

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

Summer is here and the time is right...for our summertime challenge!! This year we continue to focus on caring for ourselves and "filling our cup" so that we are better able to care for and give to others. The description is on page 2 and the tracking sheet is on page 3. I hope you will join in on and enjoy the self-care journey!

There may be a chance of adding another yoga instructor to our wellness family. She practices in Ellington, CT and also is available on Zoom. If you are interested in either in-person or Zoom sessions, please let me know what time would work for you and I will follow-up with her.

Be safe~

~Lyn



For more information on anything in this newsletter, please contact me at

lyn@scantichealth.org. 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

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How to Protect Your Skin From the Sun

>You can reduce risk of sun damage and skin cancer by staying in the **shade** under an umbrella, tree, or other shelter.

>When possible, wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays. If wearing this type of **clothing** isn't practical, try to wear a T-shirt or a beach cover-up. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors.

>For the most protection, wear a **hat** that has a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen, or staying in the shade.

>**Sunglasses** protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure. Sunglasses that block both UVA and UVB rays offer the best protection.

>Put on broad spectrum **sunscreen** that blocks both UVA and UVB rays and has an SPF of 15 or higher before you go outside. Put a thick layer on all exposed skin. And remember, sunscreen works best when combined with other options.

Taken and adapted from https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm



SVRHT 2021 Wellness Program Summer of Success Challenge!

Please join us in this 5-week challenge to treat yourself well! We explore the following themes: physical, emotional, occupational, social, financial and purpose. Each theme comes with a challenge. Over the course of the 5 weeks, just note on your calendar which activity you did that day. You can do any challenge on any day, for as many days as you want. You can do more of one challenge than another. Just complete challenges on at least 28 of the 35 days and you will be entered into a raffle for prizes that include a walking weight-set, a 'let the adventure begin' mug, a sleep eye mask, a budget planner, and a 'find your joy' book!

Physical Challenge: Fresh Air – Walk outside for at least 20 Minutes today! Walking is one of the easiest and most beneficial activities you can include in your everyday life. Whether it's walking the dog, adding some extra walking when checking the mail, or looking for butterflies with the kids, a 20-minute walk is a great—and easy—way to integrate exercise into a daily routine. Plus, the fresh air and sunshine are a wonderful way to rejuvenate the mind after being stuck indoors at a desk all day.

Emotional Challenge: Wire Less – Take a Break from Your Phone! Our mobile devices seem essential, but they're also constant sources of stress. Anxiety-provoking news, urgent work requests, and family demands can all be delivered through our phones—sometimes all at once. Why not take a break from your phone for just an hour today? Don't worry! You'll survive without it. Disconnecting gives you a chance to reconnect to yourself and the world around you. You may also find this to help you be more relaxed, even looking forward each day to the hour spent away from the constant barrage of texts, emails, social media, and phone calls.

Social Challenge: Connect with someone! We've had a long time of disconnection. Everyone is starving for personal connection right now. Why not brighten your day and bring some joy to someone else at the same time? Make a connection—call or face-time, write a letter or card, or send a care package. Who could you send a package to? It could be a friend or family member who lives far across the country or someone social distancing across town. You might choose a member of the military or a veteran, or someone who made your life a little easier during the pandemic.

Occupational Challenge: Top Priority – Create a Daily To-Do List! Even in the lazy summer months, there's always so much to do and never enough time. This helps you organize those hectic days by starting each morning with a to-do list and (as a bonus) prioritizing each item. To-do lists are simple tools for becoming more productive. They help us focus our energy and provide a sense of accomplishment. You can't beat the feeling of crossing the last item off your list each day!

Financial Challenge: Great Deal – Comparison Shop! This invites you to comparison shop for five things you need to buy in the next 30 days. One benefit of comparison shopping is getting the best price. But comparison shopping also slows us down and helps us think about the necessity of the things we buy.

Purpose Challenge: Due It – Do Something You've Been Putting Off! If there's been any silver lining to the pandemic, it's that being stuck at home has inspired people to take up new hobbies and try activities they've been postponing for years: from baking to learning the guitar. Now it's time for you to try something you've been putting off--the time is now! This is your chance to accomplish something—big or small—that you've always thought about but never gotten to. Not only will it make you feel good, it will give you the confidence to try the next thing.

This challenge starts on **Sunday, July 11 and ends on Saturday, August 14**. Please use calendar on page 3 to track your progress. Return your completed calendar to me by **Wednesday, August 18** to be entered into the raffle. I hope you have fun with this and share your "due it" challenge with me!

Summer of Success Challenge! Please highlight or circle the activity you did each day that you did it.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7/11/2021 Walk Connect Compare Break List Due It	7/12/2021 Walk Connect Compare Break List Due It	7/13/2021 Walk Connect Compare Break List Due It	7/14/2021 Walk Connect Compare Break List Due It	7/15/2021 Walk Connect Compare Break List Due It	7/16/2021 Walk Connect Compare Break List Due It	7/17/2021 Walk Connect Compare Break List Due It
7/18/2021 Walk Connect Compare Break List Due It	7/19/2021 Walk Connect Compare Break List Due It	7/20/2021 Walk Connect Compare Break List Due It	7/21/2021 Walk Connect Compare Break List Due It	7/22/2021 Walk Connect Compare Break List Due It	7/23/2021 Walk Connect Compare Break List Due It	7/24/2021 Walk Connect Compare Break List Due It
7/25/2021 Walk Connect Compare Break List Due It	7/26/2021 Walk Connect Compare Break List Due It	7/27/2021 Walk Connect Compare Break List Due It	7/28/2021 Walk Connect Compare Break List Due It	7/29/2021 Walk Connect Compare Break List Due It	7/30/2021 Walk Connect Compare Break List Due It	7/31/2021 Walk Connect Compare Break List Due It
8/1/2021 Walk Connect Compare Break List Due It	8/2/2021 Walk Connect Compare Break List Due It	8/3/2021 Walk Connect Compare Break List Due It	8/4/2021 Walk Connect Compare Break List Due It	8/5/2021 Walk Connect Compare Break List Due It	8/6/2021 Walk Connect Compare Break List Due It	8/7/2021 Walk Connect Compare Break List Due It
8/8/2021 Walk Connect Compare Break List Due It	8/9/2021 Walk Connect Compare Break List Due It	8/10/2021 Walk Connect Compare Break List Due It	8/11/2021 Walk Connect Compare Break List Due It	8/12/2021 Walk Connect Compare Break List Due It	8/13/2021 Walk Connect Compare Break List Due It	8/14/2021 Walk Connect Compare Break List Due It

Name: _____
Work site: _____

Please return to Lyn by August 18th lyn@scantichhealth.org

Upcoming Class Opportunities

East Longmeadow Recreation Department

Cardio Strength: Test your cardio-strength with our certified instructors! Test your ticker and get your muscles pumping. Sign-up now and start your path to better health. Ages 18+ welcome! **Tuesdays, July 6 - August 8** Time: 5:30 p.m. - 6:30 p.m. at the Little Red School House

Outdoor Yoga: Test your heart and muscles while having fun together with our certified instructors! For any ability 18 years or older. Sign up now and start your path to better health. Bring your own yoga mat or just use the grass at Pine Knoll Recreation Area. **Wednesdays, July 7 - August 4; Saturdays: July 24 - August 28** Time: 8:00 a.m. - 9:00 a.m.

For more information, visit <https://eastlongmeadowma.myrec.com/info/default.aspx>.

Please call 525-5437 to register and receive 40% employee discount!

Longmeadow Parks and Recreation

Intermediate - Advanced Karate: Ongoing students will continue to learn & improve the principles of Shotokan Karate found in the SKIF System of kihon, kata & kumite with an emphasis on healthy & efficient breathing, stretching, and moving. Instructor: Sensei James Shea, 7th Dan SKIF (more than 47 years experience). **July 8 - August 28, Thurs 6:30 - 8:00 PM and Sat 9:30 - 11:00 AM**, Old Town Hall \$85 resident; \$95 non-resident.

Advanced Karate and Tai Chi: Continuing advanced students training both Karate & Tai Chi. Instructor: Sensei James Shea. **July 8 - August 28, Thurs 6:30 - 8:00 PM and Sat 8:30 - 11:00 AM**, Old Town Hall \$100 resident; \$110 non-resident.

Intermediate - Advanced Tai Chi: Ongoing students will continue to learn & improve the principles of the 3-part Yang Style Tai Chi Chuan Form, push hands, and application of Tai Chi movements. Instructor – Sifu James Shea **July 10 - August 28, Sat 8:30 - 9:30 AM**, Old Town Hall \$70 resident; \$80 non-resident.

For more information, visit www.lprd.net.

Please call 565-4160 to register and receive 40% employee discount!

Summer Pilates Classes Arice will offer Zoom mat classes on Tuesdays @ 5:30 throughout the summer, starting June 8th. She has a few spaces left for mat classes **in the studio** on Mondays @ 9:00 AM and Tuesdays @ 4:30 PM. Please contact me and Arice (arice@coreandmore.net) to register and contact Arice if you have any questions and to make payment.

Zoom Pilates Classes Janet Burke-Allen is offering classes in-person & on-line through Zoom. You will need to download the free Zoom app. You can mix and match from the following options: **Monday, 9:00 AM mat class (in-studio option)**, **Wednesdays, 9:00 AM weights/stability ball class**, **Thursdays, 3:45 PM mat/stability ball class (in-studio option)** and **Friday 9:00 AM mat/stability ball class**. 6 classes for \$75 (discount for SVRHT) or 10 classes for \$125 (discount for SVRHT) Payment goes to Janet. Please email Janet for more information and to request the link. If you are interested in attending the studio class on Monday or Thursday, please let Janet know ahead of time pilatescenterofwmass@gmail.com

Zoom Pilates Offer for HEROES!" The Pilates Studio in South Hadley has offered all employees a discounted membership to their online Pilates classes! **For \$50/month**, you can access all of their **live-streaming classes** (approximately 25/week) plus all of their **recorded classes** (about 350 classes at 3 different levels, based on your experience). You also have the option of **\$16.10/month** for unlimited recorded classes! AND...**the 2 weeks are FREE!** For more information & to register, click here <https://fitstreams.club/>

Big Y Living Well Eating Smart Virtual Events: <https://www.bigy.com/LivingWell/GetSocial>