



Spring Cleaning: Inside and Out

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

LOOKING AHEAD...

April's Challenge is Go H2O

Replace one or more beverages with water for at least 28 days this month and earn \$50 into your HealthEquity HRA or HSA!

Time for a colonoscopy?

If you are due, don't delay any longer.

Wellness Webinars

Don't forget this easy way to earn HRA or HSA points! This month we learn about gut health, substance abuse, struggling with perfectionism, and the benefits of a plant-based diet.

Wellness Corner

Try a new recipe! Carol Gustavson, Plan Administrator, shares one of her favorite plant-based recipes!



Spring is a time of new beginnings and rebirth. Winter is now behind us and this time of year we are often motivated to do a little spring cleaning around the house. What does spring cleaning look like when it comes to our health?

You may have heard of the benefits of detoxes and cleanses that remove toxins from your body and improve overall health. However, did you realize that your bodies are already designed to detox? Every day, toxins are released through your urine, stool, and perspiration. Your kidneys, liver, and digestive track are nature's way of cleansing your bodies. The liver breaks down various toxins that you consume and the kidneys metabolize and excrete toxins. Even your skin works to remove toxins from your body. That doesn't mean you can't give your bodies a boost and help it do its job. Below are a few tips on how to detox naturally:

- ✓ Eat Anti-Inflammatory Foods – Focus on eating fiber-rich foods, fruit, vegetables, beans, nuts, whole grains, and lean protein.
- ✓ Try a plant-based diet – Dark leafy greens, such as kale, spinach, and collard greens can help you naturally detox because they are loaded with antioxidants. Broccoli as well as cabbage, cauliflower, and brussels sprouts help remove toxins from your liver.
- ✓ Limit Processed Foods and Sugar – Processed foods and foods high in sugar can lead to weight gain, making it more difficult for your body to metabolize and detoxify.
- ✓ Hydrate – Aim to drink 64 ounces of fluid a day. Try water with lemon. The pectin from lemon can aid with digestion and help your kidneys flush out toxins.

Check out [page 2](#) for other ways to detox.

April's WellRight Challenge is Go H2O

The Go H2O Challenge invites you to replace one or more beverages (soda, juice, coffee, etc.) with water for at least 28 days this month. Fight dehydration and at the same time improve your mental sharpness and reduce your overall calorie intake. **Earn \$50 into your HealthEquity HRA or HSA if you complete this Challenge!**

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



SPRING CLEANING, CONTD.

- ✓ Social Media Detox – How much time do you spend on Facebook, Instagram, Twitter, and other social media platforms? Although some may believe that social media has its benefits, social media can adversely impact your mental health. Constantly comparing yourself to people who curate the perfect life can affect your self-esteem and instill feelings of loneliness. Spending time on social media could also cause undue stress and anxiety due to the fear of missing out. Try reducing your time on social media and spending more time in the real world interacting with people in person and deepening your relationships with friends and family.
- ✓ Spiritual Cleanse - As we look for ways to begin anew in the Spring and clear up the clutter in our lives, it can be tempting to overlook the “spiritual clutter” that may have accumulated in our hearts. The burden of the mistakes we have made in our relationships, and the sins we have committed can weigh us down and burden our hearts. The antidote for this is simple, and available in every parish in the Archdiocese: the Sacrament of Confession. There is no better way to cleanse our souls than when we hear the words of absolution from the priest. No matter how long it has been, take the opportunity this Spring to go to Confession, and let your heart be healed.

EASTER REFLECTION

For Christians, Easter is the most important day of the year. It is the day we celebrate the centerpiece of our faith: that Jesus Christ truly rose from the dead. Not in some metaphorical sense, but as we pray in the Creed, the One who “suffered death and was buried . . . rose again on the third day.” What does it mean for us? Simply this: that death is not the end for us or for our loved ones. If we would just repent of our sins and place our faith in Jesus and His Resurrection, we will have the hope of eternal life. It is the greatest gift we can ever receive, and the best part is that it is free. All we have to do is ask, and we shall receive. This Easter, as you gather with family and friends, take a moment to ponder the great gift of God’s love for you, now and forever.

Don't forget SmartShopper!

Speaking of cleansing, eating vegetables and fiber-rich foods can help improve colon health. If it is time for you to have a colonoscopy, don't delay! A colonoscopy counts as a preventive visit and you can earn \$250 into your HealthEquity HRA or HSA account! In addition, you can earn cash rewards for comparison shopping for in-network medical care at high quality, lower-cost providers for medical procedures such as a colonoscopy. To get started, visit bluecrossma.org and sign into MyBlue. Click on My Care and then select Find a Doctor & Estimated Costs. In the Browse by Category section, select SmartShopper.

Wellness Webinars

Mastering Your Gut Workshop

Anytime

Are you struggling with digestive issues, UTIs or yeast infections, skin rashes and allergies, or unexplained fatigue or sluggishness? If you experience one or more of these symptoms, you could have a gut imbalance. Learn how to boost your immune system, restore your gut, and feel healthier than ever.

[Click Here to Access Recording](#)

When Substance Use Becomes a Concern

Learn to Live

Tuesday, April 11 @ 1 pm

Use access code *RCAB*

Studies show that substance use problems impact 1 in 7 people in their lifetime, but only 1 in 10 will ask for help. We will explore our relationship with substances and how you can take helpful action if you or a loved one wants help.

[Click Here to Register](#)

Resisting the Pressure to be Perfect

Learn to Live

Friday, April 21 @ 1 pm

Use access code *RCAB*

Do you struggle with perfectionism? Learn what that pressure does to us, ways to think differently about high standards, and how to face fears of imperfection.

[Click Here to Register](#)

The Power of a Plant-based Diet

Tuesday, April 25 @ 4 pm

This class is not about turning you into vegetarians, but to educate you about the powers in plants, fiber, antioxidants, and phytochemicals to name a few. Participants will learn how these substances work, the best food sources, and how much you need to consume to experience benefits.

[Click Here to Register](#)

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.



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.**

Global Cuisine Made Healthy

[Click Here to Access Webinar](#)

Unmasking The Secrets to a Better Night's Sleep - Learn to Live

[Click Here to Access Recording](#)

Habit Change: Building the Good, Breaking the Bad - Learn to Live

[Click Here to Access Recording](#)

Intermittent Fasting

[Click Here to Access Webinar](#)



Quinoa Chili

- 1 teaspoon chili powder
- 1 teaspoon cumin
- ½ teaspoon paprika
- ½ teaspoon sea salt
- ½ cup beer
- 1 small yellow onion, chopped
- 1 red, yellow, or orange bell pepper, chopped
- 1-2 minced garlic cloves
- 1 Tablespoon extra-virgin olive oil
- 1 can beans (red kidney, black, or your favorite)
- 1 can diced tomatoes
- 2½ cups low sodium vegetable broth
- ½ cup quinoa, rinsed
- ½ bell pepper chopped (optional)
- 1 Tablespoon vegan sour cream (optional)

In a dutch oven, cook the spices and salt for about 2 minutes, until fragrant. Add the beer and quinoa and cook until liquid is gone. Remove mixture from pan and wipe clean. Add onions and pepper to the pan with olive oil and cook until soft and lightly browned, 5-7 minutes. Add garlic and cook for one minute. Add tomatoes (including liquid), beans, broth, and quinoa. Bring to a simmer, then cover and reduce heat to low. Cook until quinoa has absorbed most of liquid and chili has thickened. To serve, add chopped uncooked pepper and vegan sour cream.

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