

Wellness Program Newsletter

Wellness Matters

All benefit-eligible municipal employees, retirees, and benefit-eligible family members in East Longmeadow, Hampden, HWRS, 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.

Don't Dry Out!

Drink Enough Water

You may wonder if you've been drinking enough water, especially when it's hot out. There's a lot of confusing advice out there about how much you really need. The truth is that most healthy bodies are very good at regulating water. Elderly people, young children and some special cases—like people taking certain medications—need to be a little more careful. Here's what you need to know.

What You Need to Know about H2O

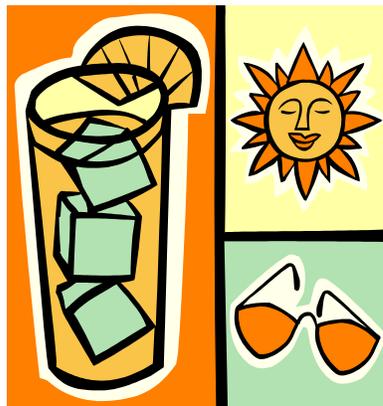
The body regulates how much water it keeps so it can maintain levels of the various minerals it needs to work properly. But every time you breathe out, sweat, urinate or have a bowel movement, you lose some fluid. When you lose fluid, your blood can become more concentrated. Healthy people compensate by releasing stores of water, mostly from muscles. And, of course, you get thirsty. That's your body's way of telling you it needs more water. At a certain point, however, if you lose enough water, your body can't compensate. Eventually, you can become dehydrated, meaning that your body doesn't have enough fluid to work properly.

Any healthy person can become dehydrated on hot days, when you've been exercising hard or when you have a disease or condition like diarrhea, in which you can lose a lot of fluid very quickly. But dehydration is generally more of a problem in the elderly, who can have a decreased sensitivity to thirst, and very young children who can't yet tell their parents when they're thirsty.

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Visit us on the web!

www.scantichealth.org



Welcome to Summertime BINGO!

Choose one activity to do per day from the list; you have July and August to complete 24 activities.

When the activity is complete, write the corresponding number in one of the squares.

The numbers on the bingo card can be in any order—fill in randomly!

When your bingo card is filled, return to me and you will be entered in a drawing for a chance at one of 10 \$10 Big Y gift cards!

This sheet must be returned by August 29 to lyn@scantichealth.org or 240 Springfield Street, Wilbraham, MA 01095.

ACTIVITIES

1. De-clutter and organize your workplace.
2. Practice being thankful for what you have.
3. Listen to music to reduce stress and relax.
4. Take time in your day for meditation, yoga, or tai chi.
5. Do 20 minutes of weight-bearing (strength training) exercise.
6. Call a friend who is supportive and brings out the best in you!
7. Go meat-less for a day!
8. Go outside for at least 20 minutes to take a break from tasks.
9. Use writing as a way to release your thoughts.
10. Let go of worry...don't sweat the small stuff.
11. Take an early morning or after dinner walk for 30 minutes.
12. Read or write something inspirational today.
13. Do sit-ups or push-ups during commercial breaks.
14. Enjoy a week without any sugar-containing drinks!
15. Get 30-60 minutes of physical activity, including weight-bearing exercise.
16. Choose to eat at home instead of dining out so you can control fat, sodium and sugar.
17. Eat a healthy breakfast that includes protein (Greek yogurt, peanut butter, egg).
18. Eat legumes, unsalted nuts and/or dark green leafy vegetables several times per week.
19. Stop procrastinating, choose to tackle that task now - waiting until the last minute raises stress levels.
20. Replace three larger meals with five smaller ones to curb hunger and unhealthy snacking.
21. Breathe deeply for five minutes with long exhalations to increase your relaxation response.
22. Pamper yourself by taking a walk, soaking in a bath, or getting a massage.
23. Skip dessert for a day!
24. Do 30 minutes of any physical activity that you enjoy.
25. Substitute white bread for whole wheat bread.
26. Eat 5-8 servings of fruits and vegetables in one day.
27. Drink at least four 8-ounce glasses of water during the day.
28. Get 7-8 hours of sleep.
29. Use healthy cooking oils—olive or canola.
30. Make a to-do list and prioritize your tasks.
31. Surround yourself with healthy, positive people.
32. Take on a rewarding and/or gratifying task.
33. Play a brain game - crossword, Sudoku, brain teaser, etc.
34. Perform a random act of kindness.
35. Visit a local farmer's market and try a new vegetable!

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Name:

Phone:

Email:

Don't Dry Out (continued from page 1)

How much water does your body need? Experts note that you have to consider the circumstances. For example, if you're active on a hot day, you need more water than if you're sitting in an air-conditioned office. An average person on an average day needs about 3 quarts of water a day. But if you're out in the hot sun, you'll need a lot more than that.

Signs of Dehydration

Signs of dehydration in adults include:

- Being thirsty
- Urinating less often than usual
- Having dark-colored urine, having dry skin
- Feeling tired or dizziness and fainting.

Signs of dehydration in babies and young children include a dry mouth and tongue, crying without tears, no wet diapers for 3 hours or more, a high fever and being unusually sleepy or drowsy.

If you suspect dehydration, drink small amounts of water over a period of time. Taking too much all at once can overload your stomach and make you throw up. For people exercising in the heat and losing a lot of minerals in sweat, sports drinks can be helpful. But avoid any drinks that have caffeine.

Remember: the best way to deal with dehydration is to prevent it.

Make sure to drink enough water in situations where you might become dehydrated.

Wellness Council of America, On-line Self-Care Bulletin, retrieved 7-3-14

Coordinator's Corner

Summer is in full swing—time to rejuvenate, refresh, and have fun! With so many opportunities to enjoy the outdoors, it is important to keep cool and stay hydrated. This newsletter is full of tips to keep you in the game during these hot, humid summer months.

Another way to stay hydrated is to consume foods such as fruits and vegetables, as they contain lots of water. In addition to water, they provide vitamins, minerals and fiber which our bodies need. Visiting a farmer's market is just one way to become inspired with all of the beautiful local produce our area has to offer. To find a farmer's market near you, go to <http://www.farmfresh.org/food/farmersmarkets.php?zip=01002>.

Congratulations to all who participated in our *Spring Strides* walking challenge! A total of 49 walkers logged their time over a 6-week period. The top 10 walkers averaged 3900 minutes, ranging from 2000 – 6000 minutes! Great job!

Have a happy and safe summer!

Lyn

Find us on facebook!!

<https://www.facebook.com/pages/Scantic-Valley-Regional-Health-Trust-Wellness-Program/104840526249335>

Action Steps for Sun Safety

While some exposure to sunlight can be enjoyable, too much can be dangerous. Overexposure to ultraviolet (UV) radiation from the sun can result in a painful sunburn. It can also lead to more serious health problems, including skin cancer, premature aging of the skin, cataracts and other eye damage, and immune system suppression. Children are particularly at risk. This Web page explains simple steps to protect you and your children from overexposure to UV radiation.

Most people are not aware that skin cancer, while largely preventable, is the most common form of cancer in the United States. More than 3.5 million new cases of skin cancer are diagnosed annually. By following some simple steps, you can still enjoy your time in the sun and protect yourself from overexposure. The U.S. Environmental Protection Agency (EPA) recommends these action steps to help you and your family be “SunWise.”

Early detection of melanoma can save your life. A new or changing mole should be evaluated by a dermatologist.



Do NOT Burn

Sunburns significantly increase one's lifetime risk of developing skin cancer, especially for children.



Avoid Sun Tanning and Tanning Beds

UV radiation from tanning beds and the sun causes skin cancer and wrinkling.

Generously Apply Sunscreen

Generously apply about one ounce of sunscreen to cover all exposed skin 15 minutes before going outside. Sunscreen should have a Sun Protection Factor (SPF) of at least 30 and provide broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply every two hours, even on cloudy days, and after swimming or sweating.



Wear Protective Clothing

Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses, when possible.



Seek Shade Seek shade when possible, and remember that the sun's UV rays are strongest between 10 a.m. and 4 p.m.

Use Extra Caution Near Water, Snow and Sand

Water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn.



Check the UV Index The UV Index provides important information to help you plan your outdoor activities in ways that prevent sun overexposure. The UV Index forecast is issued daily by the National Weather Service and EPA.



Get Vitamin D Safely Get Vitamin D safely through a diet that includes vitamin supplements and foods fortified with Vitamin D. Don't seek the sun.