

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

I continue to be impressed by what's been happening at different work sites and how you support each other. Some of the changes I've been seeing: puzzles and magazines in an employee break room to encourage a short mental breather during a busy workday; posting inspirational quotes in the morning to get the day started on a bright note; having a "wellness room" for staff to enjoy; engaging in a friendly challenge to get healthier; requesting and participating in a mindfulness class with a group of co-workers; working out together before you leave for the day. What's happening where you work that encourages a culture of wellness?

All of this has inspired a new challenge for you: get a group together at your site and come up with an idea that will promote health and wellness in your building. What can be done to make your environment a little more healthy and/or promote wellness for staff? Submit your suggestion to me by the end of December and my subcommittee will review all entries, decide on a winning idea and we will award some funds toward making it happen! Time to get the creative juices flowing!

Enjoy the season~

~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/>



We are excited to share the news that the SVRHT Wellness Program has been named a 2017 WorkWell Massachusetts Award Bronze Level winner for exemplary worksite health promotion! The award recognizes our achievements developing, implementing, and participating in health improvement and wellness programs. Hooray for us!!!

INSIDE THIS ISSUE:

Coordinator's Corner	1
Worksite Wellness Council of MA Award	1
Maintain Campaign	2
New challenges!	2
Great American Smokeout	2
Challenge Diabetes Program	2
Maintain Campaign schedule	3
Upcoming Classes	4



Scantic Valley Regional Health Trust

Visit us on the web!

www.scantichealth.org

The 2017 Maintain Campaign is almost here! Join us in the quest to keep our weight within 2 pounds between Thanksgiving and the New Year. Our yearly program to keep our weight in check during the holiday season starts soon. This time of year is often filled with wonderful gatherings and festive parties. Along with this comes over-eating those once-a-year treats and over-scheduling which leads to less time to work off those additional calories. **Everyone** is invited to weigh-in with me—please see the schedule on the next page. You will receive supportive emails throughout the campaign. Upon weighing out (in January) you will receive a 2018 *Ways to Well-Being* wall calendar and you will also be placed in a drawing to win one of five Fit Bit Zip Pedometers, five \$25 and ten \$10 gift cards (choice of retailers)! All weight information is kept confidential and winners are notified by me.

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### Let's give the "Wellness Program" a new name!!!

Take part in the 2017/2018 Challenge to give the Wellness Program a new name! Get a group of 3-8 people to come up with a catchy name for the program and submit one name per group. The Wellness Subcommittee will narrow choices and the top 5 will be voted on by employees and approved by the Board. Winning team members will receive a healthy catered lunch or a paint and sample (appetizers) night!

### Want to make your work-site a little more "Well?"

What would you do to make your building more wellness-friendly? When you think about your workday, or your work-site, what change would you make to bring a sense of well-being to everyone there? Grab a group of co-workers (it could be different groups at one site competing), come up with an idea and submit it to me! Some rules apply: the idea would have to be approved by your administrator (or other powers-that-be at your site), it is an idea that can be accomplished at a reasonable cost, and would benefit the majority (if not all) employees in your building. All ideas will be reviewed by the Wellness Subcommittee and the winning team will be awarded some funds toward making that change a reality!

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Is it **YOUR** time to quit smoking? Every year, the **Great American Smokeout** takes place on the third Thursday of November. This year, it falls on **November 16th**. If you use tobacco products of any kind, you can join in to become a healthier you. Make a plan to quit for that day, or use that day as your first day to quit for good. The Wellness Program can help with providing patches or other quitting aids, support, and you can earn incentives once you are tobacco-free! Contact me to schedule an appointment to register for our smoking-cessation program and learn what it feels like to be free from the hold tobacco has on you. For more info about the GAS, please visit:

<https://www.cdc.gov/features/greatamericansmokeout/index.html>

<https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>

In 2018, the Challenge Diabetes Program (CDP) Basic Diabetes Course will be offered to churches, senior centers, businesses and other organizations. Three one-hour classes are held on consecutive weeks followed by a super-market tour presented by Big Y. There is no charge for this program.

Hosts must provide a location for the classes and at least 8 participants. Attendees may have diabetes, be relatives or significant others to diabetics or simply want to know more about this common but widely misunderstood disease. Lyn can bring this to you, so please let her know if you are interested in this opportunity!

To schedule the program you may call 413-567-0660, fax a request to 413-567-5734 or send an email to coordinator@challengediabetes.us. More information is available at www.challengediabetes.us.

2017 Maintain Campaign Weigh-In Dates

Thursday, November 2

6:45 AM Wilbraham Police

Friday, November 3

2:45 PM Wilbraham Police

Tuesday, November 7

6:45-7:30 AM Wilbraham Middle School

7:40-8:20 AM Soule Road School

8:30 AM Wilbraham Fire

Wednesday, November 8

7:30-8:15 AM Stony Hill School

8:30 AM Wilbraham Fire

11:30-12:45 Mountainview School

Thursday, November 9

7:30-8:20 AM Williams Middle School

8:45 AM Wilbraham Fire

9:30 AM Wilbraham Library

11:30-1:00 Center School

Friday, November 10

7:30-8:30 AM Wolf Swamp School

9:00 AM Wilbraham Fire

10:00 AM East Longmeadow Senior Center

11:30-1:00 East Longmeadow Town Hall

Monday, November 13

6:30-7:20 AM Longmeadow High School

7:30-8:15 AM Glenbrook School

8:45-9:45 AM LPVEC Agawam

10:15-11:30 AM Career TEC

12 - 1 PM Longmeadow Community House

1:00-2:00 PM Longmeadow Town Hall

2:30-3:30 PM Greenwood Center

Tuesday, November 14

7:00-7:45 AM East Longmeadow DPW

10:00-11:30 AM Storrs Library

11:45-12:30 Longmeadow DPW

Wednesday, November 15

7:30-8:15 AM Blueberry Hill School

8:30-9:45 AM LPVEC Boston Road

10:00 AM Hampden Senior Center

11:30-12:45 Green Meadows School

1:00-2:00 PM Hampden Town Hall

Thursday, November 16

6:30-7:20 AM East Longmeadow High School

7:30-8:20 AM Mapleshade School

11:15-1:00 Meadowbrook School

Friday, November 17

8:00-8:45 AM LPVEC East Longmeadow

11:00-12:30 Birchland Park Middle School

Monday, November 20

7:00-8:00 AM Thorton Burgess School

11:00-1:00 Mile Tree School

Tuesday, November 21

6:30-7:30 AM Minnechaug High School

8:00 AM East Longmeadow Fire

8:45 AM Wilbraham Senior Center

11:30-1:00 Wilbraham Town Hall

Wednesday, November 22

8:00 AM East Longmeadow Fire



****Looking forward to seeing you!!****

****All school personnel can weigh-in with me this year****

****If you don't see your site on the list, contact me and I will add you to the schedule****

Upcoming Classes

Unwind Your Mind

Join Christine Strohman of Evolve Meditation for a four-week series of one-hour classes that will inspire you to recreate your ideas about meditation. Especially created for high school teachers.

Wednesdays, November 8, 15, 22, 29

Four classes for \$40*; maximum of 8 participants, so register early with Lyn!

East Longmeadow High School, Room 101

Longmeadow Parks and Recreation Department Offerings

Karate—Shotokan Style

January 2 - February 27: Tuesdays 7:30-9:00 PM, Thursdays 6:30-8:00 PM \$75

Olde Town Hall, Longmeadow

Tai Chi—Yang Style

January 9 - February 20 : Tuesdays 6:30 - 7:30 PM \$60

Olde Town Hall, Longmeadow

For descriptions, more info, and to register for classes, please visit <http://www.lprd.net/>

East Longmeadow Recreation Department

Please visit <https://elrec.recdesk.com/recdeskportal/> for updated information on adult classes. You must register in person to receive the 40% discount on fitness classes.

Gentle Hatha Yoga with Sarah Johnson

Sarah is back!! Her new class will start on January 17 and run through Feb. 21st

Wednesdays 4:15 - 5:45 PM 6 weeks for \$60* Wilbraham United Church

*If you are a town employee and work 20+ hours/week in any of our 6 municipalities, you will receive a 40% discount on wellness program on-site classes! Submit 2 checks (one for 60% & one for 40% of class price). If you attend all classes in the session (1 missed class is acceptable), your 40% check will be shredded or returned to you. This does NOT apply to Park and Recreation classes, as you will receive the discount when you register for their classes (they will charge eligible employees 60% of the class price and SVRHT pays the other 40%).