

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 fall! The change of seasons is upon us once again. Soon we will be busy with holiday activities. Perhaps entering this time of year with a promise to yourself that being in the moment is what counts and everything doesn't have to be perfect. Schedule some "down-time" to take care of yourself. Listening to your body and treating it well is important.

Having just returned from a national nutrition conference, I am invigorated by what is happening in the world of prevention and wellness! Eating more colorful fruits and vegetables, taking short activity breaks during our long days of sitting, increasing our strength, being mindful and getting relief from our daily stresses are habits that can be gradually added to our routines.

Thanks to everyone who "liked" the SVRHT Wellness Program Facebook page! We now have our own FB address: <http://www.facebook.com/ScanticValleyWellness>. If you haven't yet visited, please click on the link and check it out!

Congratulations to the 2 LPVEC employees who just celebrated their one-year anniversary of quitting smoking! Way to go! Please contact me if you are ready to be tobacco-free.

Wishing you well~

~Lyn

Got Ideas???

Do you and your co-workers want to bring a wellness class to your location? Are you looking for a way to workout and de-stress before leaving work to go home? If you have 10 or more people interested in participating in a 6-week class, please let me know! I am always willing to help bring wellness activities to you that are convenient, affordable and fun.

So far, many of you have enjoyed yoga, line dancing, mindfulness and Zumba. There are other options to choose from and I welcome your suggestions!

INSIDE THIS ISSUE:

Coordinator's Corner	1
November is American	
Diabetes Month	2
Recipe	2
Tobacco-free Living	3
Maintain Campaign	4



Visit us on the web!

[www.scantichealth.org](http://www.scantichealth.org)

# NOVEMBER IS AMERICAN DIABETES MONTH

November is American Diabetes Month and we would like to inform you about a great self-management program sponsored by Scantic Valley Regional Health Trust. If you or a family member on SVRHT's health insurance plan have diabetes or pre-diabetes, you can get help by joining the **Good Health Gateway®** Diabetes Care Rewards Program administered by Abacus Health Solutions.

This program allows you to manage your diabetes and get rewarded in the form of **\$0 copays for your medications and supplies to treat diabetes**. In order to earn your reward, you are required to visit with your doctor to get an eye exam, foot exam, full lipid profile (cholesterol, triglycerides, LDL's and HDL's) and urine protein levels checked once a year and your A1c twice a year.

Did you know that 219 SVRHT health plan members (subscribers and dependents) have a diagnosis of diabetes or pre-diabetes? Currently, only 126 (59%) of those members are enrolled in the Diabetes Program. If you are among those who haven't yet enrolled in this helpful program, we encourage you to find out more. There are 63 members who are getting their diabetes medications and supplies for \$0 copay because they are meeting all of their program requirements. If you, your spouse, or child would like to take advantage of this great additional health benefit, please visit the website [www.goodhealthgateway.com](http://www.goodhealthgateway.com) or call their toll free HelpLine at (800) 643-8028 for details and to register.

The Good Health Gateway Diabetes Rewards Program is available for employees and their covered dependents insured through one of the following Scantic Valley Regional Health Trust sponsored health plans:

**Blue Cross Blue Shield of Massachusetts:** Network Blue HMO, Network Blue HMO Deductible, Blue Care Elect Preferred PPO, Blue Care Elect Preferred PPO Deductible

**Health New England:** HNE HMO, HNE HMO Deductible, HNE Medi Wrap

**Tufts Health Plan:** Tufts Choice Co-pay EPO, Tufts Advantage EPO Deductible

**This program is completely voluntary and confidential. HIPAA privacy and security standards are used to ensure the security of your health information.**

## ***Spicy Parmesan Green Beans and Kale***

Recipe courtesy of Giada De Laurentiis

### **Ingredients**

3 tablespoons olive oil  
1 onion, sliced  
1/4 pound cremini mushrooms, trimmed and quartered  
(about 14 mushrooms)  
1 1/2 pounds green beans, trimmed and slice into 1-inch pieces  
2 teaspoons salt  
1/2 teaspoon freshly ground black pepper  
1/4 cup white wine  
1/2 teaspoon red pepper flakes  
1 bunch kale (1/2 pound), rinsed, stemmed, and roughly chopped  
2 tablespoons lemon juice (about 1/2 a lemon)  
3 tablespoons finely grated Parmesan

### **Directions**

Warm the olive oil in a large, heavy sauté pan over medium-high heat. Add the onions and cook until translucent, about 4 minutes. Add the mushrooms, green beans, salt, and pepper and cook for 2 minutes. Add the wine and continue cooking until the green beans are almost tender, about 5 minutes. Add the red pepper flakes and the kale and continue cooking until the kale has wilted, about 4 to 5 minutes. Add the lemon juice and the Parmesan cheese. Toss to coat and serve immediately.

*I have made this dish twice, without mushrooms, and it was delicious and bursting with flavors! I plan on having it on my Thanksgiving table...enjoy!*

Fifty years ago, the first Surgeon General's Report on Smoking and Health revealed that smoking cigarettes raises your risk of developing several diseases. Since then, smoking rates have declined, saving millions of lives. But at the same time, more than 20 million Americans have died too soon because of smoking. And more than 3,200 children under age 18 smoke their first cigarette every day as a result of tobacco industry marketing and other influences.

We know a lot more than we used to about the dangers of tobacco smoke. "When you smoke, you inhale thousands of hazardous chemicals," explains Dr. Michele Bloch, a tobacco control expert at National Institutes of Health (NIH). "They travel all around inside your body and cause damage to numerous parts."

Cigarette smoke can quickly damage delicate lung tissue. It doesn't have a chance to heal when it's exposed to smoke day after day. The result can be a wide range of deadly lung conditions, such as emphysema and chronic bronchitis.

The chemicals from tobacco smoke travel from the lungs into the bloodstream. They damage your heart and blood vessels to cause cardiovascular problems, such as heart disease and stroke. Cardiovascular disease kills over 800,000 people a year nationwide.

The compounds in tobacco smoke can enter cells throughout your body and damage the DNA inside. DNA is the long threadlike molecule found in nearly all your cells. It's an essential "blueprint" that controls how your cells grow, where they go, and what they do.

When DNA gets damaged, cells can begin to grow abnormally. The body usually attacks and kills such cells. But the toxic chemicals in cigarette smoke weaken this process, making it easier for the cells to multiply out of control. The result is cancer.

Smokers dramatically increase their risk of developing many types of cancer. Nearly all lung cancer—the number-one cancer killer—is caused by smoking. Smoking can lead to cancer in many parts of the body, including the throat, mouth, nasal cavity, stomach, pancreas, liver, kidney, bladder, colon, rectum, and cervix. It can also cause leukemia, a cancer of the blood.

## Other Health Ills Caused by Smoking

Smoking can cause all sorts of other health issues, too. When the DNA in sperm becomes damaged, it can lead to infertility. Smoking while you're pregnant can cause a host of problems, including low birth weight and pre-term delivery. Smokers are 30% to 40% more likely to develop type 2 diabetes than nonsmokers. And smoking can make it harder for the body to fight disease.

The best way to prevent tobacco-related health problems is to keep kids from smoking in the first place. "The vast majority of new smokers begin when they are too young to appreciate the risk," Bloch says.

## Tools to Quit

Researchers do know that the health of even long-time smokers can improve quickly after quitting. Within a year of quitting, heart attack risk drops dramatically. Within 5 years, the risk of stroke can fall to nearly that of a nonsmoker. Quitting also lowers the risk of cancer and other diseases.

"If you are a smoker, the single most important thing you can do to protect your health and the health of your family is to quit," Bloch says. "And help is available."

Research has revealed effective strategies to help people quit smoking. That's partly why quit rates for smokers are on the rise. More than half of all people who've smoked have already quit.

Studies show that people who talk to their doctors about quitting or call quit lines for advice are more successful than those who go it alone. Quitters can double or triple their chances of success by using medications approved by the U.S. Food and Drug Administration (FDA) and nicotine patches, gum, or lozenges, along with coaching support.



The Wellness Program will once again offer a patch giveaway early next year for all who are ready to quit smoking! More details to follow. Please contact Lyn for more information or if you are ready to quit NOW.

# 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 before Thanksgiving and receive an email copy of "It's All About You" Nutrition and Activity Guide

\*Weigh-out first week of January                      \*Weekly e-mails to help stay the course

\*Healthy eating supermarket tours with incentives   \*Strength classes with a chance to win a \$10 gift card

All who stay within 2 pounds of their "weigh-in" weight will be entered into a drawing to win one of ten \$25 gift cards!! All who weigh in AND out will receive a 2015 Wellness Calendar!

## Please see Lyn to weigh-in:

### HAMPDEN/WILBRAHAM

Wednesday, Nov. 19 10:00-11:00 Hampden Town Hall

Monday, Nov. 24 10:00-10:30 Wilbraham Senior Ctr.

Monday, Nov. 24 10:45-11:15 Wilbraham Library

Monday, Nov. 24 11:30-12:30 Wilbraham Town Hall

### LPVEC

Wednesday, Nov. 19 8:45-9:30 LPVEC Ludlow

Friday, Nov. 21 9:00-9:30 LPVEC East Longmeadow

Monday, Nov. 24 9:00-9:30 LPVEC Wilbraham

Tuesday, Nov. 25 9:00-9:30 LPVEC Agawam

Tuesday, Nov. 25 10:00-10:45 Career TEC

### LONGMEADOW

Friday, Nov. 21 7:00 DPW

Friday, Nov. 21 7:30 Fire/Police

Friday, Nov. 21 8:00-8:30 Greenwood Center

Friday, Nov. 21 10:00-11:00 Community House

Friday, Nov. 21 1:30 Storrs Library

### EAST LONGMEADOW

Friday, Nov. 21 11:15-12:15 Town Hall

Friday, Nov. 21 12:30-1:00 Senior Center

Monday, Nov. 24 7:15 DPW

Monday, Nov. 24 7:45 Police/Fire

**All school staff: Please weigh-in with your school nurse between Wednesday, Nov. 19 and Tuesday, Nov. 25.**

## Happy Healthy Holidays Big Y Nutrition Tour

Give your family and friends the gift of healthy eating. Come learn simple steps to modify favorite recipes and discover ideas for healthy holiday snacks and gifts.

November 25, 10 - 11 AM 433 Center St., Ludlow

December 1, 4:30 - 5:30 PM 2035 Boston Road, Wilbraham

December 2, 5:30 - 6:30 PM 441 N Main St, East Longmeadow

**Please register with Lyn at [lyn@scantichealth.org](mailto:lyn@scantichealth.org) or 896-9080. All who attend any tour will receive a reusable shopping bag and on-the-go salad bowl kit!**

## "Use Your Own Strength" Training Class

Join Susan Kent and have some fun learning how to do simple moves to increase your strength and get those muscles moving! No prior experience needed.

Thursday, Nov. 20, 9:45 – 10:45 AM, East Longmeadow LPVEC

Monday, Nov. 24, 5:30 – 6:30 PM, Community Room, East Longmeadow Library

Tuesday, Dec. 2, 4:00 – 5:00 PM, Wilbraham Middle School Fitness Room

Monday, Dec. 8, 6:00 – 7:00 PM, Longmeadow Community House Dance Studio

Tuesday, Dec. 9, 2:30 – 3:30 PM, Career TEC Gym

**Please register with Lyn at [lyn@scantichealth.org](mailto:lyn@scantichealth.org) or 896-9080. The first 10 who register in each class and attend will receive an exercise band and a chance to win a \$10 Big Y gift card!**