

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.

Benefits/Health Fairs!!!		Save the Date!!!	
Longmeadow	Wednesday, April 30	12:00 - 4:30	Community House
HWRSD	Wednesday, May 7	2:00 - 4:30	Minnechaug High School
East Longmeadow	Thursday, May 15	11:00 - 5:00	Birchland Park Middle School

<p>RAFFLE PRIZES!!!</p> <p>Health New England Reps!!</p> <p>Health and Wellness Information!</p>	<p>Screenings!</p>	<p>Benefits Information!</p> <p>Blue Cross/Blue Shield Reps!!</p> <p>Fitness Center Reps!</p>
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COORDINATOR'S CORNER

Wow! Where did the time go? Pretty soon it will be spring; thank goodness! After this winter, we all deserve some bright, sunny, warm days.

There have been so many happenings, I don't know where to begin. The first week of March marks the weigh-out of our "biggest loser" program. I want to congratulate all of you who participated in our

combined effort to eat healthier and burn more calories. If you made some positive changes in your eating and exercising routines, you are a winner in my book!

March is National Nutrition Month and this year's theme is "Enjoy the Taste of Eating Right." The newly-revised food labels will help us do just that. We will now know how

much sugar is added to a food and how much is in the food naturally. Portions and calories will reflect a typical serving size. It is designed to give us the information we need to make informed choices.

Thank you to all who attended the screening events, despite 2 snowstorms and 1 equipment failure. Over 200 of you participated! I would love to hear if you learned something new about your health from the screening—please email me and share your story! Happy spring!

~Lyn

Incentives

The SVRHT Board Members recently revised the guidelines for how incentives are offered through the various Wellness Program initiatives. We want to encourage all town employees to take advantage of the wellness incentive programs. Optimizing our health is just as important, if not more, than anything else we make time for in our busy lives.

I am happy to announce that **ANY** town employee who is **benefit-eligible** (working 20 or more hours per week) is eligible for any of the incentives, regardless of having SVRHT insurance or not. Your benefit-eligible dependents are also eligible for programs and incentives!*

What does this mean? If you work 20+ hours/week and do not have town health insurance, you can earn \$100 after you get your colonoscopy. You can even quit smoking—the Trust will cover the costs of your quitting method AND reward you up to \$175 for quitting! Your spouse is eligible too, so you can support each other by quitting together!

In addition, there is 40% discount on fitness classes offered through the Wellness Program. To receive the discounted price, register with Lyn, take the full class (1 missed class is acceptable), and you will only pay for 60% of the instructor's fee once your attendance has been verified. Please email Lyn for more details. This will be for SVRHT-members AND any town employee who is **benefit-eligible**.

*The exception to this is the current health screening initiative which is being sponsored by the SVRHT insurance providers. As we review this program, we will consider how this may be implemented in the future for all town employees.

For more information on Wellness Programs and initiatives, please visit www.scantichealth.org.

March is Colorectal Cancer Awareness Month

Colorectal cancer is the third most common cancer in the United States and a leading cause of death from cancer. Colorectal cancer affects all racial and ethnic groups and is most often found in people ages 50 and older.

The best way to prevent colorectal cancer is to get screened regularly starting at age 50. There are often no signs or symptoms of colorectal cancer – that's why it's so important to get screened.

People over age 50 have the highest risk of colorectal cancer. You may also be at higher risk if you are African American, smoke, or have a family history of colorectal cancer.

Everyone can take these healthy steps to help prevent colorectal cancer:

Get screened starting at age 50.

Quit smoking and stay away from secondhand smoke.

Get active and eat healthy.

Visit www.scantichealth.org to learn more about earning a \$100 gift card for having a colonoscopy!

Upcoming Classes!

Mindfulness Meditation with Sarah Johnson

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

Wilbraham United Church

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. Sounds wonderful! Please contact Lyn if you would like to join in.

Zumba with April Marion

Starting **Wednesday, March 5**

3/5, 3/12, 3/19, 3/26, 4/2, 4/9

2:45 - 3:45 p.m. 6 classes for \$30

Career TEC gymnasium

Minimum of 10 participants

R.A.D. Systems of Self-Defense

4 mandatory classes 6:30 - 9:30 p.m.

March 11, 18, 25 and April 1 free!!

Longmeadow Community House

This is a program of realistic self-defense tactics and techniques for women. It begins with risk awareness, assessment, recognition and avoidance, while progressing into the basics of hands-on self-defense. Email Officer Rex at drex@longmeadow.org as soon as possible.

Line Dancing with Debbie Tracy

Starting **Friday, March 14**

3/14, 3/21, 3/28, 4/4, 4/11, 4/18

4:00 - 5:00 p.m. 6 classes for \$24

East Longmeadow Senior Center

Supermarket Nutrition Tour

Tuesday, March 18, 5:30 - 6:30 p.m.

Big Y, Cooley Street Store, Springfield

Join Registered Dietitian, Allison Clark during National Nutrition Month to learn the current USDA guidelines and how to apply them to your everyday shopping and eating habits.

Maximum of 10 participants. Free!

Giveaways, coupons and recipes for all who join in!

Gentle Hatha Yoga with Sarah Johnson

Starting **Wednesday, March 19 through May 7**

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

Wilbraham United Church

Minimum of 8, max of 10 participants.

Self Care Yoga with Kate Forest

Starting **Tuesday, March 26, through May 7**

3:30 - 4:20. 6 weeks for \$60 no class 4/23

Wolf Swamp School Music Room, Longmeadow

Minimum of 7, max of 12 participants.

All employees who work 20+ hours/week are eligible for a 40% discount on fitness 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!

Adult Recommended Vaccines

Tdap [tetanus, diphtheria, and pertussis(whooping cough)] : Recommended for all adults; especially recommended for adults who will have contact with infants. Needs to be administered only once during the adult years. There is no minimum waiting period for individuals after having received a standard tetanus shot. (Very few doctors are stocking this vaccine; Individuals may get this shot at pharmacies with no co-pay.

Shingles: Recommended for all adults over 60 years of age. Needs to be administered only once after age 60.

Pneumonia: Recommended for all adults 65 years of age or older; one shot provides lifetime immunity. Recommended for adults under 65 years of age who have chronic health conditions such as asthma, diabetes, chronic lung, circulatory or kidney disease. Re-immunization required at age 65 or later (minimum of 5 years since the last shot).

Flu shots: Recommended annually for all adults.

The Board of Health is now providing Tdap vaccinations to employees who have HNE and Blue Cross with no co-pay.

Tufts covers Tdap and pneumonia in full with in-network PCP or specialist; shingles for 60 years or older at pharmacies; and flu at MA Board of Health sponsored clinics.

HNE provides shingles vaccine for 50 years and older for free with in-plan provider.

For more information on coverage of adult vaccinations, please contact your health insurance carrier.

This soup was so good, I might make it once again before the cold weather departs...I think there may be just enough time!

Cannellini-Butternut-Kale Stew

- 1/4 cup olive oil
- 1 1/2 onions, chopped
- 6 garlic cloves, minced
- 2 pounds butternut squash, cubed
- 1 red or orange pepper, chopped
- 4 cups chicken or vegetable broth
- 1 1/2 large bunches of kale, de-ribbed and coarsely chopped
- 1/2 tbsp. dried sage
- 1/4 tsp. red pepper flakes
- 1 15-oz can cannellini beans, drained and rinsed

Heat oil in large pot over medium-high heat.

Add onions and garlic; sauté until tender, about 10 minutes.

Add squash; sauté.

Add bell peppers and stir to coat with onion mixture.

Add broth. Cover and simmer until squash is just tender, about 10 minutes.

Mix kale, red pepper flakes and sage into pot. Cover and cook until kale wilts, stirring occasionally, about 8 minutes.

Add beans and stir until heated through.

Season to taste with salt and pepper, if needed.

Enjoy!

Recipe adapted from *Kale, The Complete Guide to the World's Most Powerful Superfood*, by Stephanie Pedersen.

