



Wellness Matters

March 2012

The wellness newsletter of the Scantic Valley Regional Health Trust

HEALTHY HAPPENINGS

Colonoscopy Screening Incentive Program

Do you remember when you first heard these songs? Honky Tonk Woman by the Rolling Stones; Help Me Rhonda by the Beach Boys; My World is Empty Without You by Diana Ross and the Supremes. Then...chances are you're over 50! Have you had a colonoscopy?

Beginning March 1, 2012, the SVRHT Wellness Program will award \$100 to employees that schedule their colonoscopy. Simply call or write your Wellness Coordinator, Amy Higgins, to say,

"I have scheduled my colonoscopy". Once you have had the screening you will verify that it has been completed and your gift card will be mailed to you within 4-6 weeks. You will not provide any personal information and your employer will not be notified whether you do or do not participate in this voluntary program.

PROGRAM REGISTRATION

Contact Amy Higgins, Wellness Coordinator, at 847-0249 or ahiggins@longmeadow.org.

SCANTICHEALTH.ORG

Couch to 5k and Walking Group

Join us for a walk or learn to run! This program includes a group-based progressive walk-run format designed to help you progress from jogging for 2 minutes at a time to 30 consecutive minutes. Please view this link for the full program: <http://www.scantichealth.org/programs.htm> The 30-minute walk-run session will be followed by 10-15 minutes of strength training and stretching.

At the end of the program you will have the option of walking or running the Longmeadow Days 5k with the group. Amy Higgins has led hundreds of individuals thru this program and most have marveled at their ability to complete their first 5k successfully!

Those interested in the Couch to 5k program must be able to walk briskly for 30 consecutive minutes prior to the start of this program.

Mondays 5:45-6:45pm

8 weeks beginning March 19

Longmeadow High School Track

PRE-REGISTER PLEASE!!!



Scantic Valley Regional Health Trust



"LIKE" us on Facebook.

Go to scantichealth.org and link to our Facebook page

Scantic Valley Regional Health Trust Wellness.

- View upcoming programs and events
- Check in on healthy posts
- Share what you are doing to stay healthy
- See healthy pursuits other employees are involved in.

Coming soon ...

- Employee Benefits Fairs
- Spring Challenge

This newsletter has 2 pages.

TIME FOR A COLONOSCOPY?

“Among cancers that affect both men and women colorectal cancer is the second leading cause of cancer deaths in the US. But if everyone aged 50 and older had regular screening tests, at least 60% of deaths from this cancer could be avoided. So if you are 50 or older start getting screened now.”

-The Centers for Disease Control

Colorectal cancer is cancer of the colon or rectum. It is equally common in men and women. With recommended screening, this cancer can be prevented (by removing polyps before they become cancerous) or detected early, when it can be more easily and successfully treated.

Who is At Risk?

- Men and women age 50 and older
- People who use tobacco, are obese or are sedentary
- People with a personal or family history of colorectal cancer or benign (not cancerous) colorectal polyps
- People with a personal or family history of inflammatory bowel disease, such as long standing ulcerative colitis or Crohn's disease
- People with a family history of inherited colorectal cancer

Risk Reduction

- Be physically active and exercise regularly.
- Maintain a healthy weight.
- Eat a high-fiber diet rich in fruits, vegetables, nuts, beans and whole grains.
- Consume calcium-rich foods like low-fat or skim milk.
- Limit red meat consumption and avoid processed meats.
- Don't smoke.
- Don't drink alcohol excessively.

(Information provided by the Prevent Cancer Foundation...<http://www.preventcancer.org/>)

IF IT HAS VITAMINS IT MUST BE GOOD FOR ME...



It started 40 years ago with breakfast cereals ("fortified with 8 vitamins and iron"), Wonder Bread ("helps build strong bodies 12 ways!"), and sugary kids drinks like Hi-C and SunnyD ("100% vitamin C").

Now vitamins are also being added to cereal bars, energy and granola bars, and sugary drinks for adults. And we keep falling for it.

The perfect example: Glacéau Vitaminwater. Without vitamins, the line of "nutrient enhanced water beverages" would be, well, water. (Of course, Vitaminwater's owner, Coca-Cola, has that market covered with Dasani.)

With flavors like Power-C, Focus, Revive, XXX (antioxidants), Defense, and stur-D, you'd think that Vitaminwater was offering more than water and some C and B vitamins. And it does offer more...about 130 calories' worth of sugar per 20 oz. bottle.

To Read 9 more "Common Food Goofs" review the following link from Nutrition Action Health Letter: <http://www.cspinet.org/nah/articles/10commonfoodgoofs.html>

Wellness Benefits and Incentives

Are you aware that your health plan may offer a \$150 reimbursement for fitness center or Weight Watchers dues? Employees may also be eligible for discounts to local fitness centers and Longmeadow Parks and Recreation programs, as well as incentives for losing weight, quitting smoking and getting a colonoscopy. Check out our website for the details:

<http://www.scantichealth.org/documents/SVRHT%20Wellness%20Benefits%20and%20Incentives%20jan%202012.pdf>

Note: On July 1, 2012 most BCBS and HNE members will be eligible for a \$150 fitness reimbursement AND a \$150 reimbursement for Weight Watchers.

All municipal employees in Hampden, Wilbraham, HWRSD, Longmeadow, East Longmeadow and LPVEC may participate in any of the programs listed in any location. Family members and friends are also invited to participate.