

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.

Welcome to 2016! This year offers another opportunity to take steps towards improved health, whatever that may mean for you. Perhaps one of our many offerings will steer you in the direction you want to go. Information on many topics can be found in this newsletter, on our website and our Facebook page at

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

BC/BS subscribers will have the chance to earn up to a \$250 Visa gift card with **The Wellness Works! Program** which runs from **January 1, 2016 – June 30, 2016**. Complete a health assessment, come to a biometric screening event, participate in activities/challenges/workshops to earn points which equals dollars in your pocket! **Biometric screenings take place the week of January 11**. For more detailed information, please visit <http://www.scantichealth.org/documents/wellness/BCBSWellnessWorkscampaign.pdf>.

The biometric screening events for **HNE subscribers** will take place in **February and March**. Participation in various activities (screening, health assessment, workshops, challenges) could earn you up to \$250! More information will be available at www.scantichealth.org sometime in January.

If you are a BC/BS or HNE subscriber and want to sign-up for one of the biometric screening events, please email me for the link to reserve your spot.

Save the date all HWRSD employees! **March 16th** is the benefits/health fair at Minnechaug - a great afternoon is planned, so please join us! *Happy Winter! ~Lyn*

Heart disease is the leading cause of death for both men and women. You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

Watch your weight.

Quit smoking and stay away from secondhand smoke.

Control your cholesterol and blood pressure.

If you drink alcohol, drink only in moderation.

Get active and eat healthy.

Taken from <http://healthfinder.gov/nho/FebAnnounce.aspx>, retrieved 12/15/15.

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Visit us on the web!

www.scantichealth.org

Maintain Campaign Update

Congratulations, you set a record! We had 141 employees weigh-in before Thanksgiving; that is double the amount from last year! Now it's time to weigh out and get your Personal Best 2016 calendar.

Please see me at the following locations for the weigh out:

LONGMEADOW

- Monday, Jan 4 7:00 DPW garage/7:30 office
- Monday, Jan 4 8:00 Fire Department
- Monday, Jan 4 10:00 Greenwood Center
- Monday, Jan 4 10:30 - 11:30 Community House
- Monday, Jan 4 11:45 Storrs Library

LPVEC

- Monday, Jan 4 9:00 - 9:30 LPVEC East Longmeadow
- Tuesday, Jan 5 9:00 - 9:30 LPVEC Wilbraham
- Wednesday, Jan 6 8:30 - 9:30 LPVEC Agawam
- Wednesday, Jan 6 10:00 - 11:00 Career TEC
- Thursday, Jan 7 8:30 - 9:30 LPVEC Ludlow

HAMPDEN/WILBRAHAM

- Wednesday, Jan 5 12:00 - 1:00 Hampden Town Hall
- Tuesday, Jan 5 10:00 - 10:30 Wilbraham Senior Ctr.
- Tuesday, Jan 5 10:45 - 11:15 Wilbraham Library
- Tuesday, Jan 5 11:30 - 12:30 Wilbraham Town Hall

EAST LONGMEADOW

- Monday, Jan 4 12:15 - 1:15 Town Hall
- Monday, Jan 4 1:30 - 2:00 Senior Center
- Tuesday, Jan 5 7:00 DPW
- Tuesday, Jan 5 8:00 Fire Department

**~~~All school staff: Please weigh-out with your school nurse between
Monday, January 4 and Friday, January 8.~~~**

January is Cervical Health Awareness Month, and there's a lot you can do to prevent cervical cancer.

HPV (human papillomavirus) is a very common infection that spreads through sexual activity. It's also a major cause of cervical cancer. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected.

The good news? The HPV vaccine (shot) can prevent HPV.

Cervical cancer can often be prevented with regular screening tests (called Pap tests) and follow-up care.

In honor of National Cervical Health Awareness Month, it is encouraged for:

*Women to start getting regular Pap tests at age 21

*Parents to make sure pre-teens get the HPV vaccine at age 11 or 12

Teens and young adults also need to get the HPV vaccine if they didn't get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine. Thanks to the health care reform law, you and your family members may be able to get these services at no cost to you. Check with your insurance company to learn more. Taking small steps can help keep you safe and healthy.

Taken from <http://healthfinder.gov/NHO/JanAnnounce.aspx>, retrieved 12/15/15.

2016 Patch Giveaway

Are you ready to join the “quitters” club? Is it time to put out your last cigarette for good? The SVRHT Wellness Program is here to help you join your fellow co-workers who have kicked the habit! To get the new year started, we will offer a nicotine patch giveaway on:

Tuesday afternoon, January 19th and Wednesday morning, January 20th

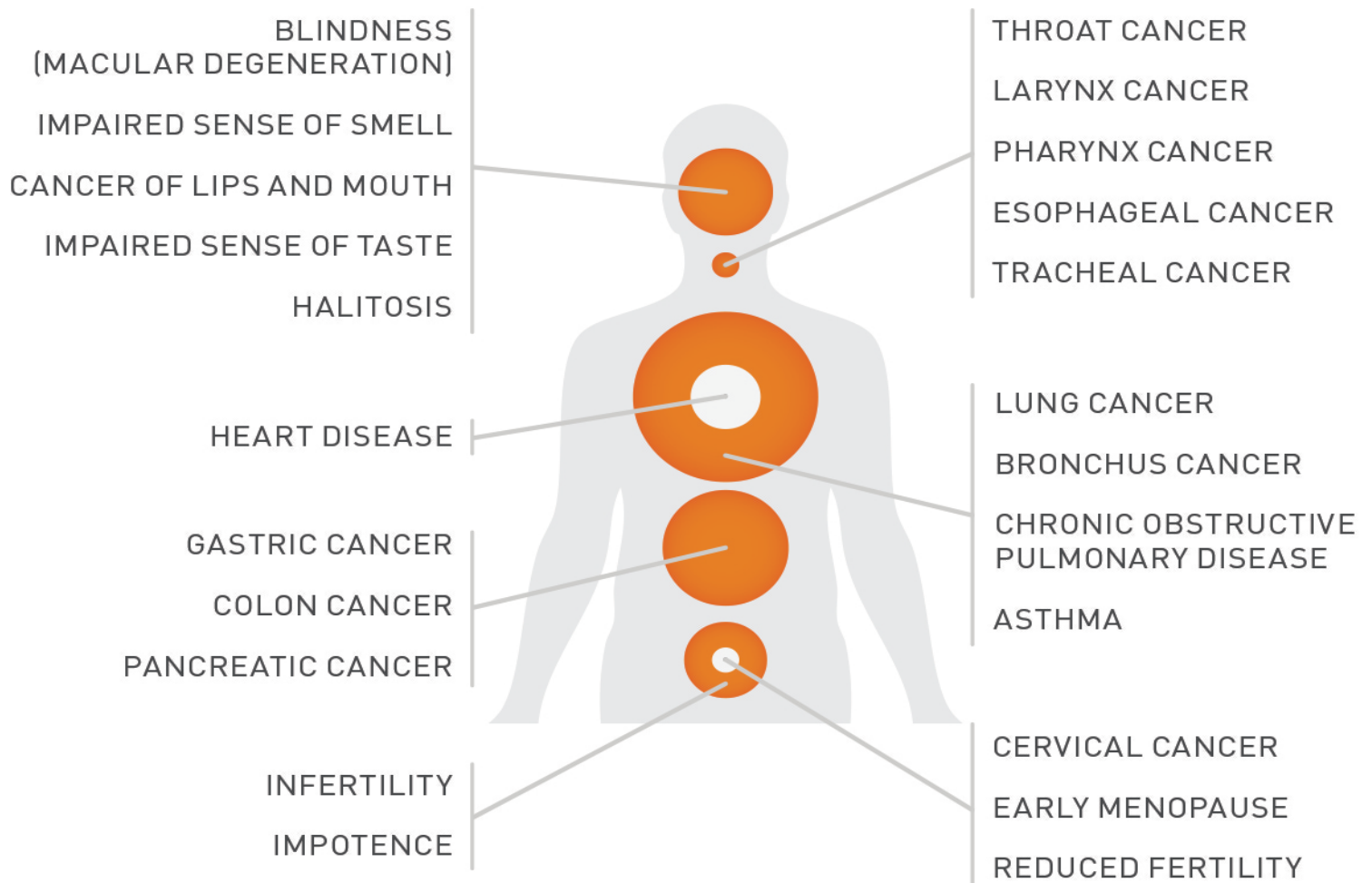
If now is YOUR time to quit, now is the time to schedule a 15-minute appointment during either of these times. Contact Lyn at 896-9080 or lyn@scantichealth.org to arrange a time and location that works for you.

Let us help you make 2016 the year YOU breathe easier.

The following info graphic taken from: <http://www.cancer.org/acs/groups/content/documents/image/acspc-045341.pdf>, retrieved 12/22/15.

SMOKING CAUSES DAMAGE THROUGHOUT THE BODY

Tobacco smoke contains more than 7,000 chemicals and compounds. Hundreds of these are toxic, and at least 69 are cancer causing. When you use tobacco, you risk developing:



Upcoming Classes

Self-Care Yoga with Kate Forest

Thursdays, January 7 - February 25 8-week session for \$80* 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.**

All Levels Yoga at Longmeadow Parks & Recreation Department

Ages 16 and up! HURRY: Registration deadline is one week prior to each session! Four Sessions:

January 9 - February 6, Activity # 4109.201

February 13 - March 12, Activity # 4109.202

March 19 - April 16, Activity # 4109.203

April 23 - May 21, Activity # 4109.204

Times: **Saturdays, 9:30 - 10:30am**

Location: Greenwood Center

Instructor: Carleen Sarno

Fee: Residents: \$50* per session

Benefitted employees pay only \$30 with the discount!

For more info on this and other offerings, please visit: <http://www.longmeadow.org/372/Adult-Programs>

NEW: Yoga at Hampden Parks & Recreation Department

Wednesdays, January 13 - March 2 6:00-7:00 p.m. Hampden Town Hall Auditorium

FREE Intro class on Wednesday, January 6!!!

8-week class for \$70* Register at (413) 566-2151 ext.108

"Eat for Life" Non-Diet Approach to Eating

Are you looking for a way to improve your relationship with food, nourish your body and be free from "dieting" once and for all? This workshop may be just what you need! Join Leslie Smith Frank for this non-diet approach for life. Interested but not sure? Attend the **free, required orientation** to see if this is for you. Choose either **Monday Jan 4 or Monday, Jan 11, 2016 from 6:00 - 7:30 p.m.** to meet Leslie and get a taste of this experience.

10 weekly classes **January 18 - March 21, 2016 Mondays, 6:00 - 7:30 pm** Tuition \$300**

All classes take place at GLENMEADOW, 24 Tabor Crossing, Longmeadow, MA in the Great Hall.

Please call Leslie at 413-853-3108 with questions.

**This workshop series qualifies for a 10% discount for eligible employees.

Information on additional classes will be emailed to all in the weeks to come.

*If you are a town employee and work 20+ hours/week in any of our 6 municipalities, you will receive a 40% discount on these classes! Submit only one check for the full amount of the class price. If you work 20+ hours/week and 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).