

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

Summer is here and the time is right...to do what makes you feel great! If that's not dancing in the streets, then check out page 4 for other opportunities to move.

Almost 200 HNE, BCBS and Tufts members participated in this year's Wellness Works program, which earned them between \$20 and \$280! Among this population (as is typical across MA and the U.S.), the top issues were body mass index (BMI), blood pressure and total cholesterol. Most completed the on-line health assessment, and many completed nutrition, activity, blood pressure and stress-less challenges. The Wellness Program will continue to address these and other health issues as we move forward. Thank you to all who participated and I hope to see you (and many more) next year!

Have a happy and safe 4th and summer~
~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/>

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Summertime brings another opportunity to join in a 21-day meditation experience! This is a must for me in summer (along with reading the latest Janet Evanovich novel). It starts with a centering thought, a short reading on the day's meditation, a few words from Oprah, a few more words from Deepak and a time for personal meditation. You then have a choice to answer some questions to further your practice and reflect on the time in your on-line journal. Please click on the link for more information and to register: <https://chopracentermeditation.com/> Check out this 7-day mini-course as well: <https://www.enaropa.org/course-overview/mindful-work/mini-course/>



Black Bean & Kidney Bean Quinoa Salad Makes 5-6 servings

Salad:

$\frac{3}{4}$ cups uncooked quinoa (or 2 $\frac{1}{2}$ cups pre-cooked quinoa)
1.3 cups shelled edamame (fresh or frozen and thawed)
2 cups green beans, cut into 1 inch pieces and steamed or blanched till crisp tender
1 cup chopped, roasted red bell peppers or 1 $\frac{1}{2}$ cups chopped, fresh red pepper
1 $\frac{1}{2}$ cups cooked kidney beans (1 can, drained and rinsed, or $\frac{1}{2}$ cup beans if you're preparing from scratch)
1 $\frac{1}{2}$ cups cooked black beans (1 can, drained and rinsed, or $\frac{1}{2}$ cup beans if you're preparing from scratch)
3 – 4 cups loosely packed baby arugula

Roasted Garlic Vinaigrette:

1 whole head garlic, top sliced off crosswise	2 teaspoons Dijon mustard
5 tablespoons olive oil plus extra for roasting the garlic	1 teaspoon maple syrup or agave
$\frac{1}{4}$ cup freshly squeezed lemon juice	$\frac{1}{4}$ teaspoon salt
1 tablespoon apple cider vinegar	black pepper to taste

Preheat your oven to 375F. Drizzle a little olive oil over the head of the garlic and rub it over the exposed garlic cloves. Wrap the garlic in foil, place it on a baking sheet, and roast for 30-35 minutes, or until the cloves are soft and fragrant.

While the garlic roasts, rinse the quinoa through a fine sieve. Transfer the quinoa and 1 $\frac{1}{2}$ cups water to a small pot. Bring the mixture to a boil, cover, and reduce heat to low. Simmer for 15 minutes, or until the quinoa has absorbed all of the water. Fluff the quinoa with a fork, re-cover, and allow it to rest while you prepare the rest of the salad.

When the garlic is ready, squeeze all of the cloves out of the garlic head into a blender or a food processor. Add all remaining dressing ingredients. Blend the dressing till smooth.

To prepare the salad, pile the edamame, green beans, bell pepper, kidney beans, black beans, and arugula into an extra-large mixing bowl. Add the cooked quinoa and then the vinaigrette. Toss the salad well to combine, then adjust salt and pepper to taste. Serve.

Per serving: Calories: 370 Total fat: 17 grams Sodium: 150 mg Carbohydrates: 43 grams Fiber: 11 grams Protein: 15 grams Sugars: 5 grams

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Taken from [https://wholegrainscouncil.org/recipes/black-bean-and-kidney-bean-quinoa-salad?](https://wholegrainscouncil.org/recipes/black-bean-and-kidney-bean-quinoa-salad?utm_source=consumers&utm_medium=email&utm_campaign=Recipes&utm_content=0618)

[utm_source=consumers&utm_medium=email&utm_campaign=Recipes&utm_content=0618](https://wholegrainscouncil.org/recipes/black-bean-and-kidney-bean-quinoa-salad?utm_source=consumers&utm_medium=email&utm_campaign=Recipes&utm_content=0618), retrieved 6/26/18

Are you ready to make some **CHANGES** to benefit your health this summer?? Join in our 6-week summer campaign for better health and well-being! There are 7 healthy-behavior topics to choose from: preventative screenings and medical self-Care, Healthy behaviors, Activities for self-care, Night-time needs, Good nutrition, Exercise and Stress management. On the following page, each topic lists seven suggestions. Between July 8 and August 18, simply put an "X" over the activity after you have completed it. If you would like more activities to choose from, please contact me (lyn@scantichealth.org) and I will email you another sheet of options. Anyone who completes at least 4 suggestions a week (24 slashes in 6 weeks) will be entered into a drawing for FitBit Zip pedometers!! I must receive your completed form on page 3 by August 25 to be entered into the drawing. Please return it to me by mail (SVRHT Wellness Program, 240 Springfield St, Wilbraham, MA 01095) or email, or you may drop it in my mailbox at Wilbraham Town Hall. The drawing will take place the week of August 27 and winners will be notified by email. Have fun keeping healthy this summer!!

Name:

Email:

Medical self-Care	Healthy Behaviors	Activities for self-care	Night-time Needs	Good Nutrition	Exercise	Stress Management
Visit https://www.cdc.gov/prevention/index.html to learn about what tests/screenings you should have.	Stop or decrease tobacco use—contact Lyn for free help & support! lyn@scantichealth.com	Read a book—get a recommendation from a friend or good-reads.com	Get at least 7-8 hours of sleep for 3 nights this week	Eat 5-8 servings of vegetables and fruits today	Walk for 30 min before work or after dinner 3x this week	Get outside and enjoy nature
Is it time for your annual check-up? Most insurers offer a once-a-year doctor well-visit for no co-pay.	Use sunscreen, wear sunglasses and a hat	Play a game, do a crossword, brain teaser, or Sudoku	Go to bed at the same time each night for 5 nights	Enjoy low-fat or fat-free dairy foods	Do 20-30 minutes of weight-bearing exercise	Practice meditation and/or mindfulness
Get a blood pressure check at your senior center or a pharmacy/grocery store kiosk.	Buckle-up every time you are in a car	Take a 20-minute nap	Wake at the same time every day for 5 days	Make it a dessert-free day	Take a hike with a friend or a pup!	Listen to favorite music
Take the diabetes risk test: http://www.scantichealth.org/documents/wellness/risktest.pdf	Wear a helmet when bike riding	Engage in your favorite past-time	Turn screens off 2 hours before bed for 5 nights	Drink 6-8 glasses of water daily	Mix it up! Try a different workout today	Breathe deeply with long exhalations
Check out your health insurance website for various webinars, information, nutrition and exercise challenges. You may be surprised at what they offer!	No talking on the phone while driving	Call or visit a friend	Drink caffeine-containing drinks before noon	Make ALL your grains WHOLE grains	Go kayaking or canoeing	Volunteer at an organization you admire
When was your last visit to the dentist? If it's been more than 6 months, it's time to make a cleaning appointment!	Drink only in moderation (less than 1-2 drinks/day)	Get a massage	Finish dinner or snack 2 hours before bed	Stop eating when you are satisfied, not stuffed	Enjoy a bike ride	Pet your or a friend's animal
Find out what your body mass index (BMI) is and work to improve it if needed	Wear bug spray when out in early morning or dusk	Write in a journal	Make your bedroom a tech-free zone for 3 nights	Enjoy home-made food rather than convenience food	Join a gym. Most insurers offer \$150 fitness reimbursement	Try a yoga class in a studio, with an app or a video

Upcoming Classes

Longmeadow Parks and Recreation Department Classes

ADULT KARATE—SHOTOKAN STYLE

July 3 - Aug 30 Tues 7:30 - 9pm, Thurs 6:30 - 8pm, Sat 8:30 - 10am

Olde Town Hall Fee normally \$75 per session

TAI-CHI – YANG STYLE July 11 - Aug 22 Wed, 6:30 - 7:30pm

Olde Town Hall Fee normally \$60 per session

ZUMBA® FOR ADULTS Aug 21 – Sept 17 Fee normally \$38

Greenwood Center Mondays, 5:45 - 6:45pm

NEW! ADULT FITNESS Aug 7 - Sept 11 Fee normally \$57 per session

Greenwood Center Tuesdays, 5:45 - 6:45pm

Please visit <http://www.lprd.net/> for more information and to register.

Pilates Mat Classes at Core and More Pilates Studio 2141 Boston Road, Wilbraham

Tuesdays, June 26 – August 7 4:30 – 5:20 PM OR 5:30 – 6:20 PM

6/26, 7/17, 7/24, 7/31, 8/7 (no class 7/3 & 7/10)

Mondays, July 2 – August 6 9:00 – 9:50 AM

7/2, 7/16, 7/23, 7/30, 8/6 (no class 7/9)

www.coreandmore.net 222-7306

Attend 4 or 5 classes in a session and receive a \$10 gift certificate for the Wellness Program!

Pilates Mat Classes at Pilates Center of Western MA 167 Dwight Road, Longmeadow

Thursdays, starting July 5 3:45 - 4:30 PM

Wednesdays, starting July 11 10:00 - 10:45 AM

There will not be classes the week of July 16th. The classes in July & August are a drop in basis. The studio cost is \$15 per class or a package of 6 for \$75, 10 for \$120, or 25 for \$240. You pay for what you use, you are not committed to all classes, and you come for what works with your schedule.

pilatescenterofwmass@gmail.com, 413-567-1092

Attend 7 summer classes in a session and receive a \$10 gift certificate for the Wellness Program!