wellness program

Scantic Valley Regional Health Trust

WELLNESS NEWS

OCTOBER 2026



Health and wellness resources for you and your family

If you have any questions or would like to make any suggestions about programs or content, feel free to email me at Marcymohealth@verizon.net **or call 561-271-1655**
I would love to hear from you!

Breast Cancer Awareness Month

Breast Cancer: The Numbers Are Serious But So Is the Progress

October is Breast Cancer Awareness Month, and the numbers remind us why awareness, screening and research continue to matter.
In 2026, an estimated 321,910 women in the United States will be diagnosed with invasive breast cancer, and another 60,730 will be diagnosed with ductal carcinoma in situ (DCIS). Approximately 42,140 women are expected to die from the disease this year. Breast cancer accounts for roughly 1 out of every 3 new cancers diagnosed in women. And although we often associate breast cancer with older women, about 1 in 10 women diagnosed with breast cancer is younger than 45.

Those statistics are frightening — but there is also very encouraging news.
Early detection saves lives. When breast cancer is found before it has spread, treatment is often highly effective. Staying current with recommended mammograms, knowing what is normal for your body, and talking with your healthcare provider about your individual risk can make an enormous difference.

There are also steps we can take to help lower our risk. While no lifestyle can completely prevent breast cancer, research consistently shows that regular physical activity, maintaining a healthy weight, limiting alcohol, and eating a nutrient-rich diet built around whole foods are associated with a lower risk of developing the disease. And treatment continues to improve at an extraordinary pace. New targeted therapies, immunotherapies and more personalized approaches are giving women more effective treatment options than ever before.

The message for Breast Cancer Awareness Month is not just “be aware.” It is: know your risk, get screened, take care of your health — and know that tremendous progress is being made.
Want some encouraging news? We’ve put together a short overview of some of the most promising advances in breast cancer treatment and research.

Breast Cancer Awareness Month

Breast Cancer Research is Changing Targeted Treatments

While we all wear pink in October for Breast Cancer Awareness Month, we should know what has been happening in the fight to cure this disease.

Understanding cancer at a molecular level has helped doctors find the appropriate interventions to save lives!

It's important to understand that there are many types of treatments for very specific types of breast cancer and there is more hope than ever.

I saw a great interview with Amanda Pete about her journey with breast cancer and the doctors who explain the very promising treatments.
Jump to the 5 minute mark to get the important information
Click here to see the interview

I've put together a short overview of some of the most promising advances in breast cancer treatment and research.
[Click here to read: New Hope in Breast Cancer Treatment →]

Wellness Works Incentive Program



The Wellness Works Program is back and it's better than ever!

The Wellness Works Program allows SVRHT employee subscribers to earn points for participating in health and well-being programs. All programs offered are free for members (employees and family member subscribers) who get their health insurance from the Scantic Valley Regional Health Trust. Programs are worth between 10 and 20 points each and you can earn up to 200 points between October 15th and May 31st.

The first programs that are available this month are listed on the following page of this newsletter. I hope you will join the incentive program this year - it's such a great way to focus on your health and well-being and earn a bit of money doing so!

For more information on the Wellness Works Incentive Program, see the links below:

Here is the document if you have Health New England (HNE)

Here is the document if you have Blue Cross (BCBS)

If you have Harvard Pilgrim, contact me at Marcy@Scantichealth.org

Wellness Works Incentive Program







October Programs

Stress Less this Fall - This program is worth 20 points when you complete it
Lisa Ranieri is an incredible health coach, combat veteran and stress management expert! I love her approach to managing every day stress which can create the same stress response as combat!

Here is the link to join the program

Here is a link to the fitness programs with clickable links - they're GREAT!

Struggling to stay on top of it all? This webinar shares practical strategies to boost your time management, organization, and productivity. Learn how to prioritize tasks, declutter effectively, and build a personalized plan for better daily balance.
This webinar is worth 10 points

Date: Thursday, October 8
Time: 12:00 – 1:00 p.m.
Register: **Time Management and Organization**

Sneak Peak to November Programs:

- **Healthy Happy Holidays**
- **Healthtrax Fitness & Wellness is bringing the Maintain Don't Gain 8-Week Holiday Wellness Challenge.**

Two Cost Savings Programs

Available to employees and family members who get their insurance through the SVRHT

Diabetes Program - Good Health Gateway

Diabetes affects approximately 40 million Americans.

If you or a benefit family member has diabetes, Good Health Gateway can save you money on medications and testing supplies.
If you haven't looked into how this program can save you money and help you manage your diabetes, now is the time!

For more information on this program, **click here**

CanaRX

If you have prescription medications, you can save money with CanaRX. Medications on the list are free to employees who get their insurance from the SVRHT.

CANARX sets the standard for prescription medication safety and savings. Sourced in federally-designated countries, brand-name medications are shipped straight to you in their sealed, original packaging. **You pay nothing thanks to the exceptional savings CANARX brings to your health plan when you use this optional program. It's just that simple.**

For more information or to sign up for this cost-saving program **click here**
You can see if your medications are on the list **here**

****If you're still not convinced that you should try utilizing CanaRx,**
watch this short video that will explain the benefits of this incredible benefit.

October Recipes

[Here is the link to this month's recipe pack]

I know it's early fall and we don't have the same summer vegetables available, so now is a great time to start buying organic frozen fruits and vegetables.

If you are an apple lover, picking your own is a great weekend activity. I have a very simple apple recipe below - I make this so often and I never get tired of it.

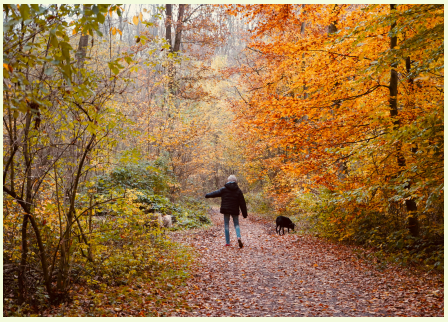


Apple Pie Yogurt

Cut up one apple into cubes put into a non-stick pan with 1 teaspoon of brown sugar and some cinnamon
Heat until the apples soften and the brown sugar starts to melt.
When you have the consistency you like, let the apple mixture cool.

In a bowl, mix plain Greek yogurt and vanilla protein powder
Add apple mixture and mix together. DELICIOUS!

Fall Fitness



If I had my way, every bit of exercise I did in October would be outdoors, walking, running, or biking in the beautiful fall foliage. The benefits of outdoor exercise are well documented.

However, here are a few workouts for those days you just can't get outdoors.



Beginner 30 minute Flow Yoga with Adrienne

30 Minute Full-Body Workout



30 Minute Workout with Weights - More Advanced

WOOOO - You'll see. :)

If you are pressed for time, try this
10 Minute Full Body Workout





Let's start moving andfeeling great together!

Join Janine Boland for her wonderful Yoga program -
you can still drop in and enjoy a yoga class!

This program is a fun way to unwind and de-stress after a long day.

All levels are welcome so bring a yoga mat and a water bottle and end your day on a positive, healthy note!

When: Mondays at 5:30
Dates: October 19 and 26
November 2, 9, 16, 23, 30

Where: Longmeadow Adult Center

$30.00 for all 7 classes -. You can bring cash or a check for Janine Boland when you attend your first class.
$10 drop-ins

To sign up, email Janine Boland at **j9boland@gmail.com**
or call 413-575-6574

If you have questions, please contact
Janine Boland j9boland@gmail.com
413-575-6574

Living Well Community

Would you like to take a yoga class in your own home? How about developing a mindfulness practice with guided mindfulness and meditation? Or, maybe it would be fun to try a cardio dance class with your family - right in your own living room! **Click on the blue text** below to go directly to the website.



Wellness Recharge

Mindfulness and Meditation

Mind the Moment in everyday life
Tuesdays 12:00-12:30 p.m. ET

Fitness Classes

Restorative Yoga
Mondays
5:30-6:30 p.m. ET

Cardio Dance
Every Tuesday
5:30-6:30 p.m. ET



Tai chi
Tuesdays
7:30-8:00 a.m. ET

Strength training
Thursdays
7:30-8:00 a.m. ET

Vinyasa flow yoga
Wednesdays
5:30-6:30 p.m. ET



These programs are free to everyone (you don't have to have Harvard Pilgrim/Tufts as your insurance provider to participate). Check out the **Living Well Community Page Here**

Tobacco Cessation Resources

Did you know: Within 1 year of quitting smoking, your risk of heart disease decreases by 50% of a smoker? The decreased risk of lung cancer takes a bit longer after quitting so it's important to quit - for life!

Below are some resources to help you quit smoking (and tobacco). Each health insurance carrier has resources as well and medications that can help with your quitting journey so look at the resources on your insurance provider's website.

Massachusetts Tobacco Cessation and Prevention Program (mass.gov/take-the-first-step-toward-a-nicotine-free-life

In-person support available in your area (makesmokinghistory.org)

·The Massachusetts Smokers' Helpline - free and confidential counseling service

English: 800-QUIT-NOW, (800) 784-8669

Spanish: 800-8-DÉJALO, (800) 833-5256

Other languages: (800) 784-8669 to connect with interpreter service

Are you ready to quit smoking? (healthwise.org)

Quitting tobacco use (healthwise.org)

Prepare to quit (smokefree.gov)

Sign up for Smokefree TXT (smokefree.gov)

CVS Minute Clinic Tobacco Cessation

