

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.

Recommendations for Cancer Prevention

These ten recommendations for cancer prevention are drawn from the WCRF/AICR Second Expert Report. Each recommendation links to more details.

Be as lean as possible without becoming underweight.

Be physically active for at least 30 minutes every day.

Avoid sugary drinks. Limit consumption of energy-dense foods.

Eat more of a variety of vegetables, fruits, whole grains and legumes such as beans.

Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.

If consumed at all, limit alcoholic drinks to 2 for men and 1 for women a day.

Limit consumption of salty foods and foods processed with salt (sodium).

Don't use supplements to protect against cancer.

* It is best for mothers to breastfeed exclusively for up to 6 months and then add other liquids and foods.

* After treatment, cancer survivors should follow the recommendations for cancer prevention.

*Special Population Recommendations

And always remember – do not smoke or chew tobacco.

<http://www.aicr.org/reduce-your-cancer-risk/recommendations-for-cancer-prevention/> retrieved 12/26/13.



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COORDINATOR'S CORNER

We all say it, we all hear it: "Happy New Year!" We get excited for what the new year may bring. Are you wondering what 2014 has in store for you?

Many of us see the new year as another "start" to eat healthy, exercise more, lose weight, quit smoking, have that yearly check-up...you get the idea. While having a fresh start is appealing and even exciting (THIS is the time I am going to see results), perhaps 2014 is the time to re-think this strategy.

So this year, what if we celebrate each small **lifestyle**

change that we make on our way towards the end result? Want to lose weight? Choose a bottle of water in place of soda from the vending machine. Not once. Every time. When you aren't even tempted by the soda, and your first instinct is to grab a water, hooray! You just decreased calories, decreased added sugars that your body *doesn't* need, hydrated with what your body *does* need and also decreased your craving for sugar. Making this change will energize you to make another positive step. How about replacing a glass of juice with a piece of fruit? Not

only did you take in less calories, you increased fiber and will stay full longer. When this is second nature, woo-hoo! On and on it goes, as you are now LIVING the lifestyle change that needed to happen to keep you on the path toward your ideal weight. No need to feel bad when you can't stay on that "diet" anymore, waiting for the next fresh start to try yet *again*.

Visit my blog at www.scantichealth.org to tell me what lifestyle changes you are making in the new year. I would love to hear from you!

Lyn

Give us 15 minutes...we'll give you \$25! And there's more where that came from.

That's right! The SVRHT Wellness Program is teaming up with HNE, BC/BS and Tufts to offer you an exciting (and profitable) way to take charge of your health. Here's how it works:

- ⇒ Attend a Health Screening "Kick-Off" during the month of February to check your current health status. Screenings include blood pressure, glucose level, cholesterol level, body composition and body mass index. **You receive a \$25 gift card.**
- ⇒ Once the results from the screening are automatically uploaded onto your health provider's health "portal," fill out the Health Risk Assessment (HRA) on-line to determine your health risk. Once the HRA is completed, **you then receive a \$50 gift card.**
- ⇒ Completing the on-line HRA will provide you with a snap-shot of your current health along with suggestions on how to improve in areas that are specific to you. Complete two of these recommendations (including a physical activity challenge) and **you receive a \$100 gift card.**
- ⇒ All participants will be entered into groups based on work location. If 90% of the group completes the entire challenge, all who did will receive an **additional \$50.**

This is an opportunity to earn \$225 to take steps to improve your health! It's a win-win all around! Be on the look-out for upcoming e-mails with information on Health Screening dates and locations. You will also receive notices from HNE (Healthy Directions) and BC/BS (ahealthyme) as an introduction to their health portals.

Happy New Year from the *Good Health Gateway*[®] Diabetes Care Rewards Program!

It's the start of a new year! Is your resolution to take better care of your health? Do you or a family member have type 1 or type 2 diabetes or pre diabetes? Invest in your health today and the reward will be living a healthier life and saving money. By taking care of your diabetes and getting necessary routine exams and lab work by your doctor we will reward you with diabetes medications and supplies for \$0 copay.

The Diabetes Care Rewards Program is available to the members of the Scantic Valley Regional Health Trust (HWRSD, LPVEC, Towns of East Longmeadow, Longmeadow, Hampden, Wilbraham)

This program is for employees and their dependents on the following eligible plans:

Blue Cross Blue Shield of Massachusetts

Network Blue HMO, Network Blue HMO Deductible

Health New England

HNE HMO, HNE HMO Deductible, HNE Medi Wrap

Tufts Health Plan

Tufts Choice Co-pay EPO, Tufts Advantage EPO Deductible

To register or ask questions please call our Helpline Advocates at (800) 643-8028 or you can register on our website at www.goodhealthgateway.com. This program is administered by Abacus Health Solutions and sponsored by your employer through the Scantic Valley Regional Health Trust. Participation is confidential and voluntary. **HIPAA privacy and security standards are used to ensure the security of your health care information.**

Upcoming Classes!

Mindfulness Meditation with Sarah Johnson

Starting **Monday, January 6**

4:30 - 6:00 p.m. Wilbraham United Church

This class is open to the wider community on Monday evenings for a free-will donation.

Sarah has invited us to join in! Please contact Lyn if you would like to participate.

Zumba with April Marion

Starting **Wednesday, January 8**

1/8, 1/15, 1/22, 1/29, 2/5, 2/12

2:45 - 3:45 p.m. 6 classes for \$30

Career TEC gymnasium

Minimum of 10 participants

Gentle Hatha Yoga with Sarah Johnson

Starting **Wednesday, January 8**

1/8, 1/15, 1/22, 1/29, 2/5, 2/12, 2/19, 2/26

3:00 - 4:15 p.m. 8 classes for \$80

Wilbraham United Church

Minimum of 5, max of 12 participants.

Self Care Yoga with Kate Forest

Starting **Tuesday, January 14**

1/14, 1/21, 1/28, 2/4, 2/11, 2/18

5:30 - 6:20 p.m. \$60 for 6 weeks

East Longmeadow Senior Center

Minimum of 7 participants

Self Care Yoga with Kate Forest

Starting **Wednesday, January 15**

1/15, 1/22, 1/29, 2/5, 2/12, 2/26 (no class 2/19)

3:30 - 4:20 p.m. \$60 for 6 weeks

Wolf Swamp Music Room

Minimum of 7 participants

Mindfulness-based Stress Reduction Classes with Leslie Smith Frank

Free Intro/Orientation: **Tues, Jan 21 6:00-8:30 p.m.**

8-week class: Jan 28 - March 18, 6:00– 8:30 p.m.

Including an all-day class Sunday, March 9

Tuition for 8 week class \$400

The Great Hall at Glenmeadow

Line Dancing with Lynn Connelly

Starting **Thursday, January 23**

1/23, 1/30, 2/6, 2/13, 2/27, 3/6 (no class 2/20)

3:45 - 4:45 p.m. \$30 for 6 weeks

Wolf Swamp Cafeteria

Minimum of 10 participants.

All employees participating in any class 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>

It Pays to Quit Smoking...Literally!!!!

Where else are you **paid** to quit smoking? Not only will the SVRHT Wellness Program reward you for quitting, we will cover the costs of your approved quitting method. How? It's easy:

Register and schedule a 15-minute appointment at a Nicotine Patch Giveaway by contacting Lyn at 896-9080 or lyn@scantichealth.org. Giveaways will be held on the following days:

Wilbraham Town Hall Wednesday, January 22, 3:00 - 5:00 p.m.

Longmeadow Community House Thursday, January 23, 9:00 - 11:00 a.m.

East Longmeadow Town Hall Thursday, January 23, 3:00 - 5:00 p.m.

Schedule 15-minute quit-verification appointment for 8 weeks from your quit date.

Each employee who stays quit will receive a \$25 gift card after 8 weeks nicotine-free*, \$25 at 12 weeks, \$50 at 6 months and \$100 at 1-year. Verification appointments must be made to receive each incentive.

*8 weeks after last patch has been removed for patch users.

Visit our website at <http://www.scantichealth.org/index.html> and check out our new look!

Biggest Loser is Back by Popular Demand!

Those of you looking to lose a few (or more) pounds may want to join this year's "Biggest Loser" campaign. You choose the method and we will support you through it. The 5 biggest losers, by percentage of body weight lost, will receive a \$50 gift card. In addition, each employee or insured family member who loses 5% or more of their body weight will earn a long-sleeve Wellness Program t-shirt. The campaign will run for 8 weeks starting on the day you weigh in.

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

Town Employees:

Mon, Jan 6 7:00 am Wilb DPW
Mon, Jan 6 10:00-10:45 Wilbraham Town Hall
Mon, Jan 6 11:00-12:00 Wilb PD/FD/library/senior ctr/P&R
Mon, Jan 6 12:00-1:00 Hampden Town Hall/FD
Wed, Jan 8 12:00-12:30 Greenwood Ctr, Longmeadow
Wed, Jan 8 12:45-1:15 Long PD/FD
Wed, Jan 8 1:30-2:30 Long Community House
Wed, Jan 8 2:45-3:30 Long DPW
Thurs, Jan 9 7:00 am Hampden DPW
Fri, Jan 10 7:00 am East Longmeadow DPW
Fri, Jan 10 7:45-8:30 East Longmeadow PD/FD
Fri, Jan 10 10:00-11:00 East Longmeadow Town Hall
Fri, Jan 10 11:15-11:45 East Long C on Aging/P&R

LPVEC Sites:

Mon, Jan 6 9:00-9:30 LPVEC Wilbraham
Tuesday, Jan 7 9:00-9:45 LPVEC Agawam
Tues, Jan 7 10:30-11:00 Career TEC
Tues, Jan 7 12:45-1:30 Ludlow LPVEC
Fri, Jan 10 8:45-9:30 East Longmeadow LPVEC



Teachers and staff at all schools:

Please weigh-in with your school nurse between Monday, Jan 6 and Friday, Jan 10. The nurse will forward your name, weight and email to me.