



# Wellness Matters

The newsletter of the

Scantic Valley Regional Health Trust

## Wellness Program

All municipal employees in Hampden, Wilbraham, HWRSD, East Longmeadow, Longmeadow, and LPVEC may participate in any programs in any location. Family members and retirees are also welcome.

### Coordinator's Corner

I am so pleased to share my first newsletter with all of you. My short time as Wellness Coordinator has given me a taste of what a fabulous group of people you are! I want to thank everyone that I have met so far for the warm welcome you have given me.

As I have been busy learning about the Wellness Program to serve you the best I can, my visits to the nearly 40 sites has been limited. Please bear with me as I

continue to "learn the ropes" and become familiar with the many aspects of the Wellness Program. I look forward to meeting many more of you in the coming months.

Our programming year runs from July through June, so now is the time to let your voice be heard. Included in this newsletter is a survey to let me know what types of activities you would like to have offered. If you have not filled out a

survey (they went out by email), please complete the one on page 3 and return to me at [lyn@scantichealth.org](mailto:lyn@scantichealth.org). You can also send it to me at 240 Springfield Street, Wilbraham, MA 01095.

I can't wait to see what this new wellness year brings!



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### Vaccination Update

BCBSMA members 18 years of age and older with pharmacy benefits can now go to a participating Express Scripts retail pharmacy to receive 11 different immunizations/vaccines. In Massa-

achusetts, the pharmacist must be registered and licensed to administer the vaccine. Since requirements vary in other states, members should contact their local pharmacy to confirm avail-

ability. Previously, only the flu vaccine was available from a retail pharmacy. Vaccines are covered with no cost share to the member and a prescription is not required.

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The vaccines that can be administered at a retail pharmacy are:

- Chicken pox
- Diphtheria, tetanus, whooping cough
- Hepatitis A
- Hepatitis B
- HPV
- Influenza
- Measles, mumps, rubella
- Meningitis
- Pneumonia
- Polio
- Shingles (ages 60 and older only)

# See how *Walking* can *Work* for you!



Spring  
into  
Spring!

It's time to  
Get Moving!

## Scantic Valley Regional Health Trust Wellness Program is launching the *Spring Strides* starting **May 6, 2013**

This 6-week challenge is a great way  
to get moving and have fun at the same time.

- ✓ Put together a team and log your activities over the 6-week period
- ✓ Teams can be one person or many
- ✓ Monitor you own progress along with your team
- ✓ Receive email tips and suggestions to help you along the way
- ✓ Don't miss this fun and exciting opportunity to make strides towards better health and fitness!

**Hurry! Register your team by Wednesday, May 1!**

Contact Lyn Hollinger at [Lyn@scantichealth.org](mailto:Lyn@scantichealth.org)  
to register your team!

This program is open to all municipal employees in Longmeadow, East Longmeadow,  
Hampden, Wilbraham, LPVEC and HWRSD.  
Family members and retirees are welcome to participate too!

**\*\*Registration is extended through May 3!\*\***



Which of the following activities would you most likely attend? Please check all that apply:

- |  |  |
|--|--|
| <input type="checkbox"/> meditation class  | <input type="checkbox"/> good nutrition  |
| <input type="checkbox"/> strength training | <input type="checkbox"/> healthy cooking |
| <input type="checkbox"/> yoga              | <input type="checkbox"/> line dancing    |
| <input type="checkbox"/> Zumba             | <input type="checkbox"/> self-defense    |

Other: \_\_\_\_\_

Work site location: \_\_\_\_\_

Preferred day/time to participate in a group activity:  
\_\_\_\_\_

Please e-mail responses to [lyn@scantichealth.org](mailto:lyn@scantichealth.org) or send to Wellness Program, 240 Springfield Street, Wilbraham, MA 01095. Thank you!

## Vaccinations (continued)

Of course, members can also continue to get their immunizations at their doctor's office or at an outpatient clinic. The addition of the pharmacy option is intended to expand our members' access to these preventive services. **Members should contact their pharmacy directly to confirm if a pharmacist is available to administer any of these vaccines.**

This immunization availability at the pharmacy applies to all HMO, PPO POS and Indemnity plans with pharmacy benefits and Medicare Supplemental plans with pharmacy benefits, including Medex and Managed Blue for Seniors. This change **does not apply** to Medicare Advantage plans.



## Spinach-Strawberry Salad

1 bag fresh baby spinach  
 1/2-1 pint fresh strawberries, cut into slices  
 1-2 T sesame seeds

Dressing:

1/4 cup canola oil  
 1/4 cup red wine vinegar  
 2-3 T sugar (to taste)  
 1/4 tsp garlic powder  
 1/4 tsp onion powder  
 1/4 tsp dry mustard  
 Salt & pepper to taste

Toast sesame seeds in a small pan over medium heat until lightly browned. Combine all dressing ingredients. Pour dressing over spinach and strawberries. Top with toasted seeds.

Now that spring has sprung, we can all take advantage of our farmers' markets to enjoy some locally-grown produce!

Shopping at a farmer's market not only supports the family farm, it provides us with fresher items (no long-distance travel time) at a lower carbon-cost (CA strawberries use lots of energy to get to MA!). Many local farmers choose not to use pesticides, which is an added bonus. Visit one of the locations below to grab some deliciously-fresh fruits and vegetables and get to know your local farmers!

The recipe at left pairs two spring gems into a delicious salad...enjoy!



Spinach is a nutritional powerhouse, providing a dose of Vitamin A, folate, vitamin K and iron. It also provides fiber, calcium and magnesium. Adding strawberries gives us Vitamin C, potassium and phytonutrients (cancer-protective plant substances). To top it off, the vitamin C in the strawberries helps our bodies use the iron in the spinach! It's a beautiful thing!

## Local Farmers' Markets

Chicopee, under I-391 overpass	Chicopee St. and Perrault St.	Wed 10:30 - 3:00	7/3 - 9/4
Hampden Nurseries	19 Somers Rd	Sat 10:00 - 2:00	5/11- 10/19
Longmeadow Shops	666 Bliss Rd	Thurs 2:00 - 7:00	6/13 - 10/31
Monson First Church	5 High St	Thurs 3:00 - 6:30	5/23 - 10/3
Springfield, Forest Park, Cyr Arena	200 Trafton Rd	Tues 12:30- 6:00	5/7 - 10/29
Springfield, Indian Orchard	Hampden Bank 187 Main St	Fri 10:00 - 2:00	5/3- 10/25
Springfield, Mason Square Health Center	11 Wilbraham Rd	Sat 10:00 - 2:00	7/6 - 10/26
West Springfield, Hampden Bank	220 Westfield St	Tues 10:00 - 2:00	5/7 - 10/29
Wilbraham, Hampden Bank	2005 Boston Rd	Wed 10:00 - 2:00	5/1 - 10/30