

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.

Flu Vaccination Q & A

Who needs to get a flu shot? According to the CDC, everyone 6 months of age and older should get the flu vaccine. When should I get a flu shot? Get the vaccine as soon as it is available in your area. Flu season usually peaks in January or February, but it can occur as late as May. Early immunization is the most effective, but it is not too late to get the vaccine in December, January, or beyond. How long will the vaccination protect me? The flu vaccine will protect you for one flu season, and is designed to protect you from the strains of flu that are expected to circulate that flu season. Except for some children and older adults, only one dose of vaccine is needed every year. Will the vaccine protect me from all types of cold and flu viruses? Flu vaccines will not protect against infection and illness caused by other viruses that can also cause influenza-like symptoms. There are many other viruses besides influenza that can result in influenza-like illness that spread during the flu season. Does the flu vaccine work the same for everyone? The flu vaccine is the single best way to prevent the flu, and vaccination is the main tool used to protect people from influenza. But, protection is never 100%, and some people can still get the flu after being vaccinated. If you do get sick, get plenty of rest and drink clear fluids like water and soup broth. Those 5 years of age and older can take medicines such as acetaminophen (Tylenol) and ibuprofen (Advil, Motrin, Nuprin) to relieve symptoms. Don't give aspirin to children or teenagers who have the flu; this can cause a rare but serious illness called Reye's syndrome. If you have flu, help keep it from spreading. Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue away after you use it. And don't go to work or school while you're sick. Stay home until at least 24 hours after you no longer have a fever (100°F or 37.8°C) without the use of a fever-reducing medicine.

Wellness Council of America, retrieved 8/27/14

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Upcoming Flu Clinics

Longmeadow School Staff: Tuesday, September 23, 2:30 - 4:30, Longmeadow High School
Longmeadow Town Employees: Tuesday, September 30, 11:30 - 1:15, Longmeadow Community House

Visit us on the web!

www.scantichealth.org



Scantic Valley Regional Health Trust

Upcoming Classes!

Mindfulness Meditation with Sarah Johnson

Every Monday 4:45 - 6:00 p.m. Wilbraham United Church, 500 Main St, Wilbraham
Sit comfortably as Sarah guides you in relaxation and mindfulness. Free-will donation.

Yoga with Susan Kent

Thursdays, September 18 - October 23, 5:30 - 6:30 p.m. Brooks Room, Wilbraham Library

6 classes for \$60*

Minimum of 10 participants

Self Care Yoga with Kate Forest

Thursdays, October 9 - November 13, 3:45 - 4:30 p.m.

Music Room, Wolf Swamp School, Longmeadow

6 classes for \$60*

Minimum of 10 participants

“Practicing Self Care Yoga® can help you to create flexibility, strength, increase your energy, and ease aches in your body, while teaching you how to naturally release stress, calm and focus your mind, and breathe more effectively— all of which contribute to your physical, mental, and emotional healing process.” www.kateforest.com

Gentle Hatha Yoga with Sarah Johnson

Wednesdays, 10/15 - 12/10, 4:45 - 6:00 p.m. Wilbraham United Church, 500 Main St, Wilbraham

8 classes for \$80* (no class on 11/26)

Join Kripalu yoga teacher, Sarah Johnson, as she leads you through a 75-minute gentle yoga class. A great class for beginners and anyone interested in explore a gentle practice (slow, spaced, stretching). The class includes basic breathing exercises, as well as a variety of foundational postures (standing, seated, and floor) and relaxation techniques. Join us on this journey to good health and wellness!

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

More classes are currently being formed. If you and your co-workers would like to see a another class offered, please contact me at Lyn@scantichealth.org or 413-896-9080.

October is National Breast Cancer Awareness Month

Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that many women can survive breast cancer if it's found and treated early.

If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.

If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.

If you are a man, please share this information with the women in your life.

Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

For more information about mammograms, please visit

<http://womenshealth.gov/publications/our-publications/fact-sheet/mammograms.html>

<http://www.healthfinder.gov/NHO/octannounce.aspx>, retrieved 8-11-14

Coordinator's Corner

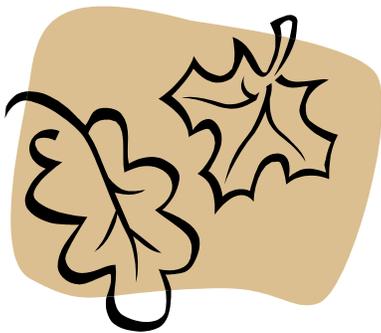
Could we really be at the end of another summer season? As hard as it is to believe, teachers have prepared their classrooms, kids are back at school and fall will soon be upon us! As we welcome the start of a new school year, let's look at some of **your** accomplishments during the past year:

36 preventive colonoscopies completed!

5 of you have been tobacco-free for 6 months or more!

80+ employees have successfully completed both "challenges" as part of the incentive campaign!

120 of you have participated in at least one Wellness Program class!



This is **good**. I know we can do **better**. If you haven't taken advantage of the many things the Wellness Program has to offer, what is stopping you? Taking that first step may be the most difficult, but you might find it leads to something amazing. Making small lifestyle changes to improve our health and well-being is the goal. Wherever you choose to start—eating better, exercising more, practicing self-care, quitting smoking, or going for your check-up—know that this program is here to support your efforts at living a healthier life. Let's continue this journey together!

*In wellness,
Lyn*

Find us on facebook!! Please "like" us so we can get a shorter address!!

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

Know the Facts about HIGH CHOLESTEROL

What is high cholesterol?

Cholesterol is a waxy, fat-like substance that your body needs. But, when you have too much in your blood, it can build up on the walls of your arteries. This can lead to heart disease and stroke—leading causes of death in the United States.¹

Are you at risk?

About one in every six adult Americans has high cholesterol.² Anyone, including children, can develop it. Several factors that are beyond your control can increase your risk. These include your age, sex, and heredity. But, there are some risk factors that you can change. Examples include eating an unhealthy diet, being overweight, and not getting enough exercise.

What are the signs and symptoms?

High cholesterol itself does not have symptoms. Many people do not know that their cholesterol level is high. That's why it's important to schedule regular visits with your doctor. Be sure to ask about having your cholesterol tested.

How is high cholesterol diagnosed?

Doctors can do a simple blood test to check your cholesterol. Most adults should get their cholesterol levels checked every five years. If your total cholesterol is 200 mg/dL* or more, or if your HDL (good cholesterol) is less than 40 mg/dL, you will need to have a lipoprotein profile blood test done. Ask your doctor about what may be right for you.

How is it treated?

Lowering high cholesterol levels is important for people at all ages, with and without heart disease. If you have high cholesterol, you will need to eat a healthy diet, exercise regularly, quit smoking, and you may need to take medication.

Can it be prevented? You can take several steps to maintain a normal cholesterol level:

Eat a healthy diet. A high amount of saturated fat and cholesterol in food that you eat can increase blood cholesterol. Tips on reducing saturated fat in your diet are available on the Web site for CDC's Division for Nutrition, Physical Activity, and Obesity. <http://www.cdc.gov/nutrition/everyone/basics/fat/saturatedfat.html>

Maintain a healthy weight. Being overweight can increase your cholesterol level. Losing weight can help lower your LDL (bad) cholesterol and total cholesterol level, and raise your HDL (good) cholesterol level. CDC's Healthy Weight Web site includes information and tools to help you lose weight. <http://www.cdc.gov/healthyweight/index.html>

Exercise regularly. Regular physical activity can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol. You should try to be physically active for 2 hours and 30 minutes (150 minutes) each week. Visit CDC's Physical Activity Web site for more information on being active. <http://www.cdc.gov/physicalactivity/index.html>

Don't smoke. CDC's Office on Smoking and Health Web site has information on quitting smoking. <http://www.cdc.gov/tobacco>

Learn more at the following Web sites:

Centers for Disease Control and Prevention's Division for Heart Disease and Stroke Prevention: <http://www.cdc.gov/dhdspl/index.htm>

American Heart Association: <http://www.americanheart.org>

National Heart, Lung, and Blood Institute: <http://www.nhlbi.nih.gov>

MedlinePlus: <http://www.nlm.nih.gov/medlineplus/cholesterol.html>

1 CDC: Deaths: Final Data for 2008. www.cdc.gov/nchs/data/nvsr/nvsr59/nvsr59_10.pdf

2 CDC: High serum total cholesterol—an indicator for monitoring cholesterol lowering efforts; U.S. adults, 2005–2006. www.cdc.gov/nchs/data/databriefs/db02.pdf

	Desirable level
Total	< 200 mg/dL*
LDL	< 100 mg/dL
HDL	40 mg/dL or