



Self-Care for Caregivers

LOOKING AHEAD...

June's Challenge is Home Brew

Make your own coffee at home or prepare a homemade lunch at least 20 times this month and earn \$50 into your HealthEquity HRA or HSA!

Open Enrollment for the RCAB Health and Dental Plans ends on Tuesday, June 20.

Register for a webinar at catholicbenefits.org/webinars.htm

Wellness Webinars

Don't forget this easy way to earn HRA or HSA points! This month we learn about resources for caregivers, healing from trauma, and preventing burnout.

Wellness Corner

A refreshing summer salad rich in protein, fiber and healthy fats!

The latest health and wellness news, tips, and updates from the Lay Benefits Department of the Roman Catholic Archdiocese of Boston.

ARCHANGELS™

Are you the one everyone turns to for help? Do you feel like you can't take a break without worrying about those who rely on you? Unpaid caregiving is all around us, we just don't always see it that way. Whether we're managing someone else's finances, mowing the lawn, or lending an ear in times of crisis, care is how we fulfill our natural roles as friends, family, and neighbors. We are faith in action.

While we may think of ourselves as "just" a wife, son, or friend, close to one in two of us are actively serving as unpaid caregivers for loved ones. *Unpaid caregiver* is not necessarily a term we use to describe what we do, but we know the value of showing up for others — it is an honor. Caregiving can also be really intense and may affect our physical and mental health and our relationships with others.

Taking advantage of employer benefits, support groups, and other local and digital resources can help reduce that intensity you may be feeling. An easy way to find the resources that are best matched to what's driving your intensity right now is to calculate your [Intensity Score](#). Take two minutes to check-in on yourself and get fast answers about something that matters so much.

Here are some other ideas you can try now and share with those you love — or keep in mind for later:

- **Find your red phone.** A 'red phone' is the person you call when you need to blow off a little steam, get a different perspective, or even just ask for a joke. A few minutes on the phone with someone who knows everything about you — *and loves you anyway* — can do a lot to lower intensity and be a great source of validation, encouragement, and humor.
- **Take a deep breath.** Something as straightforward as filling our bellies with air can make an immediate difference, especially when our emotions get the best of us. Techniques like breath counting, where you count to a certain number on each inhale and exhale, can help with breath awareness and deepen our mind/body connection. Just a few of these breaths can bring relaxation and lower your heart rate.
- **Engage in short bursts of movement.** Exercise is a great way to shift our focus from our minds to our bodies and, by recognizing that any exercise counts, we can let go of the expectation that it isn't helpful unless it takes up a lot of time. A one-minute stretch, five minutes of bodyweight exercises, or a 10-minute walk can get us moving and help us more easily fit exercise into our busy lives.



If you have a lot on your plate right now, know that you're not alone. 70% of us are right there with you — feeling the heat from all our responsibilities that make us more likely to experience [anxiety and depression](#). Taking the best care of our loved ones starts with putting our air masks on first and showing ourselves some love too.

Keep an eye on your email inbox. In the weeks ahead, you'll be receiving an invitation to a webinar where you can connect with people like you and get some quick and useful tips that help you manage everything you do.

2-minute Tip for More Love (& less stress)

We're excited to announce that we've partnered with ARCHANGELS as part of our ongoing efforts to support the wellbeing of employees. It only takes a few minutes to find out if you're serving as a caregiver and access available resources. If you're curious about what's driving your intensity right now, such as having no time for yourself or stressing about finances, visit archangelscii.me/RCAB-cares to get your Intensity Score and access a curated list of helpful resources.

A new **AHEALTHYME** platform is available starting on July 1!

The new Blue Cross Blue Shield *ahealthyme* platform offers an extensive resource library, a more modernized digital platform, and new ways to earn incentive points. As you know, in order to earn incentive points for participating in the RCAB Health Benefit Trust Wellness Program, you must be registered in *ahealthyme*. **Even if you were previously registered in *ahealthyme*, you must register starting 7/1 in the new AHEALTHYME program or you won't be able to earn points.** Below are a few updates to the Wellness Program:

- One point will be equal to 10 HRA/HSA dollars.
- Instead of earning points for one annual well visit per Plan Year, you will be able to earn points for attending an annual well visit, a dental visit, and a cancer screening.
- If you complete a health assessment, you can earn 200 HRA/HSA dollars (major increase from \$50).
- You will be able to access *ahealthyme* through your MyBlue account or through a mobile app called Alaveda. Enter the code "wellness".

SPECIAL ANNOUNCEMENT Open Enrollment ends on June 20.

This year's Open Enrollment period for the Roman Catholic Archdiocese of Boston Health and Dental Plans ends **Tuesday, June 20**.

During this period, you may review your Health and Dental Plan options and make changes to your elections based on your family's needs without a qualifying life event or the need to submit supporting documentation.

If you would like to keep your current elections, no action is required.

To learn more, sign up for a live webinar at catholicbenefits.org/webinars.htm or visit catholicbenefits.org/oe.htm



All employees, spouses, and dependents enrolled in the RCAB Health Plans will receive new Blue Cross Blue Shield ID cards in mid-July. Those who are enrolled in the Enhanced Plan will also notice that the deductibles and out-of-pocket maximums listed on their cards will reflect the new values. If you have an appointment with a provider before you receive your ID cards in the mail, simply use your current ID card since the subscriber ID numbers will remain the same.





Wellness Webinars

Employees and spouses enrolled in one of the RCAB Health Plans and registered in the Blue Cross *ahealthyme* program can earn \$25 into their HealthEquity HRA or HSA accounts for attending a wellness webinar. Points are awarded for a maximum of **six** wellness webinars/family activities per Plan Year. **For Learn to Live webinars, please self-report your viewing to benefits@rcab.org.**

Staying Refreshed and Preventing Burnout Learn to Live

Thursday, June 15th: 1-1:30 pm

Use access code **RCAB** to access the live webinar.

Do you ever feel like you are struggling to thrive? Recent studies show that *40% of us are feeling burnt out*, but there is hope. Join us to learn the powerful impact of discovering and living by your values and receive practical insights about how to get past barriers that can leave us feeling unfulfilled and drained.

Resources for Caregivers

Wednesday, June 21st: 4:00 pm

Caring for someone? Almost 50% of us are and the intensity can be overwhelming. Here's the good news: there are resources that can help like personal counseling, financial services, and even discounts on items you already use. Join us to hear about resources that can help you manage everything you do. This webinar is hosted by ARCHANGELS co-founder and CEO, Alexandra Drane.

[Click Here to Register](#)

James Parker-Ashley Fitness Class Available Anytime

Try a strength training class! This class is designed to improve your flexibility, balance, endurance and build strength. All levels are welcome. Grab your fitness mat, dumbbells, water and join us!

[Click Here to Register](#)

Finding Hope and Healing in the Face of Trauma Learn to Live

Tuesday, June 27th: 12-12:30 pm

Use access code **RCAB** to access the live webinar.

Hard things happen in life and sometimes, when we get knocked down, it's harder to get back on our feet than we would like. We'll explain the commonly used terms 'trauma' and 'PTSD' and how they impact our lives. We will share important steps for healing in the face of trauma and strategies to build resilience should challenges come your way.

In Case You Missed It...



You can still view the recorded webinars from last month below. **After viewing these webinars, please self-report your viewing to benefits@rcab.org** and you can earn 25 HRA/HSA dollars. **You can access webinars for 60 days following their live recording date.**

Resilience: The Role of Optimism in Overcoming Life's Challenges

[Click Here to Access Recording](#)

James Parker-Ashley Fitness Class

[Click Here to Access Recording](#)

Eating for Energy

[Click Here to Access Recording](#)

Building Resiliency

[Click Here to Access Recording](#)

June's WellRight Challenge is Home Brew!

Imagine how much money you could save if you made your own coffee. This month, skip your favorite coffee place at least 20 times. Not a coffee drinker? Instead, challenge yourself to prepare a homemade lunch rather than eating out. Watch your savings add up! In order to successfully complete this Challenge, you must also take the June University Course, *Nutrition Fundamentals*, which is accessible in the WellRight platform.

Earn \$50 into your HealthEquity HRA or HSA if you complete this Challenge!



Click [here](#) to access your account or register for the first time.



Quinoa & Feta Chickpea Salad

Recipe adapted from *Everything Delish*



Salad Ingredients:

- 1 cup quinoa
- 1 cup low-fat feta, crumbled
- 2 baby cucumbers, diced
- 1 can chickpeas, rinsed and drained
- ½ cup mint, chopped
- 1/3 cup parsley, chopped
- ½ red onion, diced
- ½ cup walnuts, chopped



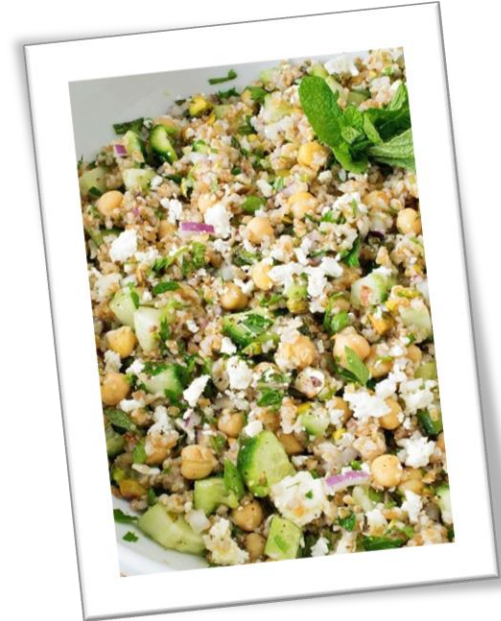
Dressing Ingredients:

- ½ cup extra-virgin olive oil
- 1 lemon, juiced
- 1 garlic clove, grated
- Salt & pepper to taste



Instructions:

1. Cook quinoa (follow instructions on the packaging) and let fully cool.
2. Make the dressing by mixing all dressing ingredients together. Set aside.
3. In a large bowl, combine all salad ingredients and the dressing, then mix well.
4. Optional: Finish with more black pepper and fresh mint. Enjoy!



Nutrition Focus: This salad is a rich source of protein, fiber, healthy fats and a variety of vitamins and minerals.



Welcome our new Wellness Program Manager!

Lisha Bethel is our new Wellness Program Manager at the Archdiocese of Boston. She received her Bachelor of Science in Food and Nutrition/Dietetics at Framingham State University and a Master of Science in Nutrition and Health Promotion/Wellness at Simmons University. She is a Registered Dietitian Nutritionist, licensed to practice in MA and RI. Prior to joining the RCAB Lay Benefits Department, she had extensive background working in the benefits industry and also as an outpatient and inpatient healthcare provider helping patients to improve their health and manage chronic health conditions. She is passionate about overall health and wellness and is excited to help promote wellbeing in and out of the workplace.

In good health,

Roman Catholic Archdiocese of Boston Benefits Department