

Suffolk County Water Authority Wellness Program



February 2011

The Suffolk County Water Authority's Wellness Program emphasizes the importance of physical activity, good nutrition, and well-being. Access to on and off-site weight management programs, free smoking cessation classes, and fitness center discounts will help support your goals.



Below is a synopsis of the programs, classes and fitness discounts we offer. Please contact Madeline Matlak at 631-563-0213 for more information.

WEIGHT MANAGEMENT

Weight Watchers offers the new PointsPlus program. This program is still based on counting points with a new set of food rules and nutritional guides built into a simple, easy-to-use plan. Fresh fruits and most vegetables now have ZERO PointsPlus values—even bananas. It's good to know you can always reach for a piece of fresh fruit when you get hungry.

- *With a minimum of 15 employees Weight Watchers at Work Program will come to a specified work site for a 12-week session at the pre-paid cost of \$144.00 per person. Payment can be split into three payments of \$48.00.*
- *All employees who are interested should contact Madeline Matlak at ext. 2213. Once we have at least 15 prepaid employees via check, cash, Master Card, Visa, Discover or American Express we can set-up a weekly time and location for our meetings.*

Jenny Craig offers personalized programs with gourmet quality entrees and snacks geared to introduce you to a new healthier lifestyle. Your consultant will privately guide you through any challenges and offer skills, strategies and information to achieve and maintain your weight loss goals.

- *A 25% discount off the Premium Success Program and Metabolic Max Program or 30 days free for their shorter program of 20lbs for \$20 offered to all SCWA employees. The cost of food is not included with this offer.*
- *The cost of food averages \$12—\$18 per day.*
- *For your personal consultation contact Claire Larson at (631) 475-0017.*

Overeaters Anonymous (OA) is a fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. Their primary goal is to abstain from compulsive over eating and to carry this message of recovery to those who still suffer. Membership consists of approximately 7,000 registered groups in more than 50 countries. There are no dues or fees for members. A \$2.00 donation for non-members is suggested.

For additional information see the OA website at www.suffolkoa.org or call Janice at (631) 475-5965 or e-mail her at suffolkoa@aol.com.

EMPLOYEE SUPPORT

Employee Support Network (ESN) offers an employee assistance program to all SCWA employees. ESN provides free and confidential counseling, referrals for your daycare and eldercare needs and much more.

ESN provides a network of assistance in matters that may affect your work or personal life. SCWA's goal is to offer you and your family support, which helps maintain a healthy and productive work force.

Employees have access to :

- 24-hour, 7 day a week, toll-free access to a counselor.
- Face-to-face short-term counseling at a convenient location near you.
- Referrals to mental health/substance abuse providers.
- Free 30 minutes legal consultation on almost any legal matter and a 25% discount on continued legal services.
- Free, qualified financial counseling via telephone.
- Child care referrals and assistance.
- Eldercare referrals and assistance.
- Extensive web resources and much more.

**For Toll-Free, 24-hour access:
1-866-620-2011**

**Or visit their website at:
www.employeesupportnetwork.com**

**To log on to their website
User Name: SCWA
Password: SCWA**

SMOKING CESSATION

Smoking Cessation: To help employees and dependents quit smoking, SCWA offers information about classes that will help them become tobacco-free. The classes are given by Suffolk County through the LEARN TO BE TOBACCO FREE Program. The classes are open to the public and free of charge. Once you have attended and completed a full program (6 weeks) of smoking cessation classes you will also be able to attend free support group sessions. Please refer to the website link below for more information.

**To pre-register for a *FREE* Smoking Cessation class
call (800) 342-1303**

Or visit their website at

<http://www.co.suffolk.ny.us/departments/healthservices/healtheducation.aspx>



The **New York State Smokers Quitline** program provides health information online free of charge to NY State residence only. The purpose of this program is for participants to give and receive support on-line and to receive online tailored coaching. The New York State Smokers' Quitline offers:

- Free starter kit of Nicotine Patches, Gum or Lozenges for eligible NYS smokers.
- Trained Quitline Specialist offering help with quit plans.
- Information on local Stop Smoking programs.
- Health information on why you should quit smoking, how to quit smoking and what to expect when you stop smoking.

For *FREE* coaching and support call:

1-866-NY-QUITS

(1-866-697-8487)

Or visit their website at:

www.nysmokefree.com

SMOKING CESSATION



Tips from the American Lung Association:

The American Lung Association has provided the following tips to successfully quit smoking:

- Talk to your doctor about the different over-the-counter, prescription medications and various types of treatments available to help you quit smoking.
- Look into the different options available to help smokers quit. Visit www.lungusa.org for more information.
- Take time to plan. Pick a quit date that isn't stressful, such as after the holidays. As your quit day approaches, gather the medications and tools you need to map out how you're going to handle situations that make you want to smoke.
- Get some exercise every day. Walking is a great way to reduce the stress of quitting. Exercise is proven to not only combat weight gain, but also improves mood and energy levels.
- Eat a balanced diet; drink lots of water and get plenty of sleep.
- You don't have to quit alone. Help is available. Consider joining a stop-smoking program.

STOP SMOKING PROGRAMS IN SUFFOLK

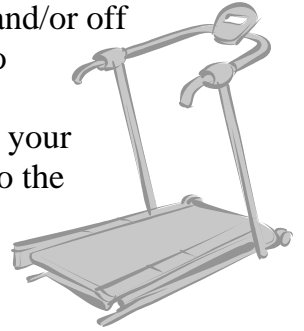
Carol Denicker	North Shore Hypnosis 7 Rochelle Lane, Northport, NY 11768	(631) 757-7647
Dr. Paul Tchao	Preventive Medical Care PC 2043 Deer Park Ave, Deer Park, NY 11729	(631) 242-8488
Hypnosis Program (One Session)	Total Dynamis, Inc 17 Ravenwood Drive, King Park, NY 11754	(631) 979-3057
Hypnosis: The Green Seminar	Call for Locations	(800) 342-1303
Learn to be Tobacco Free-NRT, Classes, Support Groups	Suffolk County Dept of Health, Hauppauge, NY 11788 27 Locations around Suffolk County	(631) 853-4017
Mark Siegel	New York Institute of Hypnosis 95A East Main Street, Huntington, NY 11743	(866) 906-0096
Nicotine Anonymous	Multiple Locations in Suffok County	(631) 665-0527
Quit Smart Program	Marie Brannigan RN, CS, NP 755 Park Ave, Suite 160C, Huntington, NY 11743	(631) 427-7553

FITNESS DISCOUNTS

4060 Sunrise Highway
Oakdale NY 11769
Human Resource Department
Madeline Matlak
Phone: 631-563-0213
Fax: 631-563-0300
Email: mmatlak@scwa.com

Regular exercise can help protect you from heart disease and stroke, high blood pressure, noninsulin-dependent diabetes, obesity, back pain, osteoporosis and can improve mood and help you to better manage stress.

The facilities listed below have chosen to provide SCWA employees with a discount off their regular member price and/or off their initiation fees. The discounts vary widely. To receive the discount, contact the facilities directly, identify yourself as a SCWA employee and present your company ID card. If questions arise, ask to speak to the contact person listed for the facility.



CLUB and LOCATIONS	CONTACT	INCLUDES	PACKAGES
FITNESS PLUS			
671 Old Town Road Port Jefferson Station	Francesca Maio 642-9700		\$49 enrollment fee and \$30 monthly or \$399 up front with 1 yr contract
FINEST FITNESS			
208 E. Main St, Patchogue	Steve 730-8820	All three floors 24 hrs a day all classes, daycare	\$19.99 monthly or \$240 up front with 1 yr contract
POWERHOUSE GYM			
140 N. Belle Mead Rd, East Setauket	Greg Murphy 631-433-1138	Restricted to Alternate Days All Classes	\$10.00 monthly with 1 yr contract or
		No Restrictions All Classes	\$19.99 monthly - No contract
*\$39.99 Reg Fee Required			
275 Rte 25-A, Miller Place	Danielle or Robin 631-928-4200	No Restrictions All Classes Free Fitness Evaluation and two Personal Training sessions.	With minimum of 10 employees \$29.99 monthly - No Contract (<i>minimum of 2 months to start</i>) or \$39.99 per month with monthly contract No Fee
SOLEIL TOTAL FITNESS			
321 Middle Country Road, Coram	Musa 631-716-1800	No Restrictions All Classes	With minimum of 5 employees \$30 monthly with 1 yr contract
UNIQUE FITNESS			
1191 Portion Road, Farmingville	Mike Funaro 631-696-9100	No Restrictions All Classes	With minimum of 8* employees \$25 a month w/ 1 yr contract (auto debit) or 15% off any member *transfer membership allowed
LA FITNESS			
5 Gateway Blvd, Patchogue	Luke Johnson 247-7001	Family and Friends included Nationwide access (except signature clubs) Racquetball not included	\$25 Reg Fee and \$49.95 monthly fee *voucher required (*please contact Madeline Matlak at HR)