

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.

Happy May! It was great to see so many of you again at the employee benefits fairs! I also saw some new faces, meeting you for the first time. It is wonderful to hear updates from you—from losing some extra weight, to eating healthier and what your workout routines are. My favorite—how long you’ve been tobacco free! What a great accomplishment for your health, the health of those around you and your wallet! If you are ready to quit, please contact me for how the Wellness Program can help.

Thanks to the 29 adventurous employees who attended our hands-on Mediterranean-inspired cooking classes! You all made it very fun, the food was delicious and you worked very well together. You even cleaned up! I was so glad to hear back that some of you were already planning to prepare those recipes for your family. I hope to offer more cooking classes in the future.

If you work for the schools, this will be the last newsletter before the end of your year. Have a safe, fun, relaxing, refreshing summer! I wish the same for all of you who don’t have a long summer break. All employees are most welcome to look for the July/August newsletter to participate in our summer-time challenge.

Until next time ~ ~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/>

How much sunscreen to use? ...the equivalent of a shot glass (two tablespoons) of sunscreen to the exposed areas of the face and body – a nickel-sized dollop to the face alone. If you’re using a spray, apply until an even sheen appears on the skin. Remember that sunscreen needs to be reapplied every two hours, or more frequently after swimming, heavy perspiration, or toweling off.

Also remember, no matter how much sunscreen you apply, the SPF should be 15 or higher for adequate protection – and ideally 30 or higher for extended time spent outdoors.

In addition to using sunscreen, seek shade whenever possible, and wear sun-protective clothing, broad-brimmed hats, and UV-blocking sunglasses.

Taken from <http://www.skincancer.org/skin-cancer-information/ask-the-experts/how-much-sunscreen-should-i-be-using-on-my-face-and-body>, retrieved 5/2/16.

INSIDE THIS ISSUE:

Coordinator’s Corner	1
Protect yourself with sunscreen	1
HNE and BC/BS screening results	2
Good Health Gateway Diabetes Prgm	2
WalkingWorks in May!!	3
Recipe of the month	3
Community Classes	4



Scantic Valley Regional Health Trust

Visit us on the web!

www.scantichealth.org

Thanks to the 121 HNE members who came out, got measured and had blood-work done to take part in our yearly incentive program! You each learned more about your current health and here's what we found:

Cholesterol: 95% had HDL cholesterol levels in-range (the "good" cholesterol)
76% had LDL cholesterol levels in-range (the "not-so-good" cholesterol)
55% had total cholesterol in-range

Triglycerides: 52% had in-range values
91% had non-fasting glucose in-range

Body Mass Index (BMI): 30% of you were in-range

Blood Pressure: 16 % were in-range

If any of your numbers fall outside of the desired range, it may be time to talk to your doctor about ways to improve your numbers. Take advantage of the resources available to you through HNE, the Wellness Program, and others to learn about how to make positive changes to improve your eating, activity and lifestyle. We each have one body to last our whole life - let's treat it well!

Highlights from Good Health Gateway (Abacus) regarding our participation in the Diabetes Care Rewards Program: "Scantic Valley Regional Health Trust continues to be one of the highest performing municipal groups...with 62% of members enrolled. Compliance remains high as well with 48% of members meeting all program requirements for this report period." How great! I knew you were awesome ;) That means there are still 74 members with diabetes who are NOT benefiting from what Good Health Gateway offers—free supplies, free medications, co-payments waived. Are you missing out? If you have been diagnosed with diabetes and don't know about this very beneficial program, please find out more by visiting their facebook page at <https://www.facebook.com/GoodHealthGateway> or their website at <https://www.goodhealthgateway.com/Home/Login.aspx?ReturnUrl=%2fDefault.aspx>

Thanks to the 87 BC/BS members who came out, got measured and had blood-work done to take part in our yearly incentive program! The results from BC/BS revealed the following:

Cholesterol: 64 % had HDL cholesterol levels in-range (the "good" cholesterol)
71% had total cholesterol in-range
81% had a total cholesterol: HDL cholesterol ratio that was optimal (less than 3.5)

Triglycerides: 52% had in-range values
97% had non-fasting glucose in-range

Body Mass Index (BMI): 42% of you were in-range

Waist circumference: 55 % were in range

Blood Pressure: 50 % were in-range

While some of these numbers are good, there is that percentage of every group that is out of range. For example, 50% may be walking around with elevated blood pressure! If you are concerned that your numbers aren't as good as they can be, please speak with your doctor about ways to improve. Look for resources at *ahealthyme* and/or our website (www.scantichealth.org) to find suggestions and support.

Did you know you can request a Big Y supermarket tour with registered dietitian Sue Mazrolle? If there is a topic you don't see offered (tour schedules are listed on scantichealth.org), you can suggest your own! Please contact Sue at suemazrolle@gmail.com to request a tour for you and your family, friends and/or co-workers!

May is National Employee Health & Fitness Month

Let's celebrate the month with a WalkingWorks challenge! Which location can tally the most time being active? Let's find out! Everyone is invited to join a team based on work location. You can log steps, miles or time, and participate in other types of workouts as well. This challenge runs from Sunday, May 8 (Happy Mother's Day!) through Saturday, June 4--that's only 4 weeks! Here's how:

Sign up at www.walkingworks.com

Choose "Register Now" (new participant) or "Log-in" if you have participated in the past

Select your Plan (MA, BC/BS)

Select your Group (SVRHT)

Select your Program (Spring Challenge)

Select your Team based on where you work

Select your Age Group and click on "Register Now"

Start logging your workouts on May 8 and watch your team's progress!



Top 10 prizes include magazine subscription (1st & 2nd place), insulated lunch bag (3rd & 4th place) and water bottles!

*All employees, retirees and their family members are invited to participate! You do **not** need to be a Blue Cross/Blue Shield member to join the fun!*

Pecan-Crusted Catfish

Ingredients:

1 egg	1/2 teaspoon of salt
2 tablespoons water	1/2 teaspoon pepper
4 catfish fillets (6 ounces each)	1 cup of pecans, chopped finely
1/2 cup whole wheat flour	2 tablespoons extra-virgin olive oil

Directions 1. Mix egg and water together in a large glass baking dish and let fish soak in it while preparing the rest of the ingredients. 2. Spread flour on a sheet of wax paper, stir in salt and pepper, using a fork to blend. Spread pecans on another large sheet of wax paper. 3. Heat oil in large skillet or cast iron pan. 4. Take each fish fillet out of egg mixture and dip one side into flour, gently shaking off excess. Lay the other side onto chopped pecans, pressing nuts into the fillet. 5. Place fillets nut side down in pan. Fry about 2 minutes, or until golden brown. Carefully turn over each fillet and finish cooking, 4-6 minutes or until center is opaque and fish flakes easily.

Nutrition Information:

Calories: 468, Fat: 32g, Sodium: 377mg, Carbohydrates: 15g, Fiber: 1g; Protein: 32g

Recipe taken from Oldways and the Oldways Nutrition Exchange. www.oldwayspt.org

Upcoming Classes

Longmeadow Parks & Recreation*

Tai Chi: Tuesdays, May 3 - June 21, 6:30 - 7:30 pm Olde Town Hall \$60

Karate - Shotokan Style: May 3 - June 20, Tues 7:30-9:00 pm, Thurs 6:30-8:00 pm & Sat 8:30-10 am \$75
Olde Town Hall

Summer Tai Chi in the Park - Yang Style, July 6 - August 10 (no class 7/27) \$50 Wednesdays 6 - 7 am \$50
Bliss Park

Karate - Shotokan Style: July 5 - August 30 Tues/Thurs 6:30-8:00 pm & Sat 8:30-10:00 am \$75
Olde Town Hall

Please contact www.lprd.net or call 565-4160 for more info and to register

East Longmeadow Parks & Recreation Department*

New sessions of **cardio-strength** classes AND **yoga** classes begin May 16! Please contact them at 525-5437 or <https://elrec.recdesk.com/recdeskportal/>

Weight Watchers "Beyond the Scale" 12-WEEK AT WORK MEETING SERIES

Meetings: Tuesdays from 4:15 - 5:00 PM, June 7 - August 23

East Longmeadow Senior Center Activities Room 328 North Main Street

\$156 Includes 14 weeks of digital tools, weekly on-site meeting, & 24/7 expert chat! PAYMENT OPTIONS: Cash, Check (made payable to Weight Watchers), Credit Card OR (3) checks of \$52 each. Qualifies for \$150 weight loss reimbursement from many health plans! You can register and start any time during the series by attending one of the classes (cost will be pro-rated for the remainder of the series).

Not sure what workout you might like?

Our own **Kelly Phillips** is offering a wide variety of fitness options at St Paul – truly something for everyone, beginner through advanced, to improve your fitness, lose weight, de-stress, improve your mood!

60 min TRX Bootcamp Monday, Wednesday, Friday 5 am and 6 am options (for May ONLY).

All am classes \$10 drop in OR \$95 unlimited for May ONLY (1/2 of all \$ is donated back to St Paul)

Also available: **TRX Class** Tuesday 4:15 - 5:00 pm \$5

ZUMBA for EVERYbody Tues (first and third Tues each month) 5:15 - 6 pm \$5

Zumba Wednesday 4:15 pm \$5

FREE ZUMBA for Everybody! Specified Saturdays 1 - 2 pm (5/21, 6/18)

St Paul Lutheran Church is at 181 Elm St, East Longmeadow Please go to <http://www.kp-fit.com/> for a description of classes or you may contact Kelly at kellyphillips@kp-fit.com

*All Park and Rec classes are discounted 40% when you register with Park & Rec (they will charge eligible employees 60% of their class price).