

Wellness Program Newsletter

Wellness Matters

All 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. Friends are also invited to participate, however will not be eligible for incentives.

Coordinator's Corner

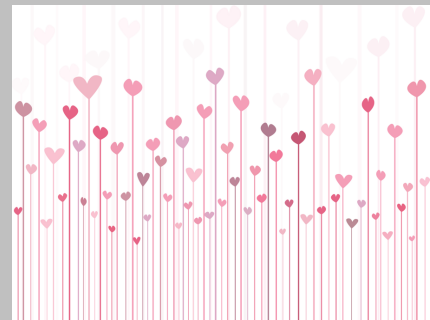
Happy New Year! I hope you all enjoyed your holiday season and are ready for winter weather and the beauty of snow-covered trees. Now may be a good time to think about what you want to focus on in the upcoming year; perhaps how to introduce a little more well-being and vitality into daily life.

This year marks the last time the Wellness Program runs the Jan/Feb weight-loss challenge (Biggest Loser). Eating healthy and being physically active is a life-long commitment; it doesn't start at the beginning of the year with a "crash" diet and fade out when we can no longer continue with the unrealistic rules that don't fit into our everyday lives. Quick weight-loss programs are neither healthy nor effective in the long-term. It really is about making positive changes that you can maintain FOR THE REST OF YOUR LIFE. For the majority of us, it takes real effort and determination—planning meals, resisting temptation, preparing healthy foods, finding time to exercise, perhaps going out of our comfort zone—to make the changes and live them day in and day out. There is no quick-fix; if there was, 2/3 of our nation wouldn't be overweight. This year is a chance to start making PERMANENT changes that will benefit your health.

Congratulations go out to 2 more in our community who have reached their year anniversary for quitting smoking!!! That makes 4 quitters over the past 6 months! Woo-hoo!

Lyn

February is American Heart Month!!



Click on the link below to learn about keeping your heart healthy:

<http://www.cdc.gov/Features/HeartMonth>

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Visit us on the web!

www.scantichealth.org

Quitting smoking **saves** money. But did you know it **pays**, too??!!

SVRHT hosts a “Nicotine Patch Giveaway” at or near your work location every January!

Giveaways will be held on the following days:

Tuesday, January 13, 9:00 - 10:15 a.m. East Longmeadow Town Hall

Wednesday, January 14, 1:30 - 3:00 p.m. Wilbraham Town Hall

Thursday, January 15, 9:00 - 10:30 a.m. Longmeadow Community House

If you are ready to quit, register to schedule a 15-minute appointment during one of these times by contacting

Lyn at 896 - 9080 or lyn@scantichealth.org.

Each employee who stays quit will receive a \$25 gift card after 8 weeks nicotine-free*,

\$25 at 12 weeks, \$50 at 6 months and \$100 at 1-year. **

*8 wks after last patch has been removed for patch users. **Verification appointments must be made to receive each incentive.

What are the immediate rewards of quitting smoking?

Kicking the tobacco habit offers some benefits that you'll notice right away and some that will develop over time. These rewards improve most peoples' day-to-day lives a great deal:

Breath smells better

Stained teeth get whiter

Bad smell in clothes and hair go away

Yellow fingers and fingernails disappear

Food tastes better

Sense of smell returns to normal

Everyday activities (such as climbing stairs or light housework) no longer leave them out of breath

They can be in smoke-free buildings without having to go outside to smoke.

Cost

The prospect of better health is a major reason for quitting, but there are other reasons, too.

Smoking is expensive. It isn't hard to figure out how much you spend on smoking: multiply how much money you spend on tobacco every day by 365 (days per year). The amount may surprise you. Now multiply that by the number of years you have been using tobacco and that amount will probably shock you.

Multiply the cost per year by 10 (for the next 10 years) and ask yourself what you would rather do with that much money.

And this doesn't include other possible costs, such as higher costs for health and life insurance, and likely health care costs due to tobacco-related problems.

<http://www.cancer.org/healthy/stayawayfromtobacco/guidetoquittingsmoking/guide-to-quitting-smoking-rewards>, retrieved 12/29/14

Upcoming Classes!

Mindfulness Meditation with Sarah Johnson

Every Monday, 4:45 - 6:00 p.m.

Wilbraham United Church

500 Main Street, Wilbraham

This class is open to the wider community for a free-will donation. This time allows you to sit comfortably as Sarah guides you in relaxation and mindfulness. Please contact Lyn if you would like to join in.

Gentle Hatha Yoga with Sarah Johnson

Wednesdays, January 7 through February 25

4:45 - 6:00 p.m. 8 classes for \$80*

Wilbraham United Church

500 Main Street, Wilbraham

Minimum of 8, max of 10 participants.

Self Care Yoga with Kate Forest

Tuesdays, January 27 though March 17

3:45 - 4:30 p.m. 8 classes for \$80*

Music Room, Meadowbrook School

607 Parker St, East Longmeadow

Minimum of 10 participants

Self Care Yoga with Kate Forest

Thursdays, January 29 through March 19

3:45 - 4:30 p.m. 8 classes for \$80*

Music Room, Wolf Swamp School

62 Wolf Swamp Road, Longmeadow

Minimum of 10 participants

Self Care Yoga with Kate Forest

Thursdays, January 29 through March 19

5:15 - 6:00 p.m. 8 classes \$80*

Community Room, East Longmeadow Library

60 Center Square, East Longmeadow

Maximum of 10 participants

Mindfulness-Based Stress Reduction with Leslie Frank

Wednesdays, February 4 - March 25

6:00 - 8:30 pm 8 week course \$400^

Glenmeadow, 24 Tabor Crossing, Longmeadow

OR

Mondays, February 2 - March 24

9:00 - 11:30 am 8 week course \$400^

Suffield Massage and Wellness, Suffield, CT

Free Intro/Orientation!!

Evening options: January 21 or 28, 6 to 8 pm

Daytime options: January 20 or 26, 9-11 am

For more information about Leslie's classes, please go to <http://www.map-center.org/>

^This class qualifies for a 10% discount for eligible employees.

***All employees who work 20+ hours/week are eligible for a 40% discount on classes! Pre-registration is required for all classes. Please contact Lyn to find out how to get the discount.**

If the minimum number of participants for each class isn't met, the class may need to be cancelled. So invite your friends, grab a co-worker or two, and have great time!

More classes are currently being formed. If you and your co-workers would like to see a another class offered, please contact me at Lyn@scantichealth.org or 413-896-9080.

Maintain Campaign

Thanks to all 115 of you who weighed-in for the Maintain Campaign! Be sure to weigh out to receive your 2105 "Recipe for Health" wall calendar. All who maintain their weight within 2 pounds will be entered into a drawing to win one of 10 \$25 gift cards!

HAMPDEN/WILBRAHAM: MONDAY, January 5

10:00 - 10:45 Hampden Town Hall

11:00 - 11:30 Wilbraham Library

11:45 - 12:45 Wilbraham Town Hall

EAST LONGMEADOW: WEDNESDAY, January 7

7:30 DPW

8:00 Police/Fire

10:00 - 11:00 Town Hall

11:30 Senior Center

LONGMEADOW: TUESDAY, January 6

7:00 DPW

7:30 Fire/Police

11:45 - 12:15 Storrs Library

12:30 - 1:30 Community House

LPVEC:

Monday, Jan. 5 8:30 - 9:30 LPVEC **Wilbraham**

Tuesday, Jan. 6 8:45 - 9:30 LPVEC **Ludlow**

Tuesday, Jan. 6 10:00 - 11:00 **Career TEC**

Wednesday, Jan. 7 8:45 - 9:30 **East Longmeadow**

Thursday, Jan. 8 9:00 - 10:00 **Agawam**

All school staff: Please weigh-out with your school nurse between Mon, Jan. 5 and Fri, Jan 9.

The dates and times listed above will also be the WEIGH-IN for the Weight-Loss Program.

2015 Weight-Loss Program

January is the kick-off for a healthier you! Choose the method to eat better and exercise more and we will support you through it. The 10 people who have the biggest weight loss, by percentage of body weight lost, will receive a \$25 gift card. The campaign will run for 8 weeks starting on the day you weigh in.

You will receive weekly emails throughout the campaign with tips to improve your eating and exercising habits. There will be opportunities to learn more through nutrition tours and cooking classes. The Wellness Program offers discounts at area gyms, discounts for classes, incentives for improving your BMI, and losing weight through Weight Watchers. You may choose one or many to make the move toward a healthier you!

Like us on Facebook! <https://www.facebook.com/scanticvalleywellness>