

The Way to Wellness

JANUARY 2016

WELLNESS COMMITTEE MEMBERS

Julia Wilkins, City of Holyoke Municipal Wellness Coordinator

Nilka Ortiz, Executive Assistant, Mayor's Office, City of Holyoke

Peter Tallman, Holyoke City Councilor, At Large

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Patricia Alford, Nursing Supervisor, Holyoke Public Schools

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Kirk Mackey, President, Dowd Financial Services, LLC

Maureen Ross O'Connell, President, Ross Insurance Agency, Inc.

Katie Hughes, Health Management Program Specialist, Health New England

Maura McNamara, Wellness Consultant, Blue Cross Blue Shield of Massachusetts

Julie Chartier, Development & Marketing Director, Greater Holyoke YMCA

Get Your Health in Check

All our lives we undergo a variety of tests to ensure we are on the right track to good health. In order to reduce the risk of illness, a number of health checks or screening tests are recommended at different stages of our lives:

Routinely

- Blood pressure: Get checked by PCP every 2 years unless high (>140/90).
- Cholesterol & glucose: Blood test by PCP every 5 years unless high (>200 mg/dL).
- Healthy weight measurements: Every 2 years, self calculate BMI (<25) or waist circumference (<35 for women; <40 for men).
- Dental cleaning: Every 6 months by a dentist or oral hygienist.
- Skin cancer: Self examine every day & include in annual physicals.
- Pap tests & pelvic exams: Every 2 years for women over 18 by a gynecologist.

40's

- Eyes: Every 2 years after 40, or at 35 if at high risk, by a optometrist/ophthalmologist.
- Breasts: Self examine once a month. Get a breast exam by a health care professional annually.
- Health assessment for chronic diseases: Get tested once between 45-49 by PCP.
- Type 2 diabetes: Get evaluated by PCP every 3 years between 40-49.
- Prostate: Get tested by PCP after 40 if you have symptoms or family history.

50's

- Breast: Continue to self check & get a mammogram every 2 years unless at high risk.
- Bone density: Ask PCP to get tested by a radiology specialist at his/her discernment.
- Hearing: Contact a audiologist if you have loss of hearing symptoms.

Wear Red Day

Unite to prevent heart disease & stroke!
Wear Red Day is coming up **Friday, February 5.**

Find your best red outfit & join us at the
City Hall Auditorium at 11am for a picture!

Get involved. Go Red by telling other women that 1 in 3 women die of
heart disease & stroke, yet it is 80% preventable. Make a change.



SNAP Fitness Discount



Is your New Year's resolution to start exercising again? Gain more muscle mass? Lose weight? SNAP Fitness is open 24 hours a day, 7-days a week & offers trainers to help spice up an existing routine or create new customized workouts. All members are also offered a free orientation.

And now, SNAP Fitness is offering discounts to City of Holyoke employees & retirees with no contract during January only! See what can you save:

	<u>Public</u>	<u>Holyoke Employees/Retirees</u>
Enrollment Fee.....	\$49	Free
Access card.....	\$20	\$10
Monthly membership.....	\$34.95	\$29.95

Total savings of \$119/year!

Available at Holyoke location only
506 Westfield Rd
(413) 532-7627



Go to:
<http://www.holyoke.org/departments/board-of-health/#extra9-tab>

Look What's New on Holyoke.org!

Want to learn about upcoming events?
Looking for wellness health insurance benefits?
Wondering what's going on with Workplace Wellness programs?

Check out the **NEW AND IMPROVED** Workplace Wellness section on the City's website!

Turkey Stuffed Peppers

These peppers are loaded with flavor & make a great dinner with a salad on the side. Use ground lean turkey & brown rice for a healthy alternative!

Ingredients:

- Olive oil spray
- 1 lb 93% lean ground turkey
- 1/4 onion, minced
- 1 garlic clove, minced
- 1 tbsp chopped fresh cilantro or parsley
- salt to taste
- 1 tsp garlic powder
- 1 tsp cumin powder
- 1/4 c tomato sauce
- 1 c fat free chicken broth
- 1 1/2 c cooked rice
- 3 large sweet red bell peppers

Directions:

Heat oven to 400°. Spray oil in a medium sauté pan & heat on medium. Add onion, garlic & cilantro. Sauté about 2 minutes. Add ground turkey. Season with salt, garlic powder, & cumin, then brown meat for several minutes until completely cooked through. Add tomato sauce & 1/2 cup of chicken broth, mix well & simmer on low for about 5 minutes. Combine cooked rice & meat together.

Cut peppers in half lengthwise & remove all seeds. Place in a baking dish. Spoon the meat mixture into each pepper half & fill as much as possible. Pour remainder of chicken broth in the bottom of the dish. Cover tight with aluminum foil & bake for about 35 minutes. Top with cheese & enjoy.

Nutrition per serving:

6 servings (1/2 pepper)
Calories: 184, Fat: 2.3g, Protein: 20.8g,
Carb: 20.2g, Fiber: 1.6g



<http://www.skinnytaste.com/2008/11/turkey-stuffed-peppers-45-pts.html#more>

