

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.

Spring is here! Time to get moving, get outside, and get doing whatever it is that you want to accomplish! This is what has been happening here and what is coming up:

A total of 186 BC/BS, HNE and Tufts members participated in our yearly *Wellness Works* incentive program! If you are one of those who hasn't completed your monthly challenge, you still have time to start and end by the deadline of May 31.

We had 18 adventurous folks join us for our Mediterranean cooking classes! We all had fun and whipped up some yummy dishes.

There are over 100 employees competing in our Walking Works challenge—and boy do I mean *competing*. We have some individuals that are really stepping it up for their teams! And some teams that really want to be on top...

LPVEC employees: We will be having a benefits/health fair at **Career TEC on Thursday, June 8 from 9:30 - 12:30**. If you have health insurance through LPVEC, are thinking of getting your health insurance through LPVEC, or have questions about your plans, make sure to be there! Many vendors, great giveaways and chair massage! Hope to see you there!

~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/>

Did you know??? If you are sixty and over and you are a subscriber of a regular employee health plan in Massachusetts, you can receive the shingles vaccine with no co-pay. In fact, Massachusetts employee health plans cover all adult vaccinations recommended by the Federal Centers for Disease Control. Once you switch to a Medicare or Medicare Advantage plan, there is a large co-pay of usually \$100 - \$200 for this vaccination.

So, to avoid Shingles, a common and very painful disease among seniors, plan to get the shingles vaccine before you go off of a regular employee health insurance plan. Ask your doctor or local pharmacy whether they have this vaccine in stock.

Thanks to Beverly Hirschhorn for this tidbit!

"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."

John F. Kennedy

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Scantic Valley Regional Health Trust

Visit us on the web!

www.scantichealth.org

Spotlight on Success!

Our success story this month is a very special one. If you've ever met Sara Scibelli, you are certain to notice the vitality that she exudes. Sara is certainly a testament to how an exercise program can contribute to one's health and well-being. Here's to Sara, the vibrant young woman with the fabulous smile!

I was diagnosed with stage 1 breast cancer at age 40. Deciding that breast cancer would not be the end of my story I did everything the doctors suggested. I had 12 weeks of chemotherapy and 18 targeted therapy infusions. Four months after finishing chemotherapy I began the Livestrong program at the Scantic Valley YMCA; that was the best decision I made. After completing the 12 week program I felt better than I did before being diagnosed with cancer. I am fortunate to be 15 months cancer free and feeling great! I encourage any cancer survivor, no matter how far out they are from treatment, to check out the Livestrong Program.

For more information on the *Livestrong Program*, please visit <http://www.springfieldy.org/our-focus/for-healthy-responsibility/livestrong-at-the-y/>. If you click on the video, you will see Sara doing an interview for WGGB!

Teladoc Testimonial

I highly recommend Teladoc! My husband had been fighting a very bad cold/flu for a couple of weeks and was not getting better, but would not go to the doctor. So one night, I downloaded the Teledoc app and filled in his medical history and current symptoms. We got a call back within 10 minutes. The doctor who called reviewed his symptoms with him thoroughly over the phone and prescribed a couple of medications, calling them in directly to our pharmacy. My husband picked up the meds and was feeling better by the next day. No making an appointment, no taking time off from work, no sitting in a waiting room and then an examining room waiting for the doctor! All for the cost of a regular co-pay. We will definitely use again!

If you are an HNE subscriber through the Trust, Teladoc is one of your member benefits! Be sure to take advantage of this time-saving service. Ready to sign up? Visit the Teladoc website at www.healthnewengland.com, click "Set up Account" and provide the required information. Then, click "My Medical History" to provide Teladoc doctors with the information they need to make an accurate diagnosis. Once these 2 steps are complete, you can request a consult anytime you need care. You can even set up your account over the phone—just call 1-800-Teladoc (835-2362). You can also use the mobile app—Teladoc.com/mobile. We had 71 sign-ups during the month of February—what are *you* waiting for??

CDP Success Story

Robert completed the **free Challenge Diabetes Program** at the YMCA and moderately changed his routines. He cut down on pizza, walked more and gradually worked up to doing over a mile at a time. He's a forklift driver and instead of parking his machine next to the break room, he left it a distance away to get in some steps. The new focus on being more active made a difference.

CDP teaches the basics of diabetes in 3 sessions on consecutive weeks. Then it challenges participants to use what they learned and lower their A1c. Robert's dropped and so can yours.

The next CDP is on **Wednesdays June 7, 14 and 21 at 6:00 PM.**

For more information: Visit www.challengediabetes.us Email coordinator@challengediabetes.us

Call CDP at 413-567-0660 or call the Downtown Springfield YMCA at 739-6951.



MAY is INTERNATIONAL MEDITERRANEAN DIET MONTH

We hope you enjoy the Mediterranean Diet 12 months of the year. That said, each year in May we shine an extra spotlight on the fabulous flavors and accessible, affordable foods that make up this remarkable way of eating. This month-long promotional campaign, created in 2009 by the Oldways Mediterranean Foods Alliance, generates awareness of the delicious foods and wide-ranging health benefits associated with the Mediterranean Diet and its vibrant lifestyle.

The Mediterranean Diet is a lifestyle approach to easy, healthy eating. It reflects a way of eating that is traditional in the countries that surround the Mediterranean, but you don't need to travel any further than to your local super-market to discover its delicious flavors and fresh foods. Scientific evidence shows that it can help with weight loss, reduce risk of heart disease and high blood pressure, fight certain cancers and more. Embracing the Med Diet is all about making some simple but profound changes in the way you eat today, tomorrow, and for the rest of your life. As we like to say — *Make Each Day Mediterranean!*

What Can You Do To Celebrate?

- >**Make Each Day Mediterranean during the month of May.** [Download our 2017 Med Month Calendar](#) and challenge yourself and others to Make Each Day Mediterranean! There's a small challenge for each of the 31 days in May.
- >**Test your knowledge of Mediterranean foods.** Take our [How Well Do You Know Mediterranean Foods? quiz](#) and share your results with friends. Looking for a printable format? [This year's quiz](#) and last year's [How Mediterranean Is Your Diet?](#) quiz are both available to download.
- >**Download our free, printable handouts:** [Med Pyramid Flyer](#), [Med Diet Grocery List](#), [Med Diet 101 Brochure](#), [Getting Started with the Med Diet](#) and [Olive Oil 101](#). Check out our popular [12 Great Ways to Use](#) collection for tips on using specific Mediterranean ingredients.
- >**Sign up for our Mediterranean newsletters.** Stay in touch after Med Month ends! Subscribe to Fresh Fridays, our bi-weekly newsletter with recipes and tips for following the Mediterranean Diet, or the Mediterranean Diet Research Digest, our monthly list of the most recent scientific research on the Mediterranean Diet at <https://www.oldwayspt.org/slides/med-diet-fresh-fridays-newsletter>

Taken from <https://www.oldwayspt.org/programs/mediterranean-foods-alliance/international-mediterranean-diet-month>

Thanks to the 72 BC/BS members who participated in our Wellness Works program! The results from BC/BS revealed the following:

Cholesterol: 63 % had HDL cholesterol levels in-range (the “good” cholesterol)

60% had total cholesterol in-range

69% had a total cholesterol: HDL cholesterol ratio that was optimal (less than 3.5)

100% had non-fasting glucose in-range

Body Mass Index (BMI): 40% of you were in-range

Waist circumference: 65 % were in range

Blood Pressure: 44 % had an in-range systolic BP (top number) and 57% had an in-range diastolic BP (bottom number)

If any of your numbers are not within the normal range, you can talk with your doctor, request a consult with a registered dietitian, call BC/BS to request telephonic health coaching--any of these steps may guide you to improving your numbers!

Upcoming Classes

Gentle Yoga/Pilates Fusion with Michelle Caron

Join us for a fun Hatha/Ashtanga/Pilates fusion that is appropriate for complete beginners through intermediate levels of experience with yoga and/or Pilates.

Mondays OR Thursdays starting May 8 5:00 - 6:00 p.m. 6-week session (1 class/week) for \$60*

Monday class dates: 5/8, 5/15, 5/22, 6/5, 6/12, 6/19

Thursday class dates: 5/11, 5/18, 5/25, 6/1, 6/8, 6/15

OR

Mondays AND Thursdays, starting May 8 5:00 - 6:00 p.m. 6-week session (2 classes/week) for \$120*

Class dates: 5/8, 5/11, 5/15, 5/18, 5/22, 5/25, 6/1, 6/5, 6/8, 6/12, 6/15

Wilbraham Senior Center, adjacent to YMCA

East Longmeadow Recreation Department

Cardio-Strength: Tuesdays 6:15 PM/Thursdays 6:00 PM May 2 - May 25

Residents \$25; non-residents \$40

Yoga: Tuesdays at 7:15 PM May 2 - May 25

Residents \$20; non-residents \$25

Both classes take place at Pleasantview Building, 328 No Main St

Apply in person to receive 40% employee discount

Longmeadow Park & Recreation Department

Karate: Tues 7:30 - 9:00 PM/Thurs 6:30 - 8:00 PM/Sat 8:30 - 10:00 AM May 2 – June 29 \$75

Tai Chi: Tuesdays 6:30 - 7:30 PM May 9 - June 27 \$60

Both classes take place at Olde Town Hall

Also basketball and volleyball—see website for more details

Please let the staff know if you are a benefit-eligible employee for the discount.

Did you know...If you have HNE, BC/BS or Tufts through the Trust, you get \$150 per year for a gym reimbursement AND \$150 per year for a weight loss reimbursement!!

*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 a check for the full amount of the class price. If you are a benefit-eligible employee and attend all classes in the session (1 missed class is okay), you will receive a Visa gift card worth 40% of the class price at the end of the session. 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).