



# Wellness News

## MARCH 2023



## Health and wellness resources for you and your family

If you have any questions or would like to make any suggestions about programs or content,  
feel free to email me at **[Marcy@Scantichealth.org](mailto:Marcy@Scantichealth.org)**  
I would love to hear from you!  
(Please note that this is my new email address)



# Health & Wellness

## March is Colon Cancer Awareness Month

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Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States. The American Cancer Society's estimates for the number of colorectal cancers in the United States for 2023 are: 106,970 new cases of colon cancer. 46,050 new cases of rectal cancer.

In the United States, colorectal cancer is the third leading cause of cancer-related deaths in both men and women, and it's the second most common cause of cancer deaths when numbers for men and women are combined. It's expected to cause about 52,550 deaths during 2023. (American Cancer Society)

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**All disease begins in the gut — Hippocrates.**



# Dr. Ann Videos

In case you missed any of Dr. Ann's videos, here they are

[The Healthiest Breads](#)

[3 Proven Ways to Eat Less](#)

[6 Best Costco Items](#)

[Top Anti-inflammatory Foods](#)



## Colon Cancer Prevention Tips

**There are several ways you can reduce your risk of developing colon Cancer:**

Eat a healthy, balanced diet

Be more physically active

Keep to a healthy weight

Give up smoking

Reduce your alcohol consumption

Increase your consumption of plant-based foods

Get plenty of vitamin D

Maintain a healthy gut microbiome - (eat foods high in fiber, and fermented foods like yogurt, kimchi, kombucha, and sauerkraut)

Get your colonoscopy or other colon cancer screenings



[Here is more information about preventing colon cancer](#)

# Wellness Works Incentive Programs are Back

## The Scantic Valley - Health New England and BCBS Wellness Incentive Programs are back!

For more information, click the links below:

[Health New England Incentive Program](#)

[BCBS Incentive Program](#)

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**If you missed the Wellness Works Webinars, click on the links below**

[Cholesterol Counts](#)

[DASHing to blood pressure reduction](#)

Each webinar is worth 10 points.

Once you have watched them, email me to receive your incentive points. (You will be asked to answer a short quiz if you could not attend the program live)

**In the email subject line, include Incentive and either BCBS or HNE (your insurance provider)**

**Subject: Incentive BCBS.**

**Subject: Incentive HNE**

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## Colonoscopy

Did you know that getting a colonoscopy is covered 100% by your health insurance? And, did you know that if you get your regular colonoscopy, you can get a \$100 gift card from the Scantic Valley Regional Health Trust Wellness Program?

All you have to do is send your paperwork showing that you had your colonoscopy to **Marcy@Scantichealth.org** and choose which gift card you would like to receive - it's that simple!

Getting a screening like a colonoscopy could save your life so don't put it off.



### **Unmasking the Secrets to a Better Night's Sleep :**

How does the amount or quality of sleep that you get affect you? You may be surprised by the far-reaching impact that the lack of sleep can have on our lives. But rest assured, Learn to Live has gathered some very practical ways you can improve your sleep, starting tonight.

Join us to learn more!

Thursday, March 9th: 10-10:30am EST

[https://us06web.zoom.us/webinar/register/WN\\_EibXdXWiRHqC1Y\\_-1eJWvA](https://us06web.zoom.us/webinar/register/WN_EibXdXWiRHqC1Y_-1eJWvA)

Tuesday, March 14th: 1-1:30 EST

[https://us06web.zoom.us/webinar/register/WN\\_ZQdzDYxLRFCFX18mgWt8YA](https://us06web.zoom.us/webinar/register/WN_ZQdzDYxLRFCFX18mgWt8YA)

Friday, March 24th: 11-11:30 EST

[https://us06web.zoom.us/webinar/register/WN\\_VDxp8PyTSQCDeOV04FKX2Q](https://us06web.zoom.us/webinar/register/WN_VDxp8PyTSQCDeOV04FKX2Q)

Thursday, March 30th: 5-5:30 EST

[https://us06web.zoom.us/webinar/register/WN\\_QCfLIdU8SPCfsjpg\\_5vZdQ](https://us06web.zoom.us/webinar/register/WN_QCfLIdU8SPCfsjpg_5vZdQ)

### **Use Access Code SCANTIC**

Following each live session, we will select 20 attendees at random to receive Learn to Live Sleep Swag

**If you register for a webinar and do not attend, you will receive an email after the webinar with a recording link**

## Fitness Programs Near You

Join Arlene McLean for a 5 week program  
**Mindful Movers Meditation and Yoga Flow**

**When:** Wednesdays 3:30-4:30

**Dates:** January 18, 25

February 1, 8, 15

**Where:** Center School Gymnasium  
837 Longmeadow St. Longmeadow, MA

If you have questions, contact Arlene:

amclean@longmeadow.k12.ma.us

413-246-6783

\$50.00, \$12. drop-ins

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## Core and More Pilates

The next mixed level mat class series starts

**April 11th - 4:30 and 5:30.**

**5-week session for \$55 for SVRHT employees**

Email Arice for registration as spaces are limited.

arice@coreandmore.net

**Core and More**

2141 Boston Rd .

Wilbraham. MA

(413) 222-7306

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## Longmeadow Parks and Recreation Classes

Did you know that all benefit-eligible employees receive a 40% discount for most of the P&R activity classes? Please call to register and receive a discount.

[Click here to check out the programs.](#)

# Fitness Tip

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To get the highest benefit from exercise, it is important to maintain a level of intensity. A method of monitoring physical activity intensity is to determine if your heart rate or pulse is within the target heart rate zone during physical activity.

For moderate-intensity physical activity, your target heart rate zone should be 50-75% of your maximum heart rate.

## To determine your target heart rate zone, follow these steps:

An estimate of a person's maximum age-related heart rate can be calculated by **subtracting the person's age from 220**. For example, for a 55-year-old person, the estimated maximum age-related heart rate would be calculated as  $220 - 55 \text{ years} = 165 \text{ beats per minute (bpm)}$ .

Next, **multiply the maximum age-related heart rate by 0.50 to determine the 50 percent level**. For example:  $165 \text{ beats per minute} \times 0.50 = 83 \text{ beats per minute (bpm)}$ .

Finally, **multiply the maximum age-related heart rate by 0.75 to determine the 75% level**. For example:  $165 \text{ beats per minute} \times 0.75 = 124 \text{ beats per minute (bpm)}$ .

Thus, moderate-intensity physical activity for a 55-year-old person will require that the heart rate remain between 83 and 124 beats per minute during physical activity.



[Here is more information about exercise for cancer prevention,](#)

[How to exercise within your target heart rate range](#)

To determine your heartbeats per minute, find your pulse on your neck or your wrist, With 2 fingers (not your thumb) count your heartbeats for 15 seconds and multiply by 4

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**"I believe that the greatest gift you can give your family and the world is a healthy you."**

**- Joyce Meyer**

# Recipe of the Month



## Honey Pork with Bok Choy

**Healthy Tip:** Try eating this one with chopsticks - it will help you slow down, eat mindfully, and savor your food. Add a large salad with a light dressing for added fiber

1/2 cup (3 1/2 oz) brown rice rinsed  
1 cup (8 1/2 fl oz) water  
1/2 tsp salt  
1 tsp sesame seeds  
2 tsp olive oil  
2 scallions thinly sliced, plus extra to serve  
1 tsp fresh ginger finely grated  
1 bunch of baby bok choy (buk, pak or puk choy) (5 oz bunch) halved lengthways  
14 oz pork fillet thinly sliced

### **Sauce**

1 tsp cornstarch  
2 tbs soy sauce (or tamari if gluten free)  
1 tbs shaoxing (Chinese cooking wine)  
2 tsp honey (brown rice syrup or maple syrup)  
1 tbs water

Cook Rice as directed on package

Meanwhile, to make the sauce, mix corn starch and soy together in a small bowl until smooth. Add Shaoxing, honey and water and mix to combine. Set aside.

Heat sesame seeds in a dry wok or non-stick skillet over medium heat and toss for 1 minute until golden brown. Transfer to a bowl and set aside to cool.

Add half the oil, scallions, ginger and bok choy to the hot wok and stir fry for 4-5 minutes until bok choy is crisp-tender. Transfer to a plate.

Add remaining oil and pork to wok and stir fry for 3-4 minutes until just cooked. Add sauce and bok choy to the pork and toss for a minute to warm through and thicken sauce.

Divide rice and pork between bowls and top with extra scallions and sesame seeds to serve.

Calories.	491
Protein.	52.4 g
Fat	9.9 g
Sat. Fat	1.9 g
Carbs	45.8 g
Sugar	5.9 g
Fiber	5 g



# Mindfulness and Meditation

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The benefits of meditation are numerous and varied, and supported by science. Many people start meditating to manage stress, reduce anxiety, and to cultivate peace of mind. But there are thousands of studies documenting other less-known mindfulness meditation benefits, which can have a positive impact on mental, physical, and emotional health.

If you feel like you'll never be able to actually meditate, start with short mindfulness breaks. Spend 2-5 minutes focusing on your breath - focus on your body relaxing and the feeling of peace you can get from sitting still. Eventually, you will be able to spend more time quieting your mind and you will develop a more consistent meditation practice

[5-minute breathing exercise](#)

[10 minute meditation for reframing stress](#)

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## Meditation for Pain

If you are anything like me, spring weather (cold and damp) can bring on pain. Many people with old injuries or some form of arthritis feel pain often - too often!

Research shows that meditation uses neural pathways that make the brain less sensitive to pain and increases the use of the brain's own pain-reducing opioids.

I was able to dramatically decrease my back pain when I attended a 12-week meditation program at Mass General Hospital (The Benson Henry Institute).

The science supports it so why not give it a try?

[Try this 10 minute meditation for pain](#)

[Try the body scan mindfulness technique](#)

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## Incentive Program Online Course

# Resolution Reset

If you made a New Year's Resolution or set a goal that you haven't been able to make stick, this program is for you!

**This program is worth 10 points** toward your Health New England or BCBS incentive program



**This program is all about how to get "un-stuck" and set goals that actually stick!**

Maybe you set a goal to 25 pounds, run a 10K, quit smoking... and now you have found yourself having trouble sticking with the resolution - you are definitely not alone! There is actually a "National Quit Day" (the 2nd Friday in January) when the majority of people quit trying to stick to their New Year's Resolutions! Let's change that narrative and reset your goals and resolutions so that you can make them stick - for good!

**To join this program, [click here](#)**

This program is designed to be fun and impactful. It is free for all employees and family members so you have nothing to lose - except for a few bad habits!

Once you complete the program, email me at [Marcy@scantichealth.org](mailto:Marcy@scantichealth.org) and you will receive 10 points toward your incentive program from HNE or BCBS

Here is the link again, just in case  
<https://healthy-fit-family.newzenler.com/courses/resolution-reset-mnhg-copy>