

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

Our 2020/2021 *Wellness Works* program is soon coming to a close. This is the time when you reap the rewards for all of your well-being activities and participation! Paperwork for completed challenges must be turned into me by **May 10 for BCBS members** and **May 31 for HNE and Tufts members**.

May is Mental Health Month! What a great time to roll out our new mental health program, Learn to Live (L2L)! Any employee who gets their health insurance from work may use this powerful tool to address anxiety and stress, insomnia, depression, and substance use issues. L2L was designed for those of us who may not want to seek help from a therapist. There is nothing to lose and you might learn a new, better way to live.

Yours for good mental health~

~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

INSIDE THIS ISSUE:

Coordinator's Corner	1
Hypertension Education Month	1
NEW!! Learn to Live Program	2
Spring Webinar Series!	3
Member Updates	3
Class Opportunities	4
Springtime Recipe (one of my new faves!)	4

May is

National High Blood Pressure Education Month

High blood pressure is often called the silent killer. You might not have symptoms, but it's a leading risk factor for heart disease and stroke.

Regularly monitoring your blood pressure, with support from your health care team, can help lower your risk for heart disease and stroke. You can check your blood pressure at the doctor's office, at a pharmacy, or even at home!

Self-measured blood pressure monitoring, combined with regular checkups, can help people control hypertension.

Learn more at <https://www.nhlbi.nih.gov/health-topics/high-blood-pressure>

Taken from: https://www.cdc.gov/bloodpressure/communications_kit.htm



Scantic Valley Regional Health Trust

This past year presented so many different challenges and obstacles that tested our strength and resiliency. The global pandemic forced us to cope with situations we never even imagined, and a lot of us struggled with our mental health as a result. The good news is that there are tools and resources available that can support the well-being of individuals and communities. Now, more than ever, we need to combat the stigma surrounding mental health concerns. Throughout the pandemic, many people who had never experienced mental health challenges found themselves struggling for the first time. During the month of May, we are focusing on different topics that can help process the events of the past year and the feelings that surround them, while also building up skills and supports that extend beyond COVID-19. We know that the past year forced many to accept tough situations that they had little to no control over. If you found that it impacted your mental health, you aren't alone. In fact, **of the almost half a million individuals that took the anxiety screening at MHAScreening.org, 79% showed symptoms of moderate to severe anxiety.** However, there are practical tools that can help improve your mental health. It's important to remember that working on your mental health and finding tools that help you thrive takes time. Change won't happen overnight. Instead, by focusing on small changes, you can move through the stressors of the past year and develop long-term strategies to support yourself on an ongoing basis. A great starting point for anyone who is ready to start prioritizing their mental health is to take a mental health screening at MHAScreening.org. It's a quick, free, and confidential way for someone to assess their mental health and begin finding hope and healing. Ultimately, during this month of May, SVRHT Wellness Program wants to remind everyone that mental illnesses are real, and recovery is possible. It is possible to find balance between life's ups and downs and continue to cope with the challenges brought on by the pandemic. For more information, visit www.mhanational.org/may. Taken from: [MHM 2021 - Drop-In Article.pdf \(mhanational.org\)](#)

Only 1-in-4 people who face a mental health challenge will seek face-to-face therapy.

Scantic Valley Regional Health Trust (SVRHT) Wellness Program is excited to announce our new partnership with **Learn to Live**, a proven, online behavioral health benefit. **This benefit is available to all SVRHT members that participate in our health plan offering and their families ages 13 and older, at no cost. Make a change today for better health tomorrow.**

Hello from Learn to Live!

We are excited to announce our partnership with Scantic Valley Regional Health Trust. You and your family members now have access to our proven, confidential, online behavioral health programs.

Learn to Live is an online resource for those of us who are struggling with stress, depression, sleeplessness, social anxiety or substance use. The online programs are available anywhere, anytime. Built on the principles of Cognitive Behavioral Therapy (CBT) our programs have been proven as effective as in-person care. To learn more about our programs, [visit our website](#), scroll down, and click "take a tour."

We encourage you to take a quick assessment today to find out if any of these challenges are impacting your life. Visit our website learntolive.com/partners and enter the code **SCANTIC**.

As a third-party service, we want to assure you that our **member information is completely confidential** and will not be shared with anyone at Scantic Valley Regional Health Trust or with your health plan.

If you have any questions, please reach out to our team at client-success@learntolive.com.

Warmly,

The Learn to Live Team



Everyone is invited to join in on our **Spring Webinar Series**
Tune in live and you will be entered into a drawing for a wellness prize!

Solutions for Stress Management

Monday, May 3, 6:30 - 7:30 PM (Ninja Express Chopper)

Isolation & Loneliness

Thursday, May 6, 6:30 - 7:30 PM (Immersion Blender)

Goal Setting & Reaching Resolutions

Tuesday, May 11, 8 - 8:20 PM (Water Filtration Pitcher)

Interactive Meditation 101

Friday, May 14, 4:40 - 5:00 PM (Exercise Ball)

Resiliency

Thursday, May 20, 7:00 - 8:00 PM (3-Piece Resistance Band Set)

Women's Health: from Life Balance to Hormone Balance

Wednesday, May 26, 7:00 - 8:00 PM (3-in-1 Resistance Band Kit)

A link to register for each live webinar will be emailed to you. **All webinars will also earn you points/raffle tickets in the Wellness Works program!** You will be able to view recorded webinars for 30 days after the live event by going to our website www.scantichealth.org.

~~~~~  
**HNE Member Update:** During the months of April and May, SVRHT Health New England members can “Spring into a Healthy Routine.” If you haven’t yet done so this year, take the first step towards the healthiest version of yourself by completing your health assessment. The health assessment can be found on the Health New England Healthy Directions portal, powered by WebMD ONE®. By completing your health assessment, you get a personalized health report where you can identify changes to make in your daily routine to improve your overall health. And, **if it’s your first health assessment this year, you will be entered for a chance to win a \$500 Big Y gift card and Fitbit.** You will also earn 10 points in the *Wellness Works* program!

**BCBS Member Update:** The identity protection of our members’ private information is our top priority. To provide you with optimal protection, we offer you identity protection services through Experian®, an industry leader in providing credit monitoring and identity theft protection services. This service is being provided to you, free of charge, for as long as you’re a Blue Cross member, but you’ll need to enroll annually. Sign into [bluecrossma.com/myblue](http://bluecrossma.com/myblue) and click on *My Care*. Then click on *Identity Protection*. Follow the instructions on the page under *How to Enroll* to access the activation code and link to the Experian IdentityWorks enrollment website. If you have questions about the Experian IdentityWorks products or the enrollment process, please contact Experian at 1-866-579-5479. If you’d like to enroll over the phone with Experian, please log into MyBlue or call Member Service at the number on your ID card to obtain the engagement and activation codes. You’ll need to provide these codes to the Experian representative. Members in FEP, Medicare Advantage, and BlueMedicare RX plans aren’t eligible for this service.



## Upcoming Class Opportunities

Test your heart and muscles while having fun together with our certified instructors in **Outdoor Yoga! Wednesdays May 5 - May 26 7:00 a.m. - 8:00 a.m.** 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. Cost: \$20.00; Senior Discount: \$15.00 Location: Pine Knoll Recreation Area. All benefit-eligible employees of East Longmeadow, Longmeadow, HWRSD, Hampden, Wilbraham, & LPVEC will get a 40% Wellness Program discount for this class through East Longmeadow Recreation Department. To register and receive discount, please call 413-525-5400 ext. 1301 or email [donna.prather@eastlongmeadowma.gov](mailto:donna.prather@eastlongmeadowma.gov).

**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 & to register, click here [The Pilates Studio Heroes Membership](#).

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

### LEMON CHICKEN ORZO PASTA Serves 5

|                                                                       |                                                            |
|-----------------------------------------------------------------------|------------------------------------------------------------|
| 3 tsp. olive oil, divided                                             | 2 garlic cloves, minced (let sit for ~5 min after mincing) |
| 1 pound boneless, skinless chicken breast, cut into bite-sized pieces | 2 1/4 cups low-sodium chicken broth                        |
| salt and pepper to taste                                              | 1 cup fresh asparagus, cut into 1 inch pieces              |
| 1/4 cup chopped onion                                                 | 3 - 5 ounces spinach or kale                               |
| 1 cup orzo                                                            | zest and juice from 1/2 - 1 lemon, depending on taste      |
| 1/2 cup shredded parmesan cheese                                      |                                                            |

Heat 2 teaspoons of the olive oil in a large non-stick or cast iron skillet over medium-high heat. When the skillet is hot add in the chicken and season with salt and pepper. Sauté until the chicken is thoroughly cooked then remove it from the skillet onto a plate.

Add the remaining 1 teaspoon of olive oil to the skillet then add in the onion. Sauté for one minute or until the onion starts to soften.

Add in the orzo and garlic and sauté for about a minute. Pour in the chicken broth, stir everything together and bring it to a boil.

Once boiling, cover with a lid and reduce the heat to medium-low. Simmer for approximately 5 minutes and then add the asparagus. Simmer covered for an additional 5 minutes, then add the spinach. Cook for one minute or until spinach is wilted. Remove the lid and if there is any excess liquid remaining continue to cook uncovered for another minute.

Add the cooked chicken back into the skillet and stir in the lemon zest, lemon juice and Parmesan cheese until everything is combined. Garnish with more Parmesan cheese, if desired. Serve immediately and enjoy!

Taken from <https://www.foodiecrush.com/15-asparagus-recipes/>