



# November is American Diabetes Month

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

## LOOKING AHEAD..

### Wellness Webinars

This month we focus on navigating difficult family relationships, revamping your food pantry, improving time management, and addressing mental health concerns.

### Grieving and Loss During the Holidays

After a long year of hardship and loss, the holiday season can be a very painful time for families. How can we manage grief during such a difficult time?

### November WellRight Challenge

Spread some gratitude this month and earn \$50 in wellness incentives into your HealthEquity HRA or HSA for completing the Challenge!

### Benefits Highlight with Kerri Shorter

Update your life insurance beneficiaries at any time.

### The Wellness Corner

Try a diabetes-friendly Thanksgiving side dish! Roasted potatoes with rosemary are on the menu.



## Identifying and Reversing Prediabetes

[Diabetes](#) affects more than 34.2 million people (10.2% of population) in the United States, while prediabetes affects more than 88 million adults over 18 years old. That's 34.5% of the United States population! Out of the 88 million Americans who have prediabetes, more than 84% don't even know they have it.

Prediabetes [occurs](#) when the cells in your body begin to irregularly respond to insulin, a pancreatic hormone, which causes your body to release more insulin. When this increase in insulin goes into overdrive and the pancreas can't keep up, your blood sugar increases. An [A1C test](#) measures your average blood sugar levels over the previous three months. Anything below a 5.7% A1C result is considered a "normal" level. A person is diagnosed with prediabetes when the blood sugar level is between 5.7-6.4%. Diabetes is diagnosed at a level of 6.5% or above.

The great news is that prediabetes is reversible. By making changes to your diet, physical activity levels, and overall health, you can prevent the development of type 2 diabetes and other health complications. By allowing a prediabetes diagnosis to go unchecked, you may develop type 2 diabetes [within five years](#).

If you are overweight, older than 45 years old, physically inactive, have a parent or sibling with diabetes, or had diabetes while pregnant, you are at a higher risk for developing prediabetes and type 2 diabetes. You can check whether you are at risk for developing prediabetes by taking this [short risk test](#) from the CDC.

If you have already been diagnosed with type 2 diabetes and are currently enrolled in one of the RCAB Health Plans, you can participate in a diabetes management program at no additional cost to you. The program provides free supplies, a smart glucose meter, and access to a Certified Diabetes Educator. Find out how to get started on the next page!



## Diabetes Statistics

- The number of people living with diabetes has increased 4x in the last 30 years.
- It is estimated that 1 in 11 adults has one form of diabetes.
- Diabetes was the eighth leading cause of death in 2020.
- 90% of those with diabetes have T2DM.
- The leading causes of developing T2DM are the rise in obesity, sedentary lifestyles, poor diet, and aging.

### Who is eligible?

Employees, spouses, and dependents (18+ years) living with diabetes who are enrolled in one of the RCAB Health Plans qualify for this program.

### What are the benefits of this program?

The Livongo program combines smart blood glucose meter technology with coaching from a Certified Diabetes Educator (CDE) to help you manage diabetes more easily AND offers **free** supplies like lancets and strips to those enrolled in the program, 24/7 CDE assistance, fast biometric feedback, and the availability to connect directly with your doctor.

### Does this program cost me anything?

The Livongo program is offered at no additional cost to you!

### Can I earn HRA or HSA dollars for participating?

Yes! Participants who remain actively engaged in the program will receive \$100 into their HealthEquity HRA or HSA if they are registered in *ahealthyme* ([ahealthyme.com/login](http://ahealthyme.com/login)).

### Where can I find more information?

You can find out more information about Livongo by visiting [Get started - Livongo Health - Registration](#) or emailing Kara Lavertu, Wellness & Wellbeing Manager, at [klavertu@rcab.org](mailto:klavertu@rcab.org).

## Helpful Tips to Manage and Prevent Prediabetes



### Weight loss

Losing weight doesn't mean crash dieting and checking the scale every morning. Making small changes, such as increasing regular exercise, eating smaller portions, and taking the stairs can make positive changes. Those who lose 10% of their body weight after being diagnosed with prediabetes reduce their risk of developing type 2 diabetes in the next three years, according to [John Hopkins Medicine](#).

### Physical activity

The [CDC](#) recommends 150 minutes of exercise each week. That's like taking two spinning classes a week and a 30-minute walk on the weekend! Try out some chair exercises before bed, range of motion exercises when you get up in the morning, walking around town, biking, or old exercise favorites ('80s aerobics anyone?). Find some forms of exercise you love and stick with it. Invite your spouse or friend to join you! You can help each other stay motivated to work out.



### Eating right

Taking a heart-healthy cooking class, making healthier choices, or working with a dietician, nutritionist, or [BCBS health coach](#) can help you turn your current daily diet into one you are excited to eat! Choosing whole grains (brown rice and quinoa), consuming more starchy vegetables (potatoes), and eating more fruits, beans, and low-fat dairy provide not only a balanced meal but prolong your energy throughout the day.

## Wellness Webinars

Employees and spouses enrolled in one of the RCAB Health Plans and registered in the Blue Cross *ahealthyme* program can earn \$20 into their HealthEquity HRA or HSA accounts for attending a wellness webinar. Points are awarded for a maximum of five wellness webinars/family activities per Plan Year.

### Specific Mental Health Disorders and our Christian Response

**November 4<sup>th</sup> @ 7pm**

The Office for Lifelong Faith Formation and Parish Support is hosting Dr. Greg Kolodziejczak for a workshop on mental health awareness. He will discuss the most common mental health disorders that affect our religious community, such as anxiety, mood, addiction, and trauma disorders. He will also touch on the various treatments for these mental health concerns and how our parishes and communities can respond to them.

[Click Here to Register](#)

### Stretching Your Pantry: Beans & Beyond

**Tuesday, November 9<sup>th</sup> @ 4:30pm**

Build a healthy pantry and cook for a week! Get creative and save on calories, dollars, and energy. Participants will learn how to plan a menu, shop, cook and stay sustainable from pantry to table. The webinar will also feature new cooking recipes.

[Click Here to Register](#)

### Time Mastery

**Wednesday, November 17<sup>th</sup> @ 5:30pm**

So many people are suffering from chronic fatigue and exhaustion. Participants will learn simple strategies to alleviate stress. Learn how to focus, amplify your results by doing less, connect with your true nature, and eliminate energy drains.

[Click Here to Register](#)

### Navigating Family Relationships During Stressful Times

**Monday, November 22<sup>nd</sup> @ 6pm**

During these challenging times, many are experiencing stress in their relationships - with spouses, children, siblings, and other loved ones. This webinar will highlight the way in which the pandemic has placed unprecedented strain and pressure on families, how to manage these challenges, and strategies to help you and your family cope, grow, and thrive.

[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 20 HRA/HSA dollars. Points are awarded for a maximum of five wellness webinars/family activities per Plan Year. **You can access webinars for 60 days following their live recording date.**

### Create Mental Well-being with Everyday Mindfulness Practices

[Click Here to Access Video](#)

### Mindful Eating: Vitamin M!

[Click Here to Access Webinar](#)

### Manage Your Stress for Optimal Living

[Click Here to Access Webinar](#)

### Rev Up Your REM: Improving Sleep Hygiene

[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.

## *Mental Health Focus: Grief and Loss During the Holiday Season*

For many, the annual holiday season is festive, exciting, and enjoyable. But for those of us who have lost a loved one in the last year, it can be a painful reminder of old traditions, memories, and what we have lost. Thanksgiving, Christmas, and the New Year may look different in how they are celebrated and can stir up strong emotions, like sorrow, anger, and loneliness, instead of joy and peace. While the feeling of grief and loss can be all-consuming, you can take small steps to help you through the holiday season.

- **Start new traditions.** Although you may have had a standing tradition with a family member or friend for the holidays, that tradition may be too painful to carry on, at least for this year. Start a new tradition of your own, whether it's by yourself, another family member, or a group of friends. This can help you look forward to something in the coming year instead of focusing on what you've lost.
- **Set Boundaries.** While most of our peers understand the baggage that comes with grief and loss, others may not know what you're going through. Be willing to say "no" to things you don't want to do, like "Friendsgiving" or a Christmas party. Don't feel obligated to pretend you are happy just for show.
- **Allow yourself to feel exactly what you're feeling.** You don't have to move on just yet or feel guilty for how you're handling your loss. You are going to feel mixed emotions and that is normal. Don't judge yourself harshly as you take the time to heal.
- **Have a plan.** If you are out at a party or gathering but don't know how you'll feel when you get there or have reached your emotional limit for the night, you can plan ahead with a family member or friend who can accompany you to the event and be willing to leave with you when you're ready to go. Having someone to lean on can help alleviate stress during these events.
- **Get help if you need it.** Resources are available to help you process loss. You can seek treatment with a therapist or behavioral care specialist and attend support groups that can help you process your feelings. You are not alone!



### **November WellRight Challenge**

The *Heart Felt* Challenge invites you to express gratitude over the next month to 20 different people and share why you appreciate them. Did a family member help you clean the dishes after dinner? Did a friend bring coffee to you in the morning? Did a co-worker help you with a task at work? Let people know that you are grateful for their small gestures. Access your WellRight account at [catholicbenefits.wellright.com](http://catholicbenefits.wellright.com).

### **Benefits Highlight with Kerri Shorter, Human Capital and Systems Manager**

#### **Designating Beneficiaries**

Did you know, if you have coverage under the RCAB Life Insurance Plan, you can update your beneficiary at any time?

To view or edit your beneficiaries in MyEnroll, click the "waffle" in the upper left corner, select "Employees," then "Assign Beneficiaries" under Benefits. MyEnroll allows you to enter primary beneficiaries and contingent beneficiaries. You can even designate multiple beneficiaries and assign an individual percentage for each.

For more information -  
[catholicbenefits.org/PDF/myenroll/beneficiary.pdf](http://catholicbenefits.org/PDF/myenroll/beneficiary.pdf).

HAPPY  
*thanksgiving*

*From the RCAB Lay Benefits Department*

THE  
WELLNESS  
CORNER

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

# Roasted Potatoes with Rosemary Garnish

Recipe from Delish: [delish.com/cooking/recipe-ideas/recipes/a50803/rosemary-roasted-potatoes-recipe/](https://delish.com/cooking/recipe-ideas/recipes/a50803/rosemary-roasted-potatoes-recipe/)

## Ingredients

- 2 lb. baby potatoes - halved or quartered
- 2 TBSP EVOO (extra-virgin olive oil)
- 4 cloves of minced garlic
- 2 TBSP rosemary
- Kosher salt
- Black pepper grounds
- Rosemary sprigs

## Directions

- 1) Preheat oven 400°F
- 2) Lay potato halves or quarters on a baking sheet. Toss with EVOO, garlic, rosemary, salt and pepper.
- 3) Roast in the oven and stir potatoes occasionally until crispy (approximately 60-75 minutes)
- 4) Remove from oven and put in serving dish. Add sprigs of rosemary for garnish. Enjoy!



In good health,  
Roman Catholic Archdiocese of Boston Benefits Department