

Wellness Program Newsletter

Wellness Matters

All 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. Friends are also invited to participate, however will not be eligible for incentives.

In like a lion, out like a lamb...that's what is said about March. I don't know if that will be true this year, we'll have to take each day as it comes. I do know that there are plenty of happenings to get us ready for spring and I hope you find something here!

Our HNE members kicked off the 2017 incentive program with 107 attending the biometric screenings! There is still time to participate, even if you missed the screenings. You can find info on the program on our website under *Wellness Works! for HNE members*.

The biometric screenings for BC/BS and Tufts members take place this week; there are still openings available on Thursday, March 2 in East Longmeadow. Members can sign up for a screening time on our website under *Wellness Works! for BC/BS members*.

We will have a 6-week walking challenge this spring for all employees using the WalkingWorks portal as in past years. This challenge will run April 10 - May 22 and the first 50 people to register will receive an aluminum LED flashlight with strap for those who walk before sunrise or after sunset! More info to come when registration is open in late March.
~Lyn

For more information on anything in this newsletter, please contact me at lyn@scantichealth.org. You can also "like" us on FB: <https://www.facebook.com/scanticvalleywellness/>

Employee Benefits Fairs

HWRSD/Wilbraham/Hampden

Friday, March 17th 1:30 - 4:30

Minnechaug Cafeteria

Longmeadow Town/Schools

Wednesday, April 26th Noon - 4:30

Longmeadow Community House

East Longmeadow Town/Schools

Thursday, April 27th 1:00 - 4:30

Birchland Park Middle School Gym

HNE, BC/BS and Tufts members: attendance at a fair AND completion of on-line interest survey qualifies as an 'on-site' event for *Wellness Works!* and can earn you 25 points!

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Jumpstart Success with Diabetes

Diabetes is widely misunderstood. The Challenge Diabetes Program (CDP) was created in participation with the YMCA, Mercy Medical Center, Bay State Medical Center and Chet Galaska, author of *The Diabetes Book: What Everyone Should Know* to explain the facts and encourage effective treatment.

Common myths create misunderstanding and a stigma regarding diabetes. Here are a few:

Diabetes is caused by personal behavior. The underlying cause is called insulin resistance, which is associated with genetics, ethnicity, age and other factors beyond personal control. Weight, inactivity and diet are critical to managing the disease but they do not cause it.

If you're overweight you'll likely become diabetic. In fact, only about one in seven overweight people ever become diabetic while many thin, active people do.

Complications are inevitable. Today, kidney disease, cardiovascular disease, nerve damage, blindness, amputations, early death and others can be avoided or treated.

Diabetics need strict diets. Most foods can be eaten; it's a question of what and how much.

It's not as serious as it used to be. Diabetes was always fatal until we learned to treat it. If we neglect it, it still is.

CDP is a three-session course that teaches the basics of diabetes and gives diabetics an opportunity to get support from others who walk in their shoes. Participants know firsthand that people with diabetes deserve respect for fighting it.

Diabetics who complete the classes are challenged to lower their blood glucose level by "working around the edges" of their current lifestyle. To help with this, they receive a **free one month YMCA membership** to implement things they've learned. Those who succeed receive a free "Challenge Met" t-shirt to recognize their achievement.

The program is free and open to diabetics, their relatives or anyone who wishes to learn more about the disease. The next sessions will be held on **4/6, 4/13 and 4/20 at 6:00 pm.** **All are held at the YMCA of Greater Springfield, 275 Chestnut St., Springfield, MA 01104.** For more information, please see www.challengediabetes.us or call 413-567-0660.

Written by Chet Galaska.

~~~~~March is Colorectal Cancer Awareness Month~~~~~

Colorectal cancer is the fourth most common cancer in the United States and the second leading cause of death from cancer. Colorectal cancer affects all racial and ethnic groups and is most often found in people ages 50 and older.

The best way to prevent colorectal cancer is to get screened regularly starting at age 50. There are often no signs or symptoms of colorectal cancer – that's why it's so important to get screened. To increase awareness about the importance of colorectal cancer screening, **SVRHT Wellness Program** is proudly participating in Colorectal Cancer Awareness Month by reminding you that we offer a \$100 gift card to employees when you have a preventive colonoscopy. This isn't just during March, but all year long! Once you have your colonoscopy, contact Lyn to get your reward for getting this important screening DONE!

People over age 50 have the highest risk of colorectal cancer. You may also be at higher risk if you are African American, smoke, or have a family history of colorectal cancer. Everyone can take these healthy steps to help prevent colorectal cancer:

- Get screened starting at age 50.

- Encourage your family members and friends over age 50 to get screened.

- Quit smoking and stay away from secondhand smoke.

- Get plenty of physical activity and eat healthy.

Celebrate *National Nutrition Month®* by treating yourself to a “hands-on” cooking class!

Flexing Your Mealtime Menus

Flexitarian is the latest trend in healthy eating. More and more Americans are discovering the health benefits of eating less meat. You don't have to be a complete vegetarian to experience the benefits. Learn how to incorporate veggies and whole grains into recipes to enhance flavor and nutrition.

Tuesday, March 14th 3:30 – 5:00 p.m.

Mediterranean in Minutes

Healthy eating doesn't have to take a long time to prepare. Busy families with lots of activities on the calendar need to be able to assemble quick meals and healthy snacks in the blink of an eye! Join us as we explore how to incorporate quick cooking whole grains, healthy frozen and yes, even some canned foods into your repertoire! You'll be off and fully fueled in no time flat!

Thursday, March 23rd 4:30 – 6:00 p.m.

Search for the Whole-y Grains

In honor of Whole Grain Day, we'll cook up some delicious whole grains.

Brown rice is only one of many whole grains. Have you cooked with bulgur, faro, quinoa, teff, or millet (it's not just for the birds!). Sample the various grains and learn to use them as a warm side dish, as breakfast bowls or as salads.

Wednesday, March 29th 5:30 – 7:00 p.m.

All classes take place at Nutrition Lab at Minnechaug Regional High School

****Please inform Lyn of any allergies you have when registering for the class****

Raffle drawing in each class for this shopping bag!

\$15 per class includes:

1 hour preparation and cooking session
½ hour sit-down tasting of all menu items
Recipes, lentil cookbook & nutrition information
from Registered Dietitians,
Sue Mazrolle, MSRD, LDN & Lyn Fioravanti, MPA, RD, LDN



HNE members: There is still time to register for Teladoc, your 24/7 access to quality medical care and win prizes! Simply activate your Teladoc account and complete your medical history and you will receive a stainless steel water bottle! You will also be entered into a drawing for a FitBit fitness tracker if you complete your registration by March 3! [Teladoc.com/start](https://teladoc.com/start) or 1-800-teladoc (835-2362).

Upcoming Classes

New Class! Gentle Yoga/Pilates Fusion with Michelle Caron

Mondays, March 6 - April 24 5:00 - 6:00 p.m. 8-week session for \$80*

Wilbraham Senior Center, adjacent to YMCA

Join us for a fun Hatha/Ashtanga/Pilates fusion that is appropriate for complete beginners through intermediate levels of experience with yoga and/or Pilates.

Gentle Hatha Yoga with Sarah Johnson

Wednesdays, March 8 - April 12 5:00 - 6:15 p.m. 6-week session for \$60*

Awakening Heart Studio, Wilbraham United Church, Main Street, Wilbraham

Weight Watchers at Work

14-week session for \$156 (that would be \$6 with your \$150 health insurance weight loss reimbursement!)

Registration meeting on Monday, March 6 at 4:30 p.m. at the East Longmeadow Senior Center

East Longmeadow Recreation Department

Cardio Strength Class March 6 - April 27 Mon & Thurs 6-7 PM \$50 (resident)

Yoga March 6 - April 24 Mondays 7-8 PM \$40 (resident)

Both classes take place at Pleasantview Bldg, 328 No Main St

Apply in person to receive 40% employee discount

Longmeadow Park & Recreation Department

Karate: March 2 - April 29 Tues 7:30 - 9:00 p.m./Thurs 6:30 - 8:00 p.m. \$75 Olde Town Hall

Tai Chi: March 7 - April 25 Tues 6:30-7:30 PM \$60 Olde Town Hall

Also basketball, softball and volleyball—see website for more details

New Class! Tabata Bootcamp with Erica Soares

Wednesdays, March 15 - April 12 3:30 - 4:15 PM 5 weeks for \$50* Career TEC gymnasium

High Intensity Interval training where you put in your best effort for 20 seconds, then rest for 10 seconds giving you 4 minutes of work per exercise. These bursts of energy followed by short periods of rest have proven to strengthen muscle tone and accelerate the fat burning process five times after your recovery. There are modifications for all exercises and is appropriate for all fitness levels. All you need is a mat and water bottle.

Did you know...If you have HNE or BC/BS through the Trust, you get \$150 per year for a gym reimbursement AND \$150 per year for a weight loss reimbursement!! So, if you are interested in the Weight Watchers at Work class, it will only cost you \$6!!

*If you are a town employee and work 20+ hours/week in any of our 6 municipalities, you will receive a 40% discount on these classes! Submit a check for the full amount of the class price. If you are a benefit-eligible employee and attend all classes in the session (1 missed class is okay), you will receive a Visa gift card worth 40% of the class price at the end of the session. This does NOT apply to Park and Rec classes, as you automatically get the discount when you pay them (they will charge eligible employees 60% of their class price).