



# EVERYDAY WELLBEING

June/July/August Are The  
Months for:  
Cataract Awareness  
Hernia Awareness  
UV Safety  
Sarcoma Awareness  
Psoriasis Awareness  
National Eye Exam

## June is Cataract Awareness Month

June is Cataracts Awareness Month and spotlights an ocular disease that affects 25 million Americans of advancing age.

### What exactly are cataracts?

As the leading cause of reversible blindness worldwide, cataracts are a significant health concern for adults of advancing age. The CDC reports that over 17% of Americans over 40 will have at least one eye affected by cataracts. That number that rises to 70% by age 75.

### Cataracts Symptoms

Here are some vision changes you may notice if you have a cataract:

- Having blurry vision
- Seeing double or a ghosted image out of the eye with cataract
- Being extra sensitive to light (especially with oncoming headlights at night)
- Having trouble seeing well at night, or needing more light when you read
- Seeing bright colors as faded or yellow instead
- If you notice any of these cataract symptoms, notify your ophthalmologist.



JUNE IS

**CATARACT**  
AWARENESS MONTH

<https://www.aao.org/eye-health/diseases/what-are-cataracts>

School's  
out for  
summer



# EVERYDAY WELLBEING



### June is Hernia Awareness Month

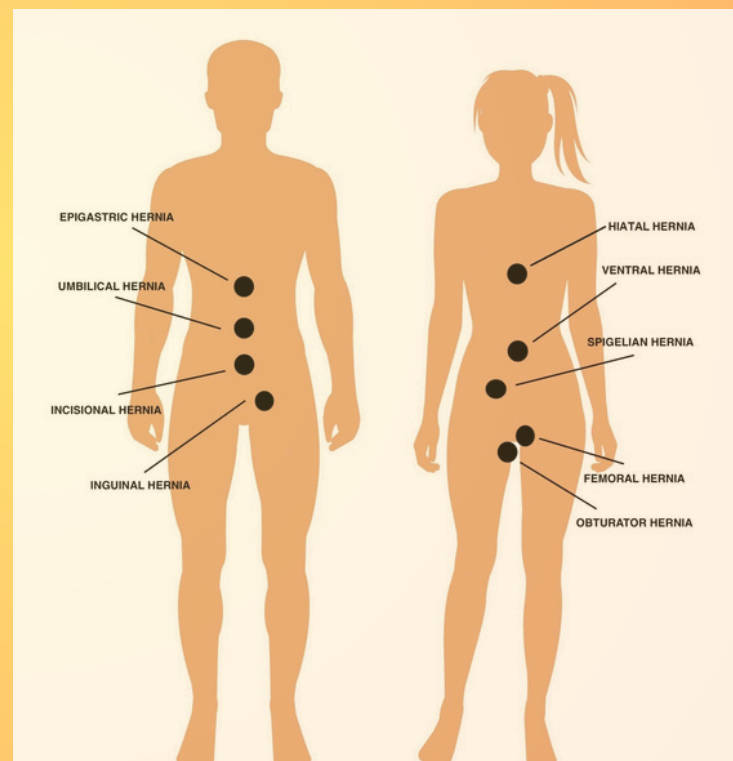
According to the National Center for Health Statistics, over five million people in the United States suffer from hernias annually. Of these five million, only 15% seek out medical treatment to resolve their diagnosis. Many hernias are not life-threatening however, if left untreated the condition can worsen thus requiring complicated procedures to correct.

#### What is a hernia?

A hernia occurs when an organ or fatty tissue bulges through a weak area or an opening in a muscle or tissue where the organ is located. Many contributors can cause a hernia to develop such as smoking, obesity, lifting heavy objects, as well as chronic coughing. As one ages hernias can also develop because of muscle wear and tear.

#### Types of Hernias

- Congenital diaphragmatic hernia
- Femoral hernia
- Hiatal hernia
- Incisional hernia
- Inguinal hernia
- Umbilical hernia



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# EVERYDAY WELLBEING



### Say YES to Sun Protection Say NO to Skin Cancer



Skin cancer is the most common cancer in the U.S.

One in five Americans will develop skin cancer in their lifetime, and nearly 20 Americans die from melanoma, the deadliest form of skin cancer, every day.



Since exposure to the sun's harmful UV rays is the most preventable risk factor for skin cancer, protect your skin by:

- Seeking shade
- Wearing sun-protective clothing
- Applying sunscreen to all skin not covered by clothing



There are two types of sunscreens:



#### Physical Sunscreen

This sunscreen works like a shield; it sits on the surface of your skin, deflecting the sun's rays.

Look for the active ingredients zinc oxide and/or titanium dioxide.

Opt for this sunscreen if you have sensitive skin.



#### Chemical Sunscreen

This sunscreen works as a sponge, absorbing the sun's rays.

Look for one or more of the following active ingredients: oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate.

This formulation tends to be easier to rub into the skin without leaving a white residue.



If you have concerns about certain sunscreen ingredients, use the information above to choose an alternative that works for you. As long as it's broad-spectrum, water-resistant and has an SPF 30 or higher, it can effectively protect you from the sun. Make sure you reapply it every two hours, or after swimming or sweating.

While sunshine is essential for your body to process vitamin D, ultraviolet (UV) radiation can quickly damage your skin, no matter your skin tone.

1 in 5

1 in 5 Americans get skin cancer.



Skin cancer is the most common type of cancer in the United States.



UV light exposure causes most skin cancers.



Just five sunburns doubles your risk of developing melanoma, the deadliest form of skin cancer.

#### Sun safety is easy:

Stay in the shade when possible.

Stay inside when the sun is at its brightest.

Use broad-spectrum sunscreen with an SPF of at least 30 and reapply frequently.

Wear a hat, long sleeves and sunglasses.



Indoor tanning beds have been designated by the International Agency for Research on Cancer as "carcinogenic to humans" since 2009.

The risk of developing melanoma increases by 75% if you start using tanning beds before age 35.

Most skin cancers are treatable when caught early. People with naturally darker skin are less likely to get early treatment for possible skin cancers.

School's  
out for

Summer



# EVERYDAY WELLBEING



Because these tissues are found everywhere on the body, Sarcomas can arise anywhere. Thus, within each site of the more “common” cancers there is the occasional surprise sarcoma diagnosis (e.g., breast sarcoma, stomach sarcoma, lung sarcoma, ovarian sarcoma, etc.). The most frequent location are the limbs since this is where the majority of the body’s connective tissue resides. They are commonly hidden deep in the body, so sarcoma is often diagnosed when it has already become too large to expect a hope of being cured. Although a lot of the lumps and bumps we get are benign, people should have them looked at by a doctor at an early stage in case it is sarcoma.

Sarcoma is sometimes curable by surgery (about 20% of the time), or by surgery with chemotherapy and/or radiation (another 50-55%), but about half the time they are totally resistant to all of these approaches—thus the extreme need for new therapeutic approaches. At any one time, more than 50,000 patients and their families are struggling with sarcoma. More than 16,000 new cases are diagnosed each year and nearly 7,000 people die each year from sarcoma in the United States.

## July is Sarcoma Awareness Month

Sarcoma is sometimes called a “forgotten cancer” because it’s rare. It doesn’t have the same amount of public awareness that other types of cancers have. Sarcoma affects the body’s connective tissues, which includes bones and soft tissues.

LEARN MORE



<https://www.curesarcoma.org/>



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# EVERYDAY WELLBEING



## August is Psoriasis Awareness Month

### What Is Psoriasis?

Psoriasis is an immune-mediated disease (a disease with an unclear cause that is characterized by inflammation caused by dysfunction of the immune system) that causes inflammation in the body. [1] There may be visible signs of inflammation such as raised plaques (plaques may look different for different skin types) and scales on the skin.

This occurs because the overactive immune system speeds up skin cell growth. Normal skin cells completely grow and shed (fall off) in a month. With psoriasis, skin cells do this in only three or four days. Instead of shedding, the skin cells pile up on the surface of the skin. Some people report that psoriasis plaques itch, burn, and sting. Plaques and scales may appear on any part of the body, although they are commonly found on the elbows, knees, and scalp.

Inflammation caused by psoriasis can impact other organs and tissues in the body. People with psoriasis may also experience other health conditions. One in three people with psoriasis may also develop psoriatic arthritis. Signs of PsA include swelling, stiffness, and pain in the joints and areas surrounding the joints. PsA often goes undiagnosed, particularly in its milder forms. However, it's important to treat PsA early on to help avoid permanent joint damage. Symptoms often start between ages 15 and 25 but can start at any age. Men, women, and children of all skin colors can get psoriasis.

### Psoriasis Types

There are five types of psoriasis

- Plaque Psoriasis
- Pustular Psoriasis
- Guttate Psoriasis
- Inverse Psoriasis
- Erythrodermic Psoriasis

Plaques can be a few small patches or can affect large areas. It's possible to have psoriasis plaques and scales in more than one location on the body at a time. Psoriasis on certain locations, called high-impact sites, can have an increased negative impact on quality of life, regardless of the total area affected by psoriasis.

It is possible to have more than one type of psoriasis at one time and more than one type in a lifetime. Treatments may vary depending on the type and location of the psoriasis.

### Psoriasis Locations

Psoriasis locations can be anywhere on the body.

Common psoriasis locations:

- Ears
- Nails
- Eyelids
- Scalp
- Feet
- Skin folds (including genitals)
- Hands



**EVERYDAY  
WELLBEING**

August is National Eye Exam month - a timely reminder that getting your eyes checked regularly is an important part of your annual healthcare routine.

**5 EYE-CATCHING FACTS ABOUT EYES**

As we age, getting a baseline eye exam can detect early signs of disease or damage to your eyes. Ophthalmologists recommend periodic eye exams every 2-4 years from the ages of 40 to 65, and every 1-2 years after the age of 65. While most symptoms are often disregarded, getting a simple checkup and following a doctor's orders can greatly lower risks of more severe and future damage, and you can continue to enjoy healthy vision.

1. Millions of us need help  
It's estimated that around 12.2 million Americans need vision correction.
2. Don't forget about your kids  
Somewhere around half of all children under the age of 12 have never had their eyes checked.
3. The eyes have it  
While it takes some time for most parts of your body to warm up to their full potential, your eyes operate at 100% at all times.
4. Eyes require enormous cerebral power  
Seeing is such a big part of everyday life that it requires about half of the brain to get involved.
5. Eyes can be fixed  
Most vision problems worldwide are avoidable or curable.

LEARN MORE >>

<https://www.aao.org/>

August is  
**NATIONAL  
EYE EXAM  
MONTH**





**THIS WEEK**

*New York Yankees*

**TEACHER APPRECIATION WEEK!**

★ JUN 18TH, 2024, 7:05 PM EDT - JUN 23RD, 2024, 1:35 PM EDT ★



**EACH SPECIAL EVENT TICKET INCLUDES:**

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FOR ADDITIONAL INFO PLEASE

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**RENEWALS - \$50 FOR THE CLUB CARD OR \$100 FOR THE CLUB+ CARD**

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**WHY SHOULD YOU JOIN BJS? CHECK [HERE](#) !**





### What is Mindfulness?

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

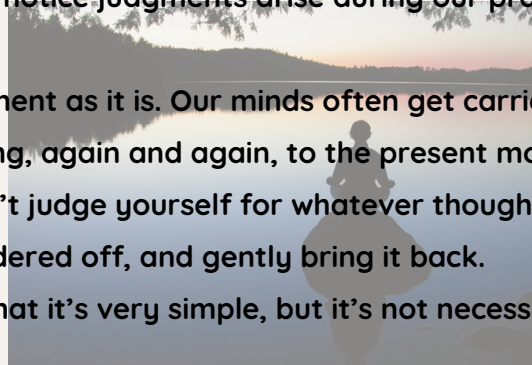
While mindfulness is something we all naturally possess, it's more readily available to us when we practice on a daily basis.

Whenever you bring awareness to what you're directly experiencing via your senses, or to your state of mind via your thoughts and emotions, you're being mindful. And there's growing research showing that when you train your brain to be mindful, you're actually remodeling the physical structure of your brain.

### The Basics of Mindfulness Practice

Mindfulness helps us put some space between ourselves and our reactions, breaking down our conditioned responses. Here's how to tune into mindfulness throughout the day:

1. Set aside some time. You don't need a meditation cushion or bench, or any sort of special equipment to access your mindfulness skills—but you do need to set aside some time and space.
2. Observe the present moment as it is. The aim of mindfulness is not quieting the mind, or attempting to achieve a state of eternal calm. The goal is simple: we're aiming to pay attention to the present moment, without judgment. Easier said than done, we know.
3. Let your judgments roll by. When we notice judgments arise during our practice, we can make a mental note of them, and let them pass.
4. Return to observing the present moment as it is. Our minds often get carried away in thought. That's why mindfulness is the practice of returning, again and again, to the present moment.
5. Be kind to your wandering mind. Don't judge yourself for whatever thoughts crop up, just practice recognizing when your mind has wandered off, and gently bring it back.



That's the practice. It's often been said that it's very simple, but it's not necessarily easy. The work is to just keep doing it. Results will accrue.



**Complete your Healthy Actions and earn \$75!**

**Health starts here: Join NBOE Well for the 2024 Healthy Actions Program!**

If an employee and their eligible spouse on the district's medical plan, obtain two (2) of any of the screenings listed below between January 1st, 2024 through December 31st, 2024\*, and submit the required proof, you will be automatically entered into a monthly raffle to win a \$75 e-gift card.

- Annual Physical with lab work
- Colonoscopy
- Sigmoidoscopy
- Immunization/vaccine (flu, H1N1, pneumococcal, hepatitis b, COVID)
- Routine Dental cleaning
- Routine Eye exam
- Well woman/Pap smear
- Mammogram
- Prostate Exam

**FOR MORE INFO  
PLEASE VISIT:**

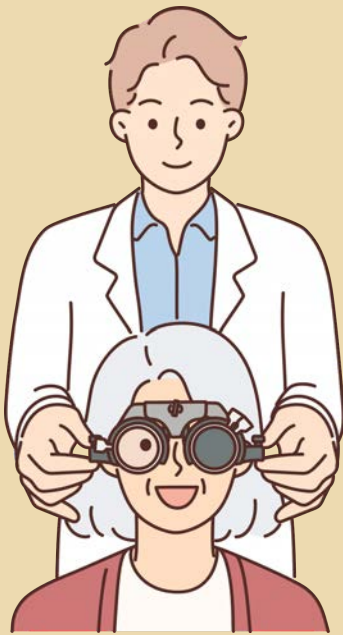
<https://nboehrs.com/wellness/#healthy>

\*Please note, if your screening(s) took place between January 1st, 2024 and December 31st, 2024 you will need to obtain proof on Aetna's website.

\*\*\* Disclaimer: An employee can only receive one (1) \$75 gift card per calendar year and must be active or on an approved leave to receive a gift card during distribution.



REMINDER

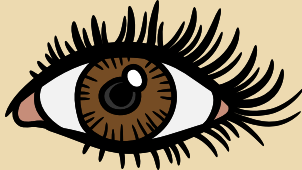


- Aetna Dental and Vision Benefits: Don't forget to complete your annual dental cleaning and vision exam. Information about the plans are posted below

**FOR MORE INFO  
PLEASE VISIT:**



<https://nboehrs.com/dental/>

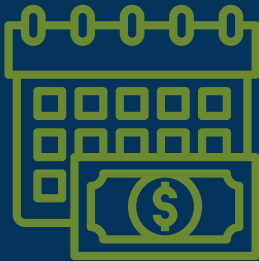


<https://nboehrs.com/vision/>



# Announcements

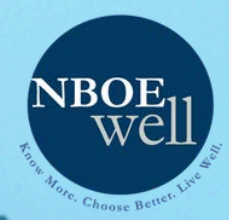
- Escrow Open Enrollment is open until September 15th. For more details please visit [here](#)
- 2024-2025 Payroll calendar has been released. For more details please visit [here](#).



Pay Calendar 2024-2025

Pay Date	Pay End Date	Days Paid Each Pay by Employee Type						
		All 12 Month	VPs/DCs	Security Guards/ Nurse's Aides	LPNs	Sr. Cooks	Sr. FSW	10 Month School Based
7/5/2024	6/15/2024-6/28/2024	10	6	5	7	7	5	5
7/19/2024	6/29/2024-7/12/2024	10	0	0	10	10	0	0
8/2/2024	7/13/2024-7/26/2024	10	0	0	10	8	10	0
8/16/2024	7/27/2024-8/9/2024	10	3	0	5	0	10	0
8/30/2024	8/10/2024-8/23/2024	10	10	9	0	0	0	0
9/13/2024	8/24/2024-9/6/2024	10	10	10	4	9	9	9
9/27/2024	9/7/2024-9/20/2024	10	10	10	10	10	10	10
10/11/2024	9/21/2024-10/4/2024	10	10	10	10	10	10	10
10/25/2024	10/5/2024-10/18/2024	10	10	10	10	10	10	10





# LOOKING AHEAD

Here's a sneak  
peak at what's to  
come in the next  
issue:

- **Everyday Wellbeing: September, October, November**
- **New Programs**
- **Spotlight on Anxiety**
- **Fringe Benefits (Dental & Vision)**
- **Important Announcements**