

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.

It is hard to believe it is March, and once again, we are in National Nutrition Month! Join me in celebrating by making small, permanent, nutritious changes in how we eat every-day. To guide you in this, please visit www.eatright.org for sound nutrition advice and http://oldwayspt.org for lots of Mediterranean-inspired recipes and grocery lists! Be sure to visit www.scantichealth.org to see the March supermarket tours in your area. Finally, there will be a cooking class (yes, YOU get to do the cooking!) on March 21—see classes for more information.

Thanks to all of you who came out to the Wellness Program screening events with BC/BS and HNE. What a great way to become more informed about your current health! If you are an HNE subscriber, you have one last chance to attend a screening—March 16 at Minnechaug, from 1:30 - 4:30 p.m. Just click on the link below to reserve your 15 minute spot: http://www.signupgenius.com/go/10c0848a5a828a5fe3-biometric8 The more activities you complete in these incentive programs, the more you may earn in gift cards!

If you are interested in keeping current on preventive health issues, please “like” us on Facebook, where I post relevant stories to keep us up-to-date with wellness news:

https://www.facebook.com/scanticvalleywellness/

May spring be a time of renewal

~Lyn

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

Join us for our Employee Benefits/Health Fairs!

HWRSD/Hampden/Wilbraham
Wednesday, March 16 1:30 - 4:30
Minnechaug High Cafeteria

Longmeadow Town & School
Wednesday, April 27 12:00 - 4:30
Community House

East Longmeadow Town & School
Friday, April 29 10:30 - 3:00
Birchland Park Middle School Gym

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Visit us on the web!

www.scantichealth.org



# March: Colorectal Cancer Awareness Month

Colorectal cancer is the fourth most common cancer in the United States and the second leading cause of death from cancer. Colorectal cancer affects all racial and ethnic groups and is most often found in people ages 50 and older. The best way to prevent colorectal cancer is to get screened regularly starting at age 50. There are often no signs or symptoms of colorectal cancer – that’s why it’s so important to get screened.

People over age 50 have the highest risk of colorectal cancer. You may also be at higher risk if you are African American, smoke, or have a family history of colorectal cancer.

Everyone can take these healthy steps to help prevent colorectal cancer:

>>> Get screened starting at age 50 (SVRHT offers a \$100 gift card for your preventive colonoscopy!)

>>> Quit smoking and stay away from secondhand smoke.

>>> Get plenty of physical activity and eat healthy.

For more information, visit <https://www.youtube.com/watch?v=Vd7Svgl31E4>

Taken from <http://healthfinder.gov/NHO/MarchToolkit.aspx>, retrieved 2/8/16.

## Healthy Pasta Meal a la Freezer

*A pasta dinner with frozen vegetables (peas, broccoli, asparagus—your choice!) and frozen shrimp can be a time saver for busy people. These partners also add up to healthy one-plate or one-bowl meal: vegetables and seafood from the freezer mixed with a high quality carbohydrate like durum wheat pasta. Added benefit? It’s affordable.*

1 pound durum wheat pasta (any shape), preferably whole wheat

1 pound frozen shrimp (already cooked). (NOTE: If the shrimp has not been cooked, be sure to cook the shrimp ahead of time)

1 pound frozen vegetable(s) of choice

2 tablespoons extra virgin olive oil, divided

1-2 cloves garlic, minced

1 onion, chopped

Salt and pepper to taste

Basil or oregano, to taste (optional)

Juice of one lemon (optional)

Cherry tomatoes (optional)

1. Thaw the shrimp in a bowl of cool or lukewarm water. Trim the tails and set aside.
2. Fill a large stock pot with 6 quarts of cold water and 1 tablespoon of salt. Turn heat to high and cover to bring to a rolling boil.
3. When the water is at a full boil, cook the pasta and the frozen vegetables together.
4. In a large skillet, sauté the onion and garlic in 1 tablespoon of olive oil.
5. Add the shrimp to the skillet with the onion and garlic and remaining 1 tablespoon of olive oil and cook for 1 to 2 minutes.
6. Drain pasta/veggies when cooked; add to the skillet and mix together well. Add salt and pepper to taste, as well as herbs and lemon and tomato (optional).

Nutrient Analysis: Calories: 319; Fat 5g (Sat. fat 1g); Sodium 163 mg; Carbohydrate 51g; Fiber 2g; Protein 21g

Recipe, content courtesy of Oldways. Taken from <http://oldwayspt.org/recipes/healthy-pasta-meal-la-freezer>, retrieved 2/25/16.

# April: Alcohol Awareness Month

Drinking too much alcohol increases people's risk of injuries, violence, drowning, liver disease, and some types of cancer. This April during Alcohol Awareness Month, **SVRHT Wellness Program** encourages you to educate yourself and your loved ones about the dangers of drinking too much.

In 2013, 10,076 people were killed in alcohol-impaired-driving crashes; an average of one alcohol-impaired-driving fatality occurred every 52 minutes.<sup>1</sup>

Within the recent year, in **Massachusetts** alone, there have been 118 drunk driving fatalities, representing 36.2% of all total traffic deaths.<sup>2</sup> To spread the word and prevent alcohol abuse, **SVRHT Wellness Program** is joining other organizations across the country to honor Alcohol Awareness Month.

If you are drinking too much, you can improve your health by cutting back or quitting. Here are some strategies to help you cut back or stop drinking:

- Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men.
- Keep track of how much you drink.
- Choose a day each week when you will not drink.
- Don't drink when you are upset.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.

If you are concerned about someone else's drinking, offer to help.

**Substance Abuse Hotline 800-327-5050**

**Al-Anon and Alateen Family Groups 413-782-3406**

1 <http://www-nrd.nhtsa.dot.gov/Pubs/812102.pdf>

2 <http://www-nrd.nhtsa.dot.gov/Pubs/812102.pdf>

taken from <http://healthfinder.gov/nho/AprilToolkit.aspx>, retrieved 2/9/16

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*Did you know? Some insurance companies now allow you to submit your fitness reimbursement form on-line??? Check with your provider to see if this is an option—you may receive your reward much quicker!!*

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Oprah and Deepak have another 21-day meditation experience starting on Monday, March 21. This one should prove very interesting, as it is entitled "Shedding the Weight: Mind, Body and Spirit!" I look forward to it and I hope you will join in if this is what speaks to you! Click on the link to register:

<https://chopracentermeditation.com/>

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## NEW 2015-2020 Dietary Guidelines take away messages

**A healthy eating pattern:** Diets are out; patterns are in. Diets fail to promote substantial amounts of weight loss and are difficult to maintain over time. A healthy eating pattern focuses on a lifelong approach to eating. It's adaptable and simple. It's not what you do for one meal, or even one week, but about what you eat and drink a majority of the time. What does a healthy eating pattern include? Lots of vegetables of all colors, fruits, whole grains, low fat dairy, a variety of protein foods, including seafood, lean meats and poultry, eggs, legumes, and nuts, seeds, and soy products, and heart-healthy fats.

**Get nutrition from food, first:** Eating a variety of nutrient dense foods is the best way to get essential vitamins, minerals, and nutrients. Unhealthy eating cannot be erased by taking medications or vitamins. Choose food first and for certain circumstances a supplement may be needed. Talk to a Registered Dietitian/Nutritionist.

**Cholesterol is still important:** While the new Dietary Guidelines removed a discussion about daily cholesterol consumption, Americans should eat as little dietary cholesterol as possible while consuming a healthy eating pattern. By following a Healthy U.S. Style eating pattern (MyPlate), the diet should contain approximately 100 to 300 mg of cholesterol.

**Limiting added sugars, salts, and saturated fats:** The typical American consumes excessive amounts of added sugar, salt, and saturated fats on a daily basis. An easy way to limit these nutrients is to eat more whole foods—think vegetables, fruits, whole grains, and a variety of protein foods. Consume fewer sweets, desserts, salty snacks and less healthy food.

**Don't skimp on exercise:** Adults need at least 150 minutes of moderate intensity physical activity each week. Make sure to include bone and muscle-strengthening exercises on 2 or more days each week. Take a walk after dinner, play with children or pets, or spend time doing exercise with friends. Make a goal to move every day.

Taken from *MDA Winter Newsletter, Jan 2016, retrieved 2/26/16.*

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# Upcoming Classes

## Cooking the Mediterranean Way

Celebrate National Nutrition Month® by treating yourself to a “hands-on” cooking class! Five groups of four will each prepare one course of a delicious, nutritious Mediterranean-inspired meal. All recipes, ingredients and supplies will be available—all that’s needed is a sense of fun, adventure and learning—and an apron if you have one!!

Two classes to choose from on Monday, March 21: **3:00 – 4:30 p.m.** OR **5:30 – 7:00 p.m.**

Nutrition Lab at Minnechaug Regional High School 621 Main Street, Wilbraham, MA

**\*\*Please inform Lyn of any allergies you have when registering for the class\*\***

\$15 per class includes: 1 hour preparation/cooking session; ½ hour sit-down tasting of all courses; recipes & handouts; nutrition information from Sue Mazrolle, MS, RD, LDN & Lyn Fioravanti, MPA, RD, LDN

## Self-Care Yoga with Kate Forest

**Thursdays, March 31 - June 9** (no class on 4/21) **10-week session for \$100\*** Two classes to choose from:

Wolf Swamp School, Longmeadow **3:45 - 4:35 p.m.** or Meadowbrook School, East Longmeadow **5:15 - 6:05 p.m.**

## “Eat for Life” Non-Diet Approach to Eating Workshop

10 week course: April 28-June 28, Tuesdays from 6:00 - 7:30 PM

**Required orientation Tuesday, April 12 from 6:00 - 7:30 PM**

Bay Path University’s Ryan Science Center, 1 Denslow Rd, East Longmeadow

Tuition is \$300<sup>^</sup>, which includes a 90-page workbook, audio files, reminder emails and individualized instruction from Leslie Smith Frank. The required textbook is *Intuitive Eating* by Tribole and Rausch. On-line registration at <http://apps.map-center.org/webform/?event=form.show&formId=11860&key=719B5A40E1>

*<sup>^</sup>This class qualifies for a 10% discount for benefitted employees.*

## Weight Watchers “Beyond the Scale”

### 12-WEEK AT WORK MEETING SERIES

**Registration Meeting: Tuesday, March 1 from 4:15 - 5:00 PM**

Meetings: Tuesdays from 4:15 - 5:00 PM starting March 8

**East Longmeadow Senior Center Activities Room 328 North Main Street**

\$156 Includes 14 weeks of digital tools, weekly on-site meeting, & 24/7 expert chat! PAYMENT OPTIONS: Cash, Check (made payable to Weight Watchers), Credit Card OR (3) checks of \$52 each. Qualifies for \$150 weight loss reimbursement from many health plans!

*\*If you are a town employee and work 20+ hours/week in any of our 6 municipalities, you will receive a 40% discount on this class! Submit one check for the full amount of the class price. If you attend all classes in the session (1 missed class is acceptable), you will receive a Visa gift card worth 40% of the class price. This does NOT apply to Park and Rec classes, as you automatically get the discount when you pay them (they will charge eligible employees 60% of their class price).*