

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

Here we are again—one month before we say goodbye to summer. I hope you all took some time to enjoy what brings you happiness and what refreshes you. If not, there's still one month. Still time to do some things that you maybe couldn't get to during July and August. Do you want to spend some time in nature? Perhaps gather with friends and family, take a day trip or just finish that summer reading. Taking time for self-care doesn't need to stop now that the lazy days of summer are ending. Taking care of you is a year-round endeavor to aspire to. Whether it is a daily 20-minute mindfulness break, going for a run, finally making that doctor's appointment, planning healthy meals for the week, getting to bed earlier, or taking a walk after dinner...there's never an end to the "season" of doing what keeps us healthy and energized.

So, what did you do this summer that re-fueled you? On September 1, I will share my summer self-care experiences on our Facebook page. "Like" our page, leave a comment on what you did over the summer and you will be entered into a drawing for a \$10 gift card (choice of merchants)! ~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/>

"Some of your genetics determine how you behave, but it's not the whole story. You have the final word in how your story turns out."—
Edward T. Creagan, M.D.



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New benefit for all **Tufts members**: If you have a **Tufts health insurance** plan through **SVRHT**, you are now able to self-refer to health coaching! If you would like help with managing a chronic disease, coaching to improve your eating, weight management, and/or out-of-range biometrics, you can choose to enroll in telephonic health coaching.

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## Upcoming Flu Clinics

### **Wilbraham Flu Clinic: Tuesday, September 26, 2017 10 AM – 2 PM Wilbraham Senior Center**

Open to **all Wilbraham Town employees** and **all seniors** from the area. Most insurances will pay for flu vaccine...some with a co-pay. So please have insurance cards available. Sign-up sheets will be available at the Senior Center and Wilbraham Town Hall. Please sign up by Wednesday September 13, 2017 so that Walgreens will have vaccine available for all needing the immunization. Call Gloria J Wilson RN, Public Health Nurse at [gwilson@wilbraham-ma.gov](mailto:gwilson@wilbraham-ma.gov) with questions.

### **Longmeadow School Employees: Tuesday, September 26 2:30 - 4:30 PM High School Cafeteria**

No out of pocket cost for employees who have most MA health plans or Medicare B. You do not have to be on employee health plan to participate. Fee for out-of-state/non-participating health plans: \$6.00. Please bring your insurance card(s). Tdap and Pneumonia Vaccinations also available at no cost at your worksite by reservation; ask for details at the clinic or call the Board of Health (565-4140).

### **Longmeadow Town Employees: Friday, September 29 11:30 AM - 1:00 PM Community House**

No out of pocket cost for employees who have most MA health plans or Medicare B. You do not have to be on employee health plan to participate. Fee for out-of-state/non-participating health plans: \$6.00. Please bring your insurance card(s). No reservation is required.

### **East Longmeadow Health Department Flu Clinic: Wednesday, October 4 2:30 - 4:30**

#### **Town Hall Parking Lot in the Regional Emergency Preparedness Truck**

Free shots for any residents/employees who are uninsured, as well as pertussis and shingles vaccinations, also free for uninsured, or underinsured residents. Questions? Please contact the Health Department for more information at 413-525-5400 x1103 or [aimee.petrosky@eastlongmeadowma.gov](mailto:aimee.petrosky@eastlongmeadowma.gov).

### Spotlight on Success

### A Wake Up Call

by Kate Mard

On January 2, 2017, I could not get out of bed. Something had gone wrong with my back. Was it the stress I was feeling from the holidays? Was it the extra 40 pounds I was carrying around? Was it my lack of exercise? Was it my unhealthy eating habits? Was it my lack of sleep? As I look back, I'd say it was all of the above. And this was my wake up call. A wake up call that led to a beautiful path, ditching of the 40 pounds, and a focus on myself that I plan to never lose sight of.

Although the scale helps to tell my story, it really is a tiny part. Yes the 40 pounds are gone, but more importantly, I feel better than I can remember ever feeling about myself! I began working out daily and following portion control eating (smaller portions, cleaner foods, no gimmicks or quick fixes). I surrounded myself with other individuals who were also working to better their own well-being and who wanted to have mutual support. I paid attention to an email about the Wellness Program and the Health Screening at LHS. I had never attended the screening as I was too embarrassed about my weight and appearance. This time was different; in order to make a change, I would need to bravely face my weight and measurements. So I did. And I am SO GLAD I did.

The Wellness program offered incentives for all the healthy things I was already doing and also helped me to stay on track. I earned a big gift card for all of my effort. The gift card arrived a few days before my husband's birthday. Although I would have loved to spend the money on some new clothes, I instead wrapped it in a card for my husband, thanking him for the support and love during my journey. The journey is not over of course, as fitness & well being are a journey, not an outcome. I am always looking for partners to share the journey, and if you might like to hop on board with me, please send me a message. I'd like to be part of your story. [kmard@longmeadow.k12.ma.us](mailto:kmard@longmeadow.k12.ma.us)

## Survey Says...

Thank you to everyone who took the Wellness Program *Needs & Interests* Survey in the Spring. I received 170 completed surveys! Providing me with your preferences for times, locations and types of classes helps with programming for the upcoming year; I am doing my best to accommodate your requests. I so enjoyed reading your comments and wanted to respond to some of them:

\*The Wellness Program is not a cost burden for the towns that participate. The Trust covers the cost through monies that are invested by its members who receive their health insurance through the Trust. If you are a member of SVRHT, it is to your advantage to participate in wellness offerings, as a healthier workforce means lower health care costs!

\*Any employee who receives insurance through their employer (town/school) may participate in all wellness programs and are eligible for all incentives and discounts.

\*Benefit-eligible employees who get their insurance elsewhere may participate in any wellness program except for the yearly *Wellness Works* incentive program. You are eligible for discounts and incentives that will improve your health (such as quitting smoking, getting a colonoscopy) since you could opt to be on the insurance in the future.

\*Part-time employees can benefit from reading the emails that are sent out which contain information to keep you healthy and can take part in any challenges (Walking Works, Maintain Campaign) and classes, however, will be ineligible for the incentives and discounts.

\*The following sites have Wellness Bulletin Boards, so search them out! They are updated every 2 months when the newsletter comes out: **Hampden:** Town Hall, Thorton Burgess **Longmeadow:** Community House, DPW

**Wilbraham:** Town Hall, Wilbraham Middle School, DPW

All **LPVEC** transportation garages

**East Longmeadow:** BPMS, ELHS, Meadowbrook, DPW, Town Hall (currently in transition with construction)

\*Some of the ideas you requested include more fitness/aerobic classes, biking, running, rec sports, swimming, mindfulness, Weight Watchers and other weight loss, involvement with rowing and the Dragon Boat Festival.

Please know that I am diligently working to bring these and existing programs to various locations at multiple times to accommodate specified interests. Please check the East Longmeadow, Longmeadow and Hampden Recreation Departments which offer some of what you are requesting (volleyball/basketball team play, Tai Chi, Zumba, fitness/strength classes, yoga and karate). Remember to ask about the Wellness 40% discount!



## 2017 Year in Review

Congratulations on a great (fiscal) 2017! You shattered some participation records during the past year of programming. Walking Works had the highest number of participants since I've been here—107! The Maintain Campaign also topped out at 159, more than any other year since 2013. Our *Wellness Works* Incentive program had a great turnout (197), second only to the first year it rolled out. Many more of you took advantage of the 40% discounted classes through the East Longmeadow and Longmeadow Parks and Recreation Departments. There were also 26 colonoscopies completed, 62 yoga registrations, 11 participated in strength classes, 15 lost weight with Weight Watchers and 20 took a cooking class! We also had 8 enrolled in our smoking cessation program at some point throughout the year. Way to go!!

# Upcoming Classes

## Longmeadow Parks and Recreation Department Offerings

**Karate Shotokan style:** Tuesdays 7:30 - 9:00 PM, Thurs 6:30 - 8:00 PM September 5 - Oct 31 \$75 Olde Town Hall  
**Adult Volleyball:** Wednesdays 7:30 - 9:30 PM September 6 - May 16 \$65/season; \$5/night Greenwood Center  
**Zumba for Adults:** Mondays 5:45 - 6:45 PM September 11 - October 23 \$57 Greenwood Center  
**New!! Fu6ion Fit** Tuesdays 5:45 - 6:45 PM September 12 - October 24 \$57 Greenwood Center  
**Tai Chi, Yang style:** Tuesdays, 6:30 - 7:30 PM September 12 - Oct 24 \$60 Olde Town Hall  
**Co-Ed Volleyball:** Mondays, 7:30 - 9:30 PM September 18 - May 21 \$80/year; \$5/night Glenbrook Middle School  
**Wellness Workshop Series for Parents:** Tuesdays, 6:30 - 8:00 PM October 3 - Nov 14 \$150 Greenwood Center  
**Men's Basketball:** Thursdays, 8:30 - 10:00 PM October 12 - April 12 \$80/year; \$5/night Glenbrook Middle School  
**Monday Night Volleyball**, ages 40+: 8:30 - 10:00 PM Oct 16 - May 21 \$30/season; \$5 per night Greenwood Center

For descriptions, more info, and to register for the above classes, please visit <http://www.lprd.net/>

## "Retirement Unplugged" Information Session

**Tuesday, October 10 at 7:00 PM Wilbraham Public Library, Brooks Room.**

Dan Moroney will be leading this free discussion for all. He is from MASS SMART (Save Money and Retire Tomorrow), which provides the deferred compensation plan for employees from Hampden and Wilbraham.

"Understanding investments and retirement plan options can be confusing and overwhelming. This workshop will be an open forum format of Q & A. Please come with any questions concerning retirement plan options, retirement strategies and decisions, investments, investment products, asset allocation, stock market, social security windfall and the like. The goal is to get answers and direction in a safe environment where nothing is being sold."

**\*If you are a benefitted employee in Hampden or Wilbraham, this is for you and your financial wellness!\***

## **R.A.D. Class for Women Monday evenings 6:30 - 9:30 October 2, 16, 23, 30**

The Longmeadow Police Department is once again offering this class for residents/employees. The Cornerstone of R.A.D. (Rape Aggression Defense) Systems, this course has its foundations in education and awareness. The course includes lecture, discussion and self-defense techniques suitable for women of all ages and abilities. I highly recommend this course, which will educate you on becoming more aware of your surroundings and ways to protect yourself if ever in a dangerous situation. To register, please contact Officer Danielle Rex at or [drex@longmeadow.org](mailto:drex@longmeadow.org)

## East Longmeadow Recreation Department

Please visit <https://elrec.recdesk.com/recdeskportal/> for updated information on adult classes. You must register in person to receive the 40% discount on fitness classes.

## **Information about on-site Wellness classes starting in October will be promoted by email!**

\*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%).