



12 Days of Wellness: A Journey to Health and Joy

LOOKING AHEAD...

2026 401(k) Contribution Limits

Review the new contribution limits for the year 2026

MoveSpring December Challenge: Hearts of Service

You are challenged to perform 5 acts of service this month.

MoveSpring Explore Page

Discover on-demand wellness resources, including energizing workouts, nutritious recipes, soothing sleep soundscapes, and more!

Wellness Webinars

Learn practical ways to boost your mood and retrain your thinking, manage stress and worry more effectively, organize your finances before the new year, and explore healthcare coverage options in retirement.

As we enter the Advent season, we invite you to embrace the following "12 Days of Wellness" - a time to nurture your body, mind, and spirit while deepening your connection with Jesus. Wellness is not only about physical health; it's about living in harmony with God's purpose for us. Each day offers a simple practice inspired by Catholic tradition to help you prepare for the joy of Christmas.

- **Day 1: Move with gratitude**

Take a brisk walk and thank God for the ability to move. Each step (slow or fast) is a blessing!

- **Day 2: Hydrate your temple**

Drink plenty of water today. Our bodies are temples of the Holy Spirit; let's keep them refreshed.

- **Day 3: Rest in His peace**

Prioritize sleep tonight. Good rest restores energy and deepens our ability to serve others joyfully.

- **Day 4: Nourish with goodness**

Choose wholesome foods that fuel your body. Think colorful fruits and veggies: God's creation on your plate!

- **Day 5: Stretch and Reflect**

Spend 10 minutes stretching while meditating on a favorite Scripture verse. Physical and spiritual flexibility go hand in hand.

- **Day 6: Acts of kindness**

Offer a helping hand or a kind word. Service is wellness for the soul.

- **Day 7: Digital Sabbath**

Unplug for an hour. Use the time for prayer, journaling, or simply enjoying quiet.

- **Day 8: Joyful movement**

Dance to your favorite hymn or Christmas carol. Celebrate the gift of joy through movement!

- **Day 9: Gratitude list**

Write down five blessings. Gratitude reduces stress and lifts the heart toward God.

- **Day 10: Breathe and pray**

Practice deep breathing while saying a short prayer like, "Lord, grant me peace."

- **Day 11: Share a meal**

Invite someone to share a healthy meal. Fellowship nourishes body and spirit.

- **Day 12: Reflect and rejoice**

Take time to reflect on these days of wellness. Thank God for the strength to care for yourself and others.

Be grateful for the gift of health and the joy of this season.



IRS Announces 2026 401(k) Contribution Limits

The IRS recently announced new 401(k) contribution limits for the new calendar year.

- \$24,500 for eligible employees/priests under age 50
- \$32,500 for eligible employees/priests age 50 by December 31, 2026
- \$35,750 for eligible employees/priests turning age 60, 61, 62, or 63 by December 31, 2026

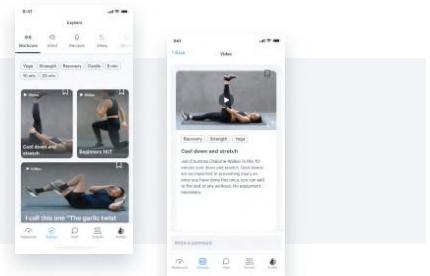
If you are currently participating in the RCAB 401(k) Retirement Savings Plan, don't forget to update your contribution and take advantage of the increased limit. You can update your contribution by logging in to your online Voya account at rcab.voya.com or calling Voya at 855-817-1664. If you are eligible but not participating in the RCAB 401(k) Plan, start now! It's never too early to start saving for retirement. For more information on the RCAB 401(k) Plan, visit catholicbenefits.org/401k.

On-Demand Content Available on MoveSpring

As the colder months set in, make the most of MoveSpring's Explore section. You'll find interactive resources like on-demand workouts, healthy recipes, sleep tips, and more. This holistic content is designed to support your wellness journey and give you plenty of options to stay active and balanced. Don't forget - you can save your favorite pieces to revisit anytime!

WORKOUTS

From strength and cardio to stretch and recovery, on-the-go workout sessions allow you to workout at anytime, anywhere.



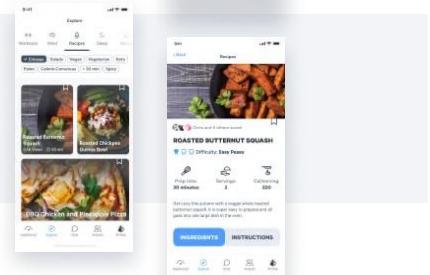
MIND & SLEEP

Engage in practices to improve to focus, positivity, gratitude, and more. Plus, access sleep soundscapes for a restful night.



RECIPES

Collection of nutritious and delicious recipes readily available for anyone seeking culinary inspiration at their fingertips.



New to MoveSpring? MoveSpring combines activity challenges, social features, and educational content to motivate you to engage in a healthy lifestyle. Register to participate and you can earn 50 HRA/HSA dollars for the completion of each challenge (subject to HRA/HSA maximums) as part of the [RCAB Wellness Program](#). Employees and spouses enrolled in one of the RCAB Health Plans are eligible to participate. Click [here](#) to join!



Wellness Webinars



Can't make the live webinar? Register to receive a link to the recording.

Retrain Your Brain: The Case for Gratitude

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

[Wednesday, December 10: 1-1:30 p.m.](#)

Research shows that strengthening the gratitude muscle can lower stress and improve mood. Building this muscle actually feels good! In this webinar, the Learn to Live Clinical Team will explore ways to strengthen your gratitude muscle and retrain your brain with practical ideas.

The Most Wonderful Time of the Year: Managing Stress and Worry

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

[Friday, December 12: 12-12:30 p.m.](#)

While this time of year may truly be the most wonderful for many people, some find the holidays to be one of the most stressful times. If you're feeling overwhelmed this season, Learn to Live can help. The clinical team will explain holiday stressors and how to alleviate them to experience more joy!



5 Tips for Year-End Finances

[Tuesday, December 2: 10 a.m. and 2 p.m.](#)

[Tuesday, December 16: 12 p.m. and 3 p.m.](#)

Learn how to prepare for the end of the year and get your finances in order for the new year.

Health care in retirement

[Tuesday, December 16: 10 a.m. and 2 p.m.](#)

Rising health care costs continue to be a concern. Planning for health care expenses in retirement is essential with today's longer lifespans and gaps in Medicare and insurance coverage. This session will walk through cost issues and coverage options, stressing the value of a holistic retirement plan that factors in health care needs.

Webinar Recordings

View the recorded webinars from last month!



PLAY NOW!

Use access code **RCAB** to access recordings.

[Caring Without Crumbing: Tools to Prevent Burnout](#)

[Raising Future Ready Kids: Parenting Young Adults](#)



December Challenge



Hearts of Service

Commit to performing 5 acts of service this month. Consider volunteering at a local charity, donating to a local food pantry, helping a neighbor, donating to those in need, or participating in a fundraising event for a non-profit. Volunteer your time and gifts with others and you will receive more in return!

Employees and spouses enrolled in the RCAB Health Plans may click [here](#) or scan the QR code to join by December 7.



Earn \$50 into your HealthEquity HRA or HSA (subject to Plan Year maximums) when you complete this Challenge!



THE RECIPE CORNER

Spinach-Artichoke Christmas Tree Skewers

Recipe from [Delish.com](https://www.delish.com)



Ingredients

- 1 (10-oz.) bag frozen spinach, thawed, liquid squeezed out
- 6 oz. cream cheese, softened
- 1 cup shredded mozzarella
- 3/4 cup canned artichoke hearts, drained, chopped
- Kosher salt
- Freshly ground black pepper
- Pinch of crushed red pepper flakes
- All-purpose flour, for surface
- 2 sheets frozen puff pastry (from a 17.3-oz. box), thawed according to package directions
- 12 skewers
- 6 slices Provolone cheese

Directions

1. Preheat oven to 400°. Line 2 baking sheets with parchment. In a large bowl, combine spinach, cream cheese, mozzarella, and artichokes; season with salt, black pepper, and red pepper flakes.
2. On a lightly floured surface, roll puff pastry sheets to 15" x 12" rectangle about 1/8" thick, trimming if needed.
3. Spread spinach mixture in an even layer on one pastry sheet. Top with other pastry sheet, lightly pressing to adhere. With the long end facing you, cut out 12 (1"-thick) strips.
4. Working one strip at a time, fold dough back and forth in a zig-zag motion, with each layer getting narrower than the last, to create a tree shape. Arrange filling side up. Skewer each tree from bottom and through top, making sure about 1/2" of the skewer shows at the top. You may have to separate the layers after skewering, so they aren't smashed together. Arrange on prepared sheets.
5. Bake trees until puff pastry is golden brown, 25 to 30 minutes. Let cool slightly.
6. Stack 2 slices of Provolone. Cut out small stars with a small cookie cutter or paring knife to get 4 stars; repeat with remaining Provolone. Carefully skewer stars onto top of trees and serve!

