

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.

Autumn is upon us once again with it's beautiful colors and scents! I am happy to say that this brisk weather didn't stop 74 of you from joining our Fall Walking Works Challenge! Keep up the great work—more than half-way there!

Fall also is a reminder that change is all around us, not only in the weather, but in our everyday lives; whether we choose to push against it or embrace it, is up to us. Finding ways to tolerate change and getting support through the process helps us to stay healthy and well.

What kind of change are you ready for? Want to quit smoking? We have resources and services to help. Want to lose or maintain your weight? The Maintain Campaign is starting this month. Want to get more active? Sign up for a class at Longmeadow Parks and Recreation. Looking for ways to be more mindful in your daily experiences? There's a new 21-day meditation session starting Nov. 2 from Oprah and Deepak: https://chopracentermeditation.com/experience. Need support and encouragement to make and sustain a change? There's an app for just about anything you might want or need help with. Some recommended apps are in this issue—you may want to check them out.

This Thanksgiving, let's remember all that we have in our lives to be grateful for. Whatever holidays you will be celebrating in the months to come, I hope they are filled with special moments. Lyn

For more info on anything in this newsletter, please contact me at lyn@scantichealth.org.

Several studies were published last month during Breast Cancer Awareness Month. Under the new guidelines, the cancer society recommends that:

Women 40 to 44 discuss mammography with their doctor, and have the option of starting annual screening if they want it or their risk factors warrant it.

Women 45 to 54 receive annual mammography screening.

Women 55 and older receive screening every other year, and only discontinue mammography when their life expectancy drops below 10 years.

For more information, click on the link below.

Taken from http://healthfinder.gov/News/Article.aspx?id=704388&source=govdelivery&utm_medium=email&utm_source=govdelivery retrieved 10/20/15

INSIDE THIS ISSUE:

Coordinator's Corner 1
New Mammogram Guidelines 1
Maintain Campaign 2
The Great American Smokeout 3
Which app is for you?! 4
Community Classes 4
Recipe substitution 4



Visit us on the web!

www.scantichealth.org

Maintain Campaign

It's back! Our yearly program to keep our weight in check during the holiday season. This time of year is often filled with fun and excitement, joy and laughter. It also may come with stress, anxiety, and over-scheduling. All of this can lead us to over-indulge with once-a-year treats and leave us with less time to work off those extra calories. **Join us in the quest to keep our weight within 2 pounds between Thanksgiving and the New Year.** For those of you who maintain no matter what, you'll receive a 2016 wellness wall calendar just for weighing in and out and a chance to win one of 10 \$25 gift cards! For those of you who fight this battle every year, you will get support to get through the season **as well as** the calendar and the chance to win! Program includes:

- *Weigh-in before Thanksgiving and receive a copy of the USDA's "Let's Eat for the Health of It" brochure
- *Weigh-out first week of January and receive a Personal Best 2016 "Back to Basics" or "Thrive" wall calendar
- *Weekly e-mails to help stay the course
- *Healthy eating supermarket tours with giveaways
- *Free attendance in one of three "Use Your Own Strength" classes with a certified personal trainer
- *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!!

Please see me at the following locations for weigh in:

LONGMEADOW

- Friday, Nov. 20 7:00 DPW
- Friday, Nov. 20 8:00 Fire/Police
- Friday, Nov. 20 10:00 Greenwood Center
- Friday, Nov. 20 10:30 - 11:30 Community House
- Friday, Nov. 20 11:45 Storrs Library

LPVEC

- Wednesday, Nov. 25 8:45 - 9:30 LPVEC Ludlow
- Friday, Nov. 20 9:00 - 9:30 LPVEC East Longmeadow
- Monday, Nov. 24 9:00 - 9:30 LPVEC Wilbraham
- Tuesday, Nov. 24 9:00 - 9:45 LPVEC Agawam
- Tuesday, Nov. 24 10:00 - 11:00 Career TEC

HAMPDEN/WILBRAHAM

- Tuesday, Nov. 24 12:00 - 1:00 Hampden Town Hall
- Monday, Nov. 23 10:00 - 10:30 Wilbraham Senior Ctr.
- Monday, Nov. 23 10:45 - 11:15 Wilbraham Library
- Monday, Nov. 23 11:30 - 12:30 Wilbraham Town Hall

EAST LONGMEADOW

- Friday, Nov. 20 12:15 - 1:15 Town Hall
- Friday, Nov. 20 1:30 - 2:00 Senior Center
- Monday, Nov. 23 7:15 DPW
- Monday, Nov. 23 8:00 Police/Fire

**~~~All school staff: Please weigh-in with your school nurse between
Friday, Nov. 20 and Wednesday, Nov. 25.~~~**



The Great American Smokeout

Get ready to lose the habit, and become victorious over tobacco. The American Cancer Society Great American Smokeout event is your chance to triumph over addiction. Every November, we set aside the third Thursday to encourage smokers to go the distance, and to finally give up smoking.

About 42 million Americans still smoke cigarettes, and tobacco use remains the single largest preventable cause of disease and premature death in the United States. As of 2013, there were also 12.4 million cigar smokers in the US, and over 2.3 million who smoke tobacco in pipes — other dangerous and addictive forms of tobacco.

By quitting — even for one day — you will be taking an important step toward a healthier life — one that can lead to reducing your cancer risk. It's a race for your health, and it starts today. Today's the day that quitters win.

<http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/index>, retrieved 10/19/15.

~~Smoking Cessation Resources available to you~~

Wellness Program:

“Quit Smoking Your Way and We’ll Cover the Cost”

Employees and their family members can have smoking cessation related expenses, such as medical copays, waived and earn up to \$200 in gift cards for staying quit. In addition, SVRHT hosts a FREE Nicotine Patch Giveaway every year. You must register with Lyn for this program and schedule verification appointments in order to receive incentives.

BC/BS:

Support and resources to help you quit tobacco at www.ahealthyme.com/wellness/smoking

Five-week breathe easy tobacco cessation wellness workshop at www.ahealthyme.com/login

HNE: (taken from http://hnetalk.com/member/2015/10/23/do-you-have-the-help-you-need-to-quit-smoking/?_ga=1.26978685.172321571.1406561568)

In addition to the smoking cessation coverage Health New England already offers to our members, we are pleased to share with you an exciting new program – Start to Stop®. The Start to Stop® smoking cessation program* is offered through MinuteClinic®, the walk-in clinic inside select CVS/pharmacy® stores.

The Start to Stop® program provides HNE members eight no cost visits to the MinuteClinic® that include one-on-one counseling with a nurse practitioner. Also, the Start to Stop® program offers:

- Nicotine dependence assessment
- Customized smoking cessation plan and education
- Ongoing coaching and support
- Nicotine replacement recommendations or prescriptions, when clinically appropriate (*\$0 cost sharing for generics/brand name nicotine replacement therapy; quantity limit of 2 cycles per year for all products*)

Apps and their goals—which is right for you? Here are some apps that came with good reviews:

Apple: **Fit Men Cook** simple healthy recipes **Lark** tracks activity and offers suggestions

Android: **Water Your Body** helps you to drink enough water

Apple/Android: **Sleep Genius** improve sleep habits and sleep quality **TwoGrand** food tracking/weight loss
Sleep Better insights into your sleep habits **Todoist** task manager and to do list **Endomondo** making fitness fun
Workout Trainer training sessions you can do anywhere **Health Mate** health tracking with reminders

Upcoming Classes at Longmeadow Parks & Recreation

Longmeadow Park & Rec **Tai Chi**, Ages 16 & Up, **Olde Town Hall**

Tai Chi is less strenuous than other martial arts, with an emphasis on deep breathing, slow movements, and chi (energy) development. Class involves traditional warm-ups and stretching, breathing exercises, stances and 3-part form. Wear comfortable clothing, a flat sole indoor sneaker, dance shoe or bare feet. Your instructor is James P. Shea 7th Dan SKIF. Tuesdays, 6:30 - 7:30pm Nov 3 - Dec 22 \$60 per person.

Karate -Shotokan Style, Ages 14 & Up, **Olde Town Hall**

Shotokan Karate-Do International Federation (SKIF) system includes an International standardized syllabus of kihon (basics), kata (forms) and kumite (sparring). All instruction and certification is authentic and directly affiliated with SKIF Japan. *A white karate uniform is required for class and can be ordered through the instructor, James P. Shea 7th Dan SKIF. (Saturday classes intermediate/ advanced level only). (no 11/26, 12/24, 12/26)
Tuesdays 7:30-9:00, Thursdays 6:30-8:00 and Saturdays 8:30-10:00 Nov 3 - Dec 31 Fee: \$75 per person

Zumba for Adults, **Community House Dance Studio**

Add some spice to your workout and come shake your cha-cha with Zumba! This Latin based group exercise class features aerobic/fitness interval training that tones and sculpts the body. Instructor Jessica Downie will lead you through fun, energizing, easy to follow routines that burn up to 1,000 calories per class. Wear any type of athletic clothing and sneakers. Be sure to bring a water bottle! Mondays 5:45—6:30 p.m. Fee: \$35 per session

Session 2 – 11/16, 11/23, 11/30, 12/7, 12/14, 12/21

Session 3– 1/4, 1/11, 1/18, 1/25, 2/1, 2/8

Session 4– 2/22, 2/29, 3/7, 3/14, 3/21, 3/28

All levels **yoga** at **Community House /Greenwood Center**: check www.lprd.net for upcoming session dates

****If you are a town employee and work 20+ hours/week in any of our 6 municipalities, you will receive a 40% discount on these classes!****

Need a batch of cupcakes for a party, event, fundraiser, or gathering and don't have time to make them from scratch?? Make a box cake mix healthier by adding only a can of pumpkin and one egg to the mix. The pumpkin makes them so moist and delicious you can even skip the frosting—and the calories!
Remember...everything in moderation...