations from a wide variety of science and medical journals, at pubmed.ncbi.nlm.nih.gov.

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



Brief:

Working from home? Use these tips to avoid distractions. Temporarily turn off phone and email alerts when you need to concentrate. Although these notifications may be brief, a Florida State University study found they prompt mind-wandering. Taking regular breaks may seem like a distraction, but research shows you'll likely be more focused afterwards. Stop checking social media throughout your workday. Avoid the temptation by promising yourself you'll only visit social media once your work is finished



May/June 2021

Healthy Insights

Family Exercise Advice

Regular exercise together with family can help keep you strong physically and emotionally, especially during challenging times. Summer season is a good time to focus on being more active, especially outdoors.

Children and teens (ages six to 17) need to get at least one hour of moderate- to vigorous-intensity physical activity every day, as recommended by the American Heart Association. Active children tend to have:

1. A healthy weight.
2. Strong heart, bones and muscles.
3. Good brain health and strong academic performance.
4. Positive mental health, confidence and self-esteem.
5. Less stress, anxiety and depression.

To find more family fitness time, plan and choose activities that fit your busy lifestyle. Try to set aside at least 30 minutes three times a week for family exercise after work or dinner. If 30 minutes isn't doable, try two 15-minute sessions, or whatever fits everyone's schedule. Keep it simple.

- ❖ Walk 15 to 30 minutes every possible day together.
- ❖ Walk your dog or a neighbor's.
- ❖ Bike or skateboard on safe routes.
- ❖ Plan exploratory hikes.
- ❖ Paddle a canoe or kayak to build muscle.
- ❖ Play catch, volleyball, tennis or pickle ball.
- ❖ Plan active vacations or weekend outings.
- ❖ Choose one family physical activity every weekend.
- ❖ Include home chores (rake leaves, wash the car, clean up the garden).

Note: Adults need at least 150 minutes of moderate-intensity activity a week, such as brisk walking. You can break it up into segments of any length; it's the total amount that counts.

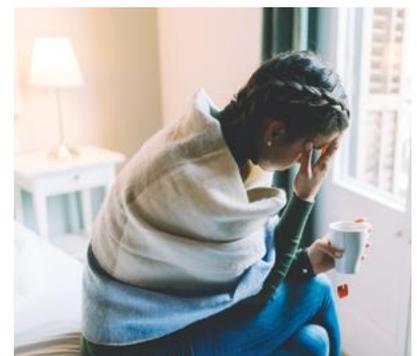
Now, turn off the digital distractions and head outdoors.

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



June is Migraine and Headache Awareness Month.

Forty million Americans suffer from chronic migraines, tension and other headaches, according to the National Headache Foundation. The NIH reports headaches are a major cause of missed work. While sudden and severe headaches warrant immediate medical care, don't ignore any frequent or chronic headaches. Talk to your health care provider about how to relieve and even prevent headaches with healthy lifestyle changes, and by avoiding triggers, as well as medication, if needed. Learn more at headaches.org.



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Healthy Eating

Make-Your-Own Healthy Snacks

It's easy to grab a snack when you're on the run, but is it nutritious? The truth is, most convenient snacks are actually treats. A healthful snack is a mini-meal that provides some nutritional value, such as an apple, almonds or vegetables with hummus. A treat is an indulgent food that provides mostly sugar, fat and salt, such as chocolate bars, pastries and chips; they're generally low in protein, fiber, vitamins and minerals.

Sometimes when we're hungry for a snack, we reach for a treat instead because it's the most convenient solution. But with simple planning, you can carry healthy homemade snacks when you're on the go. Here are some easy, tasty ideas:

Trail mix: Make your own mix from almonds, sunflower seeds, peanuts, a few raisins, roasted chickpeas or other favorite fruit and nuts. Skip sugar-rich chocolate chips, fried banana chips or yogurt-coated raisins, which are popular in commercial trail mixes.

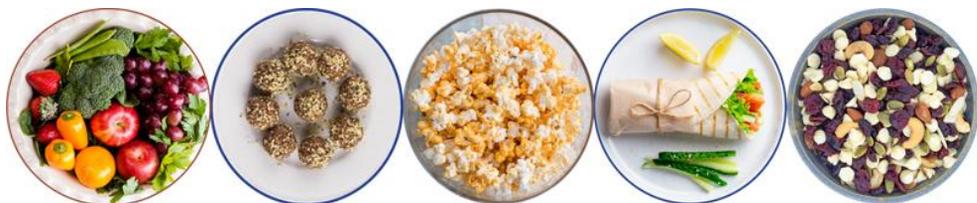
Wrap it up: Spread nut butter on a whole-grain pita or tortilla, add a whole banana, and wrap it. You can cut it into rounds or eat it like a burrito.

Popcorn: This whole-grain food is surprisingly healthy. Pop your own and add some nutritional yeast for a hit of savory flavor (with less salt) and a whole bunch of B vitamins.

Energy bites: These easy-to-create nuggets, often called bliss bites, are a portable mixture of nut butter, oats and seeds. They are a great fuel for busy travel days, and make a great post-workout snack (see [Recipe of the Month: No-Bake Cinnamon Raisin Bliss Bites](#)).

Fruits and vegetables: Toss some carrot sticks, grapes, red pepper or apple slices in sealed containers for easy snacks on the run.

By Cara Rosenbloom, RD



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



You can adopt this traditional eating style in Mediterranean countries by including more vegetables, fruit, whole grains, beans, fish, olive oil and fresh herbs in your diet, while reducing highly processed foods, sweets and red meat. This eating plan has been linked with a lower risk of high blood pressure, heart disease and some types of cancer, and is filled with a colorful variety of delicious dishes. No deprivation — just enjoyment.

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Healthy Eating Recipe of the Month

No-Bake Cinnamon Raisin Bliss Bites

Ingredients:

1 cup rolled oats

½ cup peanut (or other nut) butter*

2 tbsp ground flaxseeds

2 tbsp honey

½ tsp cinnamon

¼ cup raisins

*Choose nut butters without added sugar, salt and oil.

Method:

Line a baking sheet with parchment paper. **In** a large bowl, combine oats, peanut butter, flaxseeds, honey, cinnamon and raisins. **Stir** to combine until the oats are sticking together and mixture is uniform. **Scoop** a scant tablespoon of the oat mixture and roll it tightly into 10 bite-sized balls. **Repeat** until oat mixture is used up. **Place** bites on lined baking sheet and freeze for one hour. **Store** in a freezer-safe container and enjoy cold or at room temperature.

Makes 10 servings. Per serving:

115 calories | 4g protein | 6g total fat | 1g saturated fat
| 2g mono fat | 2g poly fat | 12g carbohydrate | 6g sugar
| 2g fiber | 50mg sodium

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



Tip:

The new Dietary Guidelines for Americans 2020–2025 breaks down nutrition by one's life stage. The guidelines emphasize the importance of nutrition at every age because it's never too early or too late to eat healthfully. The new recommendations include: not serving added sugar to children under age two; a reminder for pregnant women to eat low-mercury fish and seafood; and the importance for older adults to eat enough protein to help prevent the loss of lean muscle mass.



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Wellness Tools

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>

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