



Beneficial Wellness Newsletter

New & Improved Resources from Learn to Live

The Mayflower Municipal Health Group (MMHG) is committed to removing the barriers that prevent people from accessing quality resources for mental health and wellbeing. Learn to Live's 24/7 online programs and coaching are available at no cost for everyone in your organization, including all employees and family members. In addition to free online programs that can be as effective as face-to-face therapy and popular live webinars, Learn to Live offers other powerful resources you can use to support your mental health needs:

Quick Breaks are an exciting new feature with short, 3-5 minute modules covering a wide variety of topics, from how to navigate challenging emotions like grief or shame to cultivating joy, strengthening relationships, or mastering difficult conversations at work. A new Quick Break activity is released every week, and you can subscribe and receive them via email.

Mindfulness Moments are text messages sent once weekly that deliver a small nugget of inspiration, motivation, and clinical wisdom to help you stay on-track with your health and wellness goals. You can subscribe from the Resources tab on your Learn to Live account.

Coaching & Teammates are free, optional services that ensure you are never required to take your Learn to Live journey alone (unless that is your preference). Coaches are expert clinicians who are dedicated to your success for an unlimited number of sessions. Teammates include any family, friends, providers, or other individuals with whom you want to share your milestones and receive support. See the My Team tab on your account for more details and to sign up.

Finally, Learn to Live recently completed a major upgrade on their platform experience to make it easier to take advantage of these great resources and more! Check out the new platform and resources by signing up at learntolive.com/partners using access code **MMHG** or by **logging into your account**.

Hot Topics:

Solve the MMHG Wellness Puzzle *FOR THE LOVE OF LENTILS, BEANS & PEAS* on page 8 for a chance to win a raffle prize!

Information for all MMHG Subscribers:

You are required to notify your employer within 30 days of the following life events:

- ~Change of address
- ~Divorce/Remarriage
- ~Medicare eligibility of yourself or of a dependent
- ~Marriage
- ~Birth/adoption/legal guardianship
- ~Dependent loss of status as a dependent (except for turning age 26)

Visit our website
www.MMHG.org/Wellness



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REST YOUR WAY TO WELLNESS— and win a gift card!

Participate in **Learn to Live's Sleep Challenge** during the month of March for a chance to win a gift card of your choice through Tango!

To enter, do one or more of the following during the month of March:

- Enroll in a Learn to Live program or
- Complete a lesson in your program



Visit learntolive.com/partners (enter code: **MMHG**) or **log into your account**

Tax Forms:

Blue Cross Members:

Your Form **1099-HC** for 2024 will be postmarked and in the mail by January 31, 2025. You can get a copy on your [MyBlue](#) account, added on January 31, 2025

***Medex 2 and Medicare Blue PPO Freedom RX members will not receive a 1099HC form for months enrolled in those plans as Medicare is considered creditable coverage.*

Harvard Pilgrim Members:

Your Form **1099-HC** for 2024 will be postmarked and in the mail by January 31, 2025. You can get a copy through the Harvard Pilgrim [online print tool](#) starting February 1.

WOW! The Social Security Fairness Act, HR 82,

concerning the Windfall Elimination Program and Government Pension Offset, was signed into law on January 5, 2025. Upon implementation, the Social Security Fairness Act eliminates the reduction of Social Security benefits while entitled to public pensions from work not covered by Social Security. The Social Security Administration is evaluating how to implement the Act. Ongoing Social Security Agency updates will be released at <https://www.ssa.gov/benefits/retirement/social-security-fairness-act.html>.

More info at:

<https://massretirees.com/>

Medicare Plan Members: Important things to know

- Do not voluntarily enroll in another Medicare Part D plan because it will cancel your enrollment in your current Medicare plan with MMHG.
- You must continue to pay your Medicare Part B premium timely in order to remain eligible for MMHG coverage.

Healthcare IQ : How to be a Savvy Consumer



The Healthcare IQ Corner is a regular feature of the MMHG Beneficial Wellness Newsletter. With medical costs continuing to rise, consumers are challenged more than ever to make informed decisions about their healthcare.

The ABC's of Health Insurance

Health insurance is complicated and the ability to understand it's terminology is key when it comes to making good decisions about your health plan and medical care. Here are a few definitions of common terms. Find additional definitions of health insurance terms in future newsletters and [HERE](#).

COPAYMENT: The amount that a plan member must pay the provider at the time of service. Also called a copay, this amount varies depending on the specifics of a given health plan contract.

DEDUCTIBLE: If applicable, the dollar amount that a member must pay for health care services before a health plan will cover eligible services.

HEALTH MAINTANENCE ORGANIZATION (HMO): An organization that arranges a wide spectrum of health care services which commonly include hospital care, physicians' services and many other kinds of health care services with an emphasis on preventive care.

PREFERRED PROVIDER ORGANIZATION (PPO): A type of health plan with a network of providers who are "preferred", that is, a member can visit these preferred in-network physicians and don't need to choose a primary care physician. In some PPOs, members can also visit non-preferred, or out-of-network providers, but may have to pay a higher fee or copayment.

PREVENTIVE CARE: Care received during services such as a yearly physical, checkups, screening tests, and immunizations for when you're symptom-free and have no reason to believe you might be sick.

Smart Consumer Health Insurance Tips

- Learn the ins and outs of what is covered under your health plan by reading your plan documents. The **Schedule of Benefits (SOB)** and **Summary of Benefits and Coverage (SBC)** will provide overviews of what your plan covers & what you pay for covered services. Your benefit coordinator can provide you with these documents.
- Get familiar with your health insurance website. Take a moment and click through the website to see where handy information is.
- Create a member account to track claims and benefits, copays, deductibles, prescriptions, access member ID card, submit fitness benefit reimbursement claim, and more.
- If you have questions about your insurance call member services. The number is usually on the back of your insurance card as well as on the website.
- Visit the Mayflower Municipal Health Group (MMHG) website and click on the "Benefits" tab to download your plan's complete E-Kit . While you're there check out the "Wellness" tab and discover FREE wellness programs!

Links

[Blue Cross Blue Shield of MA \(BCBSMA\) website](#)

[Harvard Pilgrim Health Care \(HPHC\) website](#)

[BCBSMA My Blue Member account](#)

[HPHC Member account](#)

[MMHG website](#)

LEARN TO LIVE BULLETIN

Your guide in wellness & mental health

Welcoming Sleep to Restore and Maintain Our Health

Another night of tossing and turning. The alarm blares and you drag yourself out of bed feeling more exhausted than when you went to sleep. Your mind is foggy, your body slow, and the simplest tasks seem overwhelming. What if your struggle with sleep is more than just an inconvenience and may be contributing to some of your bigger health challenges?

Sleep is not just passive rest – a good night's sleep allows active healing and restoration. During sleep, our brain can consolidate memories, our immune system is strengthened, and our body repairs damaged tissue. All this healing and restoration keeps us mentally and physically well, but it is not possible if we aren't able to get the sleep we need.

Now, one night of poor sleep won't disrupt our entire well-being, but research shows that chronic sleep deprivation is linked to serious health conditions, including depression, anxiety, cardiovascular disease, and compromised immune function. So how can you optimize your sleep to feel well-rested and keep your mind and body healthy? The single most impactful solution for Insomnia according to research is CBT-i (Cognitive Behavioral Therapy for insomnia). CBT-i has even been proven more effective than sleep medications, and almost anyone who struggles with sleep can benefit from it, even if they don't suffer from clinical insomnia.



Quick Tips for Restorative Sleep

Check for Medical Conditions. Before applying CBT-i strategies, it's crucial to consult with a medical professional and rule out potential underlying medical conditions. A consultation can help identify potential issues like sleep apnea or narcolepsy that might be disrupting your sleep patterns.

Wake up well. We all have a biological clock that regulates our sleep-wake cycle. Establishing a regular wake up time signals our bodies that it's time to start the day. Try to get active right away and expose your eyes to bright daylight. Both are important in resetting your bio clock.

Create a sleep-welcoming environment. You can tailor your bedroom to promote optimal sleep conditions. This means creating complete darkness by blocking out all light sources, removing or turning around clocks to prevent anxiety-inducing time watching, and maintaining a cool room temperature.

Follow a few lifestyle guidelines. Lifestyle choices throughout the day can substantially impact your nighttime sleep quality. Try to finish any exercise at least 1 hour before bedtime, avoid caffeine consumption 6 hours prior to sleep, and limit alcohol intake to 3 hours before bedtime.

Get Started Today

By understanding sleep's impact on health and applying proven strategies, you can begin to reclaim your nights. If you're struggling with sleep, consider starting in Learn to Live's Insomnia program. You can also learn more about your overall mental health needs by taking a quick assessment. Start by scanning or visiting learntolive.com/partners and enter access code **MMHG**. Learn to Live is available to you and your family members, ages 13 and older at no cost.



RESILIENCE | STRESS, ANXIETY & WORRY |
DEPRESSION INSOMNIA | SUBSTANCE USE



How “Hygge” Can Help You Love Winter

Have you heard of Hygge? It’s a concept that is easier to embrace than it is to pronounce (for the curious, it’s pronounced “hoo-gah”). Hygge offers us a way to shift perspective and find joy, and it’s especially helpful this time of year when winter often starts to get the better of us, the days still feel too short, and spring seems like a far-off dream.

Hygge is the Danish art of cozy living, and it’s all about creating warmth, comfort, and connection, especially during the colder months. To embrace this concept in your own life, you simply need to slow down, savor the moment, and find joy in life’s simple pleasures. Think crackling fireplaces, steaming mugs of tea, and time spent with loved ones—it’s a mindset that helps you thrive even in the depths of winter.



Here are some simple ways to bring hygge into your life this February:

Cozy Up Your Space. Turn your home into a haven by featuring your favorite things in places where you will see them often. Change up your art or photos and put out some your favorite books. Create a new playlist to play on repeat. Bring your favorite warm clothes to the front of the closet. A favorite chair, cozy socks, and a good book can make even the dreariest day feel special.

Savor Warm Comfort Foods. Winter is the perfect time for hearty soups, stews, and homemade bread. They nourish your body and fill your home with wonderful scents. Pair your meal with a hot beverage—like tea, cocoa, or mulled cider—to warm you from the inside out.

Connect with Loved Ones. Hygge is about togetherness. Host a casual gathering with friends or family, whether it’s a potluck dinner, stories around the fireplace, or a virtual hangout. Sharing laughs can brighten even the darkest winter days.

Embrace Simple Pleasures. Take a mindful walk and appreciate the quiet beauty of February’s landscape. Or spend time on a creative hobby, like drawing, cooking, or a hands-on project like knitting or woodworking. Small joys can make a big difference.

Try embracing hygge, to transform February into a time of comfort, connection, and contentment. Try adding just one or two hygge-inspired practices to your routine, and you might find that the season feels a little brighter.

For more tips on how to embrace Hygge, join Living Well Community on Wednesday, February 26 from 1:00-1:30 p.m. for, “Embracing Hygge: The Art of Cozy Living.” Visit point32health.org/livingwell to access the free webinar.

Wellness Tip: Small Steps Towards Feeling Financially Stronger in 2025

Plan a Few “No-Spend” Days: With so much going on, a few “no-spend” days can help keep your budget steady. Choose a couple of days each week where you don’t spend on extras—no takeout, no splurges, just the basics. Making small swaps, like packing lunch or making coffee at home, can help keep expenses in check. Implementing even a few “no-spend” days each month is a great way to save.

Automate Small Savings: If you’re aiming to save, automation is one of the easiest ways to start. Set up an automatic transfer from checking to savings for a small amount each week—whether it’s \$5, \$10, or more. This way, you’re building up savings without having to think about it.

Heart-Healthy Eating: Winter Produce



It's the time of year when we just want to chow down on some nice, filling comfort food, and maybe dive under a blanket until Spring. But we need more than just tasty calories to get us through New England winters – we need resilience and robust immune systems. If we want to thrive through the winter (and we do, right?), it's time to fortify our diets. And while fresh produce may seem easier to find during the growing season, winter offers plenty of nutritious options to help us accomplish this mission.

Citrus fruits are easy to find in stores during winter and are very nutritious. They are great sources of fiber, vitamin C, and antioxidants. Citrus adds brightness and flavor to dishes.

Winter squashes like acorn, butternut, and spaghetti squash store well through winter. They are rich in vitamins A and C, fiber, and antioxidants. These squashes also help regulate blood sugar.

Beets are packed with nutrients like folate, potassium, iron, and vitamin C. They help improve stamina, blood flow, and may prevent liver fat buildup. Beet greens are also nutritious, with more iron than spinach.

Broccoli & cauliflower are rich in calcium, folate, manganese, iron, and vitamins K and C (fun fact: half a cup of raw broccoli provides almost 70% of the RDA for vitamin C). Broccoli helps lower cholesterol and supports heart health, while cauliflower improves blood circulation and lowers blood pressure.

Turnips, parsnips, rutabaga, and other root vegetables are rich in vitamins C, B, and A, and minerals like iron, calcium, and potassium. These veggies help regulate blood sugar and digestion.

Dark leafy greens like kale, collards, chard, and spinach are very nutritious (fun facts: gram for gram, kale contains more vitamin C than oranges, and spinach has as much protein-per-calorie as chicken). Leafy greens support the immune system, bones, vision, and help fight inflammation, cancer, and heart disease.

Cabbage and Brussels sprouts are rich in vitamins, minerals, fiber, and antioxidants. Cabbage can be used in coleslaw, salads, and soups. Brussels sprouts are delicious roasted but can also be used similarly to cabbage.

Mushrooms and Berries are also available year-round. Mushrooms are rich in protein, copper, and selenium (and Portobellos rival bananas for potassium content). Berries are high in fiber and contain antioxidants and resveratrol, which may lower inflammation. Berries also help lower blood pressure and boost HDL cholesterol.

Roasted Beets with Ginger

Serves 4-6

Ingredients:

- 3-4 medium red beets, peeled and cut into bite sized cubes
- 1 tablespoon fresh ginger, grated
- 1 teaspoon olive oil

Preparation:

In a bowl, toss beets with grated ginger and olive oil. Place in an ovenproof dish and bake at 350F for about 45 minutes.

Nutrition Tip: *Don't throw away the beet greens! They are also very nutritious and can be easily prepared by steaming, then sautéing with garlic and olive oil.*

Move Your Heart, Lift Your Mood

Staying active during the cold, dreary days of February can be a challenge. But February doesn't have to be a fitness slump. Here are some ways to create a well-rounded routine that keeps both your body and mind in tip-top shape.

Mindful Movement: Be Present, Feel Better

Mindful movement connects you with the present moment, reducing stress and improving circulation. Try mindful stretching before getting out of bed or focus on your breath during a walk. These simple practices can boost mental clarity and heart health.



Micro Habits: Small Changes, Big Results

Micro habits are tiny, consistent actions that add up to real improvements in physical health. And the beauty is that they're easy to fit into even the busiest schedules. Try a brisk 5-minute walk after meals, a quick morning stretch, a 10-minute yoga session before bed, or choosing stairs over the elevator. By repeating these small actions every day, you'll improve your cardiovascular health—and feel better doing it!

Mood-Boosting Fitness: Barre and Yoga

Exercise doesn't just strengthen your body—it can lift your mood, too. Barre and Yoga are two types of fitness known for both their physical and mental health benefits. Barre combines strength training, flexibility, and mindfulness, while yoga focuses on breath and movement to reduce stress. Both can be done at home with just a mat, and both are excellent choices for improving both heart health and mental well-being.

The Magic of Winter Walks

Sometimes, the simplest form of exercise is the best. Winter walks might sound chilly, but they're a surprisingly effective way to boost your mood. The crisp air and peaceful surroundings are rejuvenating, and even on gray days, you get Vitamin D from the sun. Walking after meals aids digestion and keeps your heart healthy. Grab a jacket and get outside—your body and mind will thank you.

Creating Your Winter Routine

So, how can you tie all these elements together into a sustainable routine? Here's a simple plan:

- Start each morning with a 5-minute stretch or yoga session to wake up your body.
- Take a winter walk after lunch or dinner to boost both heart health and mood.
- Try a 10-minute Barre or yoga workout once or twice a week for full-body strength and relaxation.
- Fit in small micro habits throughout the day, like choosing the stairs or stretching during TV time.

By combining mindful movement, small micro habits, mood-boosting workouts, and winter walks, you'll create a balanced fitness routine that makes February feel just a little brighter.



Prioritize Joy

When you enjoy what you're doing, you're more likely to stay consistent. Skip the fancy equipment and find an activity that makes you smile and gets your heart pumping!

Your MMHG Wellness Benefits

Whether it's an online walking challenge, Zumba class, healthy cooking demo or virtual chair yoga class, there's a convenient MMHG Wellness option for everyone. Programs are FREE and open to employees, retirees & dependents of MMHG member units. Visit www.MMHG.org/Wellness for a complete schedule of events and description with registration details.

Ongoing:

On Demand Fitness: FREE 24/7 access to professionally filmed fitness classes

Learn to Live: Free & confidential online mental health program

Savory Living: 12 session online, evidence-based, healthy eating food as medicine program. FREE spots available.

EX Program: FREE online smoking cessation program

Virtual Mindfulness Sessions: Wednesdays & Thursdays, 8:30– 9 a.m.

Virtual Strength Training Classes (Tuesdays & Thursdays 7:30-8 a.m.

Virtual Cardio Dance Classes: Tuesdays & Thursdays, 5:30–6:30 p.m.

Virtual Yoga Classes: Mondays & Wednesdays 5:30–6:30 p.m.

*Visit www.mmhg.org/wellness for links to available webinar recordings

February Highlights:

Mindful Movement (Virtual Chair Yoga): 11/12, 12– 12:30 p.m.

Nutrition Ambition (Webinar): 2/12, 12:15– 1 p.m.

Promoting More Helpful Self-talk: Advanced Strategies to Address the Core of Your Thinking (Webinar): 2/12, 10 1:30 p.m.

Micro Habits: Exercise (Webinar):

2/11, 10:15-11 p.m., 2/12 1-1:30 p.m., 2/13, 4:15-5 p.m.

Keeping Desserts Flavorful & Naturally Sweet (Webinar): 2/19, 1– 1:30 p.m.

Good News about the Winter Blues (Webinar):

2/19, 5– 5:30 p.m. or 2/28, 12-12:30 p.m.

Embracing Hygge (Webinar):

2/26, 1– 1:30 p.m.

Celebrating Haitian Tradition (Virtual Cooking Demo):

2/28, 1– 1:30 p.m.



CHANGE HOW YOU EAT

Change How You Feel!



Get started at www.savoryliving.com/MMHG



"I have been on many diets in the past and even had weight-loss surgery. I will have to say this program truly is the most realistic program I have ever been on and I'm seeing results. Sue and my coach Olivia have truly been a great support. If you are looking for a program that is realistic and sustainable, you should definitely give Savory Living a try." - MMHG Member

"I am so glad to have tried this program! I've learned to cook and enjoy vegetables in so many new ways. I'm learning to eat better, control my sugar intake, reduce inflammation and I'm seeing results. Weight loss and lower cholesterol!" - Patricia MMHG Member

WIN A *HEALTHY COOKBOOK* !

Print, solve and return the completed puzzle to MMHG no later than **April 1st** and you'll be entered in a random drawing to win **one of four– *Living Well Cookbooks***. This spiral-bound cookbook includes over 100 tried and tested recipes (main courses, salads, soups, snacks, apps and more). Find a scrumptious and healthy recipe that works for you!

BONUS: Complete the poll below for a chance to win a \$50 Amazon gift card!

Return your completed puzzle via:

Email-
wellness@mmhg.org
or FAX-
774-773-9403
or Mail-
MMHG
PO Box 6008
North Plymouth, MA 02362



If you would like a printed copy of the puzzle mailed to you call 774-773-9306 or request by email at wellness@mmhg.org.

Your Name: _____

Email Address: _____

*Member Unit: _____

Mailing Address **(to send prize if you're a winner)**

Eligibility: Raffle is open to all employees, retirees, dependents 18+ of MMHG member units. *Your member unit is the municipal entity (town, district etc.) you work at or retired from.

Winners will be notified by email
April 3, 2025

See page 8 for a list of Fall Newsletter Puzzle Raffle Winners.

SOLVE THE MMHG WELLNESS PUZZLE

FOR THE LOVE OF LENTILS, BEANS & PEAS

Pulses (like lentils, peas and beans) are a heart healthy food choice. Research shows that regularly eating pulses may help **lower blood cholesterol**, **reduce blood pressure** and help promote a healthy body weight, all key factors in maintaining cardiovascular health. Pulses are low in saturated and trans fats and high in soluble fiber. These are all important for a heart healthy diet.

Puzzle Directions: Circle or highlight the in the word search puzzle below. Words appear straight across, backwards, straight across, up and down, down and up, and diagonally.



- | | | |
|------------------------|---------------------|-------------------------|
| BELUGA LENTILS | CHICKPEAS | PINTO BEANS |
| BLACK BEANS | KIDNEY BEANS | RED LENTILS |
| BLACK EYED PEAS | LIMA BEANS | SOY BEANS |
| BROWN LENTILS | NAVY BEANS | SPLIT GREEN PEAS |

****BONUS** Poll**

What is your favorite “pulse-based” dish?

- Red Beans & Rice
- Hummus
- Black Bean Burritos
- Lentil Soup
- Baked Beans
- Split Pea Soup
- Other: _____

Select your favorite and/or write in (other) for a chance to win a \$50 Amazon gift card. We'll share poll results in a MMHG Wellness Email.



Mayflower Municipal Health Group

P.O. Box 6008
N. Plymouth, MA. 02362

www.MMHG.org
Contact us at
wellness@mmhg.org

Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means, contact us at 774-773-9306 or by email at wellness@mmhg.org and we will work with you (and if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

Thank you to everyone who solved and returned the Fall Newsletter Puzzle: *Feed the Immune System!*

Congratulation to the following raffle winners:

4 Winners- Living Well Cookbook

Cathy Joyce (Wareham)
Kerri Blanton (GATRA)
Kristen Griffiths (Whitman Hanson)
Debbie Dean (Halifax)

1 "Bonus Poll" Winner- \$50 Amazon Gift Card

Jean Upton (West Bridgewater)

Bonus Poll Results:

How do you support your immune system this time of year?

The winner of the poll is 'get plenty of sleep', in 2nd place 'handwashing', in 3rd place 'try to minimize stress', in 4th place 'eat lots of fruits & vegetables', In 5th place 'flu shot/vaccine', and in 6th place 'exercise regularly'.

The information contained in this newsletter can be used to increase your personal awareness of health and wellness. Always contact your health care provider before beginning a new exercise or nutrition program, and when you have questions and concerns about medical issues impacting you and your family.

MMHG Smart Consumer Programs

The following programs may help you save time and money!

Telehealth:

- [BCBS Well Connection](#)
- [HP Doctor on Demand](#)

SmartShopper Incentive– (BCBSMA Members only)- Receive a reward for shopping for high quality lower cost services.

CanRx— This cost saving mail order prescription drug program is for active (non-Medicare) members taking brand name maintenance medications approved by their doctor. It provides no copays with the convenience of receiving medications in the mail.

Thinking About Quitting?

The **EX Program** Helps Smokers, E-Cigarette Users, and Smokeless Tobacco Users Quit!

The **EX Program** is a **FREE**, confidential, digital tobacco cessation program that personalizes the quitting journey for each participant. The interactive, self-paced, guided quit plan provides the specialized support tobacco users need for the behavioral, social, and physical aspects of tobacco addiction.

The **Ex Program** includes a personalized quit plan, live chat coaching, an active online community, text messages, and nicotine patches, gum, or lozenges (delivered to your home).

Find out more [HERE](#) or at www.mmhg.org/wellness

MAYFLOWER MUNICIPAL HEALTH GROUP CONSISTS OF THE FOLLOWING TOWN/GOVERNMENTAL UNITS:

Bridgewater ~ Brockton Area Transit Authority ~ Carver-Marion-Wareham Regional Refuse Disposal District ~ Dartmouth Fire District No. 3 ~ Greater Attleboro Taunton Regional Transit Authority ~ Greater New Bedford Regional Refuse Management District ~ Halifax ~ Hanover ~ Hanson ~ Hull ~ Kingston ~ Marshfield ~ Norfolk County ~ North River Collaborative ~ Onset Fire District ~ Pembroke ~ Plympton ~ Plymouth County ~ Plymouth County Retirement Association ~ Rochester ~ Silver Lake Regional School District ~ Southeastern Regional Transit Authority ~ South Shore Educational Collaborative ~ South Shore Regional Emergency Communication Center ~ South Shore Regional School District ~ Southfield Redevelopment Authority ~ Wareham ~ Wareham Fire District ~ West Bridgewater ~ Whitman ~ Whitman-Hanson Regional School District ~