

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

The beautiful fall season has arrived! Every year we are gifted these sunny days, partnered with crisp air and cool nights. Trees are turning, leaves are falling and pumpkins are everywhere. Is it to reward us for enduring the hot, humid days of summer? Or are these glorious days meant to be held in our memory during the stormy, frigid winter? Either way, this is a time to be present and in awe.

I am beyond thrilled and grateful to have been named the **GOLD** winner in this year's *Well Worth It Award* from HNE! It is an honor that they have chosen our wellness program for the 3rd year in a row for the top spot. Please look into what we have to offer and let me know if something YOU need is missing.

Have some fun this fall~

~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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October is **Breast Cancer Awareness Month**

These facts about breast cancer are startling:

- >Each year in the United States, about 255,000 women get breast cancer and 42,000 women die from the disease.
- >Men also get breast cancer, but it is not very common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.
- >Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.

You can do things to help lower your breast cancer risk:

- >Keep a healthy weight and exercise regularly.
- >Don't drink alcohol, or limit the amount of alcohol you drink.
- >If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.
- >Breastfeed your children, if possible.

Taken from <https://www.cdc.gov/cancer/dcpc/resources/features/breastcancerawareness/index.htm>



Scantic Valley Regional Health Trust

Our **2021/2022 Wellness Works** Program has begun! This yearly program is a chance to improve your health, change some habits, learn something new, deal better with stress, eat healthier foods, quit smoking, take a class, jump-start an exercise routine, watch some informative webinars and take part in interesting challenges. And there's more! Some new additions are in this year's line-up, and other opportunities are added as the year progresses. AND...all SVRHT members (those of you who get your health insurance through work, i.e., the Trust) and spouses can take advantage of all of this and earn up to 200 points (which translates to dollars in June) in the process! All other benefit-eligible employees are welcomed and encouraged to participate as well, earning a raffle ticket for each completed activity (earn up to 20 raffle tickets) for prize drawings in June!

To see what your program looks like, **HNE members** click here :

http://www.scantichealth.org/documents/wellness/wellness-points/WellnessWorks_HNE.pdf

For **BCBS members**, please click below:

http://www.scantichealth.org/documents/wellness/wellness-points/WellnessWorks_BCBS.pdf

Benefit-eligible employees click here:

http://www.scantichealth.org/documents/wellness/wellness-points/WellnessWorks_nonmembers.new.pdf

Tufts members may use the benefit-eligible employee details at the link above. The folks over at Tufts are in the process of changing portals for their wellness options, so additional options will be forthcoming. Tufts members stay tuned!

Some of the monthly challenges have changed, and there may be others that are offered in the coming months as well. If in doubt, all eligible challenges can be found here:

<http://www.scantichealth.org/documents/wellness/wellness-points/challenges.html>

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## Learn to Live *All You Challenge* runs October 4 - 29!!

Prioritizing our emotional well-being is one of the most important things we can do. If you've often wished you could make time to explore feelings of anxiety or depression, take a look at our proven online programs. You deserve to feel good.

This Fall, jumpstart your emotional well-being and take back the wheel from stress and worry. Participate in the Learn to Live, **All You Challenge**!

Enroll in any of our proven online programs - or complete an online lesson - and you'll be automatically entered to win an Amazon.com gift card for up to \$50. To enter, just do two entries of the following:

Enroll in a Learn to Live program

Complete a lesson

Get started today! [www.learntolive.com/partners](http://www.learntolive.com/partners) (SCANTIC)

Challenge entry details: Sign up anytime between October 4-29, 2021; 2 entries max per person. Full terms and conditions of the challenge can be found [here](#).





AND



*Are pleased to provide this no-cost weight loss program!*

**Did the last year leave you with a few extra pounds?**

If so, then join SVRHT and Healthy Fit Family  
for our 6-week online weight loss program!

This program is free to all SVRHT employees and their family members.

It is available on demand so you can take it at your own  
pace - when it is convenient for you.

Click Weight Loss for Life link below to sign up for this course - you have nothing to lose -  
except for maybe those extra COVID pounds!

[Weight Loss for Life](#)

(If for any reason the link doesn't work, we've got you covered):

<https://healthy-fit-family.newzenler.com/courses/weight-loss-for-life-copy>

There is also an optional Facebook support group that you are welcome to join! Both Marcy and I will be engaging with you!

This program is for all municipal employees, retirees, and family members in East Longmeadow, Hampden, HWRSD, Longmeadow, LPVEC and Wilbraham.

All SVRHT members will earn 10 points in this year's *Wellness Works* program for participating in this lifestyle program.  
All other employees will earn a raffle ticket towards prizes.

## Upcoming Class Opportunities

**Pilates Classes:** A new session of **Mixed Level Mat Pilates Classes** in Wilbraham is starting **Tuesday, October 12 for 5 weeks**. If you are interested in the 4:30 in-studio class, please email Arice [arice@coreandmore.net](mailto:arice@coreandmore.net) to see if she has openings. There are openings in the **5:30 PM (studio OR Zoom) class**. There are openings in the Pilates High Intensity Interval Training (PHIIT) class on Mondays @ 5:30 PM starting 10/18. Please contact Arice if you have any questions and to make payment. Core and More Pilates Studio, 2141 Boston Road, Wilbraham. \$55 for 5 weeks (discount for SVRHT). Those who attend 4 - 5 sessions receive a certificate for a \$10 Amazon gift card! You can mix & match in-person and Zoom classes.

**Zoom Pilates Classes:** Janet Burke-Allen is offering classes in-person & on-line through Zoom. You can mix and match from the following options: **Wednesdays, 9:00 AM weights/mat class**, **Thursdays, 3:45 PM mat 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 in-studio classes, please let Janet know ahead of time [pilates-centerofwmass@gmail.com](mailto:pilates-centerofwmass@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 2weeks 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> As always, their 3 dietitians are available for FREE nutrition coaching sessions and you can [register here](#).

Our friendly dietitian/cooking instructor Sue Mazrolle is back in western MA (virtually, that is)! She is filling in for Big Y R.D. Jacqui Campbell for a few months and will be hosting several Big Y virtual nutrition events. **So, if there is any topic you would like her to address or concentrate on, please let me know and she can put it on her November or December calendar.**

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Longmeadow Parks & Recreation Classes

Karate - Shotokan Style: Ages 14+ Tuesdays 7:30 - 8:50 PM, Thursdays 6:30 - 7:50 PM Old Town Hall. Session #2: November 2 - December 21 Fee: \$85 Shotokan Karate-Do (SKIF System) is a traditional Japanese martial art that includes kihon (basics), kata (forms) and kumite (sparring).

Tai Chi - Yang Style: Ages 14+ Times: Tuesdays, 6:30 - 7:30 PM or Wednesdays, 8:30 - 9:30 AM Olde Town Hall Dates: Session #2: November 2 - December 15 Fee: \$70 Tai Chi is a gentle form of exercise with an emphasis on deep breathing, slow movements, and chi (energy) development. It can help improve muscle strength, flexibility, balance, and fitness, and could be the perfect activity for the rest of your life. The class involves traditional warm-ups and gentle stretching, breathing exercises, stances, and an introduction into the traditional Yang Style Form.

Intermediate – advanced Karate and Tai Chi classes can be found here:
<https://www.longmeadow.org/1216/Intermediate---Advanced-Karate-Tai-Chi>

