

## 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

Spring is here! Warmer weather, brighter evenings, outdoor fun, bike rides, hiking in the woods...spring cleaning, yard work, home projects, planting. What is your spring to-do list? Please remember to allow yourself some play time in between all of the springtime duties.

This month has been a tough one with what has played out in the news. If you need help processing what is happening to innocent people, please remember that *Learn to Live* is a member benefit that you can access anytime. Start a program, watch a webinar, get in touch with a counselor...whatever you need to take care of yourself. This is important. I am a firm believer that mental health is overall health. To learn more about L2L, [visit our website](#), scroll down, and click *Learn to Live*. We encourage you to take a quick assessment today to find out if any of these challenges are impacting your life. Visit [learntolive.com/partners](https://learntolive.com/partners) and enter the code **SCANTIC**.

Join us in another short webinar series to end the school year! Our first of 3 starts on April 20<sup>th</sup> at 5:00 PM with **Metabolism Makeovers for Wellness & Weight Loss**. These are eligible for points/raffle tickets in *Wellness Works!* More information to come!

Take good care~

~Lyn

For more information on anything in this newsletter, please contact me at [lyn@scantichealth.org](mailto:lyn@scantichealth.org) or [lyn.fioravanti@eastlongmeadowma.gov](mailto:lyn.fioravanti@eastlongmeadowma.gov).

You are invited to "like" us on FB for info on various health topics: <https://www.facebook.com/scanticvalleywellness/>

Visit us on the web! [www.scantichealth.org](http://www.scantichealth.org)

### INSIDE THIS ISSUE:

Coordinator's Corner	1
April's challenge!	2
HNE new webinar series	3
Learn to Live April content	3
Classes	4
Recipe	4



Scantic Valley Regional Health Trust

## We have a new challenge this month! **Less Dementia Challenge!**

The goal this month is to include into your daily eating plan foods that may prevent the risk of developing dementia. Please go to [www.scantichealth.org](http://www.scantichealth.org) and click on the link for the Less Dementia Challenge or use the form below. Completing this will earn you 10 points (SVRHT members) or a raffle ticket (benefit-eligible employees) in our *Wellness Works* program! All who return their challenge sheet to me by May 5 will be entered into a drawing for either an insulated beverage tumbler or an insulated hot food container!

**April 2022** Place a V each time you consume one of the items on each day you consume it. The goal is to have 7.5 cups of berries, 8 apples AND 8 pears, and 19 cups of tea this MONTH.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 O ½ c berries O apple OR pear	2 O ½ c berries O apple OR pear
3 O ½ c berries O apple OR pear	4 O ½ c berries O apple OR pear	5 O ½ c berries O apple OR pear	6 O ½ c berries O apple OR pear	7 O ½ c berries O apple OR pear	8 O ½ c berries O apple OR pear	9 O ½ c berries O apple OR pear
10 O ½ c berries O apple OR pear	11 O ½ c berries O apple OR pear	12 O ½ c berries O apple OR pear	13 O ½ c berries O apple OR pear	14 O ½ c berries O apple OR pear	15 O ½ c berries O apple OR pear	16 O ½ c berries O apple OR pear
17 O ½ c berries O apple OR pear	18 O ½ c berries O apple OR pear	19 O ½ c berries O apple OR pear	20 O ½ c berries O apple OR pear	21 O ½ c berries O apple OR pear	22 O ½ c berries O apple OR pear	23 O ½ c berries O apple OR pear
24 O ½ c berries O apple OR pear	25 O ½ c berries O apple OR pear	26 O ½ c berries O apple OR pear	27 O ½ c berries O apple OR pear	28 O ½ c berries O apple OR pear	29 O ½ c berries O apple OR pear	30 O ½ c berries O apple OR pear
27 O ½ c berries O apple OR pear	28 O ½ c berries O apple OR pear	29 O ½ c berries O apple OR pear	30 O ½ c berries O apple OR pear	31 O ½ c berries O apple OR pear		

Name:

Work Site:

When completed, please scan and email to [lyn@scantichealth.org](mailto:lyn@scantichealth.org), [lyn.fioravanti@eastlongmeadowma.gov](mailto:lyn.fioravanti@eastlongmeadowma.gov) or send form to SVRHT Wellness Program, c/o 240 Springfield St, Wilbraham, MA 01095 ATTN: Lyn Fioravanti This completed challenge will earn you 10 points/raffle ticket for Wellness Works!

## Learn to Live April 2022 Webinars

Boost your emotional health this month by joining us for live 30-minute webinars lead by our clinical team.

### When Substance Use Becomes a Concern

April is National Alcohol Awareness Month. Studies tell us that substance use problems impact 1 in 7 people in their lifetime—but only 1 in 10 will ask for help. We'll explore our relationship with substances, and how you can take helpful action if you or a loved one is wanting to cut back. [Wednesday, April 6, 2022: 9-9:30am CST/10-10:30am EST](#)

### Big Adjustments: Back to the Workplace

For many of us, returning to work is a welcomed idea after months of sweatpants, online meetings and piece-meal hours. But returning to work has its own stressors. We will provide some ideas for how to deal with the stress of returning to work, including how to be assertive regarding your boundaries.

[Tuesday, April 12, 2022: 12-12:30pm CST/1-1:30pm EST](#)

### Managing Stress and Worry in Uncertain Times

April is National Stress Awareness Month. Join us as we walk through several concepts and exercises specifically selected to help you manage the increased emotional challenges many of us are facing at this time. You'll learn how to recognize different signs of stress and take immediate action to reduce negative emotions, restoring a feeling of calmness and improved wellbeing.

[Friday, April 15, 2022: 11-11:30am CST/12-12:30pm EST](#) OR [Tuesday, April 19, 2022: 4-4:30pm CST/5-5:30pm EST](#)

When registering, please use the access code **SCANTIC**. After registering, you will receive a confirmation email from Zoom containing information about joining the webinar.

## *Where Your Health Matters* Webinars from HNE

Health New England is offering a new “Where Your Health Matters” live webinar series to educate, engage and empower our community during COVID. All webinars are at Noon and are 45 minutes.

Register here: [https://healthnewengland.zoom.us/webinar/register/WN\\_nqhlo75DQ0CICYkj\\_U-UaQ](https://healthnewengland.zoom.us/webinar/register/WN_nqhlo75DQ0CICYkj_U-UaQ)

All who watch live will have a chance to win a \$10 Panera gift card from HNE! Please be sure to enter “SVRHT” as your employer.

April 14 - [Breath As Medicine in Sleep Health](#) with Ed Harrold

April 28 - [Movement and the Mind](#) with Reggie Hubbard & Chris Lucas, Ompractice

May 12 - [COVID Fatigue](#) with Alane Burgess & KristyNavarro, Mental Health Association

May 26 - [The Gut and Mental Health Link](#) with Nicole Frank-Maslar, RDN, LDN

ALL EMPLOYEES are invited to participate in any or all of these free live webinars! SVRHT members (BCBSMA, HNE, Tufts) will receive 10 points for each one viewed. Benefit-eligible employees will receive one raffle ticket for each one viewed. If you cannot join us live, you can earn points/raffle tickets by watching the recording (found at <https://www.youtube.com/user/HealthNewEngland> and completing a short quiz, which will be available on our website [www.scantichealth.org](http://www.scantichealth.org)

## Upcoming Class Opportunities

**Adult Learn & Play Pickleball** East Longmeadow Recreation Department 03/27/2022 - 05/08/2022  
4:15 PM - 6:00 PM East Longmeadow High School - Tennis Courts. \$48.00 Resident, \$63.00 Non-Resident. Please call the Rec Dept. at 525-5437 to get SVRHT 40% discount!

**Yoga Class:** Janine starts a **live, in-person** yoga class on **Monday, April 25 from 5:30 - 6:30 PM** at Longmeadow Adult Center, upstairs in classrooms 2 & 3. Start your week with this gentle yoga class that includes stretching, balancing, movement and relaxation for every-body. The benefits of the practice will extend far beyond the class we share together. You will discover a new appreciation for your body, develop supportive breathing techniques, increase concentration and perhaps even experience deeper sleep. Come curious and leave relaxed and refreshed. Classes will run for **5 consecutive weeks from 4/25 through 5/23**. \$50\* for the 5-week session. Please contact me to register.

**Pilates Classes: Mixed Level Mat Pilates Classes** start **Tuesday, April 19** for 5 weeks. There are openings in the **4:30 PM in-studio class** and in the **5:30 PM in-studio class/Zoom class**. **PHIIT starts Monday, April 18 for 5 weeks**. Pilates high intensity interval training is done on the mat using different props, such as resistance bands, kettle bells, and foam rollers. PHIIT is a great class to add to your existing fitness routine, can promote weight loss, and improve strength. Please contact Arice to register & if you have questions [arice@coreandmore.net](mailto:arice@coreandmore.net). She is now accepting cash and checks; Venmo payments are limited. Core and More Pilates Studio, 2141 Boston Road, Wilbraham. \$55 for 5 weeks of any session\* All mat class participants will have access to a video library for at home practice in addition to weekly sessions. You can mix & match in-person and Zoom classes.

\*Those who attend all classes in a session (1 missed class is acceptable) will receive a \$10 Amazon gift card!

**Zoom Pilates Classes:** Due to lack of interest/participation, Janet Burke-Allen has moved the **REMOTE** Wednesday afternoon mat/stability ball class to **Saturdays at 9:00 AM**. Payment goes to Janet. For more information on all class options, please visit <http://www.pilatescenterofwmass.com/>. If you are interested, please let Janet know ahead of time at [pilatescenterofwmass@gmail.com](mailto:pilatescenterofwmass@gmail.com)

**Big Y Living Well Eating Smart: Virtual Events:** <https://www.bigy.com/LivingWell/GetSocial> As always, their 3 dietitians are available for FREE nutrition coaching sessions and you can register there as well.

### Greek Sheet Pan Chicken and Veggies Serves 4

#### Marinade:

2 tablespoons olive oil	4 boneless, skinless chicken breasts (6-8 oz. each)
Zest and juice of 1 lemon	1 small head cauliflower, cut into florets
1 teaspoon garlic powder	1 pint cherry tomatoes
1 teaspoon dried oregano	2 oz. crumbled feta cheese, for garnish
1 teaspoon kosher salt	Fresh chopped parsley, for garnish
1/2 teaspoon dried thyme	Fresh lemon juice, for finishing
1/4 teaspoon freshly ground black pepper	

1. Preheat oven to 450.
2. Combine marinade ingredients in a small bowl.
3. Place chicken and veggies on a large rimmed baking sheet and coat evenly with the marinade.
4. Bake for 20-25 minutes, or until the veggies are golden and the chicken is cooked through.
5. Once out of the oven, allow the chicken and veggies to rest for 5 minutes. Transfer to serving plates and garnish with feta and parsley. Squeeze fresh lemon juice over and serve.

Taken from <https://chefjen.com/Greek-sheet-pan-chicken-and-veggies/>