

# Beneficial Wellness Newsletter

3/11/2020

## IMPORTANT NOTICE: MMHG WELLNESS PROGRAMS/COVID-19

Mayflower Municipal Health Group is actively monitoring the coronavirus (COVID-19) pandemic and what it means for our members and communities. Due to the Covid-19 pandemic, we are cancelling or postponing certain upcoming wellness events. Cancellations will be posted on our website [www.MMHG.org/wellness](http://www.MMHG.org/wellness) and we will also send an email to all registered participants.

We are currently looking at our upcoming wellness schedule to determine what changes need to be made. In the event of multiple cancellations, we will make every effort to increase our online seminars, webinars, and insurance carrier online offerings.

Please regularly check our website [www.MMHG.org/WELLNESS](http://www.MMHG.org/WELLNESS) for the latest cancellations. We apologize for any inconvenience and appreciate your understanding and support.

Sincerely,

Michael Levy, Chairman  
Mayflower Municipal Health Group

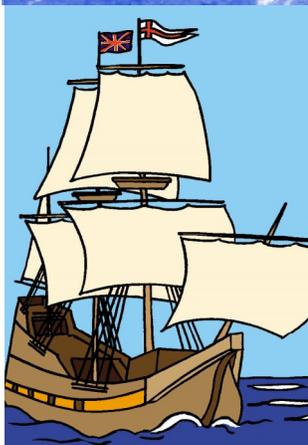
### **Coronavirus (COVID-19) Resources:**

Centers for Disease Control and Prevention (CDC)

Massachusetts Department of Public Health

Blue Cross Blue Shield of Massachusetts

Harvard Pilgrim Health Care



# Beneficial Wellness Newsletter

## Money Saving Options for MMHG Members

### MMHG Smart Consumer Programs

Did you know that MMHG members, enrolled in active non-Medicare plans, can save money and time with the following savings programs?

**CanaRx Prescription Drug 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.

**Shields Simply Save:** Enjoy no copayment (depending on your plan) when you chose a Shields facility. Shields Health Care Group provides MRI, PET/CT, and Radiation Oncology services to patients at more than 30 locations in New England. *You could save up to a \$100 on your high tech imaging copay!*

**SmartShopper Program:** (BCBSMA Members only)- Receive a monetary reward for shopping for high quality lower cost services such as MRIs, colonoscopy, cataract removal surgery, ultrasounds, and more. Earn up to *\$250 in cash* per procedure!

**Telehealth:** You can see licensed doctors and providers anywhere and anytime for minor medical and behavioral health care using live video visits on your smartphone, tablet or computer with a webcam. *Easy and convenient!*

For more information on how you can start saving money with these programs, visit [www.mmhg.org](http://www.mmhg.org) and click on the “Benefits” tab.



### **STRIVE for your Optimal Weight!**

### **CANCELLED**

Join a **FREE** Regional 8 Week Weight Loss Challenge

**April 16th– June 4th**

**Halifax Town Hall Workshops held on Thursdays, April 16, 30**

**May 7, 28 June 4 @ 5:00 P.M. (weigh-in before or after)**

**Registration Opens March 9th**

Conducted by a registered dietitian, STRIVE is a free, fun, interactive, science-based education program leading to sustainable weight loss.

Participants attend a series of onsite seminars, with confidential weigh-ins (optional), personalized nutrition counseling sessions, and receive weekly touch points by email. The grand prize winner is the person with the greatest % of body weight lost.

For details, prizes and registration information visit [www.mmhg.org/wellness](http://www.mmhg.org/wellness)

### Hot Topics:

**Earn a gift card!** During the months of April and May, eligible MMHG BCBS Members can earn a \$25 Target gift card for taking an online workshop through the A Healthy Me website. To learn more go to [www.mmhg.org/wellness](http://www.mmhg.org/wellness)

*Don't Miss Out!*

Send an email to [wellness@mmhg.org](mailto:wellness@mmhg.org) to receive MMHG Wellness email updates.

**All MMHG Plans now have benefits for Acupuncture– including Medex!** Check out your plan summaries at [www.mmhg.org](http://www.mmhg.org) for more details.

### Inside this issue:

Telemedicine & Behavioral Health	2
BCBS & HP Member Wellness Websites	2
MMHG Wellness– Upcoming Programs	3
Progressive Muscle Relaxation	4
Have you tried the Mediterranean Diet?	5
Solve the MMHG Puzzle	6
MMHG Member Spotlight	8



### **Thinking About Quitting? The EX Program Helps Smokers, E-cigarette Users, and Smokeless Tobacco Users Quit!**

MMHG Wellness is proud to announce an exciting new opportunity for members looking to quit smoking for good.

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 at [www.MMHG.org/wellness](http://www.MMHG.org/wellness)

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.

# Healthcare IQ Corner: How to be a Savvy Consumer Telemedicine & Behavioral Health



*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.*

## Convenience when you need it.

Telehealth (or telemedicine) is commonly referred to as a virtual office visit. Members see a doctor through real-time, video technology—using a smart phone, tablet or computer. This allows them the option to get care without needing to travel to a provider's office or urgent care center.

Though telehealth is often used for on-demand, minor urgent care medical visits such as cold and flu, rashes, upset stomach, and pediatric issues, one of the most popular uses for telehealth is behavioral health care.

## Telehealth increases access to behavioral healthcare.

Changing attitudes about the stigma of mental health care in recent years, and an increased need for substance use disorder treatment, means more people are seeking behavioral health services and telehealth has helped meet that demand.

### Benefits of behavioral telehealth include:

- » Reduced need for patient to take time off from work, find childcare, or arrange transportation.
- » Patients can receive treatment from the privacy and comfort of home.
- » Provides access to quicker appointments (for MMHG members that's usually no more than 2 days).

Behavioral telehealth isn't meant to replace in-person visits with mental health providers, it's another option that is gaining popularity by meeting patients needs for convenient, readily accessible mental health services.



## Common Behavioral Health Conditions Treated:

- » Depression & anxiety
- » Sleep disorders
- » Substance use disorder
- » Trauma
- » Child Behavior
- » Bereavement
- » Couples Therapy
- » Stress

Telehealth is not meant for crisis or emergency situations. If you are experiencing a crisis or emergency, call 911 or go to your nearest emergency room. **You can also access the free, 24-hour National Suicide Prevention Lifeline at (800) 273-8255.**

## Your MMHG Telehealth Benefit

All active MMHG (non— Medicare) plans include telehealth benefits. For more information on how to get started go to [www.mmhg.org](http://www.mmhg.org) (click on the telehealth link and select either Blue Cross Blue Shield or Harvard Pilgrim).

## Important Information for 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)
- ⇒ Medex and Medicare primary subscribers/dependents must continue to pay their Part B premium to be eligible for coverage.

## Blue Cross Members- Meet the MYBLUE Member App

Check out this easy-to-use **newly updated** tool that gives BCBSMA members a convenient, secure way to manage their health care. With a couple of clicks, members can:

- **Get access to an interactive ID card, and email a copy of it to their doctor**
- **Direct dial important phone numbers, like Member Services**
- **Review recent claims, doctor visits, and prescriptions**
- **Find nearby doctors, dentists, and hospitals**
- **View information for dependents under 18 and more**

Download the app at no cost from the [App Store](#) or [Google Play](#).

## Harvard Pilgrim Members- Get HPHConnect-ed

By downloading the free *HPHConnect* app you'll have direct access to your personal account login screen, and be just a few clicks away from the following features:

### Provider search

See a list of your providers or search for a provider by location or zip code

### Benefits and eligibility

View your member information, including member ID # and PCP, as well as real-time deductible and out-of-pocket limit amounts used

### Personal health record

See information on visits, procedures, immunizations, illnesses and conditions, medication profile, allergies and health tracker.

Download the app at no cost from the [App Store](#) or [Google Play](#).



# MMHG Wellness— Upcoming Programs

Here's a list of scheduled events beginning in March, including "Lunch & Learn" Webinar options, that you can connect to using your computer, tablet, or smart phone. If you can't make a live webinar, we'll post a recording of it as soon as it's available at [www.MMHG.org/wellness](http://www.MMHG.org/wellness).

For event descriptions, details, registration instructions, and new & additional programs go to [www.MMHG.org/wellness](http://www.MMHG.org/wellness). These MMHG Wellness programs are **FREE** and open to employees, retirees & dependents of MMHG member units. Questions? Send an email to [wellness@mmhg.org](mailto:wellness@mmhg.org).

## NEW! EX Program

Online smoking cessation program  
Program launches March 1st (space limited)

## NEW! Strive for your Optimal Weight Challenge

8 Week Regional Weight Loss Challenge April 16th– June 4th  
CANCELLED

## Live "Lunch & Learn" Webinars

### **Webinar: Overcoming Setbacks**

March 4th 12:00- 1:00 P.M.

### **Webinar: Seven Habits For Effective Weight Management**

March 18th 1:00- 2:00 P.M.

### **Webinar: Sleep Tight Tonight**

April 8th 12:00- 1:00 P.M.

### **Webinar: FODMAP- Unlocking the Key to Good GI Health**

April 28th 1:00- 2:00 P.M.

### **Webinar: Eating Out 101**

May 13th 12:00- 1:00 P.M.

### **Webinar: Mediterranean Diet**

May 21st 1:00- 2:00 P.M.

### **Webinar: Clean Eating**

June 3rd 12:00- 1:00 P.M.

## Online Challenges (Win Prizes)

### **21 Day Fruits & Vegetables Challenge**

March 16– April 5th

### **Reach the Peak Step Challenge**

April 6th- May 25th

## Cooking Demos & Classes

### **Seminar & Recipe Sampling: Nourishing Boost-Mediterranean**

March 23rd 5:00 P.M. Marshfield Town Hall CANCELLED

### **Cooking Demo & Workshop: Healthy Spring Sides**

March 26th 5:00 P.M. MMHG Offices. Plymouth CANCELLED

## Workshops & Seminars

### **Seminar: Nutrition from the Ground Up CANCELLED**

March 30th 4:30– 5:30 P.M. Bridgewater Academy Building

### **Seminar: Spring Garden Prep and Essentials for a Successful Year in The Edible Garden CANCELLED**

April 2nd 5:00- 6:00 P.M. MMHG Offices, Plymouth

### **Workshop: Microgreens Crash Course CANCELLED**

April 6th 4:30 P.M. Brockton Area Transit Authority

### **Workshop: DIY Cleaning Supplies CANCELLED**

April 7th 4:30 PM West Bridgewater Town Hall

### **Workshop: Back Care Tips & Techniques CANCELLED**

May 12th 4:15 P.M. Marshfield Town Hall

### **Seminar: What you Need to Know about Having a Healthy Municipal Retirement CANCELLED**

May 4th 5:00 PM Wareham Free Library

### **Seminar: Caregiving 101 CANCELLED**

May 11th 5:00– 6:00 PM MMHG Offices, Plymouth

### **Workshop: Resistance Training CANCELLED**

May 18th 4:30– 5:30 P.M. Bridgewater Academy Building

## Group Exercise Classes

### **6 Week Yoga Series- West Bridgewater CANCELLED**

Mondays, February 24 March 2, 9, 16, 23, 30 4:30– 5:30 P.M.

### **6 Week Yoga Series– Bridgewater CANCELLED**

Thursdays, April 30 May 7, 14, 21, 28 June 4 4:30-5:30 P.M.

### **4 Week Stretch & Learn Series– Halifax CANCELLED**

Wednesdays, May 6th, 13th, 20th, 27th 4:00– 5:00 P.M.

### **7 Week Zumba Series– Kingston CANCELLED**

Wednesdays, April 15, 22, 29 May 6, 13, 20, 27 4:30– 5:30 P.M.

*\*Always check with your health care provider when beginning a new exercise or diet program. Programs are subject to change, cancellation and participation may be limited due to space and/or budget.*



### Basic how-to guide for progressive muscle relaxation:

1. Get in a comfortable position.
2. Take a few deep breathes.
3. Begin with your right foot, concentrate on how it feels. Breathe in and tense up the muscles in your foot for 5-10 seconds.
4. Breathe out and release the tension. Focus on how good it feels to let the tension slip away.
5. Take a minute to exist in this relaxed state.
6. Repeat this with your left foot and continue with the following muscle groups: calves, thighs, buttocks, stomach, chest, back, arms, hands, neck, shoulders, face.

### Have you tried acupuncture?

Results from a number of studies suggest that acupuncture may help ease types of pain that are often chronic such as low-back pain, neck pain and osteoarthritis/knee pain. It also may help reduce the frequency of tension headaches and prevent migraine headaches.

~National Center for Complementary and Integrative Health (National Institutes of Health)

## Beat Stress with Progressive Muscle Relaxation

When you have anxiety or stress in your life, one of the ways your body responds is with muscle tension. Progressive muscle relaxation or **PMR** is a method that helps relieve that tension.

PMR is based upon the simple practice of tensing, or tightening, one muscle group at a time followed by a relaxation phase with release of the tension. This exercise can help you lower your overall tension and stress levels, and help you relax when you are feeling anxious.

When your body relaxes it will feel several effects such as a slower heart rate, deeper breathing, lower blood pressure, and increased blood to the brain.

PMR has been shown to reduce physical problems such as stomachaches and headaches. People who experience insomnia often report that practicing PMR at night helps them fall asleep.

Learning PMR is simple, but some audio guidance can help you learn to focus. Listening to an audio meditation can teach you the correct way to relax your muscles while incorporating mindfulness and deep breathing.

You can find an audio recordings of PMR along with other types of guided meditations at the following link:

<https://soundcloud.com/destressmonday-meditations>

### PMR TIPS:

- » You can practice PMR seated or lying down, and you should try to practice with comfortable clothing on, and in a quiet place free of all distractions.
- » PMR can be effective for children and can help them to relax quickly when faced with stressful situations, or to help them fall asleep at night.
- » Take care not to hurt yourself while tensing your muscles. Consult with your doctor first if you have a history of muscle spasms, back problems, or other serious injuries that may be aggravated by tensing muscles.



### Blue Cross Blue Shield Members: [www.bluecrossma.com/ahealthyme](http://www.bluecrossma.com/ahealthyme)

The **ahealthyme** website is your own personal wellness planner and resource for health information.

#### Create your own action plan:

- A health assessment that gives you a personal wellness score
- Self-paced workshops on topics like healthy eating and quitting smoking
- Nutrition and exercise trackers to keep you motivated

#### Learn about health your way:

- Read articles, tips and the Healthy Times newsletter
- Watch videos, listen to podcasts

Whatever your health goals are— from losing weight to managing stress— **ahealthyme** can help get you there.

### Healthy Tip: Practice Kindness

Extending kindness to others can improve your physical and mental health. It can release stress and tension, calm your emotions, and boost your immune system. It can also strengthen your connection with others, fostering a sense of belonging.

### Harvard Pilgrim Members: [www.harvardpilgrim.org/wellnessaccount](http://www.harvardpilgrim.org/wellnessaccount)

Harvard Pilgrim's online wellness program offers you access to health resources, wellness workshops, tracking tools and more!

- Access preventative care guidelines
- See educational resources on condition and disease management including cholesterol, blood pressure, asthma, ADHD, depression, diabetes, cancer and heart health.
- Take a health questionnaire
- Look up health topics A-Z
- Check out health and wellness publications
- Search online resources via a web library

Visit [www.harvardpilgrim.org/wellness](http://www.harvardpilgrim.org/wellness) for well being support based on where you are in life.



"It's generally accepted that the folks in countries bordering the Mediterranean Sea live longer and suffer less than most Americans from cancer and cardiovascular ailments. The not-so-surprising secret is an active lifestyle, weight control, and a diet low in red meat, sugar and saturated fat and high in produce, nuts and other healthful foods. The Mediterranean Diet may offer a host of health benefits, including weight loss, heart and brain health, cancer prevention, and diabetes prevention and control."

~U.S. News and World Report (2020)  
<https://health.usnews.com/best-diet/mediterranean-diet>

## Have you Tried the Mediterranean Diet?

Each year the U.S. News and World Report publishes a ranking of the best overall diets, and year after year the Mediterranean diet comes out on top. The ranking is done by a panel of experts that judge various eating plans and popular diets on criteria including how popular they are, how well they work, and how easy they are to follow.

A "Mediterranean diet" is based on the **traditional eating** habits in the countries bordering the Mediterranean Sea. The Mediterranean diet typically includes plenty of fruits, vegetables, whole grains, beans, nuts, seeds, olive oil as a primary fat source, and

low to moderate amounts of dairy products, eggs, fish and poultry.

The Mediterranean diet is touted as one of the healthiest by many dietitians and health organizations.

According to the American Heart Association, a Mediterranean-style diet (which emphasizes the above-mentioned foods) and limits added sugars, sugary beverages, sodium, highly processed foods and refined carbohydrates, can play a big role in preventing heart disease and stroke and may reduce risk factors such as obesity, diabetes, high cholesterol and high blood pressure.

### Getting Started

**Check out Oldways, a food and nutrition based nonprofit located in Boston. You'll find lots of Mediterranean diet resources including recipes at their website <https://oldwayspt.org/>. Here are some tips from Oldways on getting started on a Mediterranean style diet:**

**Eat Lots of Vegetables.** Make half of your plate (or bowl) vegetables.

**Change your Outlook on Meat.** Choose smaller portions of chicken or lean meat (3 ounces or less).

**Enjoy Some Dairy Products.** Eat Greek or plain yogurt. Try smaller amounts of a variety of traditional, artisan cheeses.

**Eat Seafood Twice a Week.** Fish such as salmon, and sardines are rich in heart-healthy omega-3 fatty acids. Shellfish including mussels, oysters, and clams have similar benefits for brain and heart health.

**Cook a Vegetarian Meal Weekly.** Build these meals around beans, whole grains, and vegetables, and heighten the flavor with fragrant herbs and spices. When one night feels comfortable, try two nights or more per week.

**Use Healthy Fats.** Include sources of healthy fats in daily meals, especially extra-virgin olive oil, nuts, peanuts, sunflower seeds, olives, and avocados.

**Switch to Whole Grains.** Whole grains are healthier, with more fiber, more protein, and higher levels of many essential nutrients.

**For Dessert, Eat Fruit.** Choose from a wide range of delicious fresh or dried fruits.

**The Mediterranean diet encourages daily exercise and the beneficial social aspects of eating meals together.**

### Mediterranean MMHG Wellness Events

**"Lunch & Learn" Webinar: Mediterranean Diet**  
 May 21st 1:00- 2:00 P.M.

**Seminar & Recipe Sampling:**  
**Nourishing Boost-Mediterranean ~~CANCELLED~~**  
 March 23rd 5:00 P.M. Marshfield Town Hall

Find out more at [www.MMHG.org/wellness](http://www.MMHG.org/wellness)

**The Mediterranean diet is more than a diet; it's a lifestyle approach to healthy eating!**

**WOW!**

### Whole Grain Spaghetti with Fresh Vegetables

**Serves 8** <https://oldwayspt.org/recipes>

#### Ingredients:

- 16 ounces spaghetti, whole grain
- 4 tablespoons extra virgin olive oil
- 1 clove garlic
- 1 cup white onion, chopped
- 2 cups zucchini, diced
- 2 cups yellow squash, diced
- 1 bunch asparagus, coarsely chopped
- 1 cup yellow bell pepper, julienne
- 1 pint cherry tomatoes, halved

#### Directions:

Bring a large pot of water to a boil and prepare spaghetti according to package instructions.

Heat olive oil over medium heat in a skillet. Add garlic and onion and sauté for 5 minutes, until translucent.

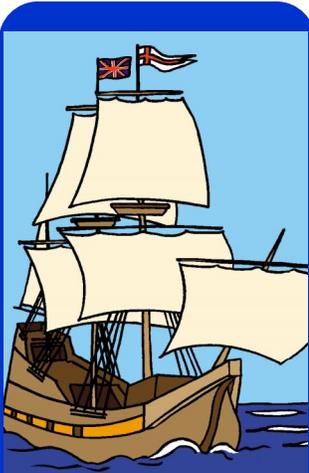
Add bell pepper, zucchini, yellow squash, and asparagus and sauté until heated but not completely cooked.

Add tomatoes and sauté for an 2 additional minutes. Toss with cooked pasta & fresh basil before serving.





# Solve the MMHG Wellness Puzzle— Fabulous Fruit!



Solve and return the completed puzzle to us no later than April 15th (be sure to include your name & email address) and you'll be entered in a random drawing to win a \$25 Gift Card.  
 Email: [wellness@mmhg.org](mailto:wellness@mmhg.org)  
 Mail: MMHG  
 65 Cordage Park Circle Suite 110  
 Plymouth, MA 02360  
 FAX- 774-773-9403

According to the USDA, people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. **Fruits provide nutrients vital for health and maintenance of your body, including potassium, dietary fiber, vitamin C, and folate (folic acid).**

N	Z	T	H	S	T	C	T	L	E	Y	A	S	A	O
O	S	S	V	Y	F	I	N	T	R	L	T	L	A	G
L	Q	D	G	D	A	B	U	R	N	R	P	I	K	N
E	A	J	T	P	O	R	E	R	A	K	P	P	L	A
M	V	W	A	Y	E	B	Q	W	F	A	R	B	A	M
R	Q	H	Y	V	E	A	B	U	P	E	P	T	N	W
E	E	X	B	U	U	E	R	A	Z	M	P	K	C	R
T	P	S	L	A	R	M	Y	C	V	L	O	A	F	K
A	T	B	L	R	N	A	S	E	P	A	R	G	R	D
W	D	P	Y	M	X	A	K	I	W	I	A	Y	D	G
F	W	L	Z	R	Y	V	N	X	T	N	N	V	Y	H
E	P	U	O	L	A	T	N	A	C	R	G	X	C	P
I	V	M	P	I	N	E	A	P	P	L	E	A	Q	X
X	V	T	M	Y	W	O	S	J	D	C	E	D	E	W
Q	P	Z	H	H	D	X	Y	G	Y	P	W	H	V	L

**Are you eating enough fruit?**  
 Federal nutrition guidelines recommend that adults eat **at least 1½ to 2 cups** per day of fruit, but a 2017 CDC report showed only 12 percent of adults met the daily recommendation.

**Focus on fruit.**  
 ~Keep a bowl of whole fruit on the table, counter, or in the refrigerator. Frozen fruit is a great choice too!  
 ~Buy fresh fruits in season when they may be less expensive and at their peak flavor.  
 ~Add berries or bananas to your cereal, oatmeal, or yogurt.  
 ~Fruits make great snacks! They are easy to carry and store well.  
 ~Add fruit to salads, and salsas.  
 ~Try fruits you've never tasted before— like kiwi and papaya.

- |            |            |
|------------|------------|
| APPLE      | ORANGE     |
| BANANA     | PAPAYA     |
| BLUEBERRY  | PEACH      |
| CANTALOUPE | PEAR       |
| GRAPEFRUIT | PINEAPPLE  |
| GRAPES     | PLUM       |
| KIWI       | STRAWBERRY |
| MANGO      | WATERMELON |

**CONGRATULATIONS!** to Suzanne Maksy from Rochester. Suzanne won a \$25 gift card for solving the “Smart Snacking” word search puzzle in the Fall newsletter!

**Healthy Tip:**  
 Apple > Apple Juice  
 Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.

## Salad with Red Grapes & Feta

Serve with store-bought rotisserie chicken or hummus for an quick weeknight dinner!

### Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 1/2 tablespoon lemon juice
- 1/4 teaspoon fine sea salt
- 1/4 teaspoon ground black pepper
- 1 pound red seedless grapes, halved (about 3 cups)
- 5 ounces mixed salad greens (about 7 cups)
- 6 ounces crumbled feta cheese



### Method

In a large bowl, whisk together oil, lemon juice, salt and pepper.  
 Add grapes, greens and feta and toss well. **Serves 4-6.**

Credit: <https://www.wholefoodsmarket.com/recipes/salad-red-grapes-and-feta>



**Q & A with Jane Brown, Town of Bridgewater**



In this issue of the MMHG Beneficial Wellness Newsletter we are shining the spotlight on Jane Brown, from the Town of Bridgewater. We asked her a few questions about her incredible and inspiring fitness journey.

**Q) Can you tell us a little bit about your fitness journey?**

A) I've always been a runner – in high school I ran cross country and track, and continued to run throughout my twenties, but not consistently. Then, in 2001, inspired by the 100th Boston Marathon, my passion for running was renewed. Plus, with four children, I knew I needed to stay healthy. Children don't do as you say – they do as you DO. I wanted to be a good role model for them to emulate, so I started running again.

Over the coming years, my children and I often ran together, participating in the Kids Road Races series – a 2.2 mile run through DW Field in Brockton. In 2008, my son James and I ran the Falmouth Road Race together when he was 8 years old!

A year later, in 2009, I was in a head-on car crash that landed me in the hospital for 8 days with 5 broken ribs, a shattered kneecap

# MMHG Wellness Spotlight

and broken fibula. My right leg was in a brace from my hip to my ankle for months. I had severe atrophy in my muscles, and as much as my mind 'willed' my leg to move ... I literally couldn't lift my leg! At the time, the doctors told me I would never run again.

But I was determined to regain the use of my leg and realize my dream of running the Boston Marathon. Again, life presented me with an opportunity to lead by example and show my children that even through adverse circumstances – it's your mindset that will get you through it.

It took a lot of tenacity, but after two knee surgeries and years of hard work, I started to run again. Using the Couch to 5K program, I gradually increased the time that I spent running vs. walking and over the course of several months I was running a full 5K, then a 10K, then a marathon.

In 2017, I finally realized my dream of crossing the famed Boston Marathon finish line! I have since run another four marathons, have done countless 5Ks, 10Ks and half marathons – Spartan Obstacle course races, and 5 triathlons, including a Half Ironman!

**Q) What motivates you?**

A) My "why" will always be my children. Having a "goal race" keeps me motivated and focused on my training – and gives my workouts a sense of purpose. Pushing my physical and mental limits to see what I'm truly made of and trying to be the best version of myself. Every. Day.

**Q) What accomplishments are you most proud of when it comes to your fitness journey?**

A) Overcoming somebody else's preconceived notion that I wouldn't be able to run again – and finally doing it, through all the pain and hard work.

**Q) What are your biggest challenges?**

A) Staying on point with good healthy nutrition and hydration are my biggest challenges.

**Q) Any new goals?**

A) I'm currently focused on training for a full IRONMAN (2.4 mile swim, 112 miles of cycling, followed by 26.2 miles of running!), because *Anything IS Possible!*

**Q) Any special wellness tip for MMHG members?**

A) If you want a cookie – eat the cookie!! If you have one bad day, or get off track, it's okay, just pick yourself back up and keep going. Kindness Matters – so be kind to yourself! Remember it's all about balance and consistency – so start where you are and do what you can – and keep showing up – for YOU! And don't forget to Stretch!



*What inspired you to be healthy or to make a healthy change? Do you have a wellness story to share? Please let us know.*

Email: [wellness@mmhg.org](mailto:wellness@mmhg.org)



## Zumba – MMHG Wellness Style!



**CANCELLED** Join the next FREE Zumba Toning Series scheduled at the Reid Community Building in Kingston beginning Wednesday, April 15th. Visit [www.MMHG.org/wellness](http://www.MMHG.org/wellness) for other more information.

**Did You Know?**  
 Your Blue Cross Blue Shield or Harvard Pilgrim health plan can save you up to \$300 annually in qualified health club membership fees. For more information on your fitness benefit and weight loss benefits/discounts visit [www.MMHG.org/wellness](http://www.MMHG.org/wellness).

**Check out back page for exclusive coupons available to MMHG members. More coupons available at [www.MMHG.org/wellness](http://www.MMHG.org/wellness).**

**MAYFLOWER MUNICIPAL  
HEALTH GROUP**



65 Cordage Park Circle,  
Suite 110  
Plymouth, MA. 02360

Presorted Standard  
U.S. Postage  
PAID  
Brockton, MA  
Permit No. 1000

**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 ~

 [Like us on Facebook](#)

 [Follow us on Twitter](#)

 [Follow us on Instagram](#)



**FIND IT ALL  
AT THE Y**  
AND TRY IT OUT FOR FREE!

**FREE ONE-DAY GUEST PASS &  
NO JOINER'S FEE**  
For Employees of Mayflower  
Municipal Health Group Member Units

**OUTH SHORE YMCA - EMILSON BRANCH 75 Mill Street, Hanover, MA 781-829-8585**



**FREE 7-Day Trial Membership  
\$0 Join Fee  
Free One on One Consultation**

685 Metacom Ave., Bristol, RI 02809 401-254-3900  
207 Swansea Mall Dr. Swansea, Ma 02770 508-679-9793  
1301 Fall River Ave. (rte 6) Seekonk, Ma 02771 508-336-4545  
360 Faunce Corner Rd. Dartmouth, Ma 02747 508-995-5600

When you bring this coupon to your local club.



**Free 14-Day Family Trial Membership**  
**Mayflower Municipal Health Group**

Includes two adults and their children under age 22.  
First time members/guests only. Valid photo id required.  
16 Aldrin Rd. Plymouth, MA  
[www.plymouthfitness.com](http://www.plymouthfitness.com) 508-746-7448



**KINGSTON**

**CO ED FITNESS 24 HR. ACCESS 7 DAYS 365 DAYS FOR  
YOUR CONVENIENCE**

**NOW OFFERING CLASSES!**

**7 Day Free Trial Membership with this Coupon For:**

**Mayflower Municipal Health Group Members  
\$0 ENROLLMENT**

**Free Personal Trainer Consultation with New Membership**

187 Summer Street (RK Crossing Plaza) Kingston  
[www.anytimefitness.com](http://www.anytimefitness.com) (781) 585-0444