



July-August 2018

Berkshire Health Group

Wellness Connection

Three Tips to Keep You Healthy this Summer!

Summer is a great time to get outside, enjoy the sun, and be more active! With the increase in temperatures and easier ability to get into the great outdoors, consider these three tips to help you and your family stay healthy and happy during the summer season.

Drink Plenty of Water

In the summer months, temperatures rise creating an increase in sweat. Even if you are not exercising, your body will drop additional water in the summer months, due to heat and humidity. Each day we lose about two to three liters of water, depending on temperatures, stress, and exercise levels. At best, dehydration can lead to fatigue, impaired ability to focus, and headaches. At worst, dehydration can land a person in the hospital.

While the Food and Nutrition Board

suggests that women consume 2.7 and men to consume 3.7 liters of water each day, it is also important to listen to your own body's cues as to how much water you need day to day. The amount of water a person should drink



each day depends on a number of factors, including age, exercise, and heat levels. Having water handy, noticing how much you are outside or exercising, and trying to follow the basic recommendations can all help keep you well hydrated this summer!

Reduce Your Risk of Skin Cancer

Using sunscreen, seeking shade and wearing protective clothing are all important behaviors to reduce your risk

of skin cancer. Scientific evidence supports the benefits of using sunscreen to minimize short-term and long-term damage to the skin from the sun's rays. In addition, find shady places away from the sun when you can and avoid tanning beds. If possible, get checked once a year by a dermatologist for any suspicious moles or freckles.

Since sunscreen is a primary way to prevent skin cancer, it is important to find the right sunscreen. Look for sunscreens that contain zinc oxide, Avobenzone, or Mexoryl SX, and avoid products that contain Oxybenzone, retinyl palmitate, and added insect repellent. To learn more about sunscreen products to look for or avoid go to: ewg.org/sunscreen.



INSIDE...

1. Summer Safety Tips
2. Summer Safety Tips Cont'd and Local Summer Activities
3. BHG Hero Coaching Success Story and Wellness Team
4. BHG Spring and Summer Initiatives, Recipe, and your Wellness Programs and Benefits

Prevent Lyme Disease!

If you're an outdoor enthusiast or pet owner, you've probably noticed the large number of ticks this year. Ticks can be found in backyards, the woods, fields, and even cities. They're attracted to people and their four-legged pets, and they can easily move between the two. Ticks are small, blood-sucking bugs. They can range in size from as small as a pin's head to as large as a pencil eraser. The different kinds of ticks can range in color from shades of brown to reddish brown and black. As they take in more blood, ticks grow. At their largest, ticks can be about the size of a marble.

Where do ticks bite people? Ticks prefer warm, moist areas of the body. Once a tick gets on your body, they're likely to migrate to your armpits, groin, or hair. Unlike most other bugs that bite, ticks typically remain attached to your body



after they bite you. These small insects are big health concern because they are transmitting Lyme disease and a host of other illnesses. When left untreated, it can cause serious health problems. The best way to protect yourself from ticks is to cover your skin and tuck your clothes in as much as possible. But, on hot weather days, it is understandable that can be difficult. The Vermont Department of Health recommends using an insect repellent with 20 to 30 percent DEET on any exposed skin, in tandem with the application of permethrin onto your clothing. When you are indoors, make sure to remove your clothing and check your body, your children, and pets. It is helpful to use

a mirror to check your body so you can see all hidden areas of the body. If you do find a tick on your body, try not to panic. You want to make sure that you remove the tick as soon as possible. There are tools you can use such as fine tipped tweezers or something similar, grab the tick as closely to the skin as possible (do not grab the tick with your bare hands). Without twisting or yanking, pull the tick upwards as firmly as possible until it is completely removed. If this is too difficult to do on your own, seek medical attention right away. Make sure to keep an eye out for any irritation or a bulls-eye around the bite, and pay attention to any other symptoms. Seek medical attention if you experience any symptoms. With proper precautions and awareness you can prevent and protect yourself from these tiny creatures, and you can continue to enjoy the great outdoors and all the beautiful great trails the Berkshires has to offer.

Free Summer Activities in the Berkshires

Outdoor Movies

WHAT: Family friendly movies outside!

WHERE: Clapp Park, Pitts. (Rain cancels)

WHEN: Select Friday nights in July and August. Shows begin around 8:30pm.

MORE INFO: (Google "outdoor movies at Clapp Park Pittsfield)



6:30pm until August 29th

Concerts

WHAT: Free live music

WHERE: Lilac Park on Main Street in Lenox. Windsor Lake on Bradley St. in North Adams.

WHEN: Lilac Park—Wednesdays at 6:30pm starting June 14th.

Windsor Lake -every Wednesday at

Afternoon at Tanglewood with Activities for the Whole Family on July 27th 3-5:30pm

Families are invited to enjoy an afternoon of live musical performances and fun interactive activities presented in collaboration with some of the most popular cultural institutions in the Berkshires! Explore the grounds on a guided nature walk, pose for selfies in

dress-up costumes, make crafts to take home, and try out different instruments at our Instrument Playground.

After the Fun Fest, find your favorite spot on Tanglewood's lush green lawn, relax on your blanket, and experience the magic of the Boston Symphony Orchestra during the evening concert.

Outdoor Dance Shows

Bring family and friends of all ages to the Inside/Out series, offering free outdoor performances by emerging and established dance companies and presentations by dancers of The School at Jacob's Pillow every Wednesday through Saturday at 6:15pm during the Festival.

<https://www.jacobspillow.org/festival/free-performances/>

BHG Wellness Coaches



Maureen Daniels M.Ed

BHS Director, Wellness & Community Health BHS Wellness Program Coordinator



Carol Nixon, M. Ed, CHWC



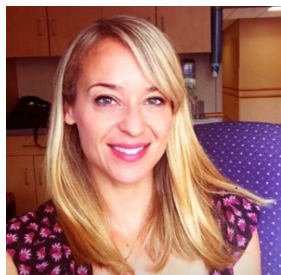
Lisa Laramy, RN, BS, CHWC, CDE, CPT

BHS Wellness Program Manager



Jennifer Nykorchuck BSN, RN, CHWC

Clinical Wellness Nurse



Beth Piantoni, CWWS, CHWC, CPT

BHS Wellness Program Coordinator

Get Started on a Healthier Path & Earn \$200 for taking care of YOU!

Our Certified Health & Wellness Coaches are here to help you set goals and make positive changes in your life.

- Meet with your coach 4 times within 3 months
- Complete your Pre & Post Personal Health Assessment and Quality of Life form to earn \$200*
- Health Coach will contact you to get started

Contact: Beth Piantoni BHG Wellness Coordinator (413) 445-9327

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BHG HERO Coaching

Success Story

"Why can't I get it right the first time?"
~Shannon Vigeant, MGRHS



"The struggle to maintain good health has been a consistent journey in my life. I have had gratifying moments hiking mountains and running daily, as well as frustrating periods of time where exercise habits have lapsed and my health and weight have as well. For me, learning to balance health and fitness in my life is a challenge that lead me to the Berkshire Health Group health-coaching program. A few serious changes in my health were the final straw to recommit myself to positive change (and a small stipend upon completion was just the icing on the "healthy cake"). After completing a health analysis, a few forms, and setting realistic goals, I was assigned a personal coach, Beth, to help me achieve my goals. Throughout the program, Beth and I would talk for a half hour every three weeks in addition to weekly email check-ins. Our discussions were supportive and informative; and Beth shared knowledge that helped inform my health choices. We talked about my successes and failures without judgment. Always encouraging me to rework my goals, my coach guided me by focusing on my successes and making small incremental changes to help me to achieve lasting lifestyle changes. Although it was a challenge at first to get on track, before I knew it I lost ten pounds from the changes I made in my diet alone and found myself moving and exercising much more. Now that dietary changes are a consistent part of my routine, my focus is shifting to creating lasting change with regard to exercise. I am well on my way to a healthier life. Thank you so much Beth and Berkshire Health Group for a positive and rewarding experience!

BHG Spring & Summer Wellness Initiatives



McCanns Spring Yoga
Class with
Kalei Carlson



Williamstown Town Hall
Boston Marathoners



ACRSD
Biometric Screenings

Carrots, Celery, and Beet Salad

Mt. Everett's Healthy Cooking Wellness Recipe

- 4-6 Carrots
- 1 Small Celery Root (10 Springs)
- 1 Beet
- Olive Oil, Red Wine Vinegar, Dijon Mustard, Salt and Pepper

Wash and peel all root vegetables. Wash the scallions under running water and finely slice them. Wash the parsley under running water, drain it, and finely cut it. Shred the carrots, celery root, the beet. In a serving bowl, make a vinaigrette with a TBS of Dijon mustard, 2 TBS of red wine vinegar, 4 TBS of olive oil, salt and pepper,. Add scallions. Toss all vegetables in the vinaigrette, sprinkle the salad with the parsley and serve.

Take Advantage of your Wellness Benefits!

- [Diabetes Care Program](#)
- [Colonoscopy Incentive Program](#)
- [BCBS Fitness Reimbursement](#)
- [BCBS Weight Loss Reimbursement](#)
- [HERO Coaching Program](#)

Visit Berkshirehg.com for more info

**For more information regarding
any BHG Wellness Programs,
please contact:**

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Wellness Programs

June-August -"Train for your First 5k" .This 6 week program will gradually help you go from walking to running utilizing interval training.A 3 day/week training plan will be provided for those of all fitness abilities. You will be encouraged (but not required) to sign up for and complete a 5 K race

August-September- "Hydration Challenge" Put your hydration to the test and see what drinking more water can do for you. Aim for 48 oz. of water or more daily with this 4 week challenge. Drinks that count include plain water, herbal tea with nothing added, seltzer water and Hint brand water.