

## Wellness Program Newsletter

# Wellness Matters

All benefitted and benefit-eligible municipal employees, retirees, and benefit-eligible family members in East Longmeadow, Hampden, HWRSD, Longmeadow, LPVEC and Wilbraham may participate in any of the programs and classes listed. Other employees, family members and friends are also invited to participate, however will not be eligible for incentives.

### *Coordinator's Corner*

What a time we are living in. It has been, and continues to be, a trying time for all, for all sorts of reasons. If you did not contract the virus, you may know someone who has. If you are still working, you probably know someone who isn't anymore. Doctors and nurses are being traumatized with what they are experiencing. Folks who have never sought food donations are waiting in lines. I personally know 2 people who had to die alone in the hospital (not related to the virus) since relatives weren't allowed in. We have all been affected in some way, some more than others.

It has become exhausting to hear every commercial and ad on the radio, TV, Spotify, and even in the supermarket, that has to do with washing hands or distancing. I don't enjoy contributing to this overload of information; my goal has been to offer ideas and suggestions through email that will hopefully benefit your wellness on whatever level you need. Take good care of yourself and your loved ones.

Thanks for reading ~

~Lyn

For more information on anything in this newsletter, please contact me at [lyn@scantichealth.org](mailto:lyn@scantichealth.org). You are most welcome to "like" us on FB for info on various health topics: <https://www.facebook.com/scanticvalleywellness/>

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Congratulations to all who took the time to participate in the Strive weight loss program. You made wonderful strides in changing your eating and activity patterns. Even though the on-site meetings were curtailed due to the pandemic, the mid-point weight loss totaled 117 pounds for the 37 participants! Thank you for your dedication to creating a more healthy you!



Visit us on the web! [www.scantichealth.org](http://www.scantichealth.org)

Scantic Valley Regional Health Trust

# Spring Clean Eats by Allison Stowell, MS, RD

Brighter, longer days are here. As we welcome spring and close the winter cookbook of hearty stews and comforting dishes that warmed us on a chilly day, we welcome seasonal spring produce and dishes that celebrate the longer, warmer days ahead.

Just like we “spring clean” our closets and reset after a long winter, we can “reboot our diet” too. Fiber and antioxidant-rich fruits and vegetables are exactly what we need to do just that.

## Just add greens

Loaded with fiber and rich in micronutrients, including a variety of vitamins and minerals, greens deserve their superfood title. Greens can be enjoyed steamed, sautéed, braised, or raw. Add them to your morning eggs, mid-day smoothie and fill your plate with them in your evening salads, casseroles, soups and more. Go for beet, mustard and dandelion greens, along with spinach, kale and arugula lettuces to add a nutritious boost to your day.

## Flavor water

A long winter of chilly air and drying indoor heat no doubt increases the need for hydration. Usher in spring with infused drinks that inspire you to remain hydrated. Brew herbal tea (brew and chill overnight) or infuse water with fruit and herbs that suit your taste. A properly hydrated body not only feels better but is essential for staying healthy as you prepare for warmer days outside.

## Smoothies

If winter is about hearty dishes that fill your belly with warmth and comfort, then spring is about lightening up with options that pack in the nutrition, while giving you the energy boost you need to tackle your garden and take on other outdoor tasks. Try recipes that combine superfoods like dark greens, colorful fruit (fresh or frozen) along with nut or seed butter, non-fat plain Greek yogurt or low sugar whey protein.

## Antioxidant-rich salads

Winter salads are often made with root vegetables and other seasonal options. Bring on spring with salads that celebrate the season of colorful berries, tender greens, early season asparagus and other colorful delights that get you in the mood for the bright, warm days ahead.

Taken from [https://fruitsandveggies.org/stories/spring-clean-eats/?utm\\_source=Master+Communications+List+With+Tags&utm\\_campaign=434a1a4e89-EMAIL\\_CAMPAIGN\\_2020\\_04\\_14\\_04\\_08&utm\\_medium=email&utm\\_term=0\\_c95618d0c8-434a1a4e89-6488541](https://fruitsandveggies.org/stories/spring-clean-eats/?utm_source=Master+Communications+List+With+Tags&utm_campaign=434a1a4e89-EMAIL_CAMPAIGN_2020_04_14_04_08&utm_medium=email&utm_term=0_c95618d0c8-434a1a4e89-6488541), retrieved 4/16/20.

## Garden Vegetable Frittata

6 servings

### Ingredients

2 tablespoons olive oil, plus more for drizzling	1 clove garlic, crushed
5 small red potatoes, thinly sliced	8 eggs
1 bunch green onions, trimmed and sliced	1 tablespoon chopped fresh basil, plus more for garnish
1 cup grape tomatoes, sliced	1 - 2 cups shredded Asiago cheese
1 cup baby spinach, torn	Kosher salt and freshly ground pepper

Preheat the oven to 375 degrees F.

Heat 1 tablespoon olive oil in a large skillet over medium heat. Add the sliced potatoes to the skillet, saute for about 6 to 8 minutes, until tender but firm. Remove the potatoes from the skillet. Add another tablespoon olive oil, and add the green onions, tomatoes, spinach, and garlic. Saute for an additional 1 to 2 minutes or just until the spinach is wilted. Season the vegetables with salt, and pepper.

In a medium bowl, beat together the eggs, basil, cheese, salt, and pepper. Pour into the skillet over the vegetables. Reduce heat to medium-low and scramble the eggs for 1 minute. Return the potatoes to the skillet. Cook for an additional 2 to 3 minutes, or just until the eggs start to set around the edges. Drizzle olive oil around the edge of the pan to ensure easy removal.

Finish cooking in the oven for an additional 10 to 12 minutes, until the eggs have completely set in the center. Serve straight out of the skillet, or flip onto a serving plate. Garnish with shredded Asiago cheese and fresh basil.

Per serving: 354 calories, 18 g total fat, 7 g sat fat, 268 mg cholesterol, 618 mg sodium, 29 gm carbohydrates, 3 gm fiber, 21 gm protein, 3 gm sugar Recipe by Kelsey Nixon, taken from [https://www.cookingchanneltv.com/recipes/kelsey-nixon/garden-vegetable-frittata-1960791#/,](https://www.cookingchanneltv.com/recipes/kelsey-nixon/garden-vegetable-frittata-1960791#/) retrieved 4/28/20.

## Blue Cross Blue Shield Member Updates

BCBS is adding **acupuncture** to their HMO and PPO plans (active employees and early retirees), effective 7/1/2020. Coverage includes up to 12 visits per member per calendar year with a member cost share equal to the specialist office visit. Members enrolled on an HMO will not be required to obtain a referral; however, they must see a contracted acupuncturist for coverage. Members on a PPO can see any licensed acupuncturist; however, a contracted acupuncturist must be seen in order for the in-network cost share to apply.

Starting 7/1/20, BCBS will offer 2 new exciting programs for members: **Diabetes Care Value (DCV)** and the **StepIn Weight Management** Program. The invitation to participate in both programs is linked to Express Scripts; if you are currently receiving medications for diabetes, high blood pressure, or heart disease, you will receive a mailing from Express Scripts (ESI) with information on how to opt in to these programs, which are at **no cost to you**. The cost is built into your insurance plan.

For more information on DCV, please go to [http://www.scantichealth.org/documents/wellness/Diabetes\\_Care\\_Value.pdf](http://www.scantichealth.org/documents/wellness/Diabetes_Care_Value.pdf) and for StepIn, please go to [http://www.scantichealth.org/documents/wellness/StepIn\\_Fact\\_Sheet.pdf](http://www.scantichealth.org/documents/wellness/StepIn_Fact_Sheet.pdf).

The following link is to the BCBS Coronavirus Resource Center, a public site with lots of information to assist members with questions about Coronavirus. <https://home.bluecrossma.com/coronavirus>

**Behavioral Health Webinars** Blue Cross Blue Shield of Massachusetts is pleased to be hosting a series of member-level webinars aimed at helping those dealing with stress, anxiety and other extenuating issues brought on by the onset of Covid-19. Drs. Ken Duckworth and Greg Harris will be leading the conversation surrounding the complexities of behavioral health during a crisis and how to access the appropriate resources that are available during these trying times. Members can register online at <http://home.bluecrossma.com/bhseminar> and can submit questions before or during their session.

Dates and times include:

Tuesday, May 5th 11:00 - 11:45 AM and 6:30 - 7:15 PM

Tuesday, May 12th 6:30 - 7:15 PM

Thursday, May 14th 11:00 - 11:45 AM

Tuesday, May 19th 11:00 - 11:45 AM and 6:30 - 7:15 PM

### Health New England Member Updates

**Calling all HNE Members! May/June challenge on WebMD:** All HNE members are encouraged to participate in the **Invitational Team Steps Challenge!** This challenge runs from May 20 through June 24 and will earn you 10 Wellness Program points, 50 Healthy Choices points, and a chance at a raffle prize! You can enroll between May 6 and May 20 at [webmdhealth.com/hne](http://webmdhealth.com/hne). The winner of the Seize the Zzzz challenge raffle was Caroline Lee! Caroline will be receiving a Bluetooth eye mask!

If you haven't used your gym reimbursement yet, HNE reimburses for fitness equipment & devices!

**Tufts Member Update** Tufts Health Plan Expands Alternative Care Options with Unlimited Acupuncture Coverage. Members will now have access to unlimited acupuncture coverage with no prior authorization or referrals required. Your visits are subject to your plan's specialist or primary care physician cost share. If your plan allows for out-of-network benefits, your visit will be subject to your out-of-network deductible and or coinsurance. You will need to pay the provider out of pocket and submit a reimbursement form. If you're on advantage plans your visits may be subject to deductible cost share. To find an acupuncturist, visit [tuftshealthplan.com](http://tuftshealthplan.com) and click on "Find a Doctor or Hospital" OR login to your secure member account at [mytuftshealthplan.com](http://mytuftshealthplan.com).

**Do You Know Your Tools2Thrive?** While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. The good news is there are practical tools that everyone can use to improve their mental health and increase resiliency - and there are ways that everyone can be supportive of friends, family, and co-workers who are struggling with life's challenges or their mental health.

This May is Mental Health Month. SVRHT Wellness Program is highlighting #Tools2Thrive - what individuals can do daily to prioritize their mental health, build resiliency in the face of trauma and obstacles, support those who are struggling, and work towards a path of recovery.

One of the easiest tools anyone can use is taking a mental health screen at [mhascreening.org](https://mhascreening.org) when they need answers. It's a quick, free, and private way for people to assess their mental health and recognize signs of mental health problems.

This May, we are also exploring topics that can help you build your own set of #Tools2Thrive - recognizing and owning your feelings; finding the positive after loss; connecting with others; eliminating toxic influences; creating healthy routines; and supporting others - all as ways to boost the mental health and general wellness of you and your loved ones.

When it comes to your feelings, it can be easy to get caught up in your emotions as you're feeling them. Most people don't think about what emotions they are dealing with but taking the time to really identify what you're feeling can help you to better cope with challenging situations. It's ok to give yourself permission to feel. We also know that life can throw us curveballs - and at some point in our lives we will all experience loss. It may be the end of a relationship, being let go from a job, losing a home, or the death of a loved one. It is natural to go through a grieving process. By looking for opportunity in adversity or finding ways to remember the good things about who or what we've lost, we can help ourselves to recover mentally and emotionally.

It also is true that connections and the people around us can help our overall mental health – or hurt it. It's important to make connections with other people that help enrich our lives and get us through tough times, but it's equally important to recognize when certain people and situations in life can trigger us to feel bad or engage in destructive behaviors. Identifying the toxic influences in our lives and taking steps to create a new life without them can improve mental and physical health over time. And we know that work, paying bills, cleaning, getting enough sleep, and taking care of children are just some of the things we do each day - and it is easy to be overwhelmed. By creating routines, we can organize our days in such a way that taking care of tasks and ourselves becomes a pattern that makes it easier to get things done without having to think hard about them.

For each of us, the tools we use to keep us mentally healthy will be unique. Finding what works for you may not be easy but can be achieved by gradually making small changes and building on those successes. By developing your own #Tools2Thrive, it is possible to find balance between work and play, the ups and downs of life, and physical health and mental health – and set yourself on the path to recovery. For more information, visit [www.mhanational.org/may](https://www.mhanational.org/may), where you can also download your 2020 May is Mental Health Month Toolkit.

This *Drop In* article was taken from 2020 May is Mental Health Month Toolkit.

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### Current and Future Zoom Pilates Classes

#### Zoom Pilates with Janet

Mondays Mat Class 9:00 AM

Tuesdays Weights & Stability Ball 10:00 AM

Wednesdays Weights & Balance 9:00 AM

Thursdays Mat Class 3:00 PM

Fridays Stability Ball & Mat Class 9:00 AM

Please contact Janet at [pilatescenterofwmass@gmail.com](mailto:pilatescenterofwmass@gmail.com)

for more information and to register.

#### Zoom and Studio Pilates with Arice

Tuesday PHIIT Class 5/12 - 6/9 5:30 PM Zoom

Monday PHIIT Class 5/18 - 6/15 4:30 PM **in studio**

Tuesday Mat Class 5/19 - 6/16 4:00 PM **in studio**

Wed Mat Class 5/20 - 6/17 at 4:00 PM Zoom

Please contact Arice at [arice@coreandmore.net](mailto:arice@coreandmore.net)

for more information and to register.