

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

This is the first time we have had an August issue of *Wellness Matters*. I am taking this opportunity (page 2) to give you a preview of things to come. However, I want YOU to let me know what YOU want out of this program. We have always promoted our smoking cessation program, continue to give \$100 gift cards for preventive colonoscopies, offer challenges on nutrition, exercise, sleep, and stress reduction, provide discounts for gym memberships, on-site and studio classes, relay information on the benefits of mindfulness and meditation and added financial wellness to the mix. What's next? You tell me!

Enjoy the remaining summer days~

~Lyn

For more information on anything in this newsletter, please contact me at lyn@scantichealth.org. You are invited to "like" us on FB for info on various health topics:

<https://www.facebook.com/scanticvalleywellness/>

Visit us on the web! www.scantichealth.org

INSIDE THIS ISSUE:

Coordinator's Corner	1
Immunization Awareness Month	1
YOUR Wellness Program	2
Healthy, Happy Feet	3
Class Opportunities	4
Recipe	4

The CDC recognizes August as National Immunization Awareness Month.

*Vaccines work with your body's natural defenses to help safely develop protection from diseases.

*You have the power to protect yourself (and also those you love) against serious diseases like Covid-19, flu, pneumonia, and shingles.

*It is especially important for patients with chronic health conditions to be up to date on recommended vaccinations, since they are at increased risk for complications from certain vaccine-preventable diseases.

***If you haven't had the opportunity to receive the Covid-19 vaccine, please click below:**

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/your-vaccination.html> **This could be the most important thing you do this month.**

*Click below to answer a few quick questions to find out what vaccines you may need:

<https://www2.cdc.gov/nip/adultimmsched/>

Taken & adapted from <https://www.cdc.gov/vaccines/events/niam/parents/communication-toolkit.html>



IDEAS WANTED!!!

For the past year and a half, the Wellness Program has focused on dealing with life through the lens of a pandemic. This took shape as more frequent emails overflowing with resources to improve immunity, promote self-care, share educational offerings, make you smile, and keep you connected, grounded, exercising and eating healthy. Programming mostly centered on webinars for healthy living and challenges as part of *Wellness Works*.

We now have the opportunity to try some new things and I need your input. **What activities or challenges would you participate in?** Are there wellness topics that you are interested in that haven't been offered yet?

One idea that I am working on is a **6-week yoga class to improve lower back pain**. I was involved in a National Institutes of Health study where I did **DAILY** yoga for back pain relief for **12 weeks**. Come to find out that one of the top health care concerns for our HNE employee population is low back pain! The instructor that encouraged me for those 12 weeks is designing a program for us that will include 2 live sessions/week and a recorded session that you can do to supplement the live classes. How great is that?!

Do you like to *walk/run races* for pleasure, fitness, and/or charitable causes? Perhaps we can **reimburse** you for half of the race day fee once you complete it. Want to join fellow employees in a *mud run* to have fun and build camaraderie? What about **sharing your talent/interest with others**--hold a class, organize a hike, suggest an outing with fellow employees. We have employees who teach yoga, are certified trainers...**do you have a hobby or training that you can share with us that fits into our wellness priorities?**

What about having a *digital health library* containing information on various wellness topics? Or a *book club* centering on health and wellness? Should we offer points for **donating blood** or other volunteer activities?

Then there are the rewards—**any ideas on reward options?** Maybe the top points earners win an outing or “experience” to enjoy. Or a healthy catered lunch. Maybe a healthy meal kit?

If you have an idea (or many) that you wish to share, please email me **right now** (or when you think of the idea) at lyn.fioravanti@eastlongmeadowma.gov. If there are a group of you that are brainstorming together, please write down your ideas and get them to me. I am certainly open to having a focus group at your work location if there is a small group that would participate! This Wellness Program is for YOU. I work on behalf of YOU. Together, we can make it what you want it to be!





HEALTHY FEET ARE HAPPY FEET!!

If you are living with pre-diabetes or any type of diabetes, there's a lot to manage to lead a healthy life, and your feet might be the last thing on your mind. But daily care and managing your blood glucose levels are the best ways to prevent foot complications, like nerve damage.

Plus, the Good Health Gateway® Diabetes Care Rewards Program rewards you for staying on top of your foot exams.

Take the following steps to keep your feet healthy and earn Rewards.

- >Join at GoodHealthGateway.com at no cost to you.
- >Complete your routine diabetes labs and exams with your doctors, including an annual foot exam.
- >Earn \$0 copays on diabetes medications and supplies for taking care of your feet and your health!

MAINTAINING HEALTHY FEET

- Look at your feet every day.
- Wash your feet every day in warm (not hot) water. Don't soak your feet.
- Never go barefoot. Wear comfortable socks and shoes.
- Trim your toenails straight across and gently smooth any sharp edges.

The Good Health Gateway Diabetes Care Rewards Program is a voluntary and confidential service for employees and their families enrolled in our health plan.



JOIN TODAY!

800-643-8028

GoodHealthGateway.com

Upcoming Class Opportunities

Summer Pilates Classes Arice continues to offer her Zoom mat classes on Tuesdays @ 5:30 PM throughout the summer. She has a 2 spaces left for the **in-studio mat class** on Tuesdays @ 4:30 PM. Please contact her to register for either class (arice@coreandmore.net), if you have any questions, and to make payment.

Zoom Pilates Classes Janet Burke-Allen is offering classes in-person & on-line through Zoom. You will need to download the free Zoom app. You can mix and match from the following options: **Monday, 9:00 AM mat class (in-studio option)**, **Wednesdays, 9:00 AM weights/stability ball class**, **Thursdays, 3:45 PM mat/stability ball class (in-studio option)** and **Friday 9:00 AM mat/stability ball class**. 6 classes for \$75 (discount for SVRHT) or 10 classes for \$125 (discount for SVRHT) Payment goes to Janet. Please email Janet for more information and to request the link. If you are interested in attending the studio class on Monday or Thursday, please let Janet know ahead of time pilatescenterofwmass@gmail.com

Zoom Pilates Offer for HEROES! The Pilates Studio in South Hadley has offered all employees a discounted membership to their online Pilates classes! **For \$50/month**, you can access all of their **live-streaming classes** (approximately 25/week) plus all of their **recorded classes** (about 350 classes at 3 different levels, based on your experience). You also have the option of **\$16.10/month** for unlimited recorded classes! AND...**the 2weeks are FREE!** For more information & to register, click here <https://fitstreams.club/>

Big Y Living Well Eating Smart Virtual Events: <https://www.bigy.com/LivingWell/GetSocial>

I made this pasta salad and brought it for a lunchtime picnic while out on the bike trail. It has everything you need to keep you going—protein, carbs, healthy fats and fiber. And it was tasty too! We enjoyed it and I hope you will too!

Tuna and Chickpea Pasta Salad

Total Time: 20 minutes

Servings: 4

Ingredients

1/4 - 1/2 pound ditalini	2 Tbsp. lemon juice
1/2 tsp. grated garlic	2 Tbsp. extra virgin olive oil
1 5 oz. can tuna, drained	3 cups escarole torn or roughly chopped
1 can chickpeas drained	1/2 cup thinly sliced red onion

Instructions

1. Bring a small pot of salted water to a boil. Cook the ditalini according to package directions. Drain and reserve.
2. While the pasta is cooking, whisk together the lemon juice, garlic and olive oil. Reserve.
3. In a large bowl, combine the tuna, escarole, chickpeas, red onion and pasta. Toss with the dressing. Taste and adjust seasoning. Divide between 4 bowls.

Taken from: https://sharethepasta.org/recipes/tuna-and-chickpea-pasta-salad/?utm_source=newsletter&utm_medium=email&utm_campaign=pbh_partnership2021

