

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

Welcome to the start of another busy fall season! We all know too well that once Halloween is over, November and December get filled with long lists of things to do, gifts to buy, food to make, desserts to bake, travel to take, family and friends to visit, parties to attend, and, oh yes, time to remember to take care of ourselves! Let's not put that last on the list, again. That's what this issue seems to be about; utilizing the resources we have been given to encourage self-care.

With every November comes another 21-day meditation from Deepak. This one starts on November 4 and is entitled *The Path to Empowerment*. Sounds good to me. To find out more and to register, please visit

<https://chopracentermeditation.com/experience>.

I hope you take a few minutes to read through this newsletter, as there are new things happening and opportunities that didn't exist before for both SVRHT members and non-members and it fills me with great joy to be able to offer these to all of you.

Enjoy the season~

~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/>

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If you get your health insurance through work, activate your mytelemedicine account before November 30 and you will be entered in a drawing to win an Apple Ipad Mini! Why wait? Register to-day so it is ready when you need it.

Activation Process: Call 1-800-611-5601 OR Visit <https://www.mytelemedicine.com/> and click *Activate Now* Complete all required fields and agree to terms and conditions Click *Continue Activation* You will receive a confirmation email—click the *Activate Now* link, create your password and you now have access to doctors 24/7/365!!



Scantic Valley Regional Health Trust

The Scantic Valley Regional Health Trust Wellness Program has won the gold award in the 2019 Health New England Well Worth It Awards! This is a testament to all of you who participate and engage with the program, seeing results such as quitting tobacco, losing weight, increasing physical activity, improving biometrics. So thank YOU for allowing me to be part of an award-winning program!

As a winner, **EVERY employee** (regardless of insurance type) has an open invitation to a month of free online yoga and meditation when and where you want it with Ompractice! Here's how to get your 30 free days, which start when you redeem it:

Special link to purchase 30 day unlimited subscription: <https://ompractice.yoga/scantichealth>
Use code **HNEGOLD** at checkout to make it 100% free

Omppractice is the leading online platform for live, interactive yoga and meditation classes you can take from anywhere, using two-way video. Be supported by an incredible teacher in real time, from the comfort and privacy of your own home, while still part of a group class. Just this spring Ompractice was named one of the top 8 mindfulness apps out today by Crunchbase.

Benefits of Ompractice: The benefits of yoga and meditation are well-documented and proven. Ompractice removes the geographic, financial and schedule barriers to these practices that get in the way for most people. Students love the many styles, lengths, and specialty classes Ompractice offers, and with over 75 classes a week and growing, there's always a class for you. The support and feedback students get from a teacher who can see them in the moment is just one of the reasons why 99% of students who start an Ompractice class finish it. More info can be found at [Omppractice.com](https://ompractice.com). Enjoy!

HNE Member Update!! Our Wellness Program was also gifted one-year access for all SVRHT HNE members to WebMD Portal challenges! These are new challenges that we have not had access to in the past. There are four upcoming challenges for the 2019/2020 year that you may participate in, and include the following:

Nov-Dec: **StressLess** Jan-Feb: **Nutrition** March-April: **Sleep** May-June: **Invitational Team Walking Challenge**

These 4 challenges will be part of this year's Points Program for HNE members, where you can earn dollars for participation in various activities, which is replacing the WellnessWorks incentive program this year.

2020 Wellness Points Program for ALL Employees

For the past six years, the Wellness Program has offered biometric screenings in February for SVRHT members (employees who opt-in to health insurance through work). This has been a great way to acknowledge your current health status, make changes if necessary, participate in well-being activities and track your progress over time. This year, instead of a biometric screening (we may resume this for the fall of 2020), there is now an opportunity to earn points (dollars) while participating in various activities to enhance your well-being.

Beginning in November and continuing through May, all HNE, BCBS and Tufts members can earn points for participating in monthly challenges, watching webinars, completing on-line workshops and challenges, attending on-site classes and enrolling in a choice of weight loss/healthy eating programs. Each activity is worth 10 points and you can earn up to 100 points (\$100) for participation!

Employees who do not get their insurance through work are also encouraged to participate. For every 10 points you accumulate, you will earn a raffle ticket (up to 10) which will be entered into a drawing for a variety of prizes!

More detailed information will be sent by email in November, so be on the lookout for that!

2019-2020 Maintain Campaign

Another “prize” that HNE has awarded us (this seems to be the theme) is 4-hours of on-site seated massage! This gift will be raffled off in our Maintain Campaign that is coming up! Year after year, the Maintain Campaign has shown wonderful results—maintenance of weight (and for many, even weight loss!) during the holiday season—a time that is prone to add pounds.

For those of you who haven’t joined in yet, this is how it works: you weigh-in with me prior to Thanksgiving when I visit your site and weigh-out after January 1 (teachers may weigh-in and out with their school nurse). Each week, you will receive emails from me with tips to keep you on track. Once you weigh out in January, you will receive a 2020 Wellness Wall calendar. The goal is to stay within 2 pounds of your weigh-in weight. Doing this together, knowing many of your colleagues are also committing to maintain, really helps with your personal success. It may even spark some healthier food choices at all of the work-related holiday happenings :)

Each building in the municipality with the most participation (the greatest number of employees weighing in AND out) will be put into a drawing to win the on-site massage. Municipalities will be divided as follows: East Longmeadow; Longmeadow; LPVEC/Wilbraham; and HWRSD/Hampden. There will also be drawings for individuals, with prizes including a stainless steel travel mug with coffee k-cups, a fleece blanket, an exercise band (all courtesy of HNE), lunch bags, fit bit zip pedometers and a fit bit flex 2! This tentative schedule is still being worked on:

Monday, November 4: East Longmeadow LPVEC

Tuesday, November 5: 1:30 PM Career TEC

Thursday, November 7: 9:00 LPVEC Boston Road

Thursday, November 14:

9:15 AM East Longmeadow Senior Center

10:00 AM East Longmeadow Town Hall/Library

11:30 AM Hampden Town Hall/Library

Monday, November 18:

9:30 AM LPVEC Agawam

11:00 AM Storrs Library

11:30 AM Longmeadow Community House

12:45 PM Longmeadow Town Hall

1:30 PM Greenwood Center

If your site is not on the list and you have more than a handful of people who would like to get weighed in, please contact me and I will add your building to the schedule. Please remember that these are approximate times, and I may be earlier or later depending on what unfolds on that particular day. I appreciate your patience as I travel from site-to-site.

This program is for all employees, and is for your individual knowledge only. Your weight will not be shared with anyone, unless you wish to share it yourself!

Thursday, November 21

11:45 AM Wilbraham Town Hall

1:00 PM Wilbraham Library

2:00 PM Wilbraham Senior Center

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It’s back...the “Make your worksite a little more “Well” contest! When you think about your workday, or your work-site, what change would you make to bring a sense of well-being to everyone there? Submit an idea yourself or grab a group of co-workers (it could even be different groups at one site competing), come up with an idea and submit it to me! Some rules apply: the idea would have to first be approved by your administrator (or whatever powers-that-be at your site); it is an idea that can be accomplished at a reasonable cost; and it would benefit the majority (or all) employees in your building. All submissions are due by December 31, 2019, and will be reviewed by the Wellness Subcommittee. The winning idea will be awarded some funds to implement that change in 2020! **Please email me to get a contest application if you are interested in this awesome opportunity!**

# Upcoming Classes

## Longmeadow Parks and Recreation Department\*

Adult Karate Nov. 2 or 5    Tai-Chi Yang Style Nov 2 or 5    Adult Fitness Nov 5    Zumba for Adults Nov 18

Multiple Volleyball and Basketball games and programs offered as well!

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

## East Longmeadow Recreation Department\*

Please visit <https://www.eastlongmeadowma.gov/DocumentCenter/View/8464/East-Longmeadow-Recreation-Fall-2019-Brochure> for more information and **visit in-person** to receive the employee discount.

\*If you are a town employee working 20+ hours/week in any of our 6 municipalities, you will receive a 40% discount on Park & Rec activity classes upon registering for their classes when you confirm that you are a town employee (eligible employees pay 60% and SVRHT pays 40%). You must register with the Park and Rec Department for any of their classes.

### Gentle Yoga Class

This class includes stretching, balancing, movement and relaxation for every-body. Come curious and leave relaxed and refreshed. The benefits of the practice will extend far beyond the class we share together.

**Mondays, 5:15 - 6:30 PM      11/4, 11/18, 11/25, 12/2, 12/9, 12/16      6 week session for \$50\*\***  
**10 participants minimum to hold class      Old Town Hall, 417 Longmeadow St, Longmeadow**

### Mindful Movers Class

You will practice vinyasa yoga, mindfulness, breathing techniques, and meditation....be ready for the Holidays by giving yourself the best gift there is, time for you! Wear comfortable clothing, bring a yoga mat, and a water bottle. Participants will practice vinyasa yoga and experience a guided meditation at every session.

**Thursdays, 3:30 - 4:30 PM    11/7, 11/14, 11/21, 12/5, 12/12    5 week session for \$50\*\***  
**Center School, 837 Longmeadow St, Longmeadow**

### Pilates Mat Class

This is a group class that offers much individual attention, as there are up to 12 participants. It takes place on the floor with a mat using some small equipment (resistance bands, circles, fitness balls and light weights). The focus is on core strength and stability with some arm and leg work.

**Thursdays, 3:45 - 4:30 PM    11/7, 11/14, 11/21, 12/5, 12/12, 12/19    6 week session for \$65\*\***  
**The Pilates Center of Western MA    167 Dwight Road, Suite 105    Longmeadow**

### Pilates High Intensity Interval Training (PHIIT) Class

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.

**Mondays, 4:30 - 5:20 PM    11/4, 11/18, 11/25, 12/9, 12/15    no class 11/11 or 12/2    5 week session for \$55\*\***  
**Core and More Pilates Studio      2141 Boston Road, Wilbraham**

**Please contact [lyn@scantichealth.org](mailto:lyn@scantichealth.org) or 413-896-9080 to register for yoga & Pilates classes**

**\*\*Missing only 1 class in session will earn you a \$10 voucher for a gift card at a choice of retailers.**