

Wellness Program Newsletter

Wellness Matters

All benefitted and 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. Other employees, family members and friends are also invited to participate, however will not be eligible for incentives.

Coordinator's Corner

Happy New Year! It's hard to believe that another year is beginning! With it comes the opportunity to see things in a new light, perhaps. Take wellness, for example. I just listened to a few short interviews regarding wellness in the workplace. Instead of seeing our health behaviors, habits and decisions as "a problem to be fixed," perhaps we can see it as "a potential to be unfolded." Doesn't that change the dynamic and allow us to see it in a much more positive light? This can be applied to many issues in life. I'd like to think of our Wellness Program in this way, as we continue to improve the workplace culture to reflect a sense of well-being and support for wherever you are on your journey.

With this in mind, the Wellness Subcommittee will be voting on the entries we've received in our "Make your site a little more Well" contest. The ideas are excellent, and it will be a tough choice. We will announce the winner within a couple months and that site will receive some funds toward making their idea a reality.

Our website has a new section on diabetes and pre-diabetes, as the number of folks affected by both is staggering. Visit <http://www.scantichealth.org/diabetes.html> to learn more.

~Lyn

For more information on anything in this newsletter, please contact me at lyn@scantichealth.org. You can also "like" us on FB: <https://www.facebook.com/scanticvalleywellness/>

Visit us on the web!

www.scantichealth.org

As the Ayurvedic proverb goes, "When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need."



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February 2 is Go Red For Women!

What is Go Red For Women?

In 2004, the American Heart Association (AHA) faced a challenge. Cardiovascular disease claimed the lives of nearly 500,000 American women each year, yet women were not paying attention. In fact, many even dismissed it as an older man's disease. To dispel the myths and raise awareness of heart disease & stroke as the number one killer of women, the American Heart Association created Go Red For Women, a passionate, emotional, social initiative designed to empower women to take charge of their heart health.

What is the goal of Go Red For Women?

Go Red For Women encourages awareness of the issue of women and heart disease, and also action to save more lives. The movement harnesses the energy, passion and power women have to band together and collectively wipe out heart disease. It challenges them to know their risk for heart disease and take action to reduce their personal risk. It also gives them the tools they need to lead a heart healthy life.

In 2010, the AHA set a strategic goal of reducing death and disability from cardiovascular disease and strokes by 20 percent while improving the cardiovascular health of all Americans by 20 percent by the year 2020.

Based on our own research, a woman who Goes Red:

- follows an exercise routine
- eats healthier diet
- visits her doctor for important tests
- influences others by talking about heart health

Will you **GO Red** for women??? Wear **red** on Friday, February 2 and be part of the movement! Learn the heart attack and stroke warning signs at <https://c2c476bb6ef038abb8b6-ab5c6310bff1587205981e56ac38a65f.ssl.cf1.rackcdn.com/wp-content/uploads/2016/05/GRFW-Heart-Stroke-Warning-Flyer.pdf>

From http://honor.americanheart.org/site/PageServer?pagename=WRD_aboutgoredforwomen, retrieved 12/14/17.

Do you get your health insurance through your employer (the Trust)?

Are you interested in being your own "agent of change" regarding your health?

Do you enjoy physical and nutritional activity challenges?

Have you had bloodwork done recently at your primary care physician?

Are your biometrics (blood pressure, BMI, Glucose, cholesterol) in normal range?

If not, do you want them to improve?

Do you like to earn cash for participation in health-promoting activities?

If you answered "yes" to any or all of these questions, join us in our **2018 Wellness Works Program!** Biometric screenings coming up in February for BC/BS, HNE and Tufts members through SVRHT! Your chance to earn up to \$270 (\$300 for returning members)! More info coming soon (phone call for BCBS members, email for HNE and Tufts members). You can also email me NOW at lyn@scantichealth.org if you are interested in this fabulous opportunity!!



15-40 Connection

15-40 Connection is saving lives by teaching people how to detect cancer early. We are starting this conversation with a **free 15-40 webinar on Wednesday, January 17 at Noon and 4:00 PM.**

In this 30-minute webinar, you will:

- *Hear cancer survivors' stories, lessons, and insight on the difference early detection can make
- *Learn tools for recognizing health changes and knowing when to act on symptoms
- *Understand strategies for working with your healthcare provider.

This education works for all ages, and empowers people to take control of their health.

Please register for either of the webinars at:

Link for 1/17 **12pm**: <https://www.eventbrite.com/e/3-steps-detect-for-scantic-session-1-tickets-41581453246>

Link for 1/17 **4pm**: <https://www.eventbrite.com/e/3-steps-detect-for-scantic-session-2-tickets-41582193460>

Time to weigh-out in the 2017/2018 Maintain Campaign!

If you stepped on the scale in November, be sure to see me in January to weigh-out! Not only will you see how you fared during the holidays, you will receive your 2018 *Ways to Well-Being* wall calendar! All benefitted/benefit-eligible employees will also be entered into a raffle drawing for one of 20 prizes (5 Fit Bit Zip pedometers, 5 \$25 gift cards, and 10 \$10 gift cards!)

I will see you soon at the following locations:

Tuesday, January 2

7:00 AM Wilbraham Middle School
8:30 AM Boston Road LPVEC
10:00 AM Wilbraham Fire Department
10:30 AM Wilbraham Senior Center
11:30 AM Meadowbrook School
1:15 PM Wilbraham Library
1:30 PM Wilbraham Town Hall
2:30 PM Stony Hill School

Wednesday, January 3

6:45 AM East Longmeadow High School
7:45 AM Thorton Burgess Middle School
8:00 AM East Longmeadow Fire Department
8:20 AM East Longmeadow LPVEC
10:00 AM Wilbraham Fire Department
10:30 AM Hampden Town Hall/Library
11:00 AM Hampden Senior Center

Friday, January 5

6:45 AM Wilbraham Police Department
7:00 AM & 9:00 AM Wilbraham Fire Department
8:00 AM Mile Tree School
10:15 AM Career TEC
11:30 AM East Longmeadow Town Hall/Library
12:30 PM East Longmeadow Senior Center
2:00 PM Birchland Park Middle School
2:45 PM Wilbraham Police Department

Monday, January 8

7:00 AM Minnechaug High School
7:45 AM Mountainview School
8:45 AM Agawam LPVEC
10:15 AM Career TEC
11:45 AM Longmeadow DPW

Tuesday, January 9

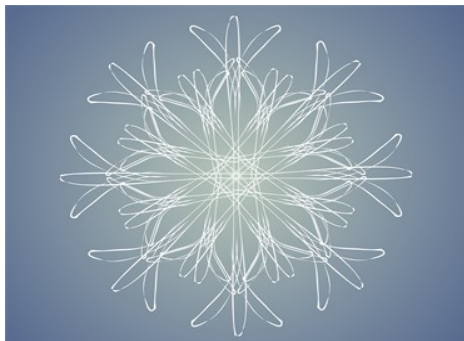
7:00 AM Longmeadow High School
7:45 AM Wolf Swamp School
8:45 AM Longmeadow Community House
9:15 AM Longmeadow Town Hall
9:45 AM Storrs Library
10:30 AM Greenwood Center

Wednesday, January 10

7:45 AM Mapleshade School
9:00 AM Wilbraham Town Hall

Friday, January 12

6:45 AM Wilbraham Police Department
8:00 AM Blueberry Hill School



Upcoming Classes Gentle Hatha Yoga with Sarah Johnson

Sarah is back!! This is a gentle yoga class that is geared to become more aware of what happens in our body with postures, breath, and stillness.

Wednesdays January 17 - Feb. 21st 4:15 - 5:45 PM 6 weeks for \$60* Wilbraham United Church

Pilates Mat Class

This class takes place on the floor with a mat using some small equipment (resistance bands, circles, fitness balls and light weights). \$65 for 6 weeks Wednesdays, January 10 – February 14 3:45 - 4:30 PM

Pilates Ctr. of Western MA 165 Dwight St, Longmeadow Those who attend at least 5 sessions get a \$10 gift card!

Pilates High Intensity Interval Training Class

Improve your strength and physical endurance by combining the principles of Pilates with full-body conditioning.

Mondays starting Jan. 22, 4:30 OR 5:30 PM Core and More Studio, Wilbraham \$55 for 5 weeks

Pilates Mat Class

Mixed-level mat class for a full-body work out to improve strength, flexibility. Coordination and balance.

Tuesdays starting Jan. 23, 4:30 OR 5:30 PM Core and More Studio, Wilbraham \$55 for 5 weeks

Those who attend at least 4 sessions of Core and More classes get a \$10 gift card!

Spiralizer Class

Did you get a spiralizer as a present and are now wondering what to do with it? Join us for a demonstration and taste-testing class using this gadget. If you have one, bring it and help spiralize some veggies!

Thursday, January 18, 5:00 - 6:00 PM \$5.00 (bring to class) Nutrition Lab, Minnechaug High School

Weight Watchers at Work

If you are interested in participating, please contact me by January 10th with a location (town), and a few days and times that work for you. One free week with 12 weeks (\$156). If there are 15 participants who can commit, first meeting will start before February 9. Check your health insurance for \$150 reimbursement for weight loss!

Everyone who completes ANY of the above classes will receive an insulated lunch bag!

Longmeadow Parks and Recreation Department Offerings

Karate—Shotokan Style, Tai Chi—Yang Style

For descriptions, more info, and to register for these and other classes, please visit <http://www.lprd.net/>

East Longmeadow Recreation Department

Please visit <https://elrec.recdesk.com/recdeskportal/> for updated information on adult classes. You must register in person to receive the 40% discount on fitness classes.

*If you are a town employee and work 20+ hours/week in any of our 6 municipalities, you will receive a 40% discount on wellness program on-site classes! Submit 2 checks (one for 60% & one for 40% of class price). If you attend all classes in the session (1 missed class is acceptable), your 40% check will be shredded or returned to you. This does NOT apply to Park and Recreation classes, as you will receive the discount when you register for their classes (they will charge eligible employees 60% of the class price and SVRHT pays the other 40%).