



## May is Mental Health Awareness Month

### LOOKING AHEAD...

#### May's Challenge is *Create It*

Express your creativity for 500 minutes this month and earn \$50 into your HealthEquity HRA or HSA!

#### Open Enrollment for the RCAB Health and Dental Plans begins Monday, May 15.

Register for a webinar at [catholicbenefits.org/webinars.htm](https://catholicbenefits.org/webinars.htm) or check with your employer to see if a live presentation will be offered at your location.

#### Wellness Webinars

This month we focus on learning about resilience and how it is a key component of our mental health. We also learn about eating for energy.

#### Wellness Corner

You can make healthier versions of your favorite cookies! Try this month's recipe for Vegan Molasses Spice Cookies, brought to you by Carol Gustavson, Plan Administrator.

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

It seems like every where you turn, you hear about the increasing prevalence of mental health conditions. Mental health conditions do not discriminate based on age. From adolescents to the elderly, it seems as if no one is spared. This month, the RCAB Benefits Department promotes Learn to Live, a confidential, online, self-directed mental health program available to you and your family members (age 13 and older) anywhere, anytime and **at no cost to you**. Built on the principles of cognitive behavioral therapy, the program helps those who may not use, or would like to supplement, in-person therapy or mental health treatment with a health care provider. To learn more, [visit the Learn to Live website](#), scroll down, and click "see how they did it." You can find the Learn to Live program at [learntolive.com/partners](https://learntolive.com/partners). To access the program, enter the code **RCAB**.

This month we focus on resilience. How does resilience relate to mental health? According to the American Psychological Association, resilience is "the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands." How do you adapt to adversity, hardship, and setbacks such as the death of a loved one, a serious illness, job loss, financial problems, or interpersonal challenges with friends and family? We all know life has its ups and downs and problems don't just go away. However, if we can develop resilience, we will be better equipped to handle the daily slings and arrows of this world.

Try a few strategies below in your quest for resilience.

- Strengthen your connections with friends and family, who can serve as a great support network.
- Learn how to be flexible when changes occur in your life.
- Try to maintain a positive attitude despite your challenges. Understand that setbacks and hardships can be temporary and opportunities for growth.
- Engage in self-care. Spend time on activities that bring you joy. Eat healthy, get enough sleep, spend more time relaxing, and find time for quiet reflection.
- Pray and spend time in Eucharistic Adoration. Let the Lord strengthen you and give you the courage to persevere.

**May's WellRight Challenge is Create It**

Express your creativity for 500 minutes (average of 16 min/day). Play music, write poetry, dance, draw, garden, participate in a paint night with family or friends, or tackle a do-it-yourself home repair. Being creative stimulates your mind, giving you a sense of identity and accomplishment.

Access your account or register for the first time at <https://catholicbenefits.wellright.com/act/auth/login>.



**Employee Assistance Program**

Did you know you have access to an Employee Assistance Program at no cost to you for all of life's challenges? You can meet with a counselor, financial planner, or attorney for expert, confidential information and guidance. In addition, you have access to a variety of tools and resources such as articles, podcasts, and videos on the ComPsych GuidanceResources website. The EAP is available to you 24/7. Call 1-888-327-9573 or visit [guidanceresources.com](http://guidanceresources.com). The Web ID is SYMETRA. To access more details about the EAP, visit our benefits website at [catholicbenefits.org/PDF/other\\_benefits/eap.pdf](http://catholicbenefits.org/PDF/other_benefits/eap.pdf).

**Open Enrollment begins on May 15.**

This year's Open Enrollment period for the Roman Catholic Archdiocese of Boston Health and Dental Plans is **Monday, May 15 to 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*. Examples of election changes include:

- ✓ Enrolling or terminating enrollment in the Health and/or Dental Plans
- ✓ Switching to or from the Blue Cross Basic, Enhanced, or High Deductible Health Plan
- ✓ Changing between Individual, Family, and Individual +1 coverage
- ✓ Adding or removing a dependent

**If you would like to keep your current elections, no action is required.** You will receive an Open Enrollment booklet in the mail by May 15 with more details. To learn more, sign up for a live webinar at [catholicbenefits.org/webinars.htm](http://catholicbenefits.org/webinars.htm). The Benefits Department will also visit selected locations for in-person meetings. Contact your location's benefits administrator to check if a meeting will occur at your workplace.

**Open Enrollment 2023 Tidbit**



The RCAB Health Benefit Trust has partnered with MoveSpring to offer 11 Challenges for the new Plan Year. Employees and their spouses enrolled in the RCAB Health Plans are eligible to participate. How do you sign up? You will need to access the registration link that will be sent to your work email address (if one is on file). If you don't have a work email address on file, the information will be sent to your personal email address. Employees should share this registration information with their spouses so they can sign up. **RCAB Strong**, the first Challenge of the new Plan Year, begins on August 1. In order to earn HRA/HSA dollars, you must be registered in the new *ahealthyme* platform starting on July 1, 2023 or later (even if you have registered before). Information about the new *ahealthyme* platform will be featured in our June newsletter.

## 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.

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

Use access code **RCAB** to access the live webinar offered on multiple dates.

Learn more about the role of optimism in building resilience, which is the ability to adapt and bounce back after difficult experiences. Resilience is a key component of mental health and well-being.

**Tuesday, May 9th: 1 - 1:30 pm**

**Friday, May 12th: 10 - 10:30 am**

**Friday, May 19th: 12 - 12:30 pm**

**Tuesday, May 23rd: 3 - 3:30 pm**

### **James Parker-Ashley Fitness Class AVAILABLE ANYTIME**

This class is designed to improve your flexibility, build strength, control, and endurance. All levels are welcome. Grab your fitness mat and join us!

**[Click Here to Access Video](#)**

### **Eating for Energy**

**Wednesday, May 24 at 4 pm**

Participants learn how to eat well to increase energy throughout the workday. The program includes information about lifestyle and health factors that influence energy and overall wellness, healthful snack solutions portion control, and information on how to use the hunger scale for healthful snacking.

**[Click Here to Register](#)**

### **Building Resiliency**

Use access code **RCAB** to access the pre-recorded webinar at any time.

What is resilience? The clinical team explains the mind-body connection and discusses how to improve emotional resilience.

**[Click Here to Access Recording](#)**



## 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](mailto:benefits@rcab.org)** and you can earn 25 HRA/HSA dollars. **You can access webinars for 60 days following their live recording date.**

### **Mastering Your Gut Workshop [Click Here to Access Recording](#)**

### **When Substance Use Becomes a Concern Learn to Live (code RCAB)**

**[Click Here to Access Recording](#)**

### **Resisting the Pressure to be Perfect Learn to Live (code RCAB)**

**[Click Here to Access Recording](#)**

### **The Power of the Plant-based Diet**

**[Click Here to Access Recording](#)**



### Vegan Molasses Spice Cookies

1/2 cup + 2 tablespoons sunflower or safflower oil  
3/4 cup granulated sugar  
1/4 cup molasses  
1/2 cup cooked, cooled, sweet potato\*  
2 tablespoons water  
2 teaspoons baking powder  
2 cups whole wheat flour  
1 1/8 teaspoon baking soda  
1/2 teaspoon sea salt  
1 1/4 teaspoons ground ginger (dried)  
1 teaspoon grated ginger (fresh) (optional - if you like a little extra zing)  
3/4 teaspoon ground cloves  
3/4 teaspoon cinnamon

Pre-heat oven to 350°.

In a stand mixer, cream sugar, oil, molasses, fresh ginger (if using), and sweet potato. In a separate small bowl, whisk together water, 2 tablespoons oil and baking powder. Add to sugar mixture.

In a separate bowl, sift together flour, salt, baking soda, and dried spices. Add to the sugar mixture, combining well.

Roll dough into tablespoon-sized balls and place on parchment-covered cookie sheet, about 2 inches apart. Bake 8-12 minutes, rotating pan halfway through. Allow to cool on parchment.

\*Hint: take a large sweet potato and slice in half the short way. Bake one half at 400° for 20-30 minutes, until inside is soft. Cool and scoop out for this recipe. Later, dice the other half and toss with olive oil and sea salt for a tasty side dish for one.

*This month's recipe is brought to you by Carol Gustavson  
Plan Administrator, Roman Catholic Archdiocese of Boston Benefit Trusts*

In good health,

Roman Catholic Archdiocese of Boston Benefits Department