

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

Watching the leaves fall and the weather turn cold can only mean one thing...our Maintain Campaign is here once again! I'm looking forward to seeing many of you for the 5th or 6th time, and hoping to see many more for the first time! Read about it on page 3 and come see me when I am at your site!

If you have BCBS, HNE, or Tufts through your employer (SVRHT), consider participating in our annual *Wellness Works!* program starting in January. Screening dates will be held during the first 2 full weeks in February.

Stay tuned for a new activity challenge next year from BCBS/Virgin Pulse for all employees! Enjoy the fall~

~Lyn

For more information on anything in this newsletter, please contact me at lyn@scantichealth.org. You are most welcome to "like" us on FB for health info:

<https://www.facebook.com/scanticvalleywellness/>

INSIDE THIS ISSUE:

Coordinator's Corner	1
Contest	1
Change in Blood Pressure Guidelines	2
Great American Smokeout	2
Maintain Campaign	3
Classes/Surveys	4

What would you do to make your building more wellness-friendly? Do you have an idea that would bring a sense of well-being to everyone at your work-site? Perhaps a way to make it more healthy and less stressful? **Then make sure to submit your idea for our 2nd annual "Make your work-site a little more Well" contest!** Submit an idea yourself or grab a group of co-workers, come up with an idea and submit it to me! All submissions are due by 12/31/18, and will be reviewed by the Wellness Subcommittee. **The winning idea will be awarded funds to implement that change in 2019!** If you are interested in this awesome opportunity, please visit <https://www.scantichealth.org/documents/wellness/contest1.pdf> or email me to get a contest application!



Did you know...the blood pressure guidelines have changed?

"Blood pressure guidelines are not updated at regular intervals. Instead, they are changed when sufficient new evidence suggests the old ones weren't accurate or relevant anymore," says Dr. Paul Conlin, an endocrinologist with Harvard-affiliated VA Boston Healthcare System and Brigham and Women's Hospital. "The goal now with the new guidelines is to help people address high blood pressure — and the problems that may accompany it like heart attack and stroke — much earlier."

The new guidelines stem from the 2017 results of the Systolic Blood Pressure Intervention Trial (SPRINT), which studied more than 9,000 adults ages 50 and older who had systolic blood pressure (the top number in a reading) of 130 mm Hg or higher and at least one risk factor for cardiovascular disease. The study's aim was to find out whether treating blood pressure to lower the systolic number to 120 mm Hg or less was superior to the standard target of 140 mm Hg or less. The results found that targeting a systolic pressure of no more than 120 mm Hg reduced the chance of heart attacks, heart failure, or stroke over a three-year period.

Taken from: <https://www.health.harvard.edu/heart-health/reading-the-new-blood-pressure-guidelines>

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

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heart.org/bplevels

Thursday, November 15th is the **Great American Smokeout**, which can be observed in a number of ways—quit smoking, chewing, or vaping for the day; plan to quit for good on that day, or use it as the day to *start* planning your quit date. There are valuable resources out there, many of which are free, to help guide and support you along the way. Most health insurance plans offer smoking cessation products at no charge. The Wellness Program can help as well, with patches, gum, lozenges, and enrollment in support programs. We also provide incentives to stay quit. Please contact me with your quit plans and we can talk about how we can work together. In the meantime, visit our webpage which has links to multiple quitting resources:

<https://www.scantichealth.org/about.html>

Below is the weigh-in schedule for our annual Maintain Campaign! This is the time when I bring the scale to your site for any of you who want support to keep your weight the same (within 2 pounds) during the most challenging eating time--the holidays! It is easier to prevent weight gain than it is to lose it, which is why we do this. The Maintain Campaign has helped many employees moderate their eating, which has resulted in weight management (and even weight loss!) during this time of year. Everyone who participates receives helpful emails during the campaign, a 2019 wall calendar upon weigh-out in January, and a chance at the raffle prizes (gift cards, fit bit zip pedometers and a fit bit flex 2!)

Wednesday, November 7

7:00 AM Birchland Park Middle School
8:00 AM East Longmeadow Fire Dept.
10:00 AM East Longmeadow Town Hall/Library
11:30 AM East Longmeadow Senior Center

Thursday, November 8

7:00 AM Minnechaug
7:45 AM Mile Tree
8:40 AM LPVEC Boston Road

Friday, November 9

6:50 AM East Longmeadow DPW
7:15 AM Longmeadow DPW
8:00 AM East Longmeadow Fire Dept
8:45 AM LPVEC Agawam
10:15 AM Career TEC

Tuesday, November 13 (PDD at LHS)

7:30 - 8:00 AM Middle School Teachers
8:30 - 9:00 AM Greenwood Center
9:30 - 10:00 AM Middle/High School Teachers
10:15 AM Longmeadow Community House
Noon High School Teachers
12:30 - 1:00 PM Elementary School Teachers
1:15 PM Longmeadow Town Hall
2:00 PM Storrs Library
3:00 PM Elementary School Teachers

Wednesday, November 14

7:00 AM Wilbraham Middle School
8:00 AM Soule Road School
9:00 AM Wilbraham Town Hall
10:15 AM Wilbraham Library
10:45 AM Wilbraham Senior Center
11:30 AM Hampden Town Hall

Thursday, November 15

7:00 AM East Longmeadow High School
7:45 AM Mountain View School
8:45 AM LPVEC East Longmeadow

Friday, November 16

7:45 AM Mapleshade School
8:30 AM Meadowbrook School

Monday, November 19

8:00 AM Stony Hill School

Tuesday, November 20

8:00 AM Green Meadows School



If you don't see your site listed, please contact me and I will add your building to the schedule! Please remember that these times are approximate—depending on what happens at each site, I may be earlier or later than the time that is stated here. Please know that this is for your information only - your weight will not be shared with anyone, unless you want to share it yourself ;)

Upcoming Classes

Pilates High Intensity Interval Training Class (PHIIT)

This mat class improves your strength and physical endurance by combining the principles of Pilates with full body conditioning. PHIIT Mat Class is done on the mat using different props, such as resistance bands, kettlebells, and foam rollers.

\$55 for 5 classes* **Mondays, 4:30 - 5:20 PM OR 5:30 - 6:20 PM**

11/12, 11/19, 12/3, 12/10, 12/17 No class 11/26

Core and More Pilates Studio, 2141 Boston Road, Wilbraham

All participants will receive an aqua pearls hot/cold pack!

*\$10 gift card if you attend 4-5 classes in the session

Longmeadow Parks and Recreation Department offers classes such as volleyball, basketball, adult fitness, Zumba, Tai Chi, Karate

Please visit <http://www.lprd.net/> or call 565-4160 for more information and to register.

East Longmeadow Recreation Department offers classes such as yoga, cardio-strength, stretch and roll

Please visit <https://elrec.recdesk.com/Community/Home> or call 525-5437 for current class offerings and to register.**

Hot for the Holidays Cardio and Strength Class with Erica Soares

4-week exercise class at Career TEC Gym Mondays 2:30 - 3:15 PM

11/26, 12/3, 12/10, 12/17 \$40 for 4 classes***

All participants will receive an aqua pearls hot/cold pack!

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**\*\*You must register in person for East Longmeadow Rec Classes to receive the 40% discount.**

\*\*\*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%).

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Thanks to everyone who completed the *wellness interests and needs* survey that was sent out in September. We had over 140 responses and 25 of you volunteered to promote the Wellness programs/classes/events at your site and with your colleagues! How fantastic! They can let you know who they are and be your “go-to” person when you have an idea for a class, challenge, or wellness activity for your site.

The results of the survey are being used to plan classes that you would like to see offered. Feel free to email me with suggestions if you didn’t take part in the survey (or even if you did!).