



Beneficial Wellness Newsletter

Feel Better Stay Strong Challenge

Hot Topics:

Solve the MMHG Wellness Puzzle on page 9 for a chance to win a raffle prize!

Coming Soon!
April 13th– May 24th



**MMHG Wellness Spring
Walking & Activity
Challenge
Win Raffle Prizes!**

Important 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)

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So much of how we feel comes down to a handful of health markers most people don't think about day to day — belly size, blood pressure, cholesterol, triglycerides, and A1C.

When people eat in ways that improve those numbers, they not only improve their health — they often notice more steady energy, better sleep, clearer focus, fewer cravings, and less “food noise.”

Savory Living – Eat Right For YOU is a 12 session food-first, guided program designed to help you improve those numbers through practical, sustainable habits and delicious, real food.

Enroll in Savory Living to learn how to:

- Support heart health and reduce inflammation
- Improve blood sugar, cholesterol, and blood pressure
- Lose stubborn weight with real, satisfying food
- Build realistic habits that actually stick
- Plan, cook, and flavor healthy meals in ways that are simple and enjoyable
- Eat in a way that supports your body whether you're considering GLP-1s, currently taking them, or focusing on food-first strategies

Small steps. Stronger health. Real support.

How the Challenge works:

- Sign up for Savory Living (free— MMHG covers the cost)
- Complete 4 sessions by June 30th
- Get entered into a raffle — fifty winners will each receive a \$50 gift card
- Click [HERE](#) for challenge details

Savory Living is not a diet. It's skills, structure, and support. And it runs 24x7 on any device, on-demand.

Learn more and get started at:

www.savoryliving.com/mmhg

View Webinar recording:

Weight Loss Done Smarter [HERE](#)



“This program is responsible for helping me achieve the following: Weight down 27 lbs. Triglycerides from over 800 to 152. Cholesterol from 318 to 138. A1C from 6.8 to 6.0. I have accomplished this while eating out 5 nights a week – Savory Living taught me how to make better choices.” – Lester G.

Save \$\$\$ with your Fitness/ Weight Loss Benefits!

Did you know eligible Blue Cross Blue Shield and Harvard Pilgrim members can receive up to \$300 annually in fitness reimbursements and up to \$150 in weight loss reimbursements?

If you haven't requested your reimbursements for 2025 you have until March 31, 2026 to do so.

A couple of things to know:

- Total reimbursement allowed is per individual or family contract.
- Apply directly through your member portal/app: [My Blue](#) or [HPHConnect](#)
- Contact BCBS or HPHC Member Services with questions.

Save \$\$\$ with your Mind & Body Benefit!

Eligible Blue Cross Blue Shield members can receive up to \$300 per calendar year for qualified holistic services such as:

- Massage therapy
- Tai Chi
- Hypnosis therapy
- Qi (chi) gong
- Meditation
- Therapy
- Breathing & Meditation Apps

Click [HERE](#) for more info

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 to making good decisions about your health plan and medical care. Here is information on preventive care, what it means and why it's important. Find additional definitions of health insurance terms in future newsletters and at <https://www.bluecrossma.org/myblue/glossary-of-terms>.

Preventive Care:

Preventive services include health care like screening tests, checkups, and vaccines. Unlike the care you get when you're sick or managing a long-term condition, preventive care can help stop you from getting sick in the first place — or it can find health problems before they get worse, even before you have symptoms.

Why do I need preventive care?

There are lots of reasons to get preventive care. It can:

- Save your life. Screening tests and checkups can find health problems early, when they may be easier to treat. This includes serious diseases like cancer.
- Prevent disease. Some preventive services can keep health problems from developing. This includes vaccines and screenings for certain cancers, like cervical cancer.
- Help you save money. Finding and treating health problems early can help you avoid costly medical bills down the road. Plus, most insurance plans cover preventive services, and there are free or low-cost options if you don't have insurance.
- Offer peace of mind. Regular checkups are a chance for you to share concerns and ask questions about your health — and to get support from a doctor or other health care professional.

Preventive care services, based on individual health factors, are intended to help you stay healthy and are too important to miss:

- Routine health checkups
- Routine gynecological visits
- Certain lab tests
- Annual mental health wellness exams
- Immunizations for you and your family
- Cancer screenings including colorectal cancer screenings and mammograms
- Depression screenings
- Obesity screenings
- Tobacco or alcohol use evaluations

Links:

[Are You Up To Date On Your Preventive Care?](#)

[Preventing Chronic Diseases: What You Can Do Now](#)

[Family Health History and Adults](#)

[Preventive Health Services](#)

[BCBSMA Your Guide to Preventive Care and Wellness](#)

[HPHC Stay Healthy with Preventive Care](#)

MMHG Member Resources & Savings

Resources to Quit Smoking

Blue Cross Blue Shield and Harvard Pilgrim offer prescription drug coverage and other tools to help you quit smoking, vaping or smokeless tobacco for good.

Blue Cross Blue Shield Members:
Click [HERE](#) for more information

Harvard Pilgrim Members:
Click [HERE](#) for more information

Smart Shopper Rewards Program

Eligible BCBS members enrolled in active non— Medicare plans can earn up to \$250 when they shop for certain health services (like colonoscopy, mammography) in an effort to choose a high quality lower cost provider.

Start Earning Rewards [HERE](#)

Telehealth

Members can visit doctors and providers anytime, anywhere in the United States using their smartphone, tablet, or computer with a webcam. Check out the links below for the most common conditions treated including Behavioral Health.

Blue Cross Members Click [HERE](#)

Harvard Pilgrim Members Click [HERE](#)

Cana RX Prescription Program

MMHG offers non-Medicare HMO and PPO (BCBS & HP) members a cost saving international mail order drug program for brand name prescriptions— with no copays! You could save \$35- \$65 per month on your brand name prescription drug copay.

Start Saving [HERE](#)

Here's a sample of some of the virtual MMHG Wellness programs that can be easily accessed using your computer, tablet, or smart phone. MMHG Wellness 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

[Wellable On Demand Fitness](#) FREE 24/7 access to professionally filmed fitness classes & more

[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.

Harvard Pilgrim Free Virtual Fitness Classes & Webinars:

<https://point32health.org/livingwell>

Webinars

[What Matters for your Microbiome](#)

3/25, 1 p.m.

[Fiscal Fitness](#)

4/7, 10 a.m., 12 p.m., 3 p.m.

[Eating for the Seasons: Spring's Hidden Gems](#)

4/15, 1 p.m.

[Healthy Planet Healthy You: Celebrating Earth Day](#)

4/22, 1 p.m.

LEARN TO LIVE BULLETIN

Your guide in wellness & mental health

Setting and Maintaining Healthy Boundaries with Young Adult Children

As our children move into young adulthood, many of us find ourselves on an emotional roller coaster. We might worry about their choices, feel hurt by increased distance between us, and frustrated by their continued neediness all at once. As our relationship shifts in profound ways, we may find it hard to know when to step in and when to let go. This transition is normal, but that doesn't mean it's always easy, and one skill that can help us navigate these challenges is learning to set and maintain healthy emotional boundaries.



To understand what we mean by boundaries, imagine that each of us has our own personal “bubble” wrapped around us. Inside that bubble lives all our thoughts, opinions, beliefs, preferences, emotions, and actions. Every time we interact with another person, our two bubbles come together, and the space between our bubbles is what we call the boundary. In some relationships, it might feel like that space keeps us too far apart, like with a child who only shares polite updates but never anything deeper with her parent. In other relationships, our bubbles may be so close that they overlap causing one person to feel like the other is trying to fix, influence, or manage them.

In our relationships with our young adult children, when our boundaries leave too much distance between us, it can leave us feeling lonely and disconnected. However, if we allow our bubbles to overlap without any boundary between us, our child may feel smothered and controlled while we may exhaust ourselves trying to fix problems that aren't ours to fix. A healthier approach is to pursue closeness without overlap: a relationship that is warm, supportive, and connected while still acknowledging that each person must maintain ownership of their own bubble (their thoughts, opinions, beliefs, preferences, emotions, and actions).

When we choose this kind of relationship – one where our bubbles are close but not overlapping – we have the opportunity to do a few important things. First, we practice accepting that our young adult children are individuals with their own bubbles. Second, we give ourselves permission to set limits to support our own emotional well-being. And finally, we can have honest, collaborative conversations with our adult children. And remember, healthy boundaries aren't walls – they're respectful distances between personal bubbles that make meaningful connection possible in a changing relationship.

Get Started Today

Setting and maintaining healthy boundaries won't eliminate every twist and turn of the emotional rollercoaster, but it can help smooth the ride. You can learn more about managing this season of transition, including more information on boundaries and other tools in our webinar: [Assertiveness and Boundaries](#) (enter code MMHG to view). And if the challenges of this transition are weighing more heavily on your own well-being, consider taking a quick mental health assessment or starting one of our programs. You can do this by scanning or visiting learntolive.com/partners and entering access code MMHG. Learn to Live is available to you and your family members, ages 13 and older at no cost.

Understanding Your Heart Rate & Exercise

One of the best ways to take care of your heart is through regular physical activity. But not all exercise affects your heart the same way. Understanding your heart rate and how different types of exercise impact your cardiovascular system can help you work out smarter and reach your health goals more effectively.

Resting Heart Rate: Your Fitness Baseline

Your resting heart rate (RHR) is how many times your heart beats per minute when you're completely at rest - ideally measured first thing in the morning before getting out of bed. For most adults, normal resting heart rate ranges from 60 to 100 beats per minute, though very fit individuals often have rates in the 40s or 50s.

Your RHR is a good indicator of cardiovascular fitness. As your heart gets stronger through regular exercise, it doesn't have to work as hard to pump blood, so your resting heart rate decreases. A lower resting heart rate generally indicates better heart health.

To measure your RHR, place two fingers on your wrist or neck and count beats for 60 seconds (or count for 15 seconds and multiply by 4). Many fitness trackers measure this automatically.

Maximum Heart Rate and Target Zones

Your maximum heart rate (MHR) is the highest number of beats per minute your heart can safely reach during intense exercise. The simplest estimate: 220 minus your age = maximum heart rate. For example, if you're 40 years old, your estimated maximum is 180 bpm.

Understanding heart rate zones helps you know how hard you're working and target different fitness benefits:

Zone 1 - Very Light (50-60% of max): Easy conversation pace. Good for warm-up and recovery. Restorative Yoga

Zone 2 - Light (60-70% of max): Can talk in full sentences. Best for fat burning and building endurance. Tai Chi, gentle yoga

Zone 3 - Moderate (70-80% of max): Working but can speak in short sentences. Improves cardiovascular fitness. Vinyasa Flow, moderate Cardio Dance

Zone 4 - Hard (80-90% of max): Breathing hard, only a few words at a time. Increases speed and power. High-energy Cardio Dance, Hip Hop

Zone 5 - Maximum (90-100% of max): All-out effort, unsustainable beyond short bursts. Most people don't need to train here regularly.

How to Use This Information

You don't need fancy equipment to monitor intensity. Use the "talk test": if you can sing, you're in Zone 1-2. If you can talk in sentences, you're in Zone 2-3. If you can only say a few words, you're in Zone 4 or higher.

For general health and stress relief, spend most of your time in Zones 2-3. For weight loss, focus on Zone 2 with some Zone 3. For improved fitness and endurance, mix Zones 2, 3, and 4. For performance and power, include some Zone 4-5 interval training, but only 1-2 times per week.

Harvard Pilgrim Living Well Community offers [classes](#) across all intensity levels - from gentle Restorative Yoga to energetic Cardio Dance. Try different classes to experience different heart rate zones and discover what feels good for your body. Remember: consistency matters more than intensity. It's better to exercise regularly at moderate intensity than to burn out with occasional high-intensity sessions.

"Remember: consistency matters more than intensity. It's better to exercise regularly at moderate intensity than to burn out with occasional high-intensity sessions."

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.

Try Something New!

Late winter/early spring is the perfect time to shake up your routine and explore new interests - not only as a way to beat the cold weather doldrums but as an invitation to curiosity. Trying new things keeps our minds engaged, builds confidence, and can bring unexpected joy into our daily lives. Whether you have five minutes or an afternoon, here are ideas to spark your sense of exploration:



Cultural Exploration:

Listen to a new music genre - Classical music is a great place to start or explore curated playlists on Spotify, YouTube, or your local library's streaming services.

Visit a museum virtually - No time for a trip? Many major museums offer free virtual tours, including the Smithsonian, The Met, and the British Museum. Search "[museum name] + virtual tour" to explore from home.

Watch a film from a country you've never explored - Check your streaming services' "International" sections or browse Kanopy (free with many library cards) for acclaimed films from around the world.

Read a book in a genre you typically avoid - Ask a librarian for recommendations or check bestseller lists in unfamiliar categories. Your local library's website often has staff picks and reading lists.

Social Connection:

Host a new type of gathering - Try a potluck where everyone brings a dish from their heritage, a game night with games you've never played, or a recipe swap where guests exchange favorite recipes.

Join a club, class, or community group - Check Meetup.com, your local library's event calendar, community centers, or faith communities for groups that match your interests.

Reach out to someone you haven't talked to in a while - Send a text, make a call, or mail a postcard. Sometimes the simplest gesture reignites meaningful connections.

Attend a local event you'd normally skip - Browse your town's website, local social media accounts, local newspaper, or community bulletin boards for concerts, talks, or gatherings happening near you.

Creative Expression:

Start a daily or weekly journal - All you need is a notebook and 5 minutes. Try prompts like "What surprised me today?" or "What am I looking forward to?" if you're not sure where to start.

Try a craft or skill you've been curious about - YouTube tutorials can teach you almost anything. Check if your local library offers craft kits or workshops. Craft Stores often have beginner project guides online. Platforms like Coursera, Khan Academy, and YouTube offer free lessons on everything from languages to woodworking to coding.

Experiment with a new cuisine or cooking technique - Websites like NYT Cooking also offer approachable recipes.

Take photos of something ordinary in a new way - Challenge yourself to photograph the same subject from different angles, at different times of day, or in different lighting. Your phone camera is perfect for this.

“Libraries always remind me that there are good things in this world. “ — Lauren Ward



Eat the Rainbow: Colors, Nutrients & Perfect Pairings

You've heard the advice to "eat the rainbow," but do you know why? The vibrant colors in fruits and vegetables signal powerful phytonutrients that protect your cells, fight inflammation, and support everything from immunity to brain health. This National Nutrition Month, discover what those colors mean and learn surprising ways to boost nutrient absorption through smart food pairings.

What Each Color Brings to Your Plate

Red (tomatoes, strawberries, red peppers, watermelon): Rich in lycopene for heart health and vitamin C for immunity and skin.

Orange & Yellow (carrots, sweet potatoes, oranges, squash, mangoes): Loaded with beta-carotene (converts to vitamin A) for vision, immune function, and healthy skin.

Green (spinach, kale, broccoli, avocado, kiwi): Packed with iron, calcium, folate, and vitamin K for energy, bones, and cell health.

Blue & Purple (blueberries, eggplant, purple cabbage, grapes): Contain anthocyanins that support brain-health, reduce inflammation, and protect heart health.

White & Tan (cauliflower, mushrooms, onions, garlic, bananas): Provide fiber, potassium, and allicin for digestive and immune health.

The Power of Pairing: Better Together

Certain nutrients absorb much better when eaten together. These combinations can dramatically increase the nutrition you get from meals:

Iron + Vitamin C: Plant-based iron absorbs better with vitamin C. Try spinach salad with strawberries and citrus dressing, or black beans with tomato salsa.

Fat-Soluble Vitamins (A, D, E, K) + Healthy Fats: Vitamins in carrots and leafy greens need fat for absorption. Add olive oil to salads, dip veggies in hummus, or drizzle tahini on roasted vegetables.

Turmeric + Black Pepper: Black pepper increases turmeric absorption by up to 2000%. Always pair these in curries, golden milk, or roasted vegetables.

Green Tea + Lemon: Citrus preserves green tea's antioxidants and makes them easier to absorb. A squeeze of lemon boosts the benefits.

Easy Color Boosters

Breakfast: Berries in oatmeal, spinach in smoothies, tomato and avocado on toast

Lunch: Colorful veggie bowls, purple cabbage in sandwiches, rainbow veggie sticks with hummus

Dinner: Roasted rainbow vegetables, colorful stir-fries, mixed peppers in pasta

Snacks: Cut veggies, fruit with nut butter, trail mix with dried fruit

Eating the rainbow isn't about perfection, it's about discovering new flavors and naturally diversifying your nutrients. When you focus on color and smart pairings, healthy eating becomes fun rather than a chore!

Smart Sweets: Chocolate!

Chocolate is one of the world's most beloved treats. When chosen wisely, chocolate can actually be good for you. Understanding what makes quality chocolate means you can indulge without guilt.

Why Dark Chocolate Is Good for You

Dark chocolate at 70% or higher isn't just delicious - it's genuinely nutritious. It's packed with antioxidants that fight inflammation and protect your cells. The flavanols in dark chocolate improve blood flow to your heart and brain, potentially lowering blood pressure and boosting cognitive function. Studies show it may reduce LDL (bad) cholesterol while increasing HDL (good) cholesterol. Dark chocolate also contains important minerals like iron, magnesium, and potassium. And yes, it really does boost your mood - those feel-good effects come from chocolate increasing serotonin and endorphins in your brain.



Choosing Quality Chocolate

When you're picking chocolate, flip that package over and check the ingredients. Chocolate liquor or cocoa should be listed first - if sugar is the first ingredient, you're getting more sugar than chocolate. A shorter ingredient list is usually better. Avoid anything with hydrogenated oils or long lists of artificial ingredients. Compare sugar content between brands, and aim for higher cocoa percentages when you can. Fair Trade and Organic labels mean the chocolate was produced ethically and without harmful pesticides.

Recipe: Make your own chocolate bark

What you'll need

8-10 oz dark chocolate (70% or higher), chopped
½ cup sliced almonds or your favorite nuts
¼ cup dried berries (strawberries, blueberries, cranberries)
Optional toppings: seeds, coconut flakes, sea salt flakes

How to make it

Line a baking sheet with parchment paper. Melt your chocolate either in the microwave (30-second bursts, stirring between each) or using a double boiler - just keep stirring so it doesn't burn. Pour the melted chocolate onto your prepared sheet and spread it out to about a quarter inch thick. While it's still wet, sprinkle on your almonds, dried berries, and whatever other toppings sound good. Pop it in the refrigerator for about 30 minutes until it's firm, then break it into pieces. Store in an airtight container in the fridge for up to two weeks - though it rarely lasts that long!

Get creative with your toppings. Try different combinations of nuts, seeds like hemp or pumpkin, various dried fruits, or a light sprinkle of flaky sea salt for that sweet-salty contrast.

Health Tip:

Excessive consumption of refined sugar can have adverse health effects, but a few squares of dark chocolate after dinner may actually improve cognitive performance. **Studies** show that the flavanols present in cocoa can help improve blood flow to the brain, specifically to the frontal cortex, the area of the brain linked to problem-solving and decision-making.

"All you need is love. But a little chocolate now and then doesn't hurt."

– Charles M. Schulz

Win a Living Well *Tried and True* Recipe Collection Book!

Print, solve and return the completed puzzle to MMHG no later than **April 17th** and you'll be entered in a random drawing to win **one of six Living Well Tried and True Recipe Collection Books**

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 20th.

See page 10 for a list of Fall Newsletter Puzzle Raffle Winners. March puzzle winners will be published in the next Newsletter.



SOLVE THE MMHG WELLNESS PUZZLE

Nutrition Terms to Know

Nutrition is about eating a healthy and balanced diet. Food and drink provide the energy and nutrients you need to be healthy. Understanding nutrition terms, like those from the puzzle below, may make it easier for you to make better food choices. For definitions of these nutrition terms and others click [HERE](#)

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.



- | | | | |
|-------------|---------------|-----------|---------------|
| AMINO ACIDS | BLOOD GLUCOSE | CALORIES | CARBOHYDRATES |
| CHOLESTEROL | DIGESTION | FIBER | HDL |
| LDL | METABOLISM | NUTRIENT | PROTEIN |
| SODIUM | SUGAR | TOTAL FAT | TRIGLYCERIDES |

****BONUS** Poll**

Which of the following Nutrition Webinars would you like MMHG to schedule?

- Detoxifying Your Diet: Eating for Optimal Health
- Eat Like a Centenarian: Nutrition for Longevity
- Eating for Energy
- Master Meal Planning
- Salt & Sugar: What You Need to Know
- Other Topic: _____

Select all that apply and/or write in (other) for a chance to win a \$50 Amazon gift card. We'll schedule the webinar in early June and share poll results in the next newsletter!



Mayflower Municipal Health Group

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

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

Thank you to everyone who solved and returned the MMHG Wellness Fall Newsletter

Puzzle: [Wellable On-Demand Fitness Classes](#)

Congratulation to the following raffle winners:

6 Winners- Fitness To-Go Kit Lisa Della Croce (Hanover), Susan Shedd (Hanover), Brian Damas (GATRA), Anne Bowen (Marshfield), Laurie Turner-Curran (West Bridgewater), Peggy Morrison (Plymouth County)

1 "Bonus Poll" Winner- \$50 Amazon Gift Card
Mike Jette (Hull)

How is your stress level lately?

April is Stress Awareness Month

Stress is something we all experience, but when left unaddressed it can take a real toll on our mental and physical health. That's why the month of April is dedicated to starting honest conversations about the reality of stress in our lives and what we can do when we feel overwhelmed.

Learn to Live has self-guided digital mental health programs and mindfulness tools that can help you develop more effective stress management habits. Get started today with a [brief assessment](#) (access code: MMHG) and you will receive a guided program recommendation.

For additional support, check out these **5-minute Quick Break** exercises:

- [Engaging Your 5 Senses to Reduce Stress](#)
- [Reducing Body Tension with PMR](#)

You can also register for an upcoming webinar using your access code: **MMHG**

- **Managing Stress and Worry:** [Wednesday, April 8th: 12-12:30 1-1:30pm EST](#)
- **When Substance Use Becomes a Concern:** [Tuesday, April 14th,: 12-12:30pm EST](#)
- **The Price of Silence: How to Talk about Mental Health:** [Friday, April 17th: 11-11:30am EST](#)
- **Promoting More Helpful Self-Talk:** [Wednesday, April 22nd: 3-3:30pm EST](#)

Pause. Breathe. Calm your Body.

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 ~ Scituate ~ 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 ~ Upper Cape Technical High School ~ Wareham ~ Wareham Fire District ~ West Bridgewater ~ Whitman ~ Whitman-Hanson Regional School District ~