



Scantic Valley Regional Health Trust

# WELLNESS NEWS

APRIL 2023



## 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 [Marcy@Scantichealth.org](mailto:Marcy@Scantichealth.org) or call **617-431-6651**

I would love to hear from you!

(Please note that this is my new email address)

# Health & Wellness

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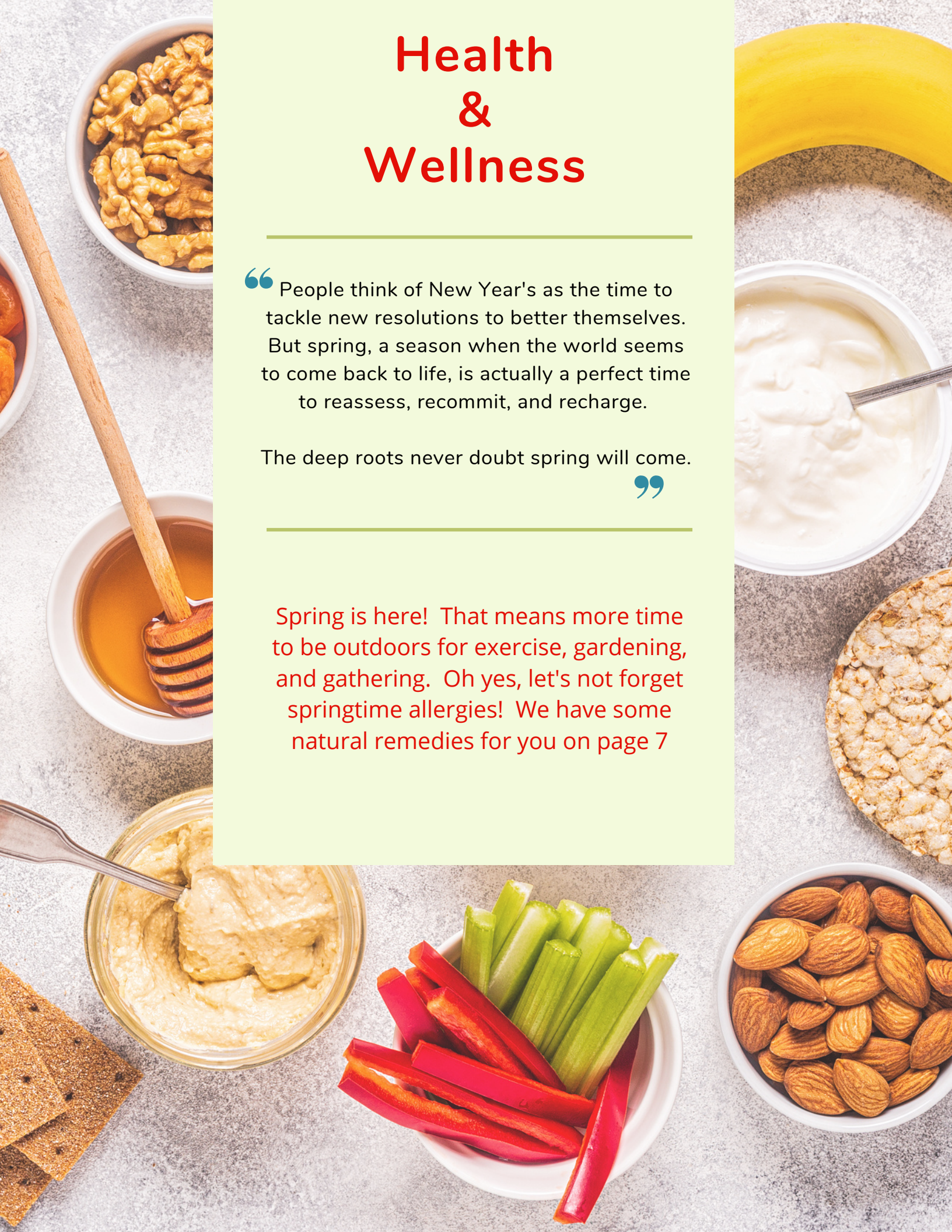
“ People think of New Year's as the time to tackle new resolutions to better themselves. But spring, a season when the world seems to come back to life, is actually a perfect time to reassess, recommit, and recharge.

The deep roots never doubt spring will come.

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Spring is here! That means more time to be outdoors for exercise, gardening, and gathering. Oh yes, let's not forget springtime allergies! We have some natural remedies for you on page 7



# Two Cost Savings Programs

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

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## 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](#)

## Diabetes Program - Good Health Gateway

If you or a benefit family member has diabetes, Good Health Gateway can save you money on medications and testing supplies.

For more information on this program, [click here](#)

## Wellness Works Incentive Programs

### The Scantic Valley - Health New England and BCBS Wellness Incentive Programs are back!

For more information, click the links below:

[Health New England Incentive Program](#)

[BCBS Incentive Program](#)

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### Join Arlene McLean for a 5 week program **Mindful Movers Meditation and Yoga Flow**

**When:** Wednesdays 3:30-4:30

**Dates:** March 29 - May 10

**Where:** Center School Gymnasium 837  
Longmeadow St. Longmeadow, MA

If you have questions, please contact Arlene:  
amclean@longmeadow.k12.ma.us  
413-246-6783

\$50.00, \$12. drop-ins

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## Core and More Pilates

The next mixed level mat class series starts

**April 11th - 4:30 and 5:30.**

**5-week session for \$55 for SVRHT employees**

Email Arice for registration as spaces are limited.  
arice@coreandmore.net

**Core and More**

2141 Boston Rd .  
Wilbraham. MA  
(413) 222-7306



# learntolive

## January Webinars

### **When Substance Use Becomes a Concern:**

April is Alcohol Awareness Month. Studies tell us that substance use problems impact 1 in 7 people in their lifetime—but only 1 in 10 will ask for help. We'll explore our relationship with substances, and how you can take helpful action if you or a loved one want to cut back.

[Tuesday April 11th 1:00 - 1:30](#)

### **Managing Stress and Worry in Uncertain Times:**

Join us as we walk through several concepts and exercises specifically selected to help you manage the increased emotional challenges many of us are facing. You'll learn how to recognize different signs of stress and take immediate action to reduce negative emotions, restoring a feeling of calmness and improved wellbeing.

[Thursday, April 14th 5:00 - 5:50](#)

[Friday, April 28th 11:00 - 11:30](#)

### **Resisting the Pressure to be Perfect:**

Join us as we explain perfectionism, what the pressure does to us, ways to think differently about high standards, and how to face fears of imperfection.

[Friday, April 21st 1:00 - 1:30](#)

**Use Access Code SCANTIC**

# Fitness Tip

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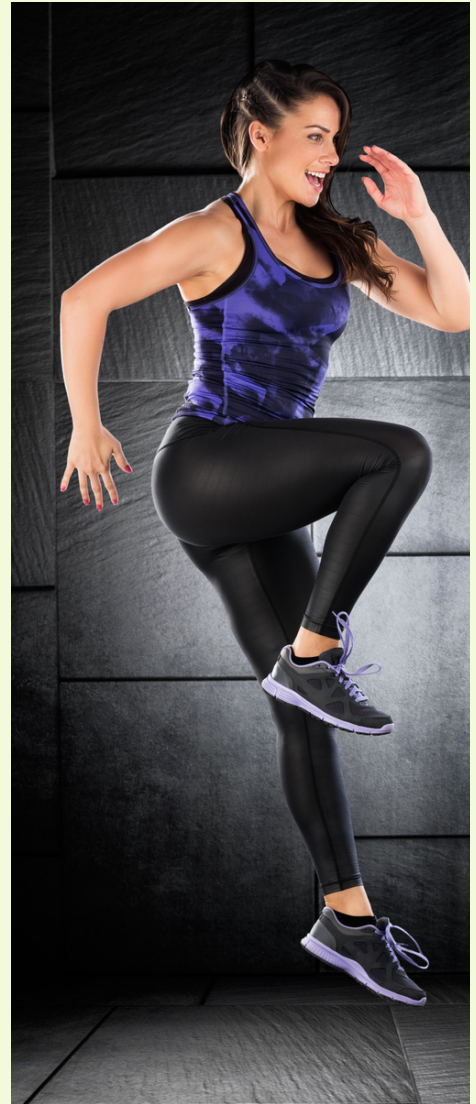
Try LIIT (Low Intensity Interval Training or MIIT (Medium Intensity Interval Training) workouts to maximize your effects from exercise. Both of these exercise programs involve performing bouts of harder or more intense exercise followed by recovery periods, but rather than “hard” intervals being super high intensity, they are medium or low intensity.

Studies show that interval training like HIIT (High Intensity Interval Training) can increase metabolism but many people simply cannot perform at very high intensity so lower intensity is a great alternative, and will still give you a physiologically beneficial workout.

[Here](#) is a bit more information about Interval training programs.

[Here is a fun LIIT Workout to try at home](#)

[Here is a MIIT workout to try at home](#)



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Exercise is great for heart health and maintaining a healthy weight but it can also help with stress, insomnia, digestive issues, brain fog, cognitive decline, and circulation. Try to find a variety of exercise routines that you like so you will be consistent and it will be something you actually look forward to.

***“It is health that is real wealth and not pieces of gold and silver.”***

*Mahatma Gandhi*

# Allergy Season is Here

Seasonal allergies affect millions of people every year but in New England, spring allergies are often the worst. Many people rely on allergy medications for relief but there are some natural remedies that actually work and are sometimes better than medications.

## Holistic Approaches to *Springtime Allergies*



### Probiotics

over 70% of immune system is in the gut



### ACV + Water

cleanses lymphatic + breaks up mucus



### Local Honey

pollen from local bees builds immunity



### Nettle Tea

helps reduce amount of histamine in body

[Click here for even more natural remedies](#)

# Recipe of the Month

## Cashew Chicken Stir Fry



### Ingredients

2 1/2 oz dried flat rice noodles  
1 tsp sesame oil  
1 garlic clove finely grated  
2 tsp fresh ginger finely grated  
4 scallions cut into 1 1/2in lengths  
12 1/2 oz skinless chicken breast cubed  
1/2 red bell pepper deseeded & thinly sliced  
2 oz sugar snap peas trimmed  
1 head of broccoli (12 oz head) cut into florets & stems shaved with a vegetable peeler  
1 oz cashews  
3 tsp honey (brown rice syrup or maple syrup)  
2 tbs soy sauce (or tamari if gluten free)

Calories	508
Protein.	50.5 g
Fat.	13.2 g
Sat. Fat.	2.6 g
Carbs	43.2 g
Sugar	10.9 g
Fiber	7.5 g

Place rice noodles in a bowl and cover with boiling water. Soak for 10 minutes until soft, then drain.

Meanwhile, heat a wok or large non-stick skillet over medium-high heat. Add sesame oil, garlic, ginger, scallion and chicken and stir-fry for 5 minutes or until chicken is browned.

Add remaining vegetables, stir-fry for a further 5 minutes or until the vegetables are crisply tender and the chicken is cooked.

Add cashews, honey, soy sauce and cooked noodles and toss for 2 minutes until combined and heated through. Divide stir fry between bowls and serve immediately.



# Mindfulness and Meditation

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## Mind and Mood

Did you know that there are hundreds of environmental and social issues that can affect your mood? Things like processed food, lack of consistent exercise, lack of social connection, and even low levels of vitamins (particularly vitamin D which decreases in the winter months) can have a negative affect on mood. Conversely, regular exercise, nutrient-dense foods, social and spiritual connections can have a positive affect on your mood.

If you are feeling down and cannot seem to shake it, it is important to see your doctor to make sure your feelings don't get worse. You can also try some of the things mentioned [in this article](#) to prevent mood swings and keep your mind and body feeling great!



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Mindfulness can simply be focusing on the here and now or being **present**. So often we rush through our days without ever stopping to take a few deep breaths, notice the sensations around us or (as the old adage says, stopping to smell the roses). And, if you start sneezing after stopping to smell those flowers, we have some natural remedies in this newsletter to help!



[Here is some information](#) about being present and practicing mindfulness throughout your day.

[Try this 10-minute meditation on being present](#)

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# Dr. Ann Videos

In case you missed any of Dr. Ann's videos, here they are

[7 Tips to Reducd Belly Fat](#)

[What You Need To Know About Sugar](#)

[Mother Nature Tips for Healthy Living](#)



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## Men's Guide to Optimal Health Webinar

[Men's Health Webinar on April 11th from 5:30 - 6:30](#)

Click the blue link to register

This program is designed to be an interactive and engaging experience and we welcome you to contribute throughout the program. Please be aware that when using the chat feature there are settings that allow you to share information with your name attached, with the entire group or solely with the panelist. We ask that you please be mindful of the settings and who you are sharing your comments with. Enjoy the program!

This program is worth 10 incentive points

