

Wellness Matters January 2009

Healthy Happenings

Programs listed in this newsletter are offered to employees, spouses, dependants and retirees of East Longmeadow, Longmeadow, Hampden, Wilbraham, the Hampden-Wilbraham Regional School District and the Lower Pioneer Valley Educational Collaborative. Where offered, incentive monies are for employees only.

Nutrition Education

DO YOU WANT TO EAT BETTER? Many of us want to eat healthier but just don't know how. Health New England's Grocery Store tour is an excellent source for nutrition education. If you want an aisle-by-aisle tour follow these instructions:

access www.hne.com/grocerystoretour
click on ENTER

and then aisle by aisle to view the workbook in it's entirety

Weight Watchers at Work

HWRSD/Minnechaug will host a 17-week series which includes the popular E-tools. Pre-registration will be held Thursday, January 8th at 3:30. 20 members are needed to qualify for the 17 week plan which costs \$186.00 Checks and credit cards are accepted. Please call Poppy Nelson at 596-9011 ext. 238. for more info.

Ask how you can earn a \$25 Visa Check Card!

.....YOGA.....

LONGMEADOW– Begins January 20. Classes will be held Tuesdays from 4:30-5:15pm in the Center School Community Room.

HWRSD– Ongoing in the Thornton Burgess School cafeteria. Wednesdays 3:30-4:15pm.

LPVEC– Begins January 15. Classes will be held Thursdays from 2:30-3:15pm in the gymnasium. No class February 19.

Cost- The cost of the 8-week session is \$60. BUT...if you attend 6 out of 8 classes we will give you \$30 back!!! Amy will explain the process when you register.

Self Care Yoga ® is a safe and effective therapeutic style of yoga that focuses on stress reduction, flexibility, physical health and emotional well-being. Blending the mindful movements of yoga with conscious breathing to help strengthen the body, ease chronic aches, calm the mind, and increase one's ability to focus. Lessons include simple ways to incorporate these life-enhancing techniques into your busy days. Modifications will be taught for individual physical needs and all classes are appropriate for beginners and experienced students. Self Care Yoga was developed by and is taught by Kate Forest, RYT. Kate is a Certified Advanced Level Yoga Instructor, a Mindful Living Consultant, and the owner of Life Wellness Connection, based in Wilbraham, MA

Our WEBSITE is up and running!!!

(no pun intended.)

Please check out **SCANTICHEALTH.ORG**

Benefits Information

Calendar of Wellness Programs

Wellness Resources

Fitness Benefits

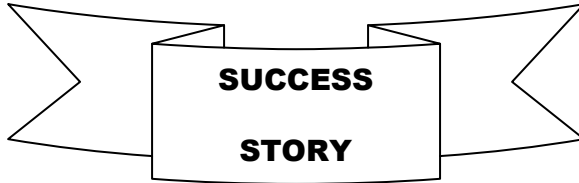
Did you resolve to get fit in 2009? Keep in mind that your health insurance may help cover the cost of getting fit. Go to <http://scantichealth.org/resources.htm> for more information.

Coming in February:

- Pedometer-based activity program
- Glucose and Cholesterol screenings
- Strength Training class
- Wellness Resources and Your Library

THIS NEWSLETTER HAS 2 PAGES.

2008 Wellness Program Cliff's Notes



Small changes can make a big difference in your health, energy level and waistline. See a fellow employees story below...

"Hi Amy. As I told you before, I have stopped drinking all soda. I haven't had any sweets except for Thanksgiving I had a small piece of pie at my moms. Haven't had any sweets since then. To tell you the truth my body doesn't want any soda or snacks, etc anymore. I don't feel deprived or have any cravings at all. I know I have lost weight. My pants from last December when I became Chief feel fine again. They were soooo tight when we met at the town hall. I now eat apples, pears, grapes, carrots, and walnut instead of cheddar cheese, reduced fat Triscuits (what a laugh) and a coke. Don't miss it one bit."

- Chief Richard Brady
East Longmeadow Fire Department

Contact Amy with comments, questions or to register for programs
amyhiggins2003@yahoo.com
OR 413-323-4309

It is hard to believe that the Scantic Valley Regional Health Trust Wellness Program— your employee wellness program- had its' beginning just 6 short months ago. I'd say we are off to a great start! Here is a synopsis of what we have accomplished so far in an effort to focus on your health: Kerry Tufts from Tufts Design created a really cool logo that represents the key elements of our program (see below); Jim Moran recently completed version #1 of our website SCANTICHEALTH.ORG; 10 employees from the Longmeadow Police and Fire Departments lost 60 pounds in a "Biggest Loser Challenge"; you created Employee Wellness Task Forces, Wellness groups and Walking groups; your recreation departments have offered space and services to make your environment a healthier place; 53 employees practiced healthy living through the Healthy Choices 101 program; 68 of you checked your blood pressure and body composition and learned how to reduce stress at our "Mini Health Fairs"; 63 resolved to maintain your weight throughout the holiday season in the Maintain Campaign; in conjunction with the Massachusetts Department of Public Health we have promoted two tobacco cessation programs and have created a Resource Directory of Cessation Programs in the Greater Springfield area; and 386 of you contributed to Wellness by completing the Needs and Interest Survey. Thank you! Currently more than 60 employees are learning how to reduce stress through Self Care Yoga with Kate Forest and 41 employees are losing weight through Weight Watches at Work. In the last six months the Wellness Program has awarded close to \$1500 in incentives and has loved hearing every individual success story. Your success is our success. The Scantic Valley Health Trust is absolutely committed to continued progress in 2009. And remember, our health trust is self-funded....the healthier we are the less we pay. Please keep your resolve and commit with us to make 2009 healthy and happy.

Rethinking the Morning Cup (and late morning and afternoon...)

The Starbucks Venti (20 oz.) Caffè Mocha with whole milk and whipped cream is more than



a mere cup of coffee. Think of it as a Quarter Pounder with Cheese in a cup. Few people have room in their diets for the 450 calories and 13 grams of bad fat that this hefty beverage supplies. But you can lose all the bad fat and all but 170 calories if you order a tall (12 oz.) with nonfat milk and no whipped cream.

-Taken from the Nutrition Action Health Letter

*In a disordered mind, as in a disordered body,
soundness of health is impossible. -Cicero*



Scantic Valley Regional Health Trust

Funded by the Massachusetts Department of Public Health Tobacco Cessation Program