



Wellness Matters!

July/August 2013

All municipal employees in East Longmeadow, Hampden, HWRSD, Longmeadow, LPVEC and Wilbraham may participate in any of the programs listed. Retirees, family members and friends are also invited to participate.

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Improve Health & Save Money With These Two Great Programs!

Scantic Valley Regional Health Trust offers two programs to you and your family members on your health plan that can help you save money and improve your health.

The **Good Health Gateway®** Diabetes Program is a program designed to help people manage their diabetes & pre-diabetes by encouraging them to see their doctor and get the necessary lab work and exams to keep their diabetes under control. By getting these recommended tests you are lowering your chances of having complications and

getting sick. Not only do you improve your health but you save money by getting your diabetes medications and supplies for \$0 copays if you are meeting the program requirements. If you have questions or would like to register please visit the website www.goodhealthgateway.com or call (800) 643-8028 to speak with a helpline advocate.

The other program available for you and your family members is a medication savings and safety program called **My Medication Advisor®**. This program is

designed help you get your brand name maintenance (long term) medications for \$0 copays. It's a mail order program through an international supplier that ships the medications to your home and supplies you with automatic refills.

For more information and instructions on how to participate, please visit www.mymedicationadvisor.com or call (800) 643-8028 to speak with a helpline advocate.

The Great Outdoors

This summer, you may want to mix-up your usual indoor workout routine by taking it outside for a hike, which can benefit you in more ways than one.

“When you hike, you hit your body from lots of different angles and engage muscle groups you may miss at the gym, like the back, outer thighs and deep-core

muscles,” say Stave Silberberg, founder of Fitpacking, an outfitter in Hull, Mass., that runs backpacking trips. The variety of challenges trails offer—logs to climb over, ditches to avoid—puts some on a par with the most grueling boot-camp workouts.

Exploring outdoor paths is also good for your brain.



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Spoiler Alert!

Amy Higgins, BC/BS

With warm weather comes cookouts, picnics, relaxing alfresco dining with friends and family, and that unwelcome visitor - food poisoning. It's more common than most people think. According to the CDC, about 1 in 6 Americans (48 million people) suffer from food poisoning each year. Symptoms range from mild to severe and can include upset stomach, abdominal cramps, nausea and vomiting, diarrhea, fever, and dehydration. The result is approximately 128,000 hospitalizations and 3,000 deaths each year.

Food poisoning can be prevented with some common sense safe food handling practices. **Did you know that perishable food should not sit out for more than two hours, and just one hour in temperatures above 90°F?** When in doubt, chuck it out! It's vital to keep hot food hot and cold food cold. The U.S. Food and Drug Administration (FDA) has some great advice on keeping food safe outside <http://www.fda.gov/food/resourcesforyou/Consumers/ucm109899.htm> and the USDA weighs in with some food safety tips when hiking, camping and boating http://www.fsis.usda.gov/factsheets/food_safety_while_hiking_camping_&_boating/index.asp

Tips For Grilling: Always cook to safe minimum internal temperatures. **Use a thermometer.** Don't judge by the color of the food. Use the handy minimum cooking temperature chart from U.S. Health and Human Services <http://www.foodsafety.gov/keep/charts/mintemp.html>

- Keep food out of the "Danger Zone" - between 40°F and 140°F, that's when bacteria in food can multiply rapidly
- Marinate meats in the refrigerator, not on the counter, and do not use leftover marinade as a sauce
- Don't reuse the same platter, utensils, cutting board for raw and cooked meat, poultry, and seafood
- Never partially cook and refrigerate food. That encourages bacteria growth.

Tips For Packing The Cooler

- Keep food cold! 40°F or below
- Always use ice or gel packs to keep food cold (frozen water bottles work well)
- Don't cross-contaminate. Store sealed raw meats at the bottom and ready to eat food on the top
- Freeze meat and poultry, they will stay colder longer in the cooler
- **Use a separate cooler for beverages.** That way, the perishable food cooler can stay closed longer.

When you reach your destination, place the cooler in the shade.

A thermometer is a crucial tool to gauge food safety. The USDA has an informative fact sheet on the different types of food thermometers available http://www.fsis.usda.gov/factsheets/Kitchen_Thermometers/index.asp. Which is better, a wood or plastic cutting board? Find out at http://www.fsis.usda.gov/factsheets/Cutting_Boards_and_Food_Safety/index.asp

The Academy of Nutrition and Dietetics reminds us to keep the cooler in the air-conditioned car and not in the hot trunk. Check out their site for more tips <http://homefoodsafety.org/outdoor-dining>

You want your friends to remember your wonderful event, (not the ill effects of the potato salad that was a little "off"). Some preparation now can prevent some serious discomfort later. So leave bacteria off the guest list this summer. Now let's get out there and enjoy ourselves!

Coming in the Fall...Group Activity Classes!!

Line Dancing Classes with Debbie

Starting Tuesday, September 3

\$18 for 6 weeks

West Springfield Senior Center

128 Park St, West Springfield

9:30 - 11:00 a.m.

Starting Friday, September 6

\$18 for 6 weeks

East Longmeadow Senior Center

328 N Main St, East Longmeadow

4:00 - 5:00 p.m.

Line Dancing Classes

with Lynn Connelly

Starting Wednesday, September 25

\$32 for 4 weeks

Longmeadow Community House

4:00 - 5:00 p.m.

Self-Care Yoga Classes

with Kate Forest

Starting Tuesday, October 1

\$60 for 6 weeks

Wilbraham Town Hall

4:45 - 5:30 p.m.

Pre-registration for all classes is required. Checks should be made out to SVRHT. Please contact Lyn Hollinger to register at lyn@scantichealth.org or 896-9080.

Have you ever found yourself surrounded by too many choices in the supermarket? Scratching your head trying to read nutrition labels and figure out how it relates to you??

Let Allison Clark, Registered Dietitian, help you in making nutritious choices. This is a wonderful opportunity to learn from, and ask questions of, a nutrition expert! Join her in a guided tour of the supermarket aisles.

Two tours available: **Thursday, September 12 @ 5:00 p.m. Longmeadow Big Y**

Monday, September 16 @ 10:00 a.m. Chicopee Big Y

Space is limited to 10 people. All who attend will receive a reusable shopping bag!

Please contact Allison at 977-1194 or AClarkRD@gmail.com to register.

****For HNE Members****

Introducing HNE's Mobile App— Convenience at Your Fingertips

With HNE's Member Mobile App, you can:

- ⇒ Save paper
- ⇒ Look up and search for Providers in the network
- ⇒ Search for urgent care centers, hospitals, or pharmacies by proximity
- ⇒ Fax your ID card

This app is free of charge to any smart phone user. Please go to hne.com/mobile to download the app.

We're on the web!
www.scantichealth.org

Coordinator's Corner

Congratulations to all of you who participated in our spring walking challenge! Many of you walked thousands of minutes during the 6-week program! For those of you looking to step it up, I hope you read the article on hiking in this issue.

I would like to thank Leslie Smith Frank for her workshop on mindfulness and stress reduction. The attendees learned practical ways to better handle the stresses of everyday life. We all discovered ways to become more "present" in our daily experiences. It was a lovely way to spend some time learning about slowing down on a busy afternoon.

If you are interested in mindfulness and meditation for stress, you may want to check out these websites that Leslie shared with us:

www.getsomeheadspace.com

<https://insighttimer.com/>

www.umassmed.edu/cfm/

Yours in wellness~

Lyn



Local spots for hikes, walks and bikes:

Robinson State Park
Mittineague Park
CT Riverwalk and Bikeway
Five-Mile Pond Park
Stanley Park
Stony Brook Park
Chicopee Memorial State Park
Skinner State Park
Brimfield State Forest
Stony Brook Park
Blunt Park

The Great Outdoors (continued from page 1)

Research shows that just five minutes of exercise in a natural environment boosts your mood, which makes total sense: lush scenery is more inspiring than a gym television permanently stuck on ESPN. Away from our cell phones and tablet devices, our minds can relax, scientists say, freeing up our imagination.

Anyone at any fitness level can join Mother Nature's gym. "If a person is capable of going up a flight of stairs, they can hike," says Marc Alabanza, program director for

The Ranch at Live Oak in Malibu, CA. So break out that backpack and follow these simple strategies to increase your fitness-and-pleasure-payoffs.

Find a trail using some helpful websites such as trails.com and localhikes.com where you can enter a zip code to find hiking spots in your area.

Keep good form: On flat stretches, "walk like you are proud—shoulders pulled back and relaxed, spine in line and leading with your chest, not your

knees." On downhill sections, reduce the length of your stride to make the slopes more manageable and increase traction. When you encounter a monster climb, do a light squat to balance better. Take breaks when you need them (when your form starts to suffer) and down plenty of water.

Excerpts from this article taken from *Health* magazine, July/August 2013.