



Scantic Valley Regional Health Trust

# WELLNESS NEWS

DECEMBER, 2022



## Health and wellness resources for you and your family

If you have any questions or would like to make any suggestions about programs or content,  
feel free to email me at [Marcymo.morrison@eastlongmeadowma.gov](mailto:Marcymo.morrison@eastlongmeadowma.gov)

I would love to hear from you!

A central light green panel with text is surrounded by various healthy food items. At the top left is a bowl of walnuts. Below it is a bowl of honey with a wooden dipper. To the right is a bowl of white yogurt with a spoon. Below the yogurt is a round rice cake. At the bottom right is a bowl of almonds. At the bottom center is a bowl of sliced red and green bell peppers. At the bottom left is a jar of hummus with a spoon and some crackers.

# Health & Wellness

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“It is food - we now know that food is information, not just calories, and that it can upgrade your biologic software. The majority of chronic disease is primarily a food borne illness. We ate ourselves into this problem and we have to eat ourselves out of it.”

Dr. Mark Hyman

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**“Let food be thy medicine, thy medicine shall be thy food.”**  
Hippocrates

# Happening This Month

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## Maintain Don't Gain

There is still time to sign up for the Healthy Happy Holidays Maintain Don't Gain Program. It's a fun way to watch your health and try not to gain the typical 2-5 holiday pounds.

[Click this link to join in!](#)

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## Stress Less, Sleep More

If you feel stressed by the holidays, this is a great program. You can still join by clicking the link.



So many stressful events are happening at this time of year. Turning the clocks back, preparing for the holidays, and simply living your busy life can cause stress and at times, insomnia. I have found some great experts on stress and sleep to help you feel better, manage stress, and get better sleep - win-win-win! [Click here to start the program.](#) You will be very happy you did!

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## Colonoscopy

Did you know that getting a colonoscopy is covered 100% by your health insurance? And, did you know that if you get your regular colonoscopy, you can get a \$100 gift card from the Scantic Valley Regional Health Trust Wellness Program? All you have to do is send your paperwork showing that you had your colonoscopy to [Marcy@eastlongmeadowma.gov](mailto:Marcy@eastlongmeadowma.gov) and choose which gift card you would like to receive - it's that simple!

Getting a preventative screening like a colonoscopy could save your life so don't put it off.

# Longmeadow Parks and Recreation Classes

Did you know that all benefit-eligible employees receive a 40% discount for any P&R activity class? Please call to register and receive a discount?

**Tai Chi - Yang Style ages 14+.** This class involves traditional warm-ups and gentle stretching, breathing exercises, stances, and an introduction to the traditional Yang Style Form.

**Karate - Shotokan Style, Ages 14 & Up.** The study of karate is an inner search for growth and self-discipline, which encompasses many ideals.

[Click here to check out the programs.](#)

**Zumba for Adults** - Happening continuously on Monday evenings at 5:15

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## Dr. Ann Videos

If you missed any of the Dr. Ann videos in November, here is a link to each one

[Top Cancer Fighting Foods](#)

[Dr. Ann's 6 Elite Super Foods](#)

[How Late-Night Eating can Cause Weight Gain](#)

[Research on Diet and Life Expectancy](#)



# learntolive

## December Webinars

### **Building Stronger Connections for a Healthier Life:**

Research shows that connectedness is a key factor for health, but our connections with others are slipping and many of us feel lonelier than ever. Wouldn't NOW be a great time to increase your immunity, improve your mood and extend your life? Join us as we explore your own factors for connectedness, identify practical ways to become more connected, and discuss ways to remove the barriers that keep you isolated.

[Wednesday, December 7 th 12-12:30pm CST/1-1:30pm EST](#). (Click the blue text to Register)

### **Retrain Your Brain: The Case for Gratitude:**

Research shows that strengthening your gratitude muscle can lower stress and improve mood...and building this muscle actually feels good! We will share ways you can strengthen your gratitude muscle and retrain your brain with practical ideas for every day

[Tuesday, December 13th 3:30-4:00pm CST/4:30-5:00pm EST](#). (Click the blue text to Register)

### **Grief: Coping with Loss:**

We all encounter loss in life. We lose friends, jobs, opportunities, and yes, loved ones. Grief is the process of working through our loss. The grief process may look different for different people, but there are still four main tasks associated with grief. Join us as we explain the four tasks of the grief process and teach you how to grieve well.

[Friday, December 16 th 11-11:30am CST/12-12:30pm EST](#). (Click the blue text to Register)

# Clean eating

The basic idea of clean eating is to choose foods that are as close to their natural form as possible. So instead of boxed, bagged, or packaged foods, choose fresh, whole ones. Think whole turkey instead of frozen turkey meatballs or raw grapes instead of gummy snacks made with fruit juice. Bonus: When you avoid highly processed foods, like chips, cookies, and ready-to-eat meals, you skip their loads of calories, sugar, salt, and saturated fat.

(WebMd)



Chile

## Recipe of the month

### Chili and Sweet Potato Chips

A great side dish for any occasion!

#### SIMPLE CHILI & SWEET POTATO CHIPS



Serves: 4  
Prep: 10 mins  
Cook: 40 mins



Nutrition per serving:  
382 kcal  
16g Fats  
33g Carbs  
29g Protein



GF DF  
MP HP



#### For the potatoes:

- 3 medium sweet potatoes
- 2 tsp. garlic powder
- 1 tsp. onion powder
- 2 tbsp. buckwheat flour
- 1 tbsp. olive oil
- salt and pepper

#### For the simple chili:

- 1 lb. (450g) lean ground beef
- 1 tbsp. chili flakes
- 1 can chopped tomatoes (14oz./400g)
- 6 fl. oz. (170ml) water

#### For the garnish:

- 2 tbsp. coriander, chopped
- 1 avocado, mashed

Heat the oven to 420°F (215°C).

Wash the potatoes and cut them into chips. Season the chopped potatoes with the garlic and onion powder, salt and pepper, then sprinkle with buckwheat flour. Drizzle with olive oil and make sure all the potatoes are seasoned.

Spread the potatoes on a baking tray, making sure they are not too close together. Bake in the oven for 40 minutes, stirring halfway through.

In the meantime, heat a non-stick pan over a medium-high skillet and add the ground beef. Cook for about 2-3 minutes and season with chili flakes.

Add the chopped tomatoes and water. Then stir, reducing the heat to low. Simmer uncovered for about 20 minutes, until most liquid evaporates.

To serve, divide the potatoes between plates and top with chili, mashed avocado and sprinkle with coriander.

# Fitness Tip

**Exercise of any kind is important** but did you know that to get the best results you should try to work within your Target Heart Rate (THR)?

The most effective method of monitoring exercise intensity is to check your target heart rate (THR). This is a simple formula that will allow you to check your heart rate while you exercise, and make sure your intensity is appropriate. Typically, you want to be within the range of 65%-85% of your maximum heart rate. The formula is simple:  
Maximum heart rate (220) minus your age x 65%-85%.  
So, if you are 40 years old, your maximal heart rate will be 180. Multiply 180 by both .65 and .85 giving you a range between 117 and 153 beats per minute (bpm). The higher number will be difficult to sustain for more than a few minutes, and you will find it more difficult to have a conversation at the higher percentage of heart rate max, so just back off a little if it gets too tough.

Another way to monitor intensity is to simply use the talk test. If you are trying to get a good workout in while walking or running, you should be able to talk with an exercise buddy, but it should make you a bit winded.



[Watch this quick video](#) to see how to take your heart rate

**“If you don’t make time for wellness,  
you’ll probably have to make time for illness.”**

# Mindfulness

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**Mindful moving, walking or running.** While exercising, try focusing on the feeling of your body moving. If you go for a mindful walk, you might notice the breeze against your skin, the feeling of your feet or hands against different textures on the ground or nearby surfaces, and the different smells around you.

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**Yoga** is not only great for your body, it is great for your mind . Both yoga and mindfulness aim to quiet the mind, in order to cultivate a deeper connection to and understanding of the self. They both teach you to tune into your breath, pay attention to bodily sensations, and learn to accept reality as it is in that moment.

Here are some free online yoga classes fo you to try

[Yoga by Adrienne](#)

[15 Minute Morning Yoga Flow](#)

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**"Yoga is the journey of the self, through the self, to the self." --  
The Bhagavad Gita**

**"Acknowledging the good that you already have in your life  
is the foundation for all abundance"  
Eckhart Tolle**