

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

I hope you were able to enjoy the unseasonably warm days we had last month. It was nice, however it didn't feel like October. And then we were hit with damp, rainy, cold days, one after the other, jolting us back to reality.

I'm getting the feeling that our New England weather is a good analogy to our journey. We need to enjoy the present, the good times, to prepare ourselves for the rough time that may be just around the corner. Resiliency has been the "buzz word" in wellness circles for over a year now, so I guess it's sinking in. The more we get dragged down and have to lift ourselves up, hopefully the easier it gets and the better we are at it. Of course, dealing with stress, trials and adversity is easier when we have a support system. Remember to thank those, this month especially, who are in your life that have made your 'getting up' a little easier.

Happy Thanksgiving~ ~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

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Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on the third Thursday in November be your day to start your journey toward a smoke-free life. You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk. Plus, the American Cancer Society can help you access the resources and support you need to quit.

About 34 million American adults still smoke cigarettes, and smoking remains the single largest preventable cause of death and illness in the world. Smoking causes an estimated 480,000 deaths every year, or about 1 in 5 deaths.

No matter your age or how long you've been smoking, quitting improves health both immediately and over the long term. Giving up smoking is a journey, and it can be hard, but you can increase your chances of success with a good plan and support. Getting help through counseling and medications doubles or even triples your chances of quitting successfully. Taken from <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>

Please click on the link for more information/support from the American Cancer Society.

*****Contact me if you would like help from the Wellness Program to quit for good.*****



Scantic Valley Regional Health Trust

It's hard to believe that the **Maintain Campaign** is here again! This is our annual goal to not let the holidays **expand** our waistlines. The name may sound corny, however, weight gain as we age can lead to multiple health issues associated with being overweight or obese—metabolic syndrome, type 2 diabetes, heart disease, difficulty moving, joint pain, etc. Preventing weight gain is easier than losing weight. Since this is my 9th year running the maintain campaign, I have a record of weights for the previous eight years. If you have participated in the past (one year, all eight, or somewhere in between), I can offer you your weight history through the years so you can see how you have maintained (or gained or lost) throughout this time—just ask and I will email it to you!

This year, like last year, I will leave the scale at each (interested) location for a couple of days. Simply step on, text or email your weight to me and you're in! I will send out **weekly supportive emails** with information to keep you on track. This year, it will be part of our *Wellness Works* program—weighing in AND out will **earn 10 points for SVRHT members and a raffle ticket for all other employees!** AND, you will get a **2022 wellness wall calendar** in January at weigh-out. AND if you maintain your weight within 2 pounds (or lose weight), you will be entered into a raffle for some cool prizes! **Prizes include a deck of exercise cards, a bluetooth sleeping mask, exercise dice, an insulated coffee mug, a braided blanket, an insulated lunch bag, a \$10 gift card, and walking weight sets!**

School staff may weigh-in on your nurse's scale between November 8 and 23. The schedule for the traveling scale is:

Monday	Tuesday	Wednesday	Thursday	Friday
8	9	10	11	12
Wilbraham Town Hall Wilbraham Library Boston Road LPVEC	Wilbraham Town Hall Wilbraham Library Boston Road LPVEC Wilbraham Senior Center	Agawam LPVEC Southwick LPVEC Longmeadow Town Hall Storrs Library	Agawam LPVEC Southwick LPVEC Longmeadow Town Hall Storrs Library Veteran's Day	Agawam LPVEC Southwick LPVEC Longmeadow Town Hall Storrs Library
15	16	17	18	19
East Long Fire Department East Long Town Hall East Long DPW East Long LPVEC	East Long Fire Department East Long Town Hall East Long DPW East Long LPVEC	East Long Fire Department East Long Senior Center Longmeadow Adult Center Hampden Town Hall	East Long Fire Department East Long Senior Center Longmeadow Adult Center Hampden Town Hall Great American Smokeout	East Long Fire Department East Long Senior Center Longmeadow Adult Center Wilbraham Police
22	23	24	25	26
Wilbraham Police		If your site is not on this calendar and you would like to join in, please contact me!! lyn@scantichealth.org lyn.fioravanti@eastlongmeadow.org	Thanksgiving	

Our **2021/2022 Wellness Works** Program is underway! Some folks have already earned 40 points!

HNE members: http://www.scantichealth.org/documents/wellness/wellness-points/WellnessWorks_HNE.pdf

BCBS members: http://www.scantichealth.org/documents/wellness/wellness-points/WellnessWorks_BCBS.pdf

Benefit-eligible employees and Tufts members click below:

http://www.scantichealth.org/documents/wellness/wellness-points/WellnessWorks_nonmembers.new.pdf

Tufts is in the process of changing portals for their wellness options, so additional options will be forthcoming. Tufts members stay tuned!

Some of the monthly challenges have changed, and there may be others that are offered in the coming months as well. If in doubt, all eligible challenges can be found here:

<http://www.scantichealth.org/documents/wellness/wellness-points/challenges.html>

The *Wellness Works* challenge of the month is the *gratitude challenge* and can be found at the link above as well. Please put an X or / on any of the gratitude activities on the calendar that you complete and submit to me by December 3 to earn your points/raffle ticket.

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Thanks to everyone who joined in to the HNE *Where You Health Matters* webinar series. The topics were very timely and important. If you would like to watch the recordings, please visit the HNE YouTube channel at the link below. <https://www.youtube.com/user/HealthNewEngland/featured> Once there, click on "Playlists." From Playlists, click on "Wellness" (4th from the left). It will probably start playing a video, but you can just pause it. Then go to the list on the right and scroll down to the bottom--they are #30 through #33. Be sure to get the quiz from [www.scantichealth.org](http://www.scantichealth.org) so you can earn the points/raffle ticket.

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Since HNE and BCBS are now including classes such as yoga and Pilates in their wellness reimbursement, please let me know if you would like a receipt for taking classes with Janine, Arlene or Arice.
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**\*\*\*REMINDER\*\*\***

All Covid-19 vaccines are readily available and guidelines for boosters can be found at <https://www.mass.gov/info-details/covid-19-booster-frequently-asked-questions>. Please remember that it is also flu vaccine season! It is especially important this year to get your flu vaccine!



## Upcoming Class Opportunities

**Mindful Movers Yoga Class:** Nurture your body, your mind, and your spirit. You will practice vinyasa yoga, mindfulness, breathing techniques, and meditation....give yourself the best gift there is, time for you! Join Arlene McLean on Wednesdays 3:30-4:30 at Center School Gym, Longmeadow. Wear comfortable clothing, bring a yoga mat, and a water bottle. Participants will practice vinyasa yoga and experience a guided meditation at every session. Class dates: 11/3, 11/10, 11/17, 12/1, 12/8 Cost: \$50\* Drop-ins welcome at \$12 per class!

**Zoom Yoga:** Janine starts another Monday virtual yoga class on November 8 from 5:00 - 6:00 PM. Classes will run Nov. 8 & 29, Dec. 6, 13, 20 & 27. During the 2 weeks she will be on vacation, she will provide access to a free class from Heartsong yoga so you can continue with your practice. \$55 for the six-week session.\* Please contact me to register.

**Pilates Classes:** A new session of **Mixed Level Mat Pilates Classes** in Wilbraham is starting **Tuesday, November 16 for 5 weeks**. If you are interested in the 4:30 in-studio class, please email Arice [arice@coreandmore.net](mailto:arice@coreandmore.net) to see if she has openings. There are openings in the **5:30 PM (studio OR Zoom) class**. Please contact Arice if you have any questions and to make payment. Core and More Pilates Studio, 2141 Boston Road, Wilbraham. \$55 for 5 weeks.\* You can mix & match in-person and Zoom classes.

**Zoom Pilates Classes:** Janet Burke-Allen is offering classes in-person & on-line through Zoom. You can mix and match from the following options: **Wednesdays, 9:00 AM weights/mat class, Thursdays, 3:45 PM mat 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 in-studio classes, please let Janet know ahead of time [pilates-centerofwmass@gmail.com](mailto:pilates-centerofwmass@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 2 weeks 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> As always, their 3 dietitians are available for FREE nutrition coaching sessions and you can [register here](#).

\*Those who attend all classes in a session (1 missed class is acceptable) will receive a \$10 Amazon gift card!

### **Longmeadow Parks & Recreation Classes\*\***

**Karate - Shotokan Style:** Ages 14+ Tuesdays 7:30 - 8:50 PM, Thursdays 6:30 - 7:50 PM Old Town Hall. Session #2: November 2 - December 21 Fee: \$85 Shotokan Karate-Do (SKIF System) is a traditional Japanese martial art that includes kihon (basics), kata (forms) and kumite (sparring).

**Tai Chi - Yang Style:** Ages 14+ Times: Tuesdays, 6:30 - 7:30 PM or Wednesdays, 8:30 - 9:30 AM Olde Town Hall Dates: Session #2: November 2 - December 15 Fee: \$70 Tai Chi is a gentle form of exercise with an emphasis on deep breathing, slow movements, and chi (energy) development. It can help improve muscle strength, flexibility, balance, and fitness, and could be the perfect activity for the rest of your life. The class involves traditional warm-ups and gentle stretching, breathing exercises, stances, and an introduction into the traditional Yang Style Form.

**Intermediate – advanced Karate and Tai Chi** classes can be found here:

<https://www.longmeadow.org/1216/Intermediate---Advanced-Karate-Tai-Chi>

\*\*All benefit-eligible employees receive a 40% discount for any P&R activity class. Please call to register and receive discount.