



# Wellness Matters

November/December 2008

## HEALTHY HAPPENINGS

### Mini Health Fairs

In coordination with Health New England, the SVRHT Wellness Program will offer "mini health fairs" in several locations. Since stress and weight management are important concerns in the holiday season the health fairs will focus on these topics and will include the following:

- Blood pressure screening
- Body composition screening
- Educational information
- Weigh-in/registration for the Maintain Campaign
- 20lb. TURKEY GIVEAWAY!!!

LPVEC East Longmeadow	Wed 11/19	9-11am
Town of Longmeadow	Wed 11/19	1:30-4:30pm
Town of Wilbraham	Thurs 11/20	9-11:30am
LPVEC West Springfield	Thurs 11/20	1:30-4pm
Town of East Longmeadow	Fri 11/21	9-11am
HWRSD	Mon 11/24	1-4pm

**Please contact Amy Higgins by Friday,  
November 14 to pre-register.**

### The Maintain Campaign

Why start the New Year with 5 extra pounds? That's the average we gain as a result of holiday stress and overeating. Join the Maintain Campaign instead. The goal of the MC is to not gain any more than 2 pounds from Thanksgiving to New Year's Day. All who achieve this goal will be entered into a raffle for a \$25 Visa Check Card (10 will be given away). Registration and weigh-in will take place at the mini-health fairs on 11/19 thru 11/24. Those unable to attend the mini health fairs may weigh themselves and forward the number to Amy Higgins by Monday 11/24. Amy will send weekly encouragement and tips.

### Needs and Interest Survey

The SVRHT Wellness Program is funded through a grant from the Massachusetts Department of Public Health. The DPH is offering a Needs and Assessment Survey in mid-November to help us determine what programs would best serve you. Information on how to complete this survey will be forwarded to all employees. Incentive will be given and your participation will help the Wellness Program tremendously. Thank you in advance!

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.

### Tobacco Cessation Programs

The SVRHT Wellness Program will be promoting two tobacco cessation programs offered by the Massachusetts Department of Public Health. Information will be provided in mid-November for a Veteran's Nicotine Replacement Therapy (NRT) Patch Giveaway. In addition, in January and February a NRT Patch Giveaway program for municipal employees and their families will be promoted. Those who take advantage of the employee/family program will be provided with a directory of local tobacco cessation resources.

### Coming in January...

- Our new website!
- Pedometer-based activity program
- Sun damage screenings and education

### "HEY AMY!"

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

**THIS NEWSLETTER HAS 2 PAGES.**

**HEALTHIER THAN YOU THINK...**

Holiday dishes aren't necessarily nutritional nightmares. Here are ten you'll be happy to have.

It's true. Pumpkin pie, stuffing, fruitcake, spiced pecans, and other holiday dishes pack a fair amount of fat and calories.

But what's not often highlighted is that many of these foods are also good sources of some essential nutrients, providing significant percentages of the Daily Values for iron, fiber, and several vitamins and minerals.

Check out the numbers below, and party on!

**Holiday Dish | % of RDA**

1 slice pumpkin pie | 237% of vitamin A, 15% of calcium

1/2 cup Brussels sprouts | 80% of vitamin C, 14% of fiber

1 slice fruitcake | 9% of iron

1/2 cup cranberry sauce | 6% of fiber

6 oysters | 212% of vitamin B12, 178% of zinc, 25% of iron

3 ounces roasted turkey breast (skin removed) | 34% of niacin, 27% of vitamin B6

1 ounce roasted chestnuts | 18% of vitamin C

1 ounce pecans | 10% of zinc

1 sweet potato (with skin) | 498% of vitamin A, 47% vitamin C, 14% of fiber

1/2 cup creamed spinach | 17% of vitamin C, 13% of calcium

From Cooking Light Magazine

**HOLIDAY STRESS: You Have a Choice**

Do you tell yourself any of these things around the holidays?

*It's okay not to exercise.*

*It's okay to drink too much.*

*It's okay to stay up too late.*

*It's okay to max out my credit cards.*

*It's okay to overindulge of food I don't normally eat.*

*It's okay to disrupt my healthy routines.*

Most of us do. And yes indulging is one of life's great pleasure...and is part of a balanced life. But how do you feel when these beliefs become reality a little too often? If you are

anything like the rest of us, probably sluggish, regretful and anxious...maybe even downright miserable. Before the holidays begin take a minute to formulate a game plan— what is your self-care strategy? Do you want to practice the same old behaviors? Or might moderate indulgence serve you better? If you want a different outcome this year try some of the following: exercise regularly even if it's only for 10 minutes; eat normally at breakfast and lunch on holidays and before you go to parties; sleep; drink lots of water; spend only what you have; DO indulge, but see if you can do it without making yourself miserable. If you do feel miserable, take a walk, get some sleep and recommit to your healthy routines ASAP. HAPPY HOLIDAYS!!!

The SVRHT Wellness Program

**Healthful Fall Recipe: Candied Pepitas from CookingLight.com**

**Yield:** Makes 1/2 cup

**Ingredients**

- 2 teaspoons butter
- 1/2 cup hulled raw pumpkin seeds (pepitas)
- 1/4 teaspoon ground cumin
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon paprika
- 1/8 teaspoon cayenne
- 1/8 teaspoon salt
- 1 tablespoon honey

**Preparation**

In an 8 to 10 inch frying pan over medium heat, melt butter. Stir in hulled raw pumpkin seeds (pepitas), cumin, ground cinnamon, paprika, cayenne, and salt. Stir constantly until pumpkin seeds are lightly browned, about 2 minutes. Stir in honey and continue to stir for 1 minute. Remove from heat and spread in a single layer on a plate. Let cool until no longer sticky.

*These are delicious on salads!*

"Wellness is generally used to mean

a healthy balance of the mind-body and spirit

that results in an overall feeling of well-being." Wikipedia



Scantic Valley Regional Health Trust

Funded by the Massachusetts Department of Public Health, Tobacco Control Program