

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

Philadelphia started another indoor mask mandate last month. Vaccination clinics are popping up. Cases are on the rise. Here we go again with another highly transmissible strain of Covid-19. More than a few people I know have tested positive lately. Please do what you can to stay healthy and safe and non-infected, including eating nutritious foods. For updated information in MA, please visit <https://www.mass.gov/covid-19-updates-and-information>.

Our **Wellness Works** program is wrapping up this month—May 10th for BCBS members and May 31 for HNE, Tufts members and benefit-eligible employees. Please make sure you get all of your completed challenge sheets to me by those dates.

Take good care~

~Lyn

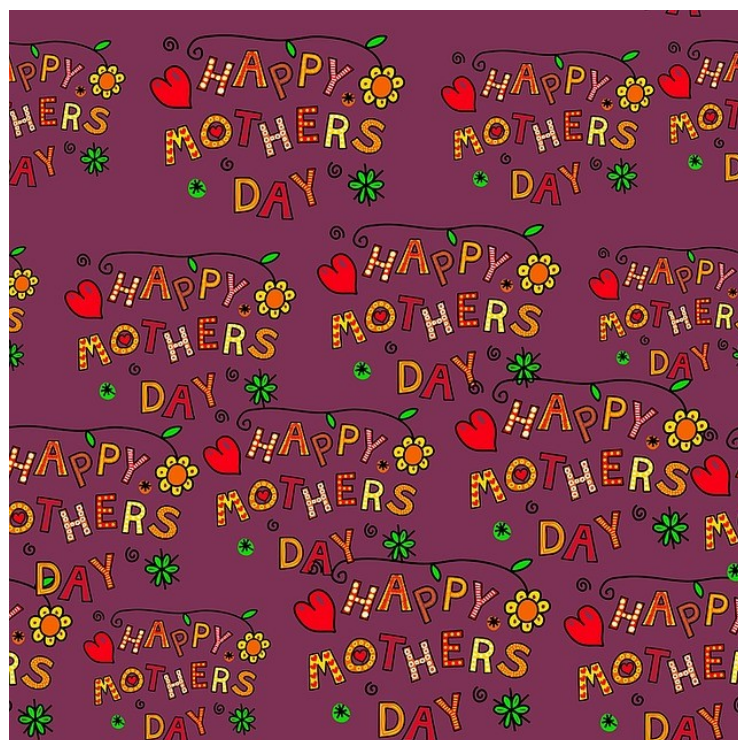
For more information on anything in this newsletter, please contact me at lyn@scantichealth.org or lyn.fioravanti@eastlongmeadowma.gov.

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

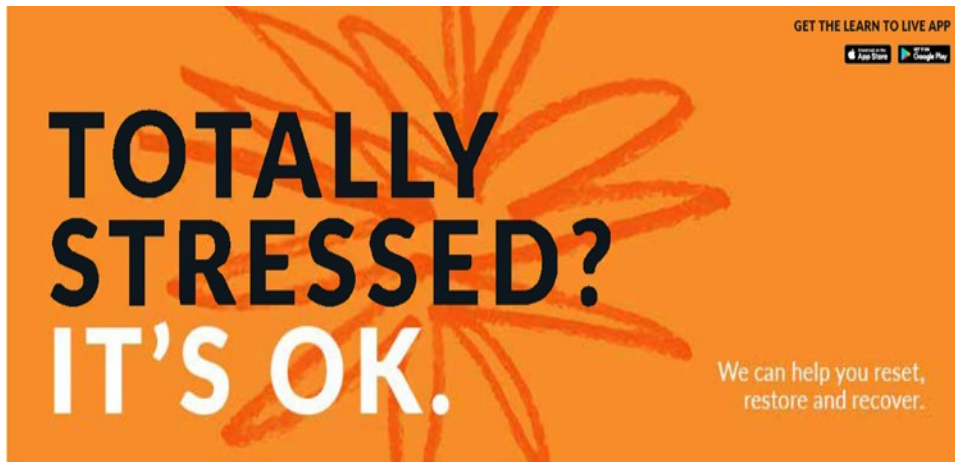
Visit us on the web! www.scantichealth.org

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Scantic Valley Regional Health Trust



Over the past 2 years of pandemic living, it's normal to feel stressed, overwhelmed or stuck. *Learn to Live* is an online resource to support you with these feelings. In recognition of **Mental Health Awareness Month** this May, take time for yourself and complete a 5-minute mental health assessment (at no cost) to see which issues may be affecting your health. This assessment will give you immediate results and provide you with recommendations for next steps.

We challenge you to make your emotional well-being a priority. For a limited time, you can explore our programs for your chance to win 1 of 1,000 Amazon e-gift cards, with values up to \$100. This promotion runs from May 1 – 31! To qualify:

[Enroll](#) in a Learn to Live program using access code **SCANTIC**¹

[Complete](#) a lesson within a program²

Learn to Live's digital programs provide strategies to help you navigate challenging times.

We can help you reset, restore and recover.

Getting Unstuck: The Science of Moving Forward

Do you often feel stuck or powerless in times of uncertainty? Join us for our latest [webinar](#) in which the Learn to Live team will help you assess your own challenges and share powerful strategies to help you thrive despite the unknown. You will learn practical ways to restore your wellbeing through specific actions and an intentional approach to difficult thoughts and emotions.

[Wednesday, May 4, 2022: 12-12:30pm CST/1-1:30pm EST](#)

[Tuesday, May 10, 2022: 4-4:30pm CST/5-5:30pm EST](#)

[Friday, May 20, 2022: 11-11:30am CST/12-12:30pm EST](#)

[Tuesday, May 24, 2022: 9-9:30am CST/10-10:30am 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.

Full terms and conditions of the challenge can be found [here](#).

This gift card promotion is only open to legal residents of the fifty (50) United States and District of Columbia but excluding Florida and New York who are 13 years of age or older as of the date of entry.

¹All employees and family members ages 13+ are eligible

²Each completed lesson earns you one entry; max of two entries per person

HNE Member Update: The [WebMD ONE](#) Health Risk Assessment (HRA) now has updated questions, a modernized look, improved answer choices and a more user-friendly results page to empower healthy changes.

By taking the HRA for the first time in April and May, members can "Spring Into a Healthy Routine" and be entered for a chance to win a \$500 Big Y gift card and Fitbit. Log in at webmdhealth.com/hne and click on the Health Assessment card under Recommended For You on the homepage. Start a new daily routine to improve your health.

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_nqhlo75DQ0C1CYkj_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.

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

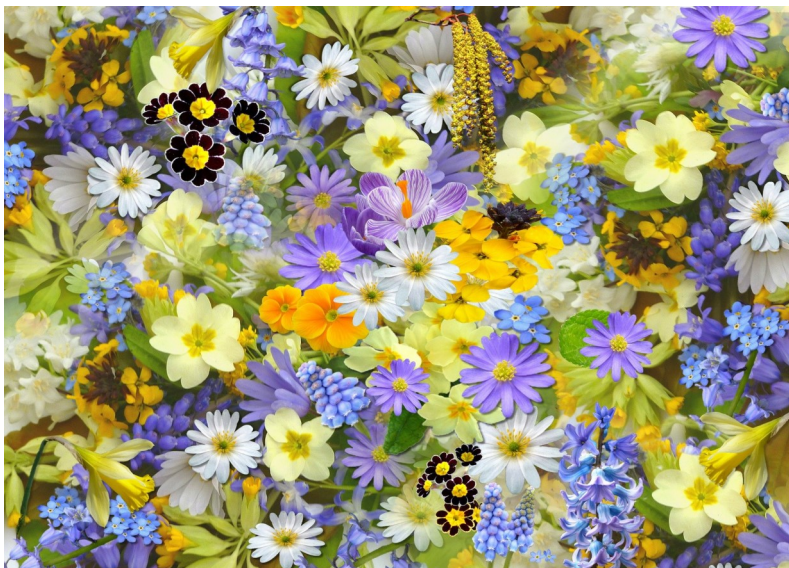
ALL EMPLOYEES are invited to participate in any or all of these free live webinars! SVRHT members (BCBSMA, HNE, Tufts) will receive 10 points for each one viewed. Benefit-eligible employees will receive one raffle ticket for each one viewed. If you cannot join us live, you can earn points/raffle tickets 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

SVRHT Wellness Program Calendar of Live Webinars!

Tuesday, May 10, 7:00 – 8:00 PM **Balance & Boundaries** It's time to take action on establishing Work/Life balance. With many changes that have taken place personally, professionally, and globally, new foundations need to be established. The pandemic transformed working life, creating a “new normal”. With many changes happening at once, becoming a master of your time and energy is THE KEY to success at work and at home. Knowing how to focus on the right things at the right time is everything. Join us as we establish balance and boundaries in your daily life.

Register here: https://us02web.zoom.us/webinar/register/WN_rV3VRIPVQ8qe95C4LnV5Yg

Thursday, May 19, 6:00 – 7:00 PM **Build a Heart Smart Pantry & Cook for Wellness** Participants learn how to prepare quick easy meals, healthfully! The program includes information on how to build a heart smart pantry to prepare quick healthful meals in minutes! Recipes and meal planning information included.



LPVEC Benefits Fair

All LPVEC employees are invited to join us at the in-person benefits fair on **Thursday, May 19th at Career TEC!** Representatives from health plans, GHG Diabetes Rewards Program, Employee Assistance Program, Lyrica, CanaRX will be there along with other employee benefit programs and community partners. Stop in between **9:00 AM - 1:00 PM** to get your benefits questions answered. See me at the Wellness Program table to put your name in for the raffle prizes. Seated chair massage will also be offered!

Upcoming Class Opportunities

Mindful Movers Yoga Class: Join Arlene McLean to practice vinyasa yoga, mindfulness, breathing techniques, and meditation. Wear comfortable clothing, bring a yoga mat, and a water bottle. This session will be 4 classes for \$40. Wednesdays, May 4, 11, 18, 25 from 3:30 - 4:45 PM at Center School Gym in Longmeadow. Please contact me to register. Attend all 4 classes and receive a \$10 Amazon gift card!

Pilates Classes: Mixed Level Mat Pilates Classes start **Tuesday, May 24** 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, May 23 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. 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

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.

Asparagus, Mushroom and Scallion Sauté Serves 4-6

This is an easy and scrumptious side dish that is filled with nutritional zip.

Ingredients

1 bunch of asparagus, trimmed and cut crosswise in half
5 scallions, white and green parts, sliced into one inch pieces
1 eight oz. container of mushrooms of choice, sliced
2 garlic cloves, minced
2 tbsp. extra virgin olive oil
Salt and fresh cracked pepper to taste
Juice of ½ lemon

Directions

Heat olive oil over medium high heat in a skillet. Add asparagus, onions, mushrooms, salt, and pepper, and sauté stirring often to prevent burning but allowing the vegetables to develop browned, roasted spots. When the asparagus begin to release moisture, about 3-4 minutes, add garlic, reduce heat to low, and cover with a lid so they can steam in their own moisture until they are crisp-tender, about 2 minutes. Squeeze in the fresh lemon juice, more pepper, and serve.

Taken from: <https://drannwellness.com/recipes/asparagus-mushroom-and-scallion-saute-2/>

