



# Wellness Matters

November/December 2009

The wellness newsletter of the Scantic Valley Regional Health Trust

## HEALTHY HAPPENINGS

### The 2nd Annual SVRHT

#### Maintain Campaign



It's almost that time again— time to give thanks, time to share joy and cheer, time to ring in a New Year. The SVRHT Wellness Program understands that this time often brings a break in your normal routine, including less physical activity and more food. We want to help you stay focused on your health this holiday season. So our gift to you is the 2nd Annual Maintain Campaign.

The goal of this program is to help you NOT GAIN more than 2 pounds between Thanksgiving and New Years— you can maintain your weight and of course you can lose...but you can't gain more than 2lbs. to be eligible for one of 6 \$20 Big Y cards. This year we will offer Optional Healthy Tasks to be completed all on your own wherever you are. The tasks will include physical activity challenges, stress reduction techniques and healthy eating strategies.

All participants must weigh IN and weigh OUT. You may either self-weigh and send your name and weight to amyhiggins2003@yahoo.com by Wednesday, 11/25 or attend one of the weigh-in sessions listed in the next column.

### Maintain Campaign Weigh-in

**Wilbraham** Tuesday, 11/17, 9:15-11:15am

Town Hall, Selectman's Meeting Room

**HWRSD** Wednesday, 11/18, 2-4pm

Minnechaug High School, Room B-5

**East Longmeadow** Thursday, 11/19, 9-11am

Town Hall, Hearing Room

**Longmeadow** Tuesday, 11/24, 9:30-11:30am

Longmeadow Community House, Auditorium

### GROCERY STORE TOUR

November 10, 6-8:30pm

**BIG Y WORLD CLASS MARKET**

**441 N MAIN STREET EAST LONGMEADOW**

Offered by Health New England. HNE members will walk through Big Y with a registered dietician. Participants learn how to read food labels, count carbohydrates, determine portion sizes, fat and cholesterol content, and much more!

Email amyhiggins2003@yahoo.com

or call 323-4309 to register.

### “Back in Action” Seminars

If you suffer with back discomfort we'd like to help you get some relief. Connie Lynch, a Wellness Educator with Health New England, will share some useful strength exercises and stretches as well as some tips on correct posture and lifting techniques.

Please pre-register at least 3 days prior to the seminar you plan to attend.

Email amyhiggins2003@yahoo.com

or call 323-4309.

**Longmeadow** Tuesday, November 24, 12-1pm

Longmeadow Community House, Auditorium

**HWRSD** Tuesday, December 1, 3:30-4:30pm

Minnechaug High School, Room B-5

**East Longmeadow** Tuesday, December 8, 12-12:45pm

Town Hall, BOS Meeting Room

**Wilbraham** Wednesday, December 9, 12-1pm

Town Hall, Selectman's Meeting Room

### THE GREAT AMERICAN SMOKEOUT

is November 19!

See page 2 for tobacco cessation resources.

## TOBACCO CESSATION

### November 19 is the Great American Smokeout!!!

All Massachusetts residents may call QuitWorks at 1-800-TRY-T0-STOP. Quitworks is a free, evidence-based stop-smoking service. Users of this service will receive FREE telephonic counseling sessions. These sessions will cover the following: preparing to quit, relapse prevention, choosing a quit day and making a quit plan. Participants will also receive a follow-up call at 7 months.

### Your Benefits

Does BCBS or Health New England cover the cost of smoking cessation services such as Nicotine Replacement Therapy or treatment programs? Go to [Scantichealth.org](http://Scantichealth.org) to review your benefits.

### Quitting Smoking Saves Money

Smoking costs a lot. In the long term, health problems from smoking can cost you money in missed work, doctors' visits, and long-term care. In the short term, those packs of cigarettes add up! A pack-a-day smoker who pays \$7.50 for a pack of cigarettes spends \$52.50 a week. That's \$2,730.00 a year! How much does it cost *you* to smoke?

**Log onto** [http://makesmokinghistory.org/en\\_US/quitting/reasons-to-quit-smoking.html](http://makesmokinghistory.org/en_US/quitting/reasons-to-quit-smoking.html) **to find out!**



## RECIPE EXCHANGE

Help each other stay focused on healthy eating during the holidays. Send Amy ([amyhiggins2003@yahoo.com](mailto:amyhiggins2003@yahoo.com)) your favorite healthy holiday recipes and she'll post them on [Scantichealth.org](http://Scantichealth.org).

Recipes will be added weekly beginning November 23.

## Common Causes of Back Pain

1. Poor body mechanics
2. Too much abdominal weight
3. Muscle strain
4. Poor posture
5. Muscle weakness
6. Inadequate flexibility
7. Disease
8. Congenital anomalies

If you are interested in learning more about back pain, please attend one of the "Back in Action" seminars listed on the first page, or visit our website, [SCANTICHEALTH.org](http://SCANTICHEALTH.org), to download a copy of "Taking Care of Your Back"- a healthy back guide for employees and their families. (posted Nov 9)

**SCANTICHEALTH.ORG**



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