



# August is Summer Safety Awareness Month

## LOOKING AHEAD...

### Summer Safety

Keeping you and your family safe during the last days of summer.

### Wellness Webinars

This month we focus on luminating our brains through nutrition, cooking the Mediterranean way, extinguishing burnout, and setting goals to maintain motivation!

### Wellness Champions

Volunteer as a Wellness Champion at your location and earn HRA/HSA dollars!

### Omada

A new prediabetes program is here and it's FREE. Get started today!

### The Wellness Corner

Let's put some White Chicken Chili in the crockpot for tonight!

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



## *Have Fun But Be Safe, Too!*

Summer is the season of fun, but it is also the season to exercise heightened safety awareness! Although summer can bring exciting adventures, like finding new hiking spots, hitting the beach, and visiting amusement parks with the family, we still need to exercise caution. Being out in extreme heat, exposure to the sun, dehydration, being around open water, and exposure to bugs and other insects can lead to concerns, such as heat stroke or exhaustion, drowning or water-related injuries or illnesses, and higher risk of insect bite-related illnesses.

In the summertime, we also need to be vigilant about eye health! UVA and UVB rays are damaging not only to skin, but also to eyes. Wearing sunglasses helps minimize eye strain and protects eyes from cataracts, age-related macular degeneration, photokeratitis ("snow blindness"), and corneal burns. Find polarized sunglasses with 100% UV protection that wrap around the eyes to prevent UV rays from seeping through the sides. Polarization helps minimize light that bounces off of objects like water and cars.

Check out the next page for other tips and tricks on summer safety so you can enjoy the last full month of summer!

## Summer Safety



**Grab Your Sunscreen:** There are various types of sunscreens out there for sensitive skin, sports/physical activities, babies, skin tones and more, but no matter which you choose, always make sure you have a broad-spectrum sunscreen that protects against UVA and UVB rays. The [CDC](#) recommends at least SPF 15+ when outside. Make sure to reapply a generous coat every two hours and more frequently after swimming, sweating, and drying off.



**Avoid Ticks:** Ticks like to live in grassy or wooded areas, so make sure to check your clothes, backpacks, and hair after spending time outdoors. Remember to do a skin check before taking a shower. When you're outside, walk in the middle of trails, wear clothing that covers your legs and ankles, and avoid areas where ticks may thrive. If you're outside with your dog, don't forget to check your furry friend for ticks!



**Learn CPR:** Do you know how to save someone's life if they go into cardiac arrest? Become CPR certified! CPR, or cardiopulmonary resuscitation, is an "[emergency lifesaving procedure](#) performed when the heart stops beating". If someone goes into cardiac arrest, immediately call 911 or have another bystander call if you're preparing for CPR. If you're able to perform CPR immediately, it can actually increase that person's chance of survival 2-3x after going into cardiac arrest. CPR keeps the blood flowing to vital organs until emergency responders are able to take over. To find a CPR class with the American Heart Association, please visit this [website](#).



**Be Careful Around Water:** Beaches and pools can be a great place for the family to relax, but they can also be very dangerous. [Drowning](#) is the second highest cause of death in children, and they should always be supervised while in the water. Regardless of age, do not dive in shallow or unfamiliar waters and never swim alone. Always have a swimming buddy!



**Protect Against Bug Bites:** Summer is great, except for those annoying bugs! It's important to protect yourself and your loved ones against bug bite-related illnesses. Use insect repellent and protective clothing to prevent bites, close doors and windows in the house, and turn on the air conditioning - mosquitos prefer warm, damp places.



**Beat the Heat:** Heat exhaustion and heat stroke can affect anyone in hot temperatures for long periods of time. Make sure to take frequent breaks, stay hydrated, find some shade. Avoid spending time outside during the hottest times of the day (usually between 11 am and 3 pm).



**Food Safety:** The [CDC](#) recommends following four simple steps to help avoid food poisoning: clean, separate, cook, and chill. Wash your hands often when cooking and wash your utensils, cutting board, and counters after prepping each food item. Use separate cutting boards if you're preparing meats or seafoods to avoid cross-contamination with other foods and make sure to cook beef, pork, and chicken to [proper temperatures](#) before serving. It's also important to put perishable foods in the fridge within two hours at room temp or one hour after being in hot temperatures!

## 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.

### **The Mental Perks of Setting Goals and Maintaining Motivation**

#### **AVAILABLE ANYTIME**

Hosted and recorded by McLean Hospital, Dr. Lisa W. Coyne talks about building small habits to achieve large goals, the importance of setting SMART goals, how to maintain motivation, and how to overcome mental hurdles. *Please email Amanda Gately at [agately@rcab.org](mailto:agately@rcab.org) to report your viewing.*

[Click Here to Access Webinar](#)

### **Luminate Your Brain Through Optimal Nutrition**

**Friday, August 5<sup>th</sup> @ 11:30am**

Experiencing a decline in cognition can significantly impact your quality of life. This webinar provides participants with the latest information on the mechanics behind brain health and the foods that feed your body, fuel your brain, and maximize your cognitive health.

[Click Here to Access Webinar](#)

### **Mediterranean Destination - Cooking Class!**

**Thursday, August 11<sup>th</sup> @ 12pm**

Participants learn how to prepare quick easy meals, the Mediterranean Way! The virtual cooking class includes information on how to build a heart smart Mediterranean pantry to prepare quick, healthful meals in minutes! Recipes and meal planning information is included.

[Click Here to Access Webinar](#)

### **Extinguishing Burnout**

**Tuesday, August 16<sup>th</sup> @ 4pm**

Burnout isn't a buzzword. In fact, burnout is becoming more commonplace than ever among individuals. While burnout is not considered a medical diagnosis, it is the result of ongoing emotional, physical, and mental stress. If not acknowledged or addressed, burnout can impact physical and mental health. Learn how to identify burnout and strategies for managing burnout.

[Click Here to Register](#)



## 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 Amanda Gately, Benefits Associate, at [agately@rcab.org](mailto:agately@rcab.org)** and you can earn 25 HRA/HSA dollars. Points are awarded for a maximum of six wellness webinars/family activities per Plan Year. **You can access webinars for 60 days following their live recording date.**

### **Learn to Live Webinar - Getting Unstuck: The Science of Moving Forward**

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

[Click Here to Access Webinar](#)

### **Salt & Sugar: What You Need to Know Inside & Out**

[Click Here to Access Webinar](#)

### **Sustainable Solutions: Reserving and Preserving Our Resources**

[Click Here to Access Webinar](#)

### **The Power of Positivity**

[Click Here to Access Webinar](#)



*Let us know what you want to see!  
Please email Kara Lavertu at [klavertu@rcab.org](mailto:klavertu@rcab.org) with your webinar topic ideas or requests.*

## ARE YOU READY TO BECOME A WELLNESS CHAMPION?

Are you passionate about health, wellness, and wellbeing? Do you want to serve as an informational resource regarding the RCAB Health Plans at your location? By attending one meeting per month starting in September and promoting the RCAB Health Benefit Trust Wellness Program, you can **earn \$150 HRA or HSA by serving as a Wellness Champion!** If you are interested in signing up, please contact Kara Lavertu at [klavertu@rcab.org](mailto:klavertu@rcab.org).



Omada is a digitally-delivered program for people with chronic conditions, such as prediabetes, hypertension, and high cholesterol. Employees, spouses, and dependents age 18+ enrolled in the RCAB Health Plans must take a short risk screening assessment to determine eligibility to participate in the program. Omada provides interactive lessons, health coaching, peer group support, an integrated mobile app, and a cellular-enabled scale to help participants lose weight, reduce the risk for developing type 2 diabetes, and improve overall health – at no cost to participants!

Watch the Omada for Prevention video below to see how the program works: [Prevention 60 seconds](#). See if you qualify for the program at <https://go.omadahealth.com/rcab>.

For those already living with diabetes, the RCAB Health Benefit Trust has partnered with Livongo to offer a free diabetic management program with a smart blood glucose meter and free supplies to those who qualify. To find out how to sign up, please visit [enjoy.livongo.com/RCAB/new](https://enjoy.livongo.com/RCAB/new).

Please email the Benefits Office at [benefits@rcab.org](mailto:benefits@rcab.org) with any questions.

## TREE HUGGER CHALLENGE



Enjoy nature for 300 minutes over the next 31 days. Choose something you enjoy doing, like eating lunch on a park bench, riding a bike, or walking on a nature trail. You decide how to spend time enjoying nature! Earn \$50 towards your HRA or HSA for successfully completing this Challenge.

Access your WellRight account at [catholicbenefits.wellright.com](https://catholicbenefits.wellright.com).

THE  
WELLNESS  
CORNER

*New health and wellness topics covering exercise routines, recipes, tips, and tricks to spark motivation in your life every month!*

# Slow-Cooker White Chicken Chili

Prep Time : 20 minutes

Cook Time : 8 hours

Servings : 8

## Ingredients:

- 1½ pounds of boneless, skinless chicken thighs
- 1 bag frozen corn (10oz.)
- 2 cans cannellini beans, drained and rinsed (15oz.)
- 1 medium yellow, chopped
- 3 large celery stalks, chopped
- 1 large red bell pepper, chopped
- 2 garlic cloves, chopped
- 3 cups low-sodium chicken broth
- 1 tsp kosher salt
- 1 tsp dried oregano
- 1/2 tsp dried thyme
- 1 tsp cumin
- 1 tsp chili powder
- 1/2 tsp ground black pepper
- 2 large scallions
- 1/2 cup of cream cheese (if desired)

## Directions:

1. Preheat the crockpot on low heat for 30 minutes .
2. Add the chicken to the crockpot, then stir in chopped onion, celery, bell pepper, garlic, corn, beans, broth, salt, and spices.
3. Cover crockpot and cook for 8 hours on LOW.
4. When ready, just stir to shred the chicken into smaller pieces.
5. For a creamier chili, stir in the sour cream just before serving, or serve as a topping with scallions if desired.

Enjoy!

**Recipe by Casey Barber at TODAY:**  
<https://www.today.com/recipes/slow-cooker-white-chicken-chili-recipe-t107354>.

In good health,  
Roman Catholic Archdiocese of Boston Benefits Department