

The Way to Wellness

JUNE 2015

WELLNESS COMMITTEE MEMBERS

Julia Wilkins, City of Holyoke Municipal Wellness Coordinator

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Katie Gallagher, City of Holyoke Board of Health Assistant Director

Joe O'Conner, Holyoke Fire Department, Section 19 Chair

Robert Judge, City of Holyoke Personnel Administrator

Kara Cunha, City of Holyoke Second Assistant City Solicitor

Sandy Smith, City of Holyoke Treasurer

Debra Reardon, Office Manager, City of Holyoke Department of Public Works

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Terry Sweeny, Human Resources, Holyoke Gas & Electric

Patricia Alford, Nursing Supervisor, Holyoke Public Schools

Kirk Mackey, President, Dowd Financial Services, LLC

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

Chris Jasinski, Health Management Program Manager, Health New England

Alyssa Holzman, Senior Wellness Consultant, Blue Cross Blue Shield of Massachusetts

Julie Chartier, Development & Marketing Director, Greater Holyoke YMCA

Talking About Men's Health

June is Men's Health Month, a time for awareness of preventable health issues and to encourage early detection and treatment of disease among men and boys. Remember to stay physically active and eat a healthy diet to maintain weight and prevent disease. Focus on **YOUR** health, especially in these areas:

Heart Disease:

According to the CDC, 1 in 4 men have some form of heart disease which is the leading cause of death in America. Do your part to prevent this chronic disease:

- Don't smoke
- Get blood pressure and cholesterol checked routinely
- Limit alcohol

Cancer:

Common cancers among men are skin, lung, colon, and prostate. The older men get the higher the chance of developing cancer, especially if one has a family

history. Talk to your physician about getting screened early when cancers are most treatable.



Accidents:

Unintentional injuries include car accidents, drug overdoses, falls, and fires. Keep yourself safe with these tips:

- Always wear a seat belt
- Don't drive when sleepy
- Fix safety issues in your home
- Use handrails
- Use safety gear during activities at work
- Be alert

Depression/Suicide:

Men are 4 times more likely to die by suicide than women; most men do not openly show emotion and their depression. Men also show it in different ways than women:

- Anger
- Aggression
- "Burn out"
- Risk taking
- Midlife crisis
- Alcohol/substance abuse

If you or someone you know is showing these symptoms, call the National Suicide Prevention Lifeline at 1-800- 273-TALK or 911.

Stroke:

A stroke is caused when the brain does not get the blood it needs, most commonly a clot or blood vessel break. Chances of a stroke increase if you have diabetes, any heart disease, hypertension, a family history, are African American, or smoke. Talk to your physician if these criteria apply to you.

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It's That Time of Year Again

Open Enrollment is May 28-June 19. Attend during the following sessions & learn more about Workplace Wellness while you are there!

Thursday, May 28, 4-8 pm

Thursday, June 4, 4-8 pm

Saturday, June 13, 8:30-11:30 am

Employee Shout Out!

Check out what Holyoke employees were up to last month to keep their healthy a priority:



April's Nutrition 101 class had 6 fantastic graduates who earned coupons to the Holyoke Farmer's Market!



Relay for Life's Holyoke Team participants walked at Szot Park, Chicopee on May 8-9, raising \$800



Bike to Work Day was May 14 with Holyoke employees biking from Highland Hardware to City Hall, DPW, Police Station, Fire Station, HCC, and Girl's Inc. Thank you to Mayor Morse and Ward 4 Councilor Jossie Valentin for joining!



Health Screenings

Calling all HG&E, Council on Aging, Holyoke Library, & Wistariahurst Museum Employees!

Get a massage!

Come get your health screening and meet with the Health Coach to earn \$50!

Win a raffle!

August 11th & 12th, 2-4 pm @ HG&E Main Office, Suffolk St

Sign up with Julia Wilkins - 322-5595 • wilkinsj@holyoke.org

Screenings include blood pressure, height, weight, & a blood draw for glucose and cholesterol
Walk-ins welcome

30 Day Abs Challenge



Maintain or improve your ab strength during this summer!

Join the 30 Day Abs Challenge!

Sign up with Julia and use the attached tracker calendar with instructions.

Completed trackers submitted to Julia by July 15th will be entered into a drawing!

Walk Your Way to Health

Be on the lookout for the employee Walking Challenge coming soon!

Gather your team members now and prepare for fun and prizes!

More info to follow in July's newsletter.....



Ongoing Programs:

Body Sculpt

- Mondays and Wednesdays
- 4:45-5:30 pm
- City Hall Auditorium

Drop in anytime!

Weight Watchers at Work

Get weight loss support conveniently at work!

Sign up with Julia today!

Diabetes Prevention Program

The YMCA can help you make changes if you are at risk for type 2 diabetes.

To see if you qualify, contact Mary Kate Owens at 413-534-5631.

Quit Smoking Workshop

- Mondays
- 4:30-5:30 pm
- Holyoke Medical Center
- \$30

To register call Seneca Egan at 413-534-2734.

Wellness Warriors of the Month

Holyoke Public Library Employees

What Do Holyoke Public Library Employees Do To Stay Healthy?

"Here at the library, most of our employees do not have a sedentary job. We bring our lunch and eat inside, and in good weather, some of us might eat in the park and go for quick walk. We bring healthy food, we use books as our weights...we carry books up and down the stairs, we reach up to shelve books on top shelves and squat to shelve books on bottom shelves. We serve our patrons standing up and we walk up and down all five floors regularly during the day. Our Custodian, Mark Gadoury walks or rides his bicycle from Chicopee every day." **Maria G. Pagan, Library Director**

"I made the switch from soda to water at work and at home. I also am slowly trying to make the switch to eat more organic and natural foods. It's a little costly but it will be worth it for my health in the long run."

Nathan Hayes, Children's Librarian

"At work I use hand sanitizer and wash my hands often because of all of the materials I am constantly touching such as books, DVD's and computer keyboards. At home I drink a lot of water and do yoga."

Carla Wessels, Assistant Director

"Being lactose intolerant, every day is a challenge for me. Since most of the food and product contain milk and cheese, I decide to make my own lactose free food, and bring it every day to work to avoid going out to eat and stay healthy. In good weather, I ride my bike to work."

José E. Cartagena Ortiz, Computer Coordinator

"I stay away from sugar as much as I can. I also eat lots of vegetables and fruits and I drink a lot of water. I keep my self occupied in order to not stress out and to stay focus in daily task." **Mayra Rivera, Evening Library Assistant**

"I try to always take the stairs instead of the elevator."

Jason Lefebvre, Children's Librarian

"I eat lots of whole grains and vegetables and do yoga every day. We buy mostly unprocessed foods and try to buy locally-grown produce. My daughter and I set the table and have a sit-down meal 5 nights per week."

Eileen Crosby, Archivist

"Losing 175 lbs. and keeping the weight off for me was a matter of first choosing to lose the weight for myself, then finding and keeping to a specific diet and exercise routine that I could do without feeling like it was a chore. My choice was Weight Watchers Online and adding in time to exercise on a stationary bike every night as soon as I got home from work. Making these changes, especially sticking to an exercise schedule, have allowed me to achieve a healthier lifestyle."

Meg Haley, Assistant Cataloger

"I quit my other job and stopped working 90 hours a week!!!! Also, my wife and I now go on long walks with our poodle :-)) and will soon have the time to start learning to ride our uni-cycles!"

Raymond Parker, Financial Manager

Healthy Blueberry Pancakes

During this blueberry picking season, choose how healthy you want to make your pancakes with the ingredient options below!

Ingredients

- 2 cups whole wheat flour (or white flour)
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 teaspoon ground cinnamon
- 1 cup plain non fat Greek yogurt (or sour cream, low-fat yogurt, regular yogurt)
- 1 and 1/4 cups skim milk (or low fat, regular)
- 1/4 cup Honey (or pure maple syrup, agave, brown sugar)
- 2 large eggs
- 1 teaspoon vanilla extract
- 3 Tablespoons melted coconut oil (or canola oil, vegetable oil, butter)
- 1 and 3/4 cups fresh blueberries (or frozen)

Directions:

1. Microwave coconut oil or butter until melted. Set aside to cool.
2. In a large bowl, toss flour, baking powder, baking soda, salt, and cinnamon until combined. Set aside.
3. In another large bowl, whisk yogurt, milk, honey, eggs, and vanilla until combined. Whisk in oil. Pour wet ingredients into dry ingredients and gently whisk to combine. The batter is thick with a few lumps. Gently, fold in blueberries using a rubber spatula or wooden spoon.
4. Heat a griddle or skillet over medium heat. Coat with nonstick cooking spray. Once hot, drop 1/4 cup of batter on griddle. Cook until edges look dry and bubbles form on the sides, about 1 minute. Flip and cook other side until cooked through, about 2 more minutes. Repeat for each pancake or batch.
5. Keep pancakes warm in a preheated 200F degree oven until all pancakes are cooked. Serve pancakes immediately with toppings of choice.



<http://sallysbakingaddiction.com/2015/01/16/whole-wheat-blueberry-pancakes>

HealthyHolyoke

Our Health. Our Community.

Workplace Wellness
Make Working for Holyoke
Work for You

