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Thank you to everyone who donated door prizes, helped with setup, takedown, planning and for all those that purchased Jeans Day passes and additional door prize tickets! We raised \$786 for La Sagrada Familia, our sister parish in the Dominican Republic! If you did not receive a Jeans Day pass from Angie for helping with setup, takedown or for a donated door prize, please see Angie the week of August 11 as a thank-you.







Congratulations to everyone who participated in the inaugural Greater Arch Open! And a special congratulations to Lay Initiative and Missionary Leadership on winning the People's Choice Award! Runner-up for the award was World Mission Office.







Archbishop Jeffrey S. Grob will be Presider, and a boxed lunch will be served in Dining Room 3 for those who RSVP. Please click <u>HERE</u> to RSVP by noon on Thursday, August 28.



**Friday, August 15**, in observation of the Solemnity of the Assumption.

Monday, September 1, in observation of Labor Day.

Please make sure to set your out-of-office messages on voicemail and email.

Dear MMCPC Staff and Tenants,

The building-wide fire inspection has been changed to **Tuesday**, **August 19**. The building will be closed on Tuesday, rather than Monday as previously announced.

Thanks for your flexibility in rescheduling appointments you have on August 19.

Sincerely yours, Fr. Phillip Bogacki Vicar General, Moderator of the Curia



Marie Emerson - Cemeteries





# Wellness Newsletter

# **August National Health Observance:**

Sleep Health Awareness and Health Literacy Awareness Month

August is Sleep Health Awareness and Health Literacy Awareness Month. Check out the following UnitedHealthcare educational resources to learn more about these topics:



- Sleep for health
- Sleep apnea symptoms and treatments
- Types of health insurance costs
- How to manage and estimate health care costs

#### **United at Work Presentation of the Month:**

Health Insurance 101

Health literacy is an important topic that should be discussed frequently, as many Americans do not understand health insurance terminology.



In the Health Insurance 101 presentation, you will learn about different healthcare spending accounts, preventive care guidelines, and where to go when you need care.

Available to view in English and Spanish.

# **Health Tip Flier of the Month:**

#### Health Insurance 101



Check out this month's Health Tip Flier on Health Insurance 101.

Available in English and Spanish.

# **Health Actions of the Month:**



- Get 7 9 hours of sleep at night
- · Try meditation before bed

### September preview

- Immunization Awareness & Obesity Awareness Month
- United at Work Presentation: Healthier Weight
- Health Tip Flier: Healthier Weight