

## 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

Is it safe to say spring is here? Finally, right?! For a while it seemed like it was never going to happen. Now that the days are warmer and the evenings are brighter, it is time to get out there and enjoy! See page 2 for our spring activity challenge that just started and join in!

For all of you participating in the *Wellness Works* program, there is one month left to finish up your challenges—please submit them to me by mail or email to get credit!

Thank you to all who came to our *meFIT* info sessions—I am happy to report that we now have a committed group that has begun their 12-week journey to a healthier lifestyle—great decision and best of luck to all of you!

*Wishing you well~*

*~Lyn*

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



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### LPVEC Benefits/Health Fair

Wednesday, June 6th

9:30 a.m.—1:00 p.m.

Career TEC Gym

It's open enrollment time! Come and get answers to your health insurance questions. Lots of vendors, chair massages, great raffle prizes! Don't miss it!

## NATIONAL MELANOMA MONDAY—May 7, 2018

May is designated as National Melanoma Month. Included in that designation is National Melanoma Monday, which is the first Monday in May. The American Academy of Dermatology has set aside this day to raise awareness about skin cancer.

Melanoma is a type of skin cancer, and it is the deadliest of skin cancers.

There will be many events focused on skin health, sun safety, tanning prevention, and skin cancer screenings and resources.

All are asked to join the American Academy of Dermatology in wearing orange and encouraging others to wear orange for skin cancer awareness. <https://nationaldaycalendar.com/national-melanoma-monday-first-monday-in-may/>

Free SPOTme® skin cancer screening available on May 7 from 5:30-7:30 PM at Mass General Cancer Center at Cooley Dickinson. Appointment is required; please call 413-582-2710 for more information.

Would you like to know more about skin cancer and how you can detect and prevent it? Please visit <https://www.aad.org/public/spot-skin-cancer/learn-about-skin-cancer/types-of-skin-cancer>

Our **Springtime Challenge** is underway! It started Monday, 4/23, so you can still participate if you remember your workouts from this past week ; )

**The Goal??** Move at least **30 minutes/day 5 days a week** (that's only 150 minutes per week!) for **6 weeks**

**Start Date??** **Monday, April 23** **End Date??** **Sunday, June 3**

**How??** Go to [http://healthnewengland.org/wellness/physical-activity\\*](http://healthnewengland.org/wellness/physical-activity*)

Click on "Get Up and Move Challenge"

Read "Program Materials"

Print out "Tracking Sheet"

Start logging your exercise time on Monday, April 23, continuing through Sunday, June 3

**Prizes??** Everyone who turns in their completed tracking sheet\*\* by June 11 will be entered into a raffle for **Fit bit zip pedometers!**

\*\*Please scan and email your tracking sheet to [lyn@scantichealth.org](mailto:lyn@scantichealth.org) OR mail to Lyn Fioravanti, SVRHT Wellness Program, 240 Springfield Street, Wilbraham, MA 01095

\*This takes the place of *Walking Works*, which is no longer offered.

## Health Plan News

**HNE members:** HNE now covers 3-D mammography (Digital tomosynthesis) and is expanding the wellness reimbursement to include activities such as golf, ski tickets, nutritional classes and other options.

Did you know...you can now receive certain medications through **CanRx** if you have your health insurance through SVRHT?? It is no longer My Medication Advisor. For more information, please visit our webpage: <http://www.scantichealth.org/prescription-plans.html>

**BCBS members:** BCBS will now offer Smart90 Rx program which will allow members to obtain a 3-month prescription at CVS for a 2-month co-pay, which is the same as a mail-order co-pay.

# Jumpstart your Spring with these important foods!

## Spinach

Spinach is called a superfood for a reason: It's packed with vitamins A and C, which are essential for eye health, immune function and many other body processes. Spinach delivers folate and iron, which help prevent anemia. And it contains magnesium and potassium.

## Yogurt

is a calcium-rich food. At eight grams per 6 ounce container, yogurt also is a great source of protein. Greek yogurt has up to twice that much, however it provides less calcium. Yogurt also is a good source of probiotic bacteria, which can promote good digestion and immune system function.

"Make yogurt parfaits with your kids for a fun treat," says Sonya Angelone, MS, RDN, CLT, a spokesperson for the Academy of Nutrition and Dietetics. "Get a clear glass and layer yogurt, fruit and a whole-grain cereal or granola. Try dipping fruit slices into vanilla yogurt for a protein-packed snack."

## Strawberries

Loaded with vitamins, minerals and phytonutrients, fresh strawberries are a seasonal superstar. Just one cup provides more than a day's worth of vitamin C, plus a hearty dose of manganese. A serving of strawberries also packs three grams of fiber.

"They are a versatile fruit that can be used in many ways," says Angelone. "Try them alone, in a fruit salad, over cereal, with yogurt or even blend frozen strawberries in a smoothie for a thicker consistency."

## Asparagus

Asparagus is an excellent source of vitamin K as well as folate. It also provides vitamin A and iron. Available in green, purple and white varieties, asparagus spears are fun to eat and go with all kinds of foods.

Reviewed July 2017 Jessica Cording, MS, RD, CDN, is a registered dietitian and writer in New York City. Adapted from <https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/make-a-fresh-start-with-spring-foods>, retrieved 4/19/18.

## Sauteed Asparagus and Artichokes Serves 4-6

### Ingredients

- 1 lb. asparagus, trimmed and sliced into thirds
- 1 can artichoke quarters, drained
- 1 bunch scallions, chopped
- 2 T extra virgin olive oil
- 1 lemon, juiced

### Directions

Heat olive oil over medium-high heat. Add scallions and asparagus, cooking until tender. Stir in artichokes and lemon. Season to taste with salt and pepper.

Taken from <http://drannwellness.com/recipes/sauteed-asparagus-and-artichokes/>, retrieved 4/18/18.



# Upcoming Classes

## Longmeadow Parks and Recreation Department Classes

**ADULT KARATE—SHOTOKAN STYLE** Olde Town Hall Fee normally \$75 per session

2 sessions: **May 1 - Jun 30 & Jul 3 - Aug 30** Tues 7:30 - 9pm, Thurs 6:30 - 8pm, Sat 8:30 - 10am

**TAI-CHI – YANG STYLE** Olde Town Hall Fee normally \$60 per session

2 sessions: **May 1 - Jun 12** Tues, 6:30 - 7:30pm & **Jul 11 - Aug 22** Wed, 6:30 - 7:30pm

**ZUMBA® FOR ADULTS** Greenwood Center Mondays, 5:45 - 6:45pm

**May 14—Jun 25**, fee normally \$57 AND **Aug 21 – Sept 17**, fee normally \$38

**NEW! ADULT FITNESS** Greenwood Center Tuesdays, 5:45 - 6:45pm

2 sessions: May 15 - Jun 19 and Aug 7 - Sept 11 Fee normally \$57 per session

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

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For those of you who weren't able to fit in a class during the school year, who want to try something new, and for those who want to continue to take a class during the summer, both Pilates instructors will be continuing their classes through the summer. Once the schedules have been finalized, I will let you know!

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Our "season" of classes is nearing it's end—I wish to thank all of you who have taken Pilates, yoga, high-intensity and low-intensity interval training, mindfulness and cooking classes. One goal for the Wellness Program is to offer convenient, affordable classes that are of interest to you that improve your health and well-being. Please let me know what classes you are interested in taking—if you have a group of people at your location that want the same class, I will do my best to make it happen! I am always glad to hear from you with your suggestions for new class ideas, or typical classes at a new location.

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\*If you are a town employee and work 20+ hours/week in any of our 6 municipalities, you may receive a 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 OK), 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%).

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