

Wellness Matters Newsletter

The wellness newsletter of the Scantic Valley Regional Health Trust

March 2013

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Hi everyone! Creating the March 2013 newsletter has been bittersweet for me. I must announce that I am resigning as your Wellness Coordinator. That part is the bitter. 😞 The sweet is that I get to announce your new Wellness Coordinator, Lyn Hollinger. 😊

Upon reflection it is clear that we have made some really good progress on our road to wellness over the last 5 years. When we began the SVRHT Wellness Program in May 2008 many of you were enthusiastic about participating in programs geared toward improving your health....and that commitment has grown. Participation in wellness programs has increased every year since we started and health plan claims due to preventable conditions has declined. Way to go! It has been a pleasure watching you lose weight, quit smoking and get more active. Promise me you'll continue to take good care of yourself? I'm counting on it. Amy

And now please give Lyn a warm wellness welcome...

Welcome Lyn

My name is Lyn Hollinger and I am happy and excited to be your new Wellness Coordinator! Amy has done a remarkable job bringing this program to life. She is very gracious and generous to share with me everything she knows to make this a smooth transition. I look forward to this wonderful opportunity to continue the great work Amy has done.

I am a registered dietitian, licensed to practice in Massachusetts. Nutrition isn't only my career choice, but my passion. The role of nutrition at every stage of our lives is fascinating! I look forward to incorporating nutrition into the wellness program in addition to continuing and expanding the current spectrum of wellness initiatives. This position offers a tremendous opportunity to build from my career and life experiences. They include working on the Navajo Reservation, at Shriners Hospital and in Early Intervention. I will also draw on experience gained while working on my Master's degree in Public Administration and the development of a home visiting program in Springfield for families with newborns. I am looking forward to working with everyone involved in this collaboration.

Earn \$100!

COLONOSCOPY SCREENING INCENTIVE PROGRAM

Do you know that a colonoscopy is the one preventative screening that can actually save your life? Are you age-eligible and on the fence about scheduling yours? Let the SVRHT Wellness Program give you some incentive:

The SVRHT Wellness Program will award \$100 to employees that schedule and complete their colonoscopy. Simply email your Wellness Coordinator, Lyn Hollinger, to say, "I have scheduled my colonoscopy". Lyn will send you a verification form. Once you have had the screening you will verify that it has been completed and your gift card will be mailed to you. 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.

Lyn Hollinger, Wellness Coordinator

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Benefits Fairs

Longmeadow
HWRSD
East Longmeadow

Wednesday, April 24, 12-4:30pm
Tuesday, April 30, 2-4:30pm
Wednesday, May 1, 1-5pm

Visit a variety of vendors related to:

Benefits
Fitness Center Discounts
Wellness Screenings
Employee Wellness Program

The SVRHT Wellness Program will offer a drawing for two \$25 gift cards.
To be eligible you must pick up a Wellness Screening Checklist
and complete the following screenings:

Cholesterol
Glucose
Blood Pressure

Don't Forget...

Employees in each of SVRHT's six municipalities are eligible for a 40% discount to adult activity-based programs offered by the Longmeadow Parks and Recreation Department and the East Longmeadow Recreation Department. Please view their brochures for a complete listing of programs.

<http://www.lprd.net/recreation-programs/adult-programs/>

<http://ma-eastlongmeadow.civicplus.com/DocumentCenter/View/240>



Trying to eat more veggies? Try the Barefoot Contessa's Roasted Parmesan Broccoli recipe...you won't be able to stop yourself!

<http://www.foodnetwork.com/recipes/ina-garten/parmesan-roasted-broccoli-recipe/index.html>

Just Say Know!

Knowledge is power and nowhere is that more true than in understanding your medications. According to the CDC, **82% of American adults take at least one medication and 29% take five or more.** The more you know about your medications, and any over-the-counter drugs and supplements you use, the better off you are! The Food and Drug Administration (FDA) has a terrific guide on how to get the maximum benefit and reduce the risks of medications <http://www.fda.gov/Drugs/ResourcesForYou/ucm079480.htm>

Source: Blue Cross and Blue Shield of Massachusetts Monthly Health Link

March: Nutrition Awareness

Dining out: Food can be fast and healthy

Busy families rely on fast food, take-out and local restaurants to supplement home-cooked meals. Today, average Americans eat one-third of their calories away from home — almost twice the amount in the 1970s.

According to the U.S. Department of Agriculture, families also spend almost half of their food dollars on away-from-home food.

Advertising also affects our food choices. In 2007, the Kaiser Family Foundation determined that 8- to 12-year-old children watch more than 20 food advertisements daily.

Food advertising targeted to youth places parents in an uphill battle to encourage their children to select non-advertised healthy options. Here are a few tips for parents when eating out with your children.

- **Plan ahead.** Select a restaurant that includes fruits and vegetables on the menu. Set guidelines for food item selection beforehand with your children. Use the Web sites of national chain restaurants to review the nutritional quality of entrees. Look for entrees that are lower in calories and saturated fat.
- **Select the vegetable entrée first** and build the meal around that. Vegetables available at some fast food restaurants include salads, carrots and celery sticks, corn, green beans, greens, potatoes and other items.
- **Avoid “supersized” portions.** Child-sized meals may be sufficient for older children and adults as well.
- **Select baked, broiled or grilled entrees and avoid fried foods.** Having the grilled chicken breast instead of the breaded and fried breast.
- **Go easy on the cheese on pizzas** and select the thin crust rather than the thick crust. Add lots of vegetables as toppings— peppers, onions, spinach, etc.
- **If soup is available, start the meal with a soup.** Soups often contain vegetables and the liquid will give a sense of fullness to prevent overeating.
- **When you can, select a full service restaurant rather than a fast food restaurant.** There will be a greater variety of selections and more vegetable options.

Source: Author: Vivien Morris, M.S., R.D., M.P.H., L.D.N.
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FITNESS AND WEIGHT LOSS REIMBURSEMENTS



Blue Cross Blue Shield

BCBS members are entitled to reimbursement for up to \$150 per calendar year for qualified fitness centers and \$150 per calendar year for Weight Watchers.

https://www.bluecrossma.com/wps/portal/members/using-my-plan/discounts-savings/fitness-weight-loss-discounts!/ut/p/c4/04_SB8K8xLLM9MSSzPy8xBz9CP0os_gwRzMPJzcPlwN_FzcLA09_N3dXE2fjIK9gl_2CbEdFAPm0PYE!/



Health New England

HNE reimburses \$150 per family, per year for: qualifying fitness club membership; personal trainer fees; aerobic/wellness classes; school and town sports registration fees and up to \$150 per calendar year for Weight Watchers®. For the Medicare Advantage plan, HNE offers an allowance of \$150 per calendar year for joining a Fitness Club or Weight Watchers® or for certain Safety Items.

http://www.healthnewengland.com/Health/hne_programs/index.html



Tufts Health Plan Members are eligible for up to \$150 per calendar year for fitness center membership.

http://www.tuftshealthplan.com/members/members.php?sec=member_discounts&content=fitness_club_rebate&rightnav=member_discounts_sc_nav

**Visit Scantichealth.org or contact Lyn Hollinger for more information.
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