

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

Welcome to the first "February" issue of *Wellness Matters*! I do hope that you will take a few moments to read through this to check out all of the information, programs and opportunities that have become available.

I'd like to share the great success of this year's Maintain Campaign! It certainly was different from last year, as employees weighed themselves in and out and emailed their results to me. One thing that wasn't different, however, was the outcome! As in previous years, we saw fabulous results:

76 weighed in and 67 weighed out (88%)

28 maintained within 2 pounds (42%)

31 lost weight (46%)

8 gained weight (12%)

More of you lost weight than maintained! Wow! May you continue with your mindful eating habits and exercise routines.

Happy Heart Health Month~

~Lyn

For more information on anything in this newsletter, please contact me at lyn@scantichealth.org. You are invited to "like" us on FB for info on various health topics:

<https://www.facebook.com/scanticvalleywellness/>

Visit us on the web! www.scantichealth.org

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~~~~~REMINDER~~~~~

Next Mediterranean Weight Loss Program
(still only \$49 with code SVWL)
begins Monday, February 1st!

<https://www.mediterraneanliving.com/mediterranean-diet-program-for-weight-loss/>



Scantic Valley Regional Health Trust



FEBRUARY IS HEART HEALTH MONTH



Wear Red on February 5

Show your support on the day nationally recognized to promote heart health!



Love Your Heart

Engage in 30 minutes of exercise at least 5 days a week, eat a diet low in salt & fat, and avoid smoking.



Take Action Now

More than 80% of those with diabetes develop some form of heart or blood vessel disease. Have a heart-to-heart with your doctor to find out how to lower your risk.



Know Your Risk

American Diabetes Association Alert Day® is March 25. Be in the know & take their risk test at **diabetes.org**

If you or a loved one on your employer-sponsored health plan have pre-diabetes or diabetes, join the Diabetes Care Rewards Program to get support in managing your diabetes and rewards for meeting program requirements.



800.643.8028 | [GoodHealthGateway.com](https://www.GoodHealthGateway.com)

The Diabetes Rewards Program is running a registration incentive for all eligible SVRHT members. If you have diabetes or pre-diabetes and haven't enrolled in this cost-saving program, you will receive an **A1c kit** when you do. New members have until April to complete the A1c test. If you become adherent between now and April, you will also earn an additional **\$100 gift card!** Visit <https://www.goodhealthgateway.com/Account/Login.aspx?ReturnUrl=%2f> and select **Scantic Valley Regional Health Trust Diabetes Care Rewards** under the "Please Select Program" tab.

14 Days of Love: February Mindfulness and Love Challenge

I am so looking forward to this meditation challenge and I hope you will join me! What better way to start heart health month! This practice is for everyone, regardless of meditation experience. There are 2 chances to meditate each day, and they will be recorded as well. There is an introduction to meditation class on Sunday, January 31st at 12:30 PM for anyone interested. Please click on the link to find out more and to register:

<https://www.copperbeechinstitute.org/upcoming-programs/14-days-of-love>

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Health New England has been offering a **“Where Your Health Matters” live webinar series** to educate, engage and empower our community during the pandemic. There are 4 webinars left and each is around 45-minutes. Guest speakers will be discussing topics of immunity through nutrition, mindfulness, managing emotions and more. The lineup of speakers and topics is below. Attend one webinar or the entire series. Register at [healthnewengland.org/Health-Webinars](http://healthnewengland.org/Health-Webinars) **This is available to ALL EMPLOYEES. You do NOT have to be an HNE member!** Sessions will be recorded for future access on [youtube.com/HealthNewEngland](https://youtube.com/HealthNewEngland). Everyone who attends via Zoom will be entered into a **raffle for a Panera gift card** (courtesy of HNE) and you will earn **points/raffle ticket for our Wellness Works program!**

Week 3: February 10, 2021 **Where Healthy Habits Matter** with Sandra Schrock, PhD

Week 4: February 24, 2021 **Where Conscious Activity Matters** with Mike Harris, BS, MS

Week 5: March 10, 2021 **Where Caregivers Matter** with Kirsten Wright-Cirit, BA, Certified Health & Wellness Coach

Week 6: March 24, 2021 **Where Food & Immunity Matter** with Nancy Dell, MS, RDN, LDN, CDE

You can watch the replays here: <https://www.youtube.com/user/HealthNewEngland>

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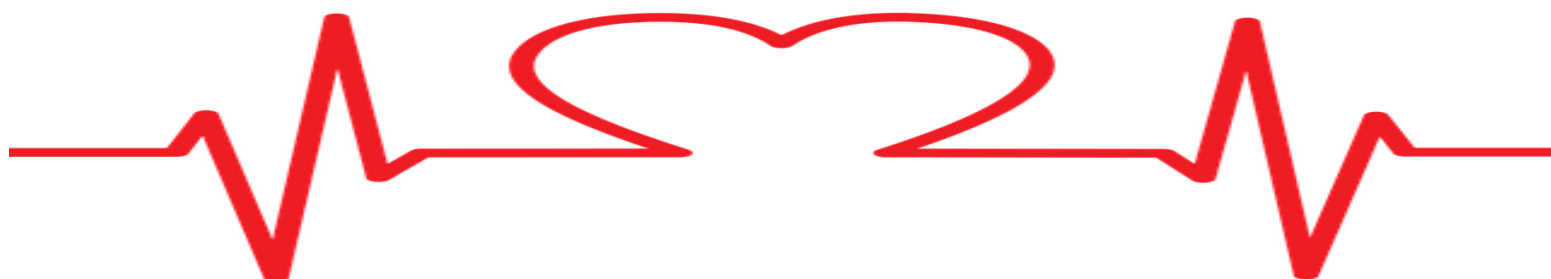
All **SVRHT Health New England members** are invited and encouraged to participate in February’s workshop on financial well-being! It will be visible on <https://healthnewengland.org/wellness/healthy-directions-portal> starting February 1st and you will receive 10 points for successfully completion!

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Have you heard of The Blue Zones??? These are areas around the world with the longest living people. The lifestyles of these folks have been researched and the similarities between them have been documented. If you’d like to know what to eat and how to infuse your life with some of their traits, you can learn more at [BlueZones.com](http://BlueZones.com). The Blue Zones Life Challenge is completely FREE! It is a program where you can download or print the weekly/monthly tracking sheets and participate offline or with the support of the Blue Zones Life group on Facebook with over 13,000 members who are sharing recipes, support, and resources daily. Check it out!

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I just attended a webinar on the heart benefits of tea (I know, I know, how riveting), and it was actually fascinating! The documented research shows how daily drinking of tea (2-3 cups) can decrease the adverse cardiovascular events and are really quite impressive. As a tea drinker (and as someone with inherited high cholesterol), it was welcome news. So if you do one great thing for your heart this heart-healthy month, pour yourself some tea!



Upcoming Classes

Mixed-Level Pilates Mat Class (in studio and Zoom)

This mat class welcomes all levels of exercisers and frequently uses props such as fitness balls, bands, circles, and rollers to enhance exercise benefits. It is developed to provide well-rounded exercises that include core recruitment, arm and leg work, stretching, balance, and coordination. There is an **in-person Pilates Mat class** with space for social distancing on **Tuesdays from 4:30—5:20 PM, starting on February 9th. Five weeks: February 9, 16, 23, March 2 & 9 for \$55** (discount for SVRHT). Those who attend **4 - 5 sessions** receive a certificate for a \$10 gift card at various retailers! Please email me to register; payment goes to Arice on the first day of class. Her studio, *Core and More*, is located at 2141 Boston Road in Wilbraham.

This class is also available via Zoom on Tuesdays, starting February 9th, 5:30 – 6:20 PM (you do not need props for the Zoom class) **Five weeks: February 9, 16, 23, March 2 & 9 for \$55** (discount for SVRHT). Those who attend **4 - 5 sessions** receive a certificate for a \$10 gift card at various retailers! Please email to arice@coreandmore.net if interested. She will send you the Zoom link. Payment goes to Arice. You may pay by check or Venmo.

Zoom Pilates Classes

Janet Burke-Allen, one of our Pilates instructors, is offering classes on-line through Zoom. You will need to download the free Zoom app. You can mix and match from the following options: **Monday, 9:00 AM mat class, Wednesdays, 9:00 AM weights/stability ball class, Thursdays, 3:45 PM mat/stability ball class** and **Friday 9:00 AM mat/stability ball class**. 6 classes for \$75 (discount for SVRHT) or 10 classes for \$125 (discount for SVRHT) Payment goes to Janet. Please email pilatescenterofwmaass@gmail.com for more information and to request the link.

New Zoom Pilates Offer for “HEROES!”

THE **PILATES** STUDIO
Onsite / Online / On Demand

The Pilates Studio in South Hadley has generously offered all employees a discounted membership to their online Pilates classes! **For \$50/month**, you can access all of their **live-streaming classes** (approximately 25/week) plus all of their **recorded classes** (about 350 classes at 3 different levels, based on your experience). AND...**the first month is FREE!** For more information and to register, click here [The Pilates Studio Heroes Membership](#)



All benefit-eligible employees of East Longmeadow, Longmeadow, HWRSD, Hampden, Wilbraham, & LPVEC will get a 40% Wellness Program discount for adult fitness classes through East Longmeadow Recreation Department. Visit <https://elrec.recdesk.com/Community/Program> for a description of programs. To register and receive discount, please call 413-525-5400 ext. 1301 or email donna.prather@eastlongmeadowma.gov.