

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.

Hello! Here we are once again at the beginning of a new school year. Time to regroup and perhaps adjust to a new schedule or routine and whatever that entails for each of us. As we venture into the demands this time of year brings, let's recall the feeling of joy and contentment we experienced with summertime activities (or non-activities!). Maybe there is a way to continue with self-care activities on a smaller scale during the fall—we just need to remember to schedule it in!

Since June ends our fiscal year, here is what you accomplished over the past year:

6 employees celebrated one year of being tobacco-free!

40 colonoscopies completed!

30 of you learned to cook the Mediterranean Way!

27 employees took a strength training class!

110 registrations for yoga classes!

69 of you worked on maintaining your weight during the holidays (let's double that this year!)

25 discounts were given for enjoying the physical activity programs offered by Longmeadow Parks and Rec!

Let's keep this trend going. Which of the many Wellness Program opportunities will you take advantage of this year?

Hope to hear from you!

Lyn

Spec Pond 5k race Sat 9/26/15

For those of you out there looking for a local road race, mark your calendars for Saturday, September 26! Beginning at 10:00 a.m., participants can run or walk the 5K course around the surrounding park area. For details and to register, visit WilbrahamRec.com. Any town employee (Wilbraham, Hampden, HWRSD, East Longmeadow, Longmeadow, Hampden, LPVEC) who participates will receive a long-sleeved Wellness Program t-shirt! Just let me know you've registered!

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www.scantichealth.org





TAKE THE FIRST STEP!



Take the WalkingWorks challenge!

This 6-week (**October 5 - November 15**) challenge is a great way to get moving and have fun at the same time.

Put together a team (6-12 members is ideal) and give yourself a team name! (Team of 1 is okay too).

Log your activities over the 6-week period.

Monitor your own progress along with your team.

Don't miss this fun and exciting opportunity to make strides towards better health and fitness!

Sign up at www.walkingworks.com under "Register Now or Log In"

- ❶ Enter your First Name
- ❷ Enter your Last Name
- ❸ Enter your password- make sure your password is at least 8 characters and include a capital letter, a number and a special character such as ? or !
- ❹ Select "I am participating with my company"
- ❺ Select your Plan (BCBSMA)
- ❻ Select your Group (SVRHT)
- ❼ Select your Program (Fall challenge)
- ❽ Select your team
- ❾ Select your age group
- ❿ Click on Register Now

All employees, retirees and their family members are encouraged to participate!

You do **not** need to be a Blue Cross Blue Shield member to join the fun!



WalkingWorks

HNE Needs Your Feedback!

HNE is working with the Wellness Program to bring you a better incentive program next year. In order to improve your experience, they need **your** input. All SVRHT employees who are HNE members will receive a survey through the WebMD portal at the beginning of September. It is a simple survey which should only take a few minutes of your time. Please note: you will have to log into the web portal to see it. For those of you who are already signed up on the WebMD portal, an email will be sent to your personal email account stating that there is a message waiting for you via web-portal. Be sure to join in, as this year marks the first time incentives will be given based on your biometric screening results (within normal limits or specific improvements from last year)!

Coming to Scantic Valley this September, HNE will be running a 12 week Lifestyle Management Program. The Lifestyle Management Program will focus on two main modifiable risk factors: physical inactive and unhealthy eating. For the physical activity component, there will be 4 teams of 6 individuals that train with a certified personal trainer! Teams will participate in 2 group workouts per week at Healthtrax in East Longmeadow. For the nutritional component, participants will meet with a Registered Dietitian and complete at least 1 individual nutritional counseling session. Spaces are limited; roughly around 6-12 spots available for SVRHT employees!

* Tentative Dates: Monday, September 21st - Sunday, December 13th

* Tentative Orientation Date: Thursday, August 17th

If you are interested and/or would like to receive more information on the program and possible cost, please contact HNE at 413-233-3381 or khughes2@hne.com

Longmeadow Flu Clinics

School Dept. Employees: **Wednesday, Sept 16 2:30 - 4:30 p.m.** Longmeadow High School Cafeteria

Town Employees: **Friday, Sept. 25 11:15 a.m. - 1:15 p.m.** Community House, Rm A (first floor)

The Board of Health also has **pneumonia vaccine** and **Tdap** vaccine in inventory.

Pneumonia vaccine is recommended for anyone over 65 years of age or individuals under age 65 years of age who are smokers or have chronic illness and are considered at higher risk for pneumonia. It is not an annual shot. It is administered generally once at age 65 or older and 1 additional time under age 65 to those higher risk individuals. Please call the Board of Health office (565-4140) to reserve a dose. This vaccine will be administered to staff who have reserved a dose at that work-site later in the fall.

Tdap is a new vaccine to protect against tetanus, diphtheria and pertussis (whooping cough). This vaccine is particularly recommended for individuals who are or will soon be caregivers of newborns (e.g. expectant or new parents, grandparents, etc.). In addition, if you have not taken a tetanus shot recently, immunization with this vaccine is the appropriate booster shot to take. There is no required waiting interval since the last tetanus shot. Again, please call the Board of Health office (565-4140) to request a dose. This vaccine will also be administered to staff who have reserved a dose at their worksite later in the fall. This particular vaccine is given once during the adult years. Any additional tetanus shots administered later in life will just be tetanus shots with no additional components.

There is no co-pay for any of the above vaccinations for subscribers of most Massachusetts health insurance plans (including but not limited to Town plans) or for Medicare and MassHealth subscribers. Please bring your health insurance cards to the clinics for validation. The charge for out-of-state plans and the few plans in Massachusetts that do not reimburse for this service is \$6.00.

Questions about any of the above? Contact Beverly at 565-4140.

Like us on Facebook! <https://www.facebook.com/scanticvalleywellness>

Upcoming Classes

R.A.D. Systems of Self-Defense for Women begins another 4-week session at Longmeadow Community House. Dates are **Sept 1, 8, 15, 22 from 6:30 - 9:30 p.m.** Please email lpdrad@longmeadow.org to reserve your spot or call 567-3311 ext. 325 for more information. Attendance at every class is mandatory.

Mindfulness with Leslie Smith Frank

The 8-week Mindfulness-based stress reduction series begins with a **free introduction/orientation (required to take the course)** **Wednesday, September 9 at 6 pm** in the Great Hall at Glenmeadow, 24 Tabor Crossing, Longmeadow, MA. Class meets 8 times on **Wednesday nights from 6 to 8:30 on: September 16, 23, 30, Oct 7, 14, 21, Nov 11, 18.** To register, please contact Leslie Smith Frank, Mindfulness Teacher at mapcenter.org@gmail.com or **413-237-6526**. This class qualifies for a 10% discount for eligible employees.

Use Your Own Strength Class with Scott Provost

Learn how to increase your mobility, stability and strength to improve energy levels and daily performance. **Tuesdays and Thursdays from 5:00-6:00 p.m. Class dates: 9/22, 9/24, 9/29, 10/1, 10/6, 10/8, 10/13, 10/15** Music Room, Wolf Swamp School, Longmeadow \$80 for 8 sessions*

Self-Care Yoga with Kate Forest

"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

Tuesdays starting 9/29 from 4:15-5:05 p.m. Class dates: 9/29, 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17 Music Room, Meadowbrook School, East Longmeadow \$80 for 8 sessions*

Gentle Hatha Yoga with Sarah Johnson

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.

Wednesdays starting 10/7 from 4:45-6:00 p.m. Class dates: 10/7, 10/21, 10/28, 11/4, 11/18, 12/2, 12/9, 12/16 Wilbraham United Church, Main Street, Wilbraham \$80 for 8 sessions*

Tai Chi with James Shea

Tai chi is less strenuous than other martial arts, with an emphasis on deep breathing, slow movements, and chi (energy) development. The 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. James Shea 7th Dan SKIF is a licensed Karate do and Tai Chi instructor and has been teaching for over 30 years.

Wednesdays starting 9/16 from 6:30-7:30 p.m. Class dates: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4 Mountainview School, East Longmeadow \$80 for 8 sessions* Make-up class 11/18. For more info, please contact Jim at jpsnema@yahoo.com.

If there is not enough interest for a class, it may have to be cancelled. So please register early and ask your co-workers, family members and friends to join you!

Pre-registration is required for all classes. *All employees who work 20+ hours/week are eligible for a 40% discount on classes! Please contact Lyn to find out how to get the discount.

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