

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.

Joy to you in 2017!

How did you "ring in" the New Year? Reminiscing about the past? Looking forward to the future? Being grounded in the present? Maybe a little of everything? However you celebrated, I hope it was great!

The first week of January ends our official Maintain Campaign. There were 148 of you who participated! Even though the campaign has ended, let's all remember to continue with our healthy behaviors that make us feel better.

March is National Nutrition Month® and this year's theme is Put Your Best Fork Forward. We will be helping you do that by offering three Mediterranean-inspired cooking classes (themes include quick & healthy, flexitarian foods and whole grain sampling) throughout the month of March. Mark your calendars—the classes will be held at the food lab at MRHS:

- Tuesday, March 14th, 3:30 - 5:00 p.m.
Thursday, March 23rd, 4:30 - 6:00 p.m.
Wednesday, March 29th, 5:30 - 7:00 p.m.

More info to come.

Happy New Year~ ~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/



"True healthcare reform starts in your kitchen, not in Washington"-Anonymous

INSIDE THIS ISSUE:

Coordinator's Corner 1
Wellness Works! Incentive Program 2
Recipe of the month 2
"Spotlight on Success" 3
Maintain Campaign 3
Classes 4



Visit us on the web! www.scantichealth.org

Do you have HNE, BC/BS or Tufts Insurance through work (SVRHT)?

If so, this is your yearly chance to earn up to \$275!!!

HOW???

1. Attend an on-site biometric screening (or have your doctor send in your lab results)
2. Complete an on-line health risk assessment (HRA)
3. Choose 2 of the following: complete an activity challenge; attend an on-site Wellness Program Class; or complete a monthly challenge

The only required parts of this program are the bloodwork and HRA. You can earn money just by having bloodwork within the normal range!

This combination of bloodwork and health questionnaire will provide you with an assessment of your current health status. Knowing your “numbers” is an important step in taking an active role in your health. It will give you the opportunity to learn if there are any aspects of your health that may need improvement.

Did you participate in the past? If so, participate this year AND refer a fellow SVRHT member co-worker to the screening and you can earn additional money!

This program is open to all SVRHT members (employees and family members over 18) from East Longmeadow, Hampden, HWRSD, Longmeadow, LPVEC and Wilbraham.

Be sure to visit the SVRHT homepage for more information on this program as time gets near!

Vegetable Frittata

Yield: 4 servings

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| 3 whole eggs | 3 tablespoons extra-virgin olive oil, divided |
| 3 egg whites | 1 onion, diced |
| ¼ cup grated Parmigiano Reggiano cheese | 1 zucchini, diced |
| 2 tablespoons diced fresh tarragon (or 2 teaspoons dried) | 1 red or orange bell pepper, diced |
| Salt and freshly ground pepper, to taste | |

Combine the eggs, egg whites, cheese, tarragon, salt, and pepper in a large bowl, and whisk to blend. Set aside while you prepare the vegetables.

Heat 1 tablespoon of the olive oil in a large, oven safe skillet over medium high heat. When hot, add in the diced vegetables and cook, stirring for 5-7 minutes, or until just tender, with golden brown edges. Season with a pinch of salt and pepper. Remove the vegetables and set aside in a bowl. Heat the broiler.

Wipe out the pan with a paper towel and turn the heat down to medium-low. Add the remaining 2 tablespoons of olive oil and swirl to coat the pan.

When the pan is hot, pour in the egg mixture and cook for about a minute, then gently spoon the vegetables over the eggs (do not mix them in). Continue cooking until the edges have set. Lift the frittata gently to see that the bottom has browned, about 5 minutes.

Put the skillet under the broiler for 2 minutes, or until the top is set and lightly browned. Watch carefully to prevent burning. Let the frittata cool for a few minutes. Then slide it onto a serving plate, cut into wedges, and serve.

Taken from: <http://oldwayspt.org/recipes/vegetable-frittata>, retrieved 12/30/16.

2016 Maintain Campaign Weigh Out Dates

It's time to weigh out and get your 2017 wellness pen and calendar and put yourself in the drawing for the 10 \$25 gift cards! Please see below for when I will be where you are:

Tuesday, January 3

7:00 AM East Longmeadow DPW

8:30 AM Boston Road LPVEC

9:45 AM Wilbraham Fire

1:00 PM East Longmeadow Town Hall

1:45 PM Greenwood Center

2:30 PM Storrs Library

3:00 PM Longmeadow Community House

Wednesday, January 4

7:00 AM Longmeadow DPW

8:00 AM East Longmeadow Fire

8:45 AM Agawam LPVEC

10:15 AM Wilbraham Fire

2:15 PM Hampden Town Hall

Thursday, January 5

8:00 AM East Longmeadow Fire

8:45 AM Wilbraham Fire

9:15 AM Wilbraham Senior Center

10:15 AM Career TEC

Friday, January 6

8:00 AM East Longmeadow LPVEC

9:30 AM Wilbraham Fire

10:00 AM Wilbraham Town Hall

11:15 AM Wilbraham Library

All school employees, please weigh out with your school nurse during the first week of January

Spotlight on Success!

I first met Pam Clark at a mindfulness class that Leslie Smith Frank brought to the Wellness Program. Then I saw her at our biometric screening event. Every year. I thought to myself, "It is so great to see a teacher taking advantage of our programs." Well, I had no idea! Pam credits the Wellness Program (and a friend with whom she trains) for giving her that extra push and support to "become more healthy, fit and aware," yet she deserves all the bragging rights herself--she has run a 5K, two 6Ks, three 5-milers, a 10K, a 10-miler, 6 half-marathons, 2 marathons (with Griffins Friends!) and 2 sprint triathlons in the past two years. Wow! That is so impressive and amazing! What an inspiring story to start out 2017. Even if a marathon isn't your end goal, taking small steps to improve upon what you already do can reap such great rewards. Pam is a great example of accomplishing her goals and taking it to the next level. And the next, and the next...

Upcoming Classes

Gentle Hatha Yoga with Sarah Johnson

Wednesdays, January 11 - February 15 5:00 - 6:15 p.m. 6-week session for \$60*
Open Heart Studio, Wilbraham United Church, Main Street, Wilbraham

Self Care Yoga with Kate Forest

Wednesdays, January 11 - March 8 (no class 2/22) 4:30 - 5:15 p.m. 8-week session for \$80*
Music Room, Meadowbrook School, East Longmeadow

Weight Watchers at Work

12-week session for \$132.60 (that would be *free* with your \$150 health insurance weight loss reimbursement!)
Tentative meeting time is Monday at 4:30 p.m. in East Longmeadow, starting in January once we have 15 enrolled.
Meeting day may change depending on participant preference; if interested, let me know which day is best for you.

East Longmeadow Recreation Department

Cardio Strength Class Jan 2 - March 1 Mon & Wed 6-7 PM \$50 Pleasantview Bldg, 328 No Main St

Yoga Jan 2 - March 1 Mondays 7-8 PM \$40 Pleasantview Bldg, 328 No Main St

Apply in person to receive 40% employee discount

Longmeadow Park & Recreation Department

Karate Jan 3 - Feb 28 Tues 7:30-9 PM/Thurs 6:30-8 PM Olde Town Hall \$75

Tai Chi Jan 10 - Feb 28 Tues 6:30-7:30 PM Olde Town Hall \$60

"Eat For Life" Mindful Eating Course

Tuesdays, Jan 24 - March 28 6:00 - 7:30 PM; Free (required) Introduction Tuesday, January 17, 6:00 - 7:30 PM
Memorial House Auditorium, Mercy Medical Center, Springfield, MA

Cost is \$300^ which includes 11 sessions, workbook, CDs or on-line audio files and individual support.

Please visit http://www.map-center.org/pb/wp_b0d51159/wp_b0d51159.html or call Leslie at 237-6526 for more info

^This workshop qualifies for a 10% discount for benefitted employees

*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 only one check for the full amount of the class price. If you work 20+ hours/week and attend all classes in the session (1 missed class is acceptable), you will receive a Visa gift card worth 40% of the class price. 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).

Did you know that Blue Diamond CrossFit (80 Denslow Road) in East Longmeadow offers a **20% discount** for Military, Police, Fire, Teachers and Students (with valid ID)?