

Scantic Valley Regional Health Trust

Wellness Program Newsletter

Wellness Matters

All municipal employees, retirees, and insured 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.

HOW IS THE TRUST AND WELLNESS RELATED???

THE TRUST IS ABLE TO OFFER A VARIETY OF HEALTH PLANS TO THEIR EMPLOYEES. MOST OF OUR PLANS ARE "SELF FUNDED" BY THE TRUST; THE PREMIUM EMPLOYEES PAY INCREASES AND DECREASES ANNUALLY DEPENDING ON OUR EXPERIENCE AND THE USE OF THE SYSTEM. THE MORE THE COSTS, THE MORE WE PAY. THE HEALTHIER YOU ARE, THE LESS YOU PAY!

Four Reasons to Start Moving During American Diabetes Month

November is American Diabetes Month, a time to focus the nation's attention on the issues surrounding diabetes and the millions of people who are affected by the disease.

Whether you have Type 1 or Type 2 diabetes, or if you are at risk for diabetes, there are at least four reasons that making exercise a part of your lifestyle will help manage your diabetes and reduce complications.

Physical activity increases insulin sensitivity, moving glucose (sugar) out of your blood more effectively.

Being active can lower blood glucose as your muscles use glucose for energy.

Physical activity burns energy, making weight management easier, and your body controls your blood glucose level better at a lower body weight.

Regular physical activity helps reduce your risk for heart disease and high blood pressure, which are both linked to diabetes.

Before you start a physical activity plan, talk with your doctor, along with a registered dietitian nutritionist or a diabetes educator.

To find out if your health insurance plan covers nutrition services for prediabetes and diabetes, along with access to qualified practitioners such as registered dietitian nutritionists, call the member services number located on the back of your insurance card.

For more information on diabetes, including managing diabetes or reducing your risk, consult a registered dietitian nutritionist in your area.

<http://www.eatright.org/>

retrieved 11/4/13



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COORDINATOR'S CORNER

This fall has been a flurry of activity preparing for all of the wellness programs surrounding the holidays. I have had lots of feedback about the "Maintain Campaign" and I know many of you are awaiting the start of it later this month. It is great to hear so much excitement and buzz about this popular program!

If you want to try something new this season, you may want to sign up for the Presidential

Challenge, with the goal of getting 30 minutes of activity 5 days a week, along with making some permanent healthy eating habits.

There are also classes being held at various locations, with more being added to the menu.

Wherever you are in your path towards wellness, my hope is that you find what works for you. We all have different motivations and goals; I am

here to bring to the table what you need to help you succeed.

It has been a pleasure getting to know some of you on my travels to various work-places. I look forward to my continued visits to meet you throughout the coming months.

Wishing you health and wellness as you celebrate this holiday season.

Lyn

Maintain Campaign

The challenge is on once again! The goal? To stay within 2 pounds of your current weight between Thanksgiving and the new year. Program includes:

- Weigh-in week before Thanksgiving
- Weigh-out first week of January
- Tips to succeed
- Weekly e-mails to help stay the course

All who register will receive a 2014 "Ways to Well-Being" wall calendar. All participants who stay within 2 pounds of their "weigh-in" weight will be entered into a drawing to win one of ten \$25 gift cards !!

Please see Lyn to weigh-in at the following times depending on where you work:

Town Employees:

LPVEC Sites:

Fri, Nov. 22 10:00-11:00 East Longmeadow Town Hall	Friday, Nov. 22 9:00-9:30 LPVEC East Longmeadow
Fri, Nov. 22 11:15-12:15 Longmeadow Comm House	Friday, Nov. 22 1:00-1:30 LPVEC Ludlow
Mon, Nov. 25 10:00-11:00 Wilbraham Town Hall	Friday, Nov. 22 2:15-2:45 CareerTEC
Mon, Nov. 25 11:15-12:15 Hampden Town Hall	Mon, Nov. 25 9:00-9:30 LPVEC Wilbraham
	Tuesday, Nov. 26 9:15-9:45 LPVEC Agawam

Teachers and staff at all schools:

Weigh-in with your school nurse between Friday, 11/22 and Tuesday, 11/26. The nurse will forward your name, weight and email to me.

Want to track your fitness and nutrition progress? Try the

Presidential Active Lifestyle Award Challenge

Starting Monday, November 11, I will start a "group" on this website for anyone who wants to participate. The goal is to get 30 minutes of activity a day, 5 days a week, for 6 out of 8 weeks. There is also a healthy eating challenge that allows you to make simple, long-lasting changes to improve your daily intake. Activities include anything from aerobics to yoga, with lots of options in between. All you do is log the amount of time you spend doing the activity of your choice. With colder weather coming our way, it may be a little more challenging to get the recommended amount of daily exercise. Joining an on-line group may give you that extra bit of motivation you need!

- ⇒ go to <https://www.presidentschallenge.org/> and click on "register now"
- ⇒ Click on "create an individual account" and provide the required information
- ⇒ Once it congratulates you for joining, choose "PALA+" and submit
- ⇒ Click on "groups," enter "SVRHT" in the "Search Groups" category, submit, click on group and "join this group"
- ⇒ Click on "Tracker" to set a nutrition goal for the week and log your activity for the day!
- ⇒ Those who earn their weekly "star" will be entered into a weekly \$25 gift card drawing!

****Logging your activity may be just what you need during the Maintain Campaign!!!****

Upcoming Classes!

Mindfulness Workshop with Jen Cannon

4 Mondays in Nov and Dec:

Nov. 18, 3:45 - 5:00 p.m., Nov 25, 4:15 - 5:30 p.m.

Dec. 2, 4:50 - 6:05 p.m., Dec. 9, 3:45 - 5:00 p.m.

\$50 for all 4 classes!!!

Brooks Room, Wilbraham Library

Minimum of 8 participants (tell your friends!)

All who register will receive a wellness program water bottle!

Self Care Yoga with Kate Forest

Starting Tuesday, November 19

Classes will be held 11/19, 11/26, 12/3, 12/10,

12/17, 1/7 (no class 12/24 and 12/31)

4:45 - 5:30 p.m. \$60 for 6 weeks

Wilbraham Senior Center

Minimum of 10 participants! All who participate will receive an on-the go salad bowl kit!

Zumba with Aline Parnagian

Beginning Wednesday, November 20

Classes on 11/20, 12/4, 12/11, 12/18

2:45 - 3:45 p.m. \$20 for 4 weeks

Career TEC gymnasium

Minimum of 10 participants. All who participate will receive a wellness program water bottle!

Line Dancing with Debbie Tracy

Beginning Friday, December 6

Classes on 12/6, 12/13, 12/20, 1/3, 1/10, 1/17

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

East Longmeadow Senior Center

All who participate will receive an on-the-go salad bowl kit!

Gentle Hatha Yoga with Sarah Johnson

Beginning Wednesday, January 8 for 8 weeks

3:00 - 4:15 p.m.

Wilbraham United Church

8 classes for \$80

Minimum of 5, max of 12 participants.

All participants will receive an on-the-go salad bowl kit!

Registration is required for all classes. Please submit payment (checks payable to SVRHT) to Wellness Program, 240 Springfield Street, Wilbraham, MA 01095.

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!

Please go to our facebook page and like us so we can get a shorter web address!

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

Coming in January...

The Trust, the Wellness Program and our insurance carriers will be working together on an exciting campaign to help you become more aware and in charge of your individual health! We will be hosting a kick-off celebration by offering different screenings to give you a “snapshot” of your current health status. Once you have this information, it allows you to see where you are and where you might need to improve. You can then get support to work towards better health and see the results over time. What a fantastic way to start off the new year!

Fitness and Nutrition Apps

There are many apps out there to help you with just about everything. The following may help you meet your nutrition and exercise goals:

eaTipster

iCookbook Diabetic

Juice

Sparkpeople Food & Fitness Tracker

Calorie Tracker by Livestrong.com

Vree for diabetes

We're on the web!

<http://www.scantichealth.org/>

Good luck to all of our employees who are walking and running in the Wounded Warrior 5K tomorrow in Longmeadow!!! Way to go!!!

Holiday Food Safety

When your holiday feast ends, take steps to properly store extras so no one gets sick from eating leftovers.

Chill It Promptly

Store leftovers in airtight, shallow containers (two inches deep or less).

Refrigerate or freeze leftovers within two hours of cooking the food. Set your refrigerator below 40 degrees Fahrenheit and your freezer below zero degrees Fahrenheit.

Remove turkey from the bone and store it separately from the stuffing and gravy. You can leave sliced breast meat, legs and wings whole.

Use It or Lose It

Use refrigerated cooked turkey within three to four days. Use stuffing and gravy within one to two days.

Eat leftover casseroles and cooked vegetables within three to four days.

Finish fruit and cream pies within two to three days and cheesecake within seven days.

Regardless of how many days have passed: If in doubt, throw it out!

Reheat Right

Reheat leftovers to 165 degrees Fahrenheit. Bring leftover gravy to a rolling boil on the stove before serving it a second time.

www.eatright.org, retrieved 11/4/13