

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 back to September—new school year, new possibilities. But first, let's look at what happened in our wellness world last year...

2 employees are no longer smoking!!

28 preventive colonoscopies completed

193 members participated in the health screening

149 registered and took Pilates classes!!

39 employees received discounts at rec departments

16 employees took a mindfulness class

14 employees sweated at an LIIT or HIIT class!

213 stepped on the scale for the Maintain Campaign

27 enjoyed a yoga class

21 prepared foods in a cooking class

What will you do *this* year???

Let me know~

~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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World Heart Day (raising awareness of heart disease & stroke) is September 29! To learn how to care for our hearts, please join us for a conversation about **blood pressure** with Carol Steiner, R.N., Community Health Nurse for Longmeadow, on **Thursday, Sept. 27 at 5:30 PM, Longmeadow HS, Business Technology Center.**

Please check out the new additions on www.scantichealth.org! There is a section on diabetes and pre-diabetes (click on "Diabetes Care" tab to the right of the screen). There you can find out if you have or are at risk for pre-diabetes. Also, there is a heart disease risk calculator from the Mayo Clinic—you'll find the tab for that in the center of the page (right before "Notices"). There is also a **video section** with healthful & helpful information!



It's back...the "Make your work-site a little more "Well" contest! What would **you** do to make your building more wellness-friendly? 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 would benefit the majority (or all) employees in your building. All submissions are due by December 31, 2018, and will be reviewed by the Wellness Subcommittee. The winning idea will be awarded some funds to implement that change in 2019! **Please email me to get a contest application if you are interested in this awesome opportunity!**

Getting the Flu Vaccination...

can keep you from getting sick with the flu.

can reduce the risk of flu-associated hospitalization, including among children and older adults.

is an important preventive tool for people with chronic health conditions.

helps protect women during and after pregnancy. Getting vaccinated can also protect a baby after birth from flu. (Mom passes antibodies onto the developing baby during her pregnancy.)

may make your illness milder if you do get sick.

also protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.

Taken from <https://www.cdc.gov/flu/about/qa/vaccineeffect.htm>, retrieved 8/9/18

Upcoming Flu Clinics Flu vaccine is recommended every year for everyone over 6 months of age.

Career TEC

Wednesday, September 19 ADM Conference Room 10:15 - 11:15 AM Bring insurance card with you.

Hampden

Friday, September 14 Hampden Senior Center, 104 Allen Street 1:00 - 3:00 PM

Please register by calling 566-5588 and bring your insurance card with you to the clinic. You can also stop by the senior center prior to the clinic to make a copy of your insurance card to save time at the clinic.

Wilbraham

Monday, September 24 Town Employees Wilbraham Senior Center 10:00 AM - Noon

HWRSD: Look for an email announcement for flu clinics in each school building and sign-up information.

Longmeadow

Wednesday, September 26 School Employees Longmeadow High School Cafeteria 2:30 - 4:30 PM

Friday, September 28 Town Employees Longmeadow Community House 11:30 AM - 1:00 PM

All town health plans cover the vaccines in our inventory in full, with no co-pay. For employees who are covered under a spouse or parent, please contact bhirschhorn@longmeadow.org.

East Longmeadow

Wednesday, October 10 All school and town employees Mobile unit at various locations (TBD) from 9 AM until noon; East Longmeadow Town Hall parking lot from 2:00-6:00 PM. Please bring insurance card. For more information, please contact ashipman@eastlongmeadowma.gov.

The idea for this topic of setting a personal work/life balance came from an employee who was reminded at an ER visit about managing work-related stress. Not setting limits can lead to lack of creativity and resilience, burn-out and declining health. New York City actually has a proposed bill that could make it illegal for an employer to expect employees to answer work communications after work hours. The following is an abridged version of a Linked-In article by Janet Bernstein.

Why You Shouldn't Send that Late Night Email

Your clients have depended on you for the last ten years to deliver. You've earned their trust by being fast, efficient and friendly. They send you an email around 7pm one night, asking you to follow up on something. You spent a full day at the office, then off to activities with the family, your spouse convinces you to watch that last episode of your favorite series on Netflix. So here it is, fast approaching midnight, and you grab your iPhone to do a quick check of your email. You saw that message pop up hours ago, but now you feel like you need to respond. Don't.

You may be thinking to yourself, 'but I always respond, and that's what they expect of me.' In most cases, people who send an email after 5pm (the traditional close of business) do not expect a response the same day. When you send a business email at 5pm, just before you walk out the door - do you want them to respond? No! You are just glad to check it off your to-do list for the day, and now the ball is in their court. Once they respond, it's your turn again. So if your client sends an email at 7pm, they are probably finishing up their own list, shutting down their laptop, and turning work 'off' for the night. Your response back to them at midnight probably won't even be read until the next morning. Or worse, the sound of your email wakes them up from a deep sleep, and now they are annoyed, as is their spouse.

Now there are obvious exceptions to this...but in traditional business, nothing can realistically be 'done' at midnight. The best you can do is an answer...is it so important that it needs to be sent when 70% of business professionals are sleeping?

In fact, I urge you to question yourself before hitting reply to any email message outside business hours. Sending emails on nights and weekends could give the impression that you have little or no personal life, or that you don't have a work/life balance. Another consideration with sending late night emails is that you are much more likely to omit common etiquette phrases, things may be misspelled, lack punctuation, or you accidentally hit 'reply to all', when you were just supposed to send to your boss. Something else you may not have considered...if you reply to emails at all hours of the night, and you do it consistently, you will have to maintain that type of service no matter the situation or circumstance.

Set your own limits, such as 'I will only respond to business emails up until 8pm, and not before 8am, unless there's an emergency.' And 'FYI, I typically shut off my email after 8pm, so if you ever need anything urgent, please call me.' People won't call unless they absolutely have to, and that tells them you have standards. If you tell your clients your preferred hours of business, they will respect them. In fact, they may learn to adopt similar habits. In today's fast-paced world...it's harder than ever to 'unplug' and take the necessary break to recharge and re-energize. But if you don't, eventually you will burn out.

If you struggle with this change, make little changes. Turn your phone completely off at 11pm, and it will only sound when your alarm goes off. Or turn off email push notifications. Set a VIP list so that you only get notifications on emails you really want to see ASAP. Everything else gets checked later. If you absolutely must respond to an email on a weekend or late at night, just politely say, 'I'm out of the office, but let me get back with you tomorrow morning before 10am with an answer. Thank you.' This shows them you got the message, but you provide a realistic time frame for your response. At the end of the day, be respectful to your clients, your colleagues, and to yourself. Manage your time, or it will certainly manage you. We all have the tools and resources to work from anywhere, anytime. The power lies in knowing you don't have to, and make no apologies for it.

Taken from <https://www.linkedin.com/pulse/20140911210501-32002525-why-you-shouldn-t-send-that-late-night-email/>, retrieved 7/26/18.

Our first **meFIT** group successfully finished their training in July and celebrated with a completion ceremony on August 9! Seven employees participated in this 12-week lifestyle management program offered through a collaboration of HNE and YMCA Wilbraham. These were their impressive aggregate results:

Total inches lost = 29 (4.9 inches per person)

Total percent body fat lost = 10.7 (2.1% per person)

Total % lean muscle mass gained = 7.0% (1.4% per person)

Total pounds lost = 6.2 (1.2 pounds per person)

Do you want to see results like these? If so, we are planning to start one or more **meFIT** sessions in late September that will run through December. HNE is partnering with the YMCA in Wilbraham **and** Health-trax in East Longmeadow this time around! Come join us at any of these information sessions to learn more:

Tuesday, September 11, 4:30 PM East Longmeadow High School, Conference Room C

Wednesday, September 12, 4:00 PM Wilbraham Town Hall, Selectmen's Meeting Room

Monday, September 17, 3:30 PM Longmeadow Community House, Main Auditorium

For more info about the meFIT program, click on http://www.scantichealth.org/documents/wellness/meFit_Brochure.pdf and contact me if you are interested!

Upcoming Classes

Pilates Mat Classes at Pilates Center of Western MA 167 Dwight Road, Longmeadow

Wednesdays OR Thursdays, 3:45 - 4:30 PM, starting the week of Labor Day

Wednesdays: 9/5, 9/12, 9/19, 9/26, 10/3, 10/10

Thursdays: 9/6, 9/13, 9/20, 9/27, 10/4, 10/11

\$65 for 6-weeks, given to Janet at first class. All participants will receive an aqua pearls hot/cold pack and anyone who attends 5-6 classes in the session will receive a \$10 gift card.

Longmeadow Parks and Recreation Department offers classes such as volleyball, basketball, adult fitness, Zumba, Tai Chi, Karate—some classes start the week of Labor Day!

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—starting the week of September 17th!

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

If you are a benefitted or benefit-eligible employee, you will receive a 40% discount for adult Park and Rec Fitness Classes upon registration (they will charge eligible employees 60% of the class price and SVRHT pays the other 40%).

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