

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

We are headed into March, toward spring, and will mark the one year anniversary of this dreaded pandemic. It's been a long year, and a trying one. Give yourselves a pat on the back for hanging in, "pivoting" and getting the job done to the best of your ability, with what you had to work with, in this unprecedented circumstance. Take some time for self-care and reward yourself with whatever brings you joy in a healthy, life-sustaining way. Take a nap, take a class, take a walk, read a book, a magazine, listen to an audio-book, call a friend, cook a new meal, grow a plant, learn a new skill or hobby, take a picture. Have fun and nourish your soul!

Happy National Nutrition Month!

~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



Scantic Valley Regional Health Trust

INSIDE THIS ISSUE:

Coordinator's Corner/Sleep Awareness Week	1
NEW!! Learn to Live Program	2
March is National Nutrition Month	2
Step It Up Walking Challenge!	3
HNE webinar series continues	3
Member Updates	3
HNE March workshop	3
Diabetes Reward Promotion	3
Class Opportunities	4

March 14–20 is Sleep Awareness Week!

Learn more about the importance of sleep!

<https://www.thensf.org/sleep-awareness-week/>





Learn to Live (L2L) is a self-directed, online program geared towards those of us who have been sidelined by depression, anxiety, social anxiety, sleep and substance abuse issues, yet have not received help or treatment through therapy or other avenues.

L2L will be available to **ALL SVRHT members and their family members (aged 13+) starting May 1, 2021**. If you get your insurance (BCBS, HNE, Tufts) through work, you may access this free, totally anonymous program.

Throughout the past year, it has become more apparent that mental health issues are on the rise. It is nothing to be ashamed about. There is help available that can make a difference so you don't have to continue to just live with it. Learn to live a better life.

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This year's National Nutrition Month® theme is **"Personalize Your Plate."** There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds and tastes! Eating healthfully doesn't have to be complicated! Choose nutritious foods that have vitamins, minerals, fiber and other nutrients. See <https://www.eatright.org/food/resources/national-nutrition-month>.

**Smart Tips for Successful Meals** Preparing food at home can be a great way to save money, express creativity and stay on track with healthful eating. However, cooking can also be a challenge for many people. With a few tips and tools, cooking at home becomes a little bit easier for everyone! If you don't have time to plan meals some days or have unexpected guests, a well-stocked pantry can relieve some of the pressure when it comes time to make a meal. Keep the following on hand for quick, easy-to-fix dishes:

- Dried or canned beans, peas and lentils (such as black, garbanzo, kidney, white and pinto beans; green, yellow or split peas and lentils)
- Canned vegetables with no added salt (such as diced tomatoes, peas, green beans and corn)
- Whole grains (such as brown rice, quinoa, oats, millet and whole-grain pasta)
- Pouches or canned fish and chicken
- Olive, canola or other vegetable oils
- Dried herbs and spices
- Frozen Vegetables (such as broccoli, cauliflower, carrots and brussels sprouts)
- Frozen Fruit (such as berries, cherries and bananas)
- Whole wheat pizza dough
- Frozen poultry or seafood

**Don't Stress** You don't need to be a master chef in order to whip up something tasty and nutritious. You can create healthy and tasty meals without a recipe. For example:

- Baked fish with sautéed veggies and rice
- Black bean and vegetable burrito
- Scrambled eggs with cheese, salsa and whole grain toast.

If you don't have an ingredient, try substituting with something similar:

- Making black bean burgers but running short on black beans? Try them with pinto beans instead.
- Having pasta but forgot the sauce? Toss together canned tomatoes, a drizzle of olive oil and season with herbs to provide that extra flavor.
- If you're missing sour cream, plain Greek yogurt can be used in its place in chili, on potatoes and in baked goods.
- Cauliflower can replace broccoli in casseroles and soups.

**Mix and Match** These easy combinations pair well and contain many items you may already have on hand:

- Whole grain pasta with garbanzo beans and canned tomatoes, seasoned with basil and served with a medley of microwaved frozen vegetables on the side.
- Quinoa with black beans, corn, and bell pepper, dressed with olive oil and lime juice.
- Salad with lettuce, hard boiled eggs, tuna, tomatoes and olives and dressed with a little olive oil and vinegar.
- Soup using grilled or baked chicken, low-sodium broth, veggies & brown rice.

Taken from Smart Tips for Successful Meals 2021\_English\_Final.pdf



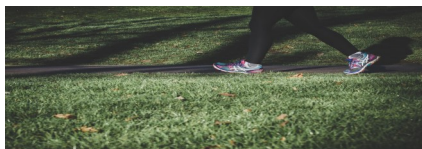
Ready for spring? How about a **spring walking challenge**? The **Step It Up** challenge is free and available to all! This is through Health Action Council and **the team with the highest number of average steps gets a healthy lunch for up to 50 people (a \$500 value) and a \$500 donation made to your local Ronald McDonald House or school garden!** Teams need to have at least 2 people. Register soon, as there can only be 10 teams per organization. When registering, please use "Scantic Valley Regional Health Trust" as the company. Please click the link for more information: <https://go.healthactioncouncil.org/l/496131/2020-12-07/482yx8>

**TEAM REGISTRATION:** Friday, March 5th

**CHALLENGE DATES:** Sunday, March 14th - Sunday, March 28th

**INDIVIDUAL REGISTRATION:** Friday, March 12th

**AWARDS ANNOUNCED:** Tuesday, March 30th



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Health New England has been offering a **"Where Your Health Matters" live webinar series** to educate, engage and empower our community during the pandemic. There are 2 webinars in March and each is around 45-minutes. Guest speakers will be discussing topics of immunity through nutrition, mindfulness, managing emotions and more. The lineup of speakers and topics is below. Attend one webinar or the entire series. Register at healthnewengland.org/Health-Webinars **This is available to ALL EMPLOYEES. You do NOT have to be an HNE member!** Sessions will be recorded for future access. Everyone who attends live via Zoom will be entered into a **raffle for a Panera gift card** (courtesy of HNE) and you will earn **points/raffle ticket for our Wellness Works program!**

Week 5: March 10, 2021 **Where Caregivers Matter** with Kirsten Wright-Cirit, BA, Certified Health & Wellness Coach

Week 6: March 24, 2021 **Where Food & Immunity Matter** with Nancy Dell, MS, RDN, LDN, CDE

You can watch the replays here: <https://www.youtube.com/user/HealthNewEngland>

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All **SVRHT Health New England members** are invited and encouraged to participate in the brand new March workshop called **Mental Health is Overall Health**. It will be visible on <https://healthnewengland.org/wellness/healthy-directions-portal> starting March 1<sup>st</sup> and you will receive 10 Wellness Works points and 50 Healthy Choice points for successful completion!

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BCBS member update: As of January 1, 2021, virtual fitness classes for retirees are eligible for reimbursement under the fitness benefit. All other members will receive this benefit on July 1, 2021. *A qualified fitness program also includes virtual/online fitness memberships, subscriptions, programs, or classes that provide cardiovascular and strength-training using a digital platform.*

HNE member reminder: Up to \$200/individual and \$400/family reimbursement per calendar year towards fitness club membership, aerobic and wellness classes, personal trainer fees and school and town sports registration fees, wellness and fitness apps, nutrition apps, mindfulness apps, bike shares and WW® program. The deadline to submit Wellness Reimbursement claims for 2020 is **March 31, 2021**. All fully funded group members can go to our [Member Portal](#) and complete the reimbursement request under the Forms tab.

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**The Diabetes Rewards Program** is running a registration incentive for all eligible SVRHT members. If you have diabetes or pre-diabetes and haven't enrolled in this cost-saving program, you will receive **an A1c kit** when you do. New members have until April to complete the A1c test. If you become adherent between now and April, you will also earn an additional **\$100 gift card!** Visit <https://www.goodhealthgateway.com/Account/Login.aspx?ReturnUrl=%2f> and select **Scantic Valley Regional Health Trust Diabetes Care Rewards** under the "Please Select Program" tab.



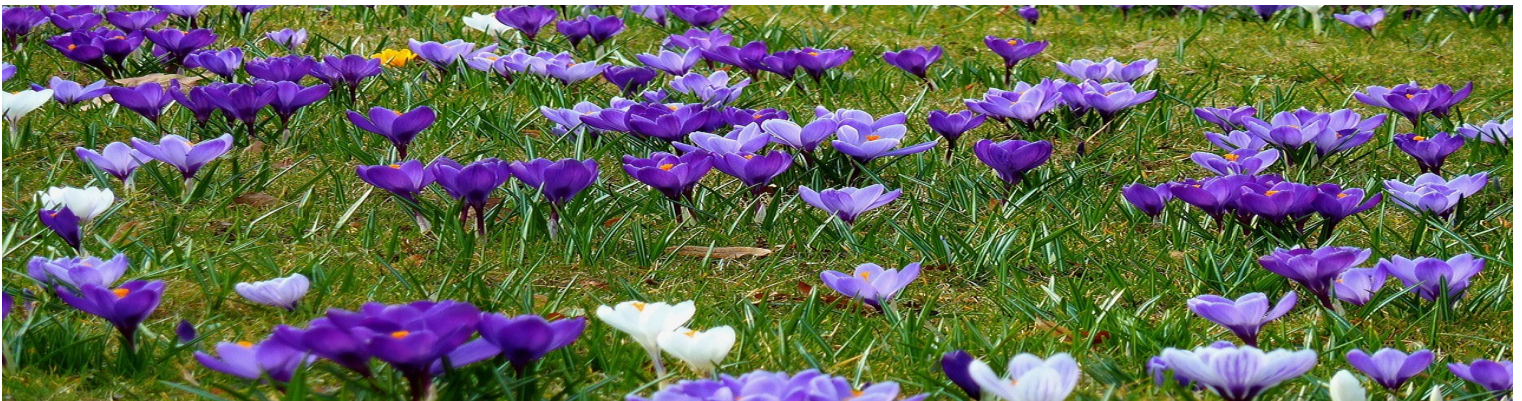
## Upcoming Classes Zoom

**Zoom Yoga with Janine** 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. Class session runs **Monday, March 1 - April 5, 5:00 - 6:15 PM for \$55**. If you attend 5 - 6 classes in the session, you will receive a voucher for a \$10 gift card at a variety of retailers. Please contact Lyn to register.

**Mixed-Level Pilates Mat Class (in studio and Zoom)** This mat class welcomes all levels of exercisers and frequently uses props such as fitness balls, bands, circles, and rollers to enhance exercise benefits. It is developed to provide well-rounded exercises that include core recruitment, arm and leg work, stretching, balance, and coordination. There is a **studio Pilates Mat class** with space for social distancing on **Tuesdays, 4:30 - 5:20 PM, or a Zoom Pilates Mat class on Tuesdays, 5:30 - 6:20 PM**. Both run **March 23 - April 27 (no class 4/6) for \$55** (discount for SVRHT). Please email me to register; payment goes to Arice on the first day of class. Her studio, *Core and More*, is located at 2141 Boston Road in Wilbraham. Those who attend **4 - 5 sessions** of either class will receive a certificate for a \$10 gift card at various retailers! Arice offers a pre-recorded class to use as practice or as a make-up. Please email [arice@coreandmore.net](mailto:arice@coreandmore.net) if interested in the Zoom class so she can send you the Zoom link. Payment goes to Arice. You may pay by check or Venmo.

**Zoom Pilates Classes** Janet Burke-Allen, one of our Pilates instructors, is offering classes 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, Wednesdays, 9:00 AM weights/stability ball class, Thursdays, 3:45 PM mat/stability ball class** 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 [pilatescenterofwestern-ma@gmail.com](mailto:pilatescenterofwestern-ma@gmail.com) for more information and to request the link.

**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 **\$30/month** for unlimited recorded classes! AND...**the first month is FREE!** For more information and to register, click here [The Pilates Studio Heroes Membership](#).



All benefit-eligible employees of East Longmeadow, Longmeadow, HWRSD, Hampden, Wilbraham, & LPVEC will get a 40% Wellness Program discount for adult fitness classes through East Longmeadow Recreation Department. Visit <https://elrec.recdesk.com/Community/Program> for a description of programs. To register and receive discount, please call 413-525-5400 ext. 1301 or email [donna.prather@eastlongmeadowma.gov](mailto:donna.prather@eastlongmeadowma.gov).