



Scantic Valley Regional Health Trust

# WELLNESS NEWS

## SEPTEMBER 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!

# Health & Wellness

## Managing Back to School Stress

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Managing back-to-school stress as a parent and/or school employee can be challenging, but with the right strategies, you can navigate this transition smoothly. Here are three tips to help you manage back-to-school stress:

### **Establish a Routine:**

- Start by creating a structured daily routine for yourself and your family. Consistency can help reduce stress and anxiety because it provides a sense of predictability.

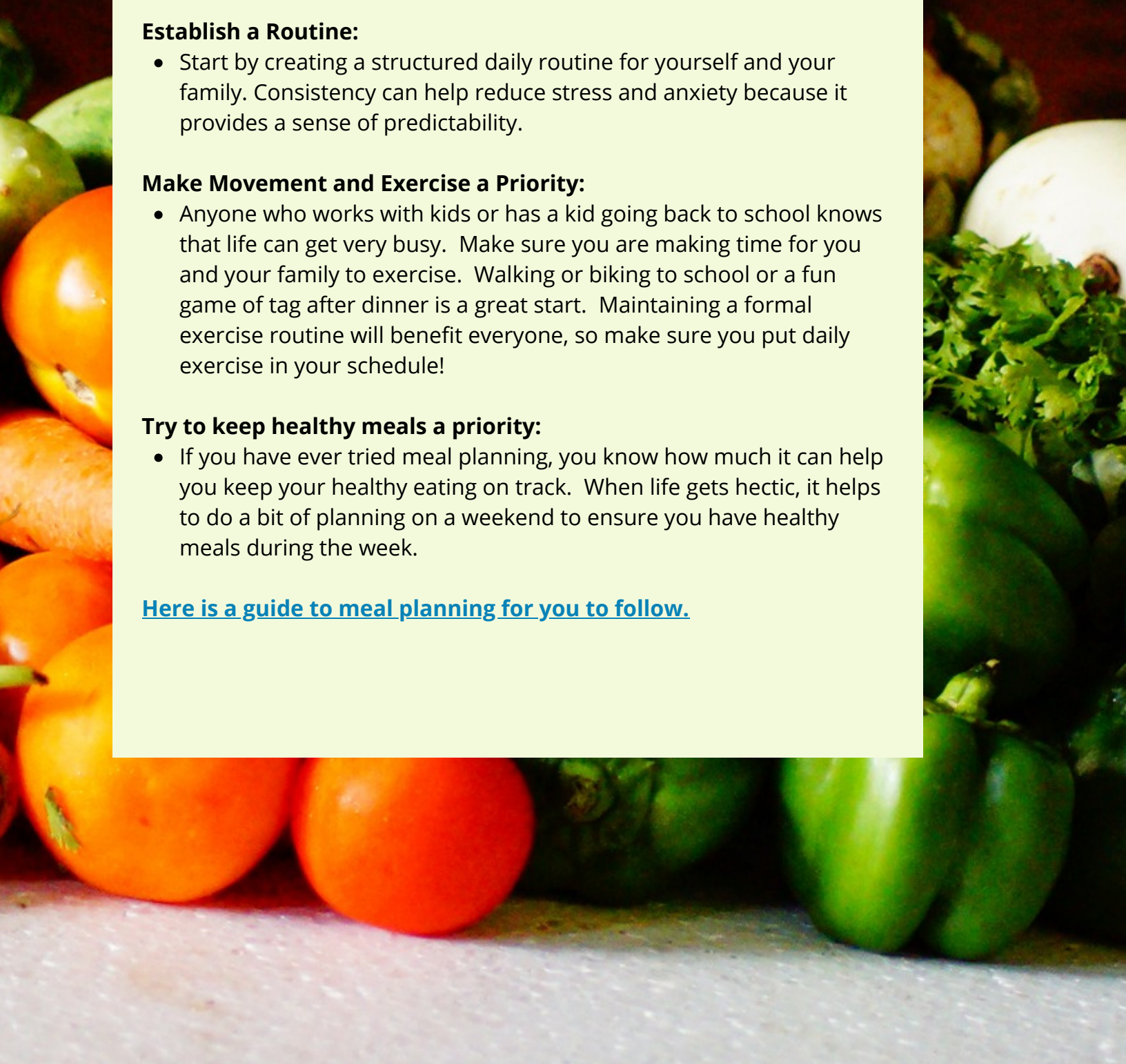
### **Make Movement and Exercise a Priority:**

- Anyone who works with kids or has a kid going back to school knows that life can get very busy. Make sure you are making time for you and your family to exercise. Walking or biking to school or a fun game of tag after dinner is a great start. Maintaining a formal exercise routine will benefit everyone, so make sure you put daily exercise in your schedule!

### **Try to keep healthy meals a priority:**

- If you have ever tried meal planning, you know how much it can help you keep your healthy eating on track. When life gets hectic, it helps to do a bit of planning on a weekend to ensure you have healthy meals during the week.

[Here is a guide to meal planning for you to follow.](#)



# 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](#)

**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.**

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## 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](#)

# Fitness Tips

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Kicking off the school year can be a busy time, leaving little room for physical activity. If your kids do every sport in the book, they are just fine. However, if you have a kid who doesn't like sports, you need to find ways to get physical activity into their lives. And, when you exercise with your kids (or grandkids, nieces, nephews, etc.), win-win! Here are a few tips to ensure you and your family stay on track!

**1. Keep track** of how your family spends time for one week. Keeping track of movement and exercise can let you and your family know just how much (or how little) you are doing.

**2. Start small.** Find two 30-minute time slots when your family can be active together after school or on the weekends.

**3. Get going. Try these great tips:**

- Walk or ride bikes with your kids to school
- Walk or ride bikes after dinner
- Play baseball
- Jump rope
- Shoot baskets
- Dance
- Walk the dog
- Play tag
- Start or Join a walking club
- Try a family yoga class - [Here's one for you to try at home](#)
- Create an obstacle course in your neighborhood



To keep your family active this school year, visit the We Can! Get Active webpage at <https://www.nhlbi.nih.gov/health/educational/wecan/eco-social/index.htm>

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**“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.” – Plato.**

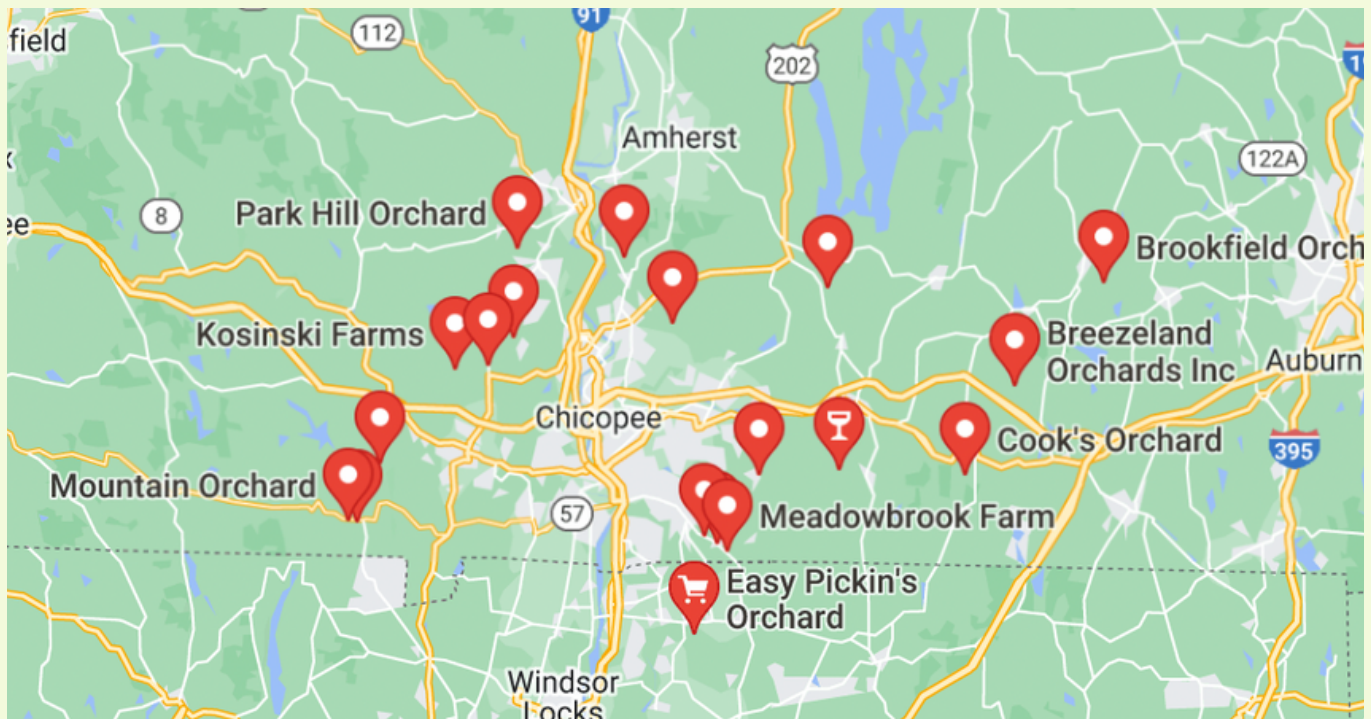
## Have you ever gone apple picking?

Here are a few places to enjoy the outdoors, get some exercise and pick some healthy apples this fall:

Meadowbrook Farm. 185 Meadowbrook Road (off Rt.83), East Longmeadow, MA

Fern Valley Farms. 758 Main Street, Wilbraham, MA 01095

There are many more to choose from in your area. Just do a simple Google search!



Once you pick all of those apples, [here are some healthy recipes](#) for the whole family!

September 10 - 16 is Suicide Prevention Week

# WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

## TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

## FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

## CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

**If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.**

**988 Suicide & Crisis Lifeline**  
Call or text 988  
Chat at [988lifeline.org](https://988lifeline.org)

**Crisis Text Line**  
Text "HELLO" to 741741

For more information about suicide prevention

<https://go.usa.gov/xVCyZ>

# Recipe of the Month

## Chili Bean Salad



### INGREDIENTS

2 large eggs  
1 small (1 oz) corn tortilla (or wheat)  
1 can of mixed beans(14 oz can) drained & rinsed  
¼ cup (1 oz) frozen corn kernels defrosted  
1 continental cucumber cut in chunks  
12 cherry tomatoes cut in half  
¼ avocado diced  
½ red onion diced  
2 cups (2 oz) arugula  
4 sprigs of fresh cilantro roughly chopped  
2 oz feta crumbled  
Dressing  
2 tbs lime juice  
2 tsp sweet chilli sauce  
salt & pepper, to taste

Calories. 440 cal

Protein. 24.5 g

Fat. 18.4 g

Sat. Fat 7.3 g

Carbs 34.9 g

Sugar 12.2 g

Fiber 14.1 g

Place eggs in a saucepan of cold water and bring to the boil. Continue to simmer for 5 minutes. Remove with a slotted spoon and place in a sink of cold water to cool. Peel and cut in half.

At the same time, heat a non-stick skillet over medium heat and cook tortilla on both sides until just beginning to brown. Remove from skillet and cut into small triangles whilst still warm, then set aside to cool and crisp up.

Whisk dressing ingredients together in a small bowl, season to taste and set aside.

In a medium bowl, toss salad ingredients, except feta with dressing until salad is coated.

Top with eggs and feta.

# Mindfulness and Meditation

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Most of us know that getting a good night's sleep is essential to living a healthy life. There is a great deal of science to back this up. Things like sleeping in a cool, dark room, limiting screen time before sleep, and limiting alcohol can all help with quality sleep.

We know we should be getting 8 hours of quality sleep each night but that is much easier said than done! Most Americans are sleep deprived and it is contributing to less than ideal health.

Meditation before sleep can be extremely helpful. Quieting the mind before bed so you don't feel the stress of the day is one way most sleep experts suggest you can manage bouts of insomnia.

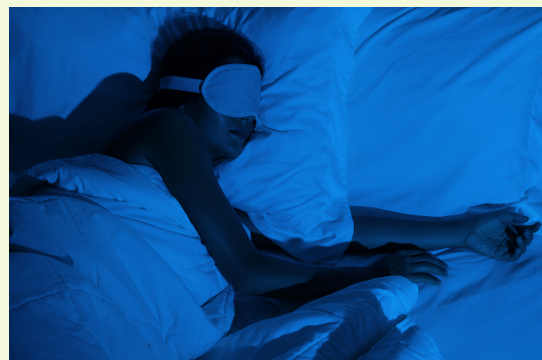
[Try this sleep meditation](#) before bed for one week. Keep a sleep journal for the week to see if you feel more rested.

If you need a bit more information on how sleep can affect your emotions and of course, your stress, [here is an article for you](#)

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## A Few More Tips

- Go to bed and wake up at the same time every day, even on weekends
- Ensure your bedroom is dark, quiet, and cool.
- Consider using blackout curtains and white noise machines if needed
- Limit screen time - blue light emitted can disrupt your sleep-wake cycle
- Limit Caffeine and Alcohol
- Avoid heavy or spicy meals close to bedtime
- Get Regular Exercise
- Practice relaxation techniques throughout the day and before bed





# Dr. Ann Videos

In case you missed any of Dr. Ann's videos, here they are!  
Two of these videos are all about sleep

[7 Strategies to Optimize Deep Sleep](#)

[The Truth About Prescription Sleep Aids](#)

[3 Delicious Ways to Radically Improve Your Health](#)

[How Beliefs Impact Your Health](#)

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## One More Simple, Healthy Recipe For You

This time, I created a video to show you how it's done

[Asparagus and Mushroom Frittata](#)

