

# WELLNESS MATTERS!!

Scantic Valley Regional Health  
Trust Wellness Program  
Newsletter

**\*\* REMINDER \*\***

## SUPERMARKET TOURS!

- **Tuesday, Sept.  
10 @ 5:00 p.m.**

### Longmeadow Big Y

- **Monday,  
Sept. 16 @  
10:00 a.m.**

### Chicopee Big Y

Claim your spot to speak with a registered dietitian and receive a reusable shopping bag!

Contact-  
Lyn@scantichealth.  
org or 896-9080 to register.

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

SEPT/OCT 2013

## Awareness is Key!

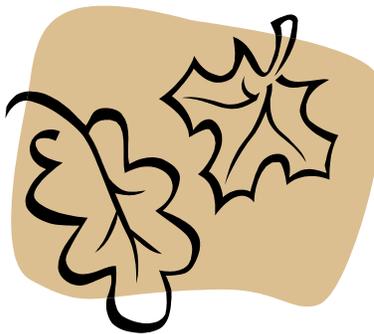
September is a wonderful month to be aware of all that is happening around us. Days are milder, nights are cooler, leaves are turning, school buses are back on the road. Paying attention to our surroundings is important. Just as crucial, however, is paying attention to what is going on in our bodies.

September marks another kind of awareness for women and men-- ovarian cancer awareness month and prostate health month. So...if you are a man or woman, or have one in your life, read on!

Ovarian cancer is a disease that

occurs when cancer cells originate in the ovaries. It is the 5th leading cause of cancer-related deaths in women aged 35-74. If it is found and treated in the early stages, the 5-year survival rate is 90%. However, this is not often the case, due to lack of early-detection tests and symptoms that are

non-specific and may go unrecognized. Only 19% of ovarian cancer is found in the early stages; when found in stage III or higher, survival rates can be as low as 30.6%.



Possible symptoms may include:

- \*bloating
  - \*pelvic/abdominal pain
  - \*trouble eating or feeling full quickly
  - \*feeling the need to urinate urgently or often
- Other symptoms may include:
- \*fatigue
  - \*upset stomach or heartburn
  - \*back pain
  - \*constipation or menstrual changes
  - \*pain during intercourse

*If pain persists for more than 2 weeks, it is recommended to see your doctor.*

*Continued on page 3.*

## Coordinator's Corner

Summer has passed and another exciting school year has begun! I hope all of you had a chance to refresh, relax and rejuvenate over the past couple of months. As we get back to a more structured (and sometimes frantic) pace, let's remember to slow down when we can and enjoy being in the "moment." Fall is a breath-taking event here in New England—let's not miss it! Vibrant leaves, coupled with the local harvest of apples, pears, tomatoes, squash and add weather that entices us to walk, run, bike and hike...sounds like a great recipe to me!

Yours in wellness,

Lyn

# Take time to get a flu vaccine



**The best way to protect against influenza is to get a flu vaccine every flu season.**

## **Why get vaccinated against influenza (flu)?**

Influenza (flu) is a contagious respiratory disease that can lead to serious complications, hospitalization, or even death. Anyone can get the flu, and vaccination is the single best way to protect against influenza. Even healthy children and adults can get very sick from the flu and spread it to family and friends.

There are two reasons for getting a yearly flu vaccine.

- 1) The first reason is that because flu viruses are constantly changing, flu vaccines may be updated from one season to the next to protect against the most recent and most commonly circulating viruses.
- 2) The second reason that annual vaccination is recommended is that a person's immune protection from vaccination declines over time and annual vaccination is needed for optimal protection.

## **Who should get a flu vaccine?**

### **Everyone is at risk for seasonal influenza.**

Health experts now recommend that everyone 6 months of age and older get vaccinated against influenza. While everyone should get a flu vaccine each flu season, it's especially important that the following groups get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications:

- Pregnant women
- Children younger than 5, but especially children younger than 2 years old
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu, including: Health care workers, household contacts of persons at high risk for complications from the flu, household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

Some children 6 months to 8 years of age may need 2 doses of the vaccine to be fully protected. Ask your doctor.

For a complete list, see "Who Should Get Vaccinated Against Influenza" at <http://www.cdc.gov/flu/protect/whoshouldvax.htm>

## **Who should NOT get a flu vaccine?**

Influenza vaccine is not approved for use in children younger than 6 months so they should not be vaccinated, but their caregivers should be vaccinated instead. And people who are sick with fever should wait until their symptoms pass to get vaccinated. Some people should not be vaccinated before talking to their doctor. This includes:

People who have a severe allergy to chicken eggs.

People who have had a severe reaction to an influenza vaccination in the past.

People who developed Guillian-Barré syndrome (GBS) within 6 weeks of getting an influenza vaccine previously.

For more information about the seriousness of influenza and the benefits of influenza vaccination, talk to your doctor or nurse, visit [www.cdc.gov](http://www.cdc.gov), or call CDC at 1-800-CDC-INFO.



# Awareness (cont)

Unlike ovarian cancer, which has no specific diagnostic tests, prostate cancer does. However, preventive screening is controversial and many medical organizations disagree on the effectiveness of the

screening tests.

Prostate cancer is one of the most common cancers among men, ranking second only to lung cancer. It is easily treatable when found early. However, it is hard to detect in the early stages as symptoms may appear only in later stages of the disease. Some experts recommend screening tests, which can include a prostate-specific antigen (PSA) test and a digital rectal exam (DRE). Since there lacks enough evidence that doing these tests (and taking action as a result of the tests) actu-

ally saves lives, the debate continues on whether or not men should be tested.

Some risk factors include:

- \*age (greater than 65)
- \*ethnicity (black men –higher risk)
- \*family history of prostate or breast cancer
- \*obesity

Best advice: have a conversation with your doctor to determine what is best for you.

For more information:

- [www.ovarian.org](http://www.ovarian.org)
- [www.prostatehealthd.org](http://www.prostatehealthd.org)
- [mayoclinic.com](http://mayoclinic.com), [whhs.com](http://whhs.com), [ovarian.org](http://ovarian.org), retrieved 8-26-13.

**More classes are being formed. Please contact Lyn if you and your co-workers want to start a class at your site!**

## Fall Classes

### Line Dancing Classes

with Lynn Connelly

Starting Wednesday, September 25

\$32 for 4 weeks

Longmeadow Community House

4:00 - 5:00 p.m.

### Self-Care Yoga Classes

with Kate Forest

Starting Tuesday, October 1

\$60 for 6 weeks

Wilbraham Town Hall

4:45 - 5:30 p.m.

Pre-registration for all classes is required. Checks should be made out to SVRHT. Please contact Lyn Hollinger to register at [lyn@scantichealth.org](mailto:lyn@scantichealth.org) or 896-9080.

## Longmeadow Flu Clinics

**Longmeadow will hold the following flu clinics:**

**School Department Employees: Tuesday, Sept. 24, 2:30 - 4:45 p.m. at Longmeadow High School.**

**Town Employees: Monday, Sept 30, 11:30 a.m.- 1:30 p.m., Longmeadow Community House, Room A (first floor).**



## Veggie-Pasta Soup

Adapted from Jane Brody's *Good Food Book*

1 T olive oil	>In a large saucepan, warm oil and cook onion and thyme, stirring for 5 minutes.
1 medium onion, minced	
1/2 tsp. thyme	>Add tomatoes with liquid and garlic. Simmer, stirring occasionally for 15 minutes.
1 16-28 oz. canned tomatoes, with liquid	
2 garlic cloves, minced	>Add broth, chick peas, carrots, zucchini. Continue to simmer for 15 minutes, stirring occasionally.
3 cups broth (chicken or vegetable)	
1 can chick peas (drained and rinsed)	>Add pasta and pepper. Cook soup until pasta is warm. If needed, thin the soup with more stock or water.
2-3 carrots, chopped	>Serve plain or with a touch of parmesan cheese.
1 zucchini, chopped	
3/4 cup small pasta, cooked (ditalini, elbows)	**This is a great soup to experiment with by adding/substituting any of your favorite veggies and/or beans.**
Ground pepper to taste	



## National Depression Screening Day (NDS) is October 10, 2013

Depression, along with other mental health disorders, is a complex health concern which affects adults as well as children and teenagers. Mental health issues may go untreated due to the stigma that goes along with depression and related mood disorders. In addition to this, some of us may not know where or how to seek help or may have had trouble finding a provider.

National Depression Screening Day raises awareness and screens people for depression and anxiety disorders. NDS is the nation's oldest voluntary, community-based screening program that gives access to a validated screening questionnaire and provides referral information for treatment. More than half a million people each year have been screened for depression since 1991.

If this is an issue for you or someone you love, the following resources may assist you:

### Mood and Anxiety Disorder Online Screening

- The Mood and Anxiety Disorder Online Screening Program includes screenings for depression, PTSD, generalized anxiety disorder and bipolar disorder
- Access to the Downloadable Resource Center is included with the Mood and Anxiety Disorder Online Screening Program.

To find out more, please visit: [www.mentalhealthscreening.org](http://www.mentalhealthscreening.org)

To take the screening, please visit:  
[www.helpyourselfhelpothers.org](http://www.helpyourselfhelpothers.org)

Excerpts taken from [www.mentalhealthscreening.org](http://www.mentalhealthscreening.org),  
retrieved 8-28-13.

