

Beneficial Wellness Newsletter

Wareham Fire District Employee Garden



A blank slate— the WFD employee garden was built in the spring and planted in June

According to Wendy Lemieux, Wareham Fire District Treasurer and Wellness Coordinator “The garden was a huge success, and we are all looking forward to planting again next spring.” Goals of the garden grant were to encourage camaraderie and teamwork among the district employees and to encourage healthy eating by harvesting nutritious vegetables.

Workplace gardens help bring employees together, create a culture of wellness in the workplace and leads to increased productivity on the job. Gardening is great exercise, relieves stress, and provides healthy food— what’s better than that!

Email MMHG at wellness@mmhg.org if you’re interested in starting a workplace garden next spring.

Wareham Fire District employees have wrapped up the 2022 summer and early fall harvest from their new worksite vegetable garden funded by a Mayflower Municipal Health Group wellness grant.

Last spring Wareham Fire and Water department employees volunteered to install and care for the worksite garden before and after work and on their breaks. The results? Lots of fresh and delicious vegetables!

Hot Topic:

Solve the MMHG Wellness Puzzle on page 7 for a chance to win a raffle prize! See page 9 for the Summer Newsletter puzzle winners.

Health Tip:

Your inner voice can be supportive and motivating, or negative and discouraging. When distressed, practice positive self-talk by speaking to yourself like you would a close friend.

More info here:

<https://www.healthdirect.gov.au/self-talk>

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Webinar: [Handling Pressure from the Front Lines](#)

Friday, October 28th
12:00– 12:45 PM

***A recording will be available to view after the live webinar*

Being on the front lines comes with immense responsibility and increased exposure to traumatic experiences; but the good news is that there are powerful resilience-building and healing actions that can be taken to help one thrive despite the challenges.

The Learn to Live clinical team will share the Preparation and Growth Model for building resilience as well as discuss the power of gratitude, humor and relationships.

Register [HERE](#)

Use Access Code: **MMHG**

2 New MMHG Wellness Programs!

[A Healthy Me Incentive](#)

September 15, 2022– May 31, 2023

Eligible MMHG BCBS subscribers enrolled in active non– Medicare plans can receive a **\$50 American Express gift card** for earning 50 points at the AHealthyMe website.

Earn points for completing the health assessment, participating in ahealthyme challenge, taking an online wellness workshop, completing a well-visit in the past year, participating in a community event, and attending a worksite biometric screening where available.

Click [HERE](#) for details

[Fall Walking Challenge](#)

October 3, 2022– November 13, 2022

Win raffle prizes *and* team prizes for participating in a six-week online step challenge through the Wellable platform. It’s easy and fun!

Weekly Raffle Prizes: 2- \$25 gift card vouchers

Grand Prize Raffle Prizes: 1- \$50 Dicks Sporting Goods Gift Card 1- \$50 Amazon Gift Card 6- \$25 Target Gift Cards

Click [HERE](#) for details

Healthcare IQ Corner: 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.

Attention Medex/ Blue Medicare RX PDP Subscribers:

Mark your calendars! November is open enrollment for **Medex/ Blue Medicare RX (PDP) subscribers** with an effective date of January 1st— check your mailbox for important information from your benefit coordinator.

Important things to know:

- ⇒ Do **not** voluntarily enroll in another Medicare Part D plan because it will cancel your enrollment in your current MMHG Blue Medicare RX PDP plan/ Medex 2 plan.
- ⇒ You must continue to pay your Medicare Part B premium timely in order to remain eligible for MMHG coverage.
- ⇒ Visit www.mmhg.org beginning November 1st for new calendar year 2023 Medicare plan materials.



Information for MMHG Subscribers

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

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

Important tips for everyone:

- Take time to read carefully all correspondence from your benefits coordinator. If a response or action is required take note of deadlines.
- Learn about your health plan. Ask your benefit coordinator or visit www.mmhg.org/benefits for plan information.
- Download the [Blue Cross Blue Shield member app](#) or the [Harvard Pilgrim member app](#).
- Visit www.mmhg.org for a calendar of wellness events and more.

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 or mammography) in an effort to choose a high quality lower cost provider.

For details go to www.mmhg.org and click on

[Smart Consumer Programs](#)

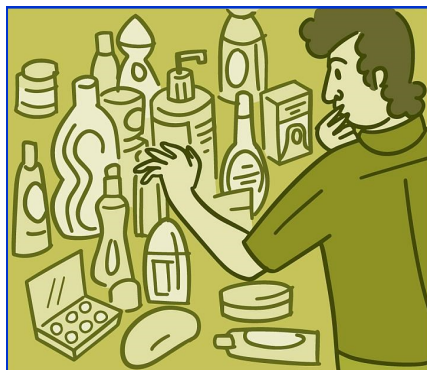
Health Tip:

An attitude of gratitude supports a healthy immune system! Create a visual board of the people, places, and things you are grateful for and hang it in your home as a reminder to be thankful each day.

Read more [HERE](#)

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.



Content Source: NIH News in Health

Shampoo. Shaving cream. Deodorant. Makeup. Hair dye. Perfume and cologne. These and dozens of other products may be in your shower, gym bag, or medicine cabinet. But do you know what's in them? Could any of their ingredients be risky for your health?

Personal care products, including cosmetics, are regulated by the U.S. Food and Drug Administration (FDA). But they're not treated like drugs. They don't have to be approved by the FDA before they go on the market. So companies don't have to prove that personal care products are safe or effective before selling them, says Dr. Alexandra White, who studies chemicals and health at NIH.

The exceptions are personal care products that treat or prevent health conditions. These must be FDA-approved before they go on the market. Examples include sunscreen and anti-dandruff shampoo.

But overall, "cosmetics are one of the least regulated sets of consumer products out there," says Dr. Ami Zota, an environmental health researcher at Columbia University. The FDA monitors products for potential safety issues once they're on the market. It takes action when needed to protect public health.

Researchers are working to better understand the health effects of common ingredients in personal care products. They're also developing better and faster ways to test such ingredients for safety.

What's in That Bottle?

Most ingredients in personal care products are in a category known as "generally recognized as safe," or GRAS, explains Dr. Nicole Kleinstreuer, a computational toxicologist at NIH.

But certain chemicals that may cause health problems can be found in many of these products. How much you're exposed to is often what makes a chemical harmful. The amount that's "safe" varies for each.

Probing Personal Care Products

Look Out for Harmful Ingredients

"The general classes we're concerned about include phthalates, parabens, PFAS, and metals like lead," says White.

Other problem chemicals include triclosan and triclocarban. These are included in many personal care products to prevent bacterial and fungal growth.

Many chemicals of concern, including phthalates, parabens, PFAS, and triclosan, are endocrine disruptors. These are compounds that can mimic or interfere with the body's hormones. They've been linked to problems with the brain, development, and reproduction. Some have also been linked to a higher risk of certain cancer types.

Metals like lead and mercury can also be toxic. They can cause damage to the brain. Another ingredient to look out for is formaldehyde. It is found in some hair products or created when hair products are heated. Formaldehyde exposure has been linked with cancer.

Talc is also a common ingredient in cosmetics. "Talc is used in a lot of powders, including face powders," Zota says. It's generally recognized as safe by the FDA. But talc can sometimes be contaminated with asbestos, which is linked to cancer. The [FDA has been testing for asbestos](#) recently in many talc-containing products.

It can be hard to figure out if a product contains potentially risky ingredients. You can avoid some of these chemicals by looking for them on the product label. But they can have many names and abbreviations. Sometimes the names of specific chemicals don't appear on the label at all, but they're still in the product.

"Fragrance is one example," says Zota. "Something listed as 'fragrance' can be a mixture of thousands of chemicals." Looking for fragrance-free products can help lower your exposure to many unknown ingredients.

Which Chemicals Are Risky?

Most personal care products are mixtures of many different chemicals. This can make it hard to link specific products to health problems. But researchers have found some worrying trends.

"We've seen [a link] between frequent hair straightener use and cancer risk," says White. So far, this has included breast cancer and ovarian cancer. Her team has also found a link between the use of permanent hair dye and breast cancer. The risk was especially high for Black women.

To help make safer products, better tests are

needed to understand how chemicals affect the body over the long term. Kleinstreuer is working on a team that's developing new methods to test chemicals in human cells instead of animals. The tests are like taking a chemical fingerprint, she explains.

First, the team measures changes that happen in cells after they are exposed to chemicals with known effects. Then, they test a new chemical. If it produces changes similar to a known one, scientists can assume it affects the body in a similar way.

"For example, we know excess inflammation is bad. And we can [measure] cell markers of inflammation. If a chemical causes [those markers] to increase, we know that's a bad thing," Kleinstreuer says. Inflammation that lingers over time can cause health problems. Her team hopes to eventually use these types of tests to predict which chemicals may be harmful for long-term exposure.

Her team is also using engineered skin tissue to develop better tests for allergy and irritation. These models are being widely used to predict short-term side effects from chemical exposures, including those in cosmetics.

Buyer Be Aware

Trying to keep potentially risky chemicals out of your daily life can help you and your family stay healthier. But there are times that you may want to be even more cautious. People can be more vulnerable to chemical exposures during certain times in their lives.

One of these is pregnancy, says White. "It's a time when the breast tissue is going through rapid changes and might be more susceptible to cancer-causing chemicals."

"Even small levels of some of these chemicals can impact fetal development and growth," Zota says. Early childhood and puberty are other times when people may be more susceptible to endocrine disruptors, she adds.

If you have questions about any personal care products, talk with your health care provider.

Links:

[Making a Healthier Home: Cast Toxins From Your Living Space](#)

[Cosmetics and Your Health](#)

[Endocrine Disruptors](#)

[Chemicals in Personal Care Products](#)

[Phthalates: The Everywhere Chemical](#)

[Consumer Products Information Database](#)

Healthy Tips for Fall

As the days get shorter and the leaves change it's time to embrace all things fall—cozy sweaters, pumpkin spice lattes, and the upcoming holidays. It's also a good time to focus on new habits that will keep you healthy the whole season.

Enjoy the Fall weather

Spending time outdoors can improve your mood and overall sense of well-being. If the summer heat kept you indoors for the last few months, then autumn is the perfect opportunity to take advantage of the cooler weather to get in some running or walking before the winter cold arrives.

Eat healthy seasonal food

Cooler weather is the perfect time for bowls of healthy soups, stews and veggie chili. It's also the season for apples, winter squashes, sweet potatoes, beets and hearty greens like kale and arugula. Make a big pot of soup and roast a tray or two of vegetables on a Sunday afternoon to eat during the week.

Be prepared for cold & flu season

Stock up on vitamin D and hand sanitizer. Get your flu shot and COVID vaccination/booster.

Boost your immune system.

You can do this by drinking plenty of water, washing your hands often to prevent sickness, getting plenty of sleep and eating nutritious foods.

Be kind to yourself.

The holidays can be stressful, the shorter days can cause low mood, and the flu season can cause sickness. Listen to your body and give it what it needs, and don't beat yourself up! Try reframing negative thoughts into positive ones.

Get yourself ready for Daylight Savings Time.

Go to bed earlier when you can, especially the week before the clock changes. Longer periods of darkness = longer periods of sleep! Aim for 7-9 hours of sleep each day.



Stay Active this Fall!

No matter how busy your schedule is, build in a little time to stay active with friends or family. Try these seasonal suggestions:

~Go for a walk outdoors and admire the colorful leaves

~Visit a local orchard for apple-picking or a corn maze

~Tidy up your yard by raking the leaves or weeding the garden. Make a scarecrow with the kids.

~Deep clean the house, declutter, wash the flannel sheets and warm blankets and get ready for winter weather!

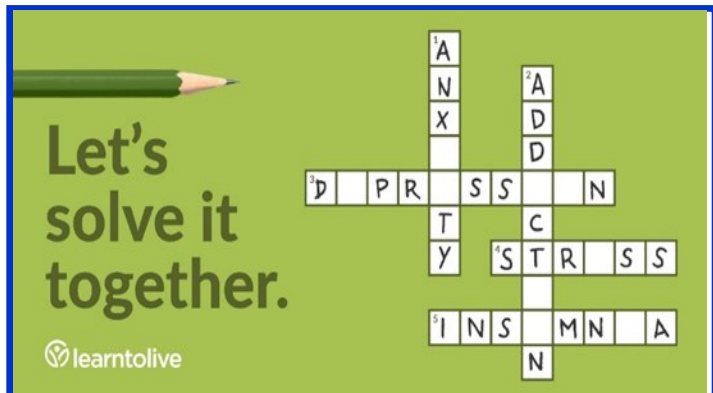
~Check out the webinar: **Autumn in New England: Your Fall Self-care Guide** on 10/17, 11:00– 11:30 a.m. More info. [HERE](#).

Discover how to Eat Right for YOU!

The [Savory Living online program](#) will guide you step-by-step to activate healthy eating to reduce your signs of inflammation and take control of how you feel! You'll discover how to eat right for YOU and turn it into an easy lifestyle that you love!

- * Use food as medicine – set and achieve YOUR health goals.
- * Get to your ideal weight, gain energy, reduce headaches, pain, digestive issues, and manage health conditions.
- * Learn easy ways to flavor & cook TONS of Healthy Foods! Personalized to you. Includes a coach.
- * Self-paced. Runs 24x7. On any device.

Enroll in the free trial, no strings attached or credit card needed. If you decide to continue in the 12-session program MMHG will pay for it! Free spaces are limited so act now!



We know that life can feel complicated, but we can help you take a proactive approach to solve some of the questions you might have regarding your feelings and thoughts. **Learn to Live** offers a 5-minute mental health assessment (at no cost) to see which issues may be affecting your mental health. Get immediate results and a program recommendation for next steps. Let's Solve It Together!

For a limited time, explore our programs for your chance to win a \$20, \$10, or \$5 Amazon e-giftcard. Hurry, as this promotion runs from October 1 – 31st! To qualify:

- **Enroll** in a Learn to Live program using access code: **MMHG**
- Complete a lesson within a program

With support from Learn to Live, we can solve it together.

LEARN TO LIVE BULLETIN

Your guide in wellness & mental health

Get Screened for Depression

Health Tips/Tools – Know Where Your Mental Well-being Stands



Is taking control of your mental well-being a priority, but you're not sure where to start? Luckily, Learn to Live offers a free and fast health assessment so you can learn your mental health numbers. Even if you haven't shown signs of anxiety, social anxiety, depression, and/or insomnia—a quick screening can give you great insight into how you are doing internally.

Here's why depression screenings are important:

- An estimated 21.0 million adults in the United States had at least one major depressive episode in the past year. This number represented 8.4% of all U.S. adults
- Approximately 44% of those suffering from severe depression will not seek treatment from a mental health professional¹
- Screenings are often the first step in getting help

Depression doesn't discriminate and affects men and women of all ages, races, and socioeconomic groups — therefore it's important to know the key symptoms of depression²:

- A persistent sad, anxious or "empty" mood
- Sleeping too little or sleeping too much
- Difficulty concentrating, remembering or making decisions
- Fatigue or loss of energy
- Thoughts of death or suicide

Take Our Assessment and Get Screened. Learn to Live offers support for you and your family members ages 13 and older free of charge all year long. Take a confidential assessment, then begin a self-paced CBT program for Depression, Insomnia, Social Anxiety, Substance Use, or Stress, Anxiety & Worry. We recommend our Depression program for those experiencing mild to moderate symptoms of depression.

This benefit is available to you and your family members (age 13+), at no cost. Simply visit [learntolive.com/partners](https://www.learntolive.com/partners) or download the Learn to Live app, using the code **MMHG** to get started. If you're already a member, simply sign-in with your username and password.

¹ <https://www.nimh.nih.gov/health/statistics/major-depression>

² <http://www.mentalhealthamerica.net/conditions/national-depression-screening-day#1>



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





"Fun, social and friendly. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players." -USA Pickleball

Pickleball, invented in 1965 in Washington State by 3 middle aged fathers, is one of America's fastest growing sports.

A cross between tennis, Ping-Pong and badminton, pickleball is played with a paddle and a perforated plastic ball on a

Have You Tried Pickleball?

badminton-sized court with a 36 inch high net. The game is most commonly played doubles, although singles is also an option.

Pickleball's surging popularity can be attributed to the following:

- A new player can start enjoying the sport at the first introduction
- People of varying ages and physical abilities can enjoy the game together
- The sport is relatively inexpensive to start playing, if a public court is available
- A strong social aspect has developed within the sport
- Competitive players find the strategic aspects of the sport an exciting challenge

The Basics of Pickleball

- A fun sport that combines many elements of tennis, badminton and ping-pong.
- Played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net.
- Played with a paddle and a plastic ball with holes.
- Played as doubles or singles.
- Can be enjoyed by all ages and skill levels

Click [HERE](#) to watch videos on how to play pickleball!

Make Exercise Fun!
Find places to play Pickleball [HERE](#)



MMHG Wellness— Current & Upcoming Programs

Here's a list 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 description/registration details and be sure to check back often as new programs are added all the time.

Ongoing Programs:

On Demand Fitness

FREE 24/7 access to professionally filmed fitness classes with top fitness trainers.

Learn to Live

Free & confidential online mental health program.

Savory Living

12 session online, evidence-based, healthy eating food as medicine program. *First 20 get it FREE.*

EX Program

FREE online smoking cessation program.

Virtual Mindfulness Sessions

Tuesdays, Wednesdays & Thursdays, 8:30– 9:00 A.M. Ongoing

Online Challenges:

MMHG Wellness Fall Walking & Activity Challenge

(10/3-11/13)

Live Virtual Fitness Classes:

Yoga

Mondays & Wednesdays, 5:15- 6:15 P.M. Ongoing

Zumba

Tuesdays and Thursdays, 5:15- 6:15 P.M. Ongoing

Chair Yoga

Thursdays in October 1:00– 1:30 p.m.

Tai Chi Tuesday

10/25, 1:30– 2:00 p.m.

In Person Fitness Classes:

Zumba Toning

Thursdays in October 4:00– 5:00 P.M.
Reed Center in Kingston

Webinars:

A Well-Stocked Pantry

10/6, 12:00– 1:00 p.m.

Cultivating Connection & Compassion through Mindfulness

10/11, 12:00– 1:00 p.m.

Immunity: The Power of Prevention

10/12, 12:14-1:00 p.m. or 10/13, 2:15– 3:00 p.m.

Preserving Peace through the School Year

10/13, 8:30– 9:00 a.m. or 10/25, 4:30– 5:00 p.m.

Autumn in New England: Your Fall Self-care Guide

10/17, 11:00– 11:30 a.m.

Stress Management in the Digital Age

10/19, 1:00– 1:30 p.m.

How to Subtract Sugar from your Diet

10/26, 1:00– 1:30 p.m.

Handling Pressure from the Front Lines

10/28, 12:00– 12:45 p.m.

~Programs are subject to change, cancellation, and participation may be limited due to eligibility, space and or budget.

~Reminder: Always check with your health care provider when beginning a new exercise or diet program.

WIN A FORTY WAYS TO LIVING WELL TO-GO KIT !

Print, solve and return the completed puzzle to MMHG no later than December 1st and you'll be entered in a random drawing to win **one of five- Forty Ways to Living Well To-Go Kits**. This kit gives tips and suggestions touching on various areas of wellbeing, including mindfulness, fitness, nutrition, and more, bound in an attractive booklet. Kit includes booklet and wooden stand.

Complete the bonus below for a chance to win a \$50 gift card voucher!

Return your completed puzzle by:

Email-

wellness@mmhg.org

or FAX-

774-773-9403

or Mail-

MMHG

65 Cordage Park Circle

Suite 110

Plymouth, MA 0236

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(ed) for.

Winners will be notified by email on December 2nd and published in the winter newsletter.

SOLVE THE MMHG WELLNESS PUZZLE

It's Apple Season!

An apple a day keeps the doctor away...

While it will certainly take more than a daily apple to keep you healthy, it is a step in the right direction! Apples are high in fiber, vitamin C, and contain beneficial phytochemicals (quercetin, catechin, chlorogenic acid, anthocyanin) that are good for your health. Plus apples are delicious, easy to carry for snacking, low in calories, and inexpensive—the perfect snack. *Hurray for apple season!*

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.



BRAEBURN

GALA

JONAGOLD

RED DELICIOUS

CORTLAND

GOLDEN DELICIOUS

MACOUN

ROME

EMPIRE

GRANNY SMITH

MCINTOSH

FUJI

HONEYCRISP

PINKLADY

****BONUS** Poll**

What's your Favorite Kind of Apple?

☐ Gala

☐ Honeycrisp

☐ McIntosh

☐ Other: _____

Select one or write in your favorite (other) for a chance to win a \$50 gift card voucher. We'll share poll results in the next newsletter!

Healthy & Delicious Meals that are Economical too!



You can find these recipes and many more on the Wellable On-Demand platform. Go to <https://app.wellable.co/On-Demand> (access code is MMHGWellness) and click on the "Nutrition" tab.

Plant Based

Maple Hoisin Tofu

Serves 2

Ingredients

For the sauce: 2 tbsp. hoisin sauce, 4 tbsp. maple syrup, 1 tbsp. tamari or soy sauce, 2 cloves garlic, minced 2 tsp. sriracha sauce

For the tofu: 1 tbsp. vegetable oil, 1 lb. firm tofu, drained, sliced

For serving: 1 cup (180g) cooked white rice, 2 tbsp. chopped green onions

Preparation

1. Place the sauce ingredients together in a bowl, mix well to combine and set aside.
2. Heat the vegetable oil in a medium non-stick skillet over a medium-high heat. Add the tofu and cook until lightly browned on all sides. Pour the sauce over the tofu and cook until the sauce thickens, this will take around 6-7 minutes.
3. Serve the tofu with the cooked rice and garnish with chopped green onions.



High Protein

High Protein Tuna Bake

Serves 4

Ingredients

3.5 oz. (100g) chickpea pasta
2 cans tuna, in water (7 oz./200g drained weight)
1 cup (160g) canned sweetcorn, drained
½ broccoli head, separated into florets
1 cup (70g) white mushrooms
1 garlic clove, minced
1 tbsp. mixed Italian herbs
¼ cup (30g) cheddar cheese, shredded
salt & pepper

Preparation

1. Cook the pasta according to instructions on the packaging, drain and set aside. Heat oven to 400°F (200°C).
2. Place the drained tuna into a large bowl, add the sweetcorn, broccoli, mushrooms, garlic and herbs, and mix well.
3. Next add in the cooked pasta, season to taste with salt and pepper, and gently mix until well combined.
4. Place the mixture in an ovenproof dish, and top with the shredded cheese.
5. Bake in the preheated oven for 15-20 minutes until the cheese is melted and has turned golden.



Low Carb

Turkey Bolognese

Serves 6

Ingredients

1 tbsp. olive oil
1 lb. (450g) ground turkey
2 carrots, diced
2 cloves garlic, minced
1 onion, diced
2 celery sticks, diced
2x 14 oz. (400g) cans chopped tomatoes
salt & pepper
¼ tsp. chili flakes
4 tbsp. basil, chopped (or 1 tbsp. dried)
4 tbsp. parsley, chopped (or 1 tbsp. dried)

Preparation

1. Heat the oil in a large pot over medium heat. Cook the ground turkey for 5-7 minutes until starting to brown. Remove from pan and set aside, reserving the juices.
2. To the same pan, add carrots, garlic, onion and celery. Sauté until onions are softened, about 5 minutes. Add back the cooked turkey, along with chopped tomatoes, the spices and herbs. Season to taste with salt & pepper. Stir to combine, and bring to a boil, then reduce to low heat and simmer for 45 minutes, stirring occasionally.
3. Serve over low carb pasta, zucchini noodles, in stuffed pepper or baked zucchini boats.



Gluten Free

Air Fryer Egg Bites

Makes 8

Ingredients

5 eggs
1 cup (30g) spinach, chopped
½ red bell pepper, diced
¼ cup (40g) feta cheese, crumbled
3 tbsp. almond milk, unsweetened
salt & pepper

Preparation

1. Heat the Air Fryer to 300°F (150°C).
2. Whisk the eggs in a large bowl, add in the spinach, red pepper, crumbled feta, almond milk and season with a little salt and pepper.
3. Evenly divide the egg mixture into 8 silicone muffin cases, filling each cup ¾ of the way. Place the filled silicone cups into the Air Fryer and fry for 10-14 minutes. Do this in two batches if necessary.
4. Once cooked, allow the egg bites to cool completely before removing them from the cups.



MAYFLOWER MUNICIPAL HEALTH GROUP



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

It's Easy to get your Flu Shot!

Flu shots for MMHG members enrolled in [Blue Cross Blue Shield](#) and [Harvard Pilgrim](#) plans are covered at a number of convenient locations:

- Your Primary Care Physician (PCP) or family pediatrician.
- Participating [MinuteClinics](#) and other urgent care clinics.
- Participating retail pharmacies .
- Public and community-based clinics — contact your town or state's health department.

Learn more about the flu at <https://www.mass.gov/influenza>

MMHG Wellness Webinars— *View Anytime!*

MMHG Wellness schedules 'lunch & learn' webinars every week with topics like healthy eating, habit change, financial wellness, exercise, stress management and more.

Live webinars are open to all employees and dependents from MMHG member units and have been a huge success.

We post recordings of the live webinars, when available, on the MMHG website at <https://www.mmhg.org/wellness/pages/webinar-recordings-view-anytime> for you to view at your convenience. Watch from your smart phone, tablet, or personal computer.

What wellness topic would you like us offer in a webinar? Send your suggestion by email to wellness@mmhg.org.

Blue Cross Blue Shield Members:

The ahealthyme website is your own personal wellness planner and resource for health information. Get started today at:

www.bluecrossma.com/ahealthyme

Harvard Pilgrim Members:

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

www.harvardpilgrim.org/wellnessaccount

MMHG Wellness Newsletter Puzzle Winners Announced!

Thank you to everyone who solved and returned the MMHG Wellness Puzzle **Farmers Market Bounty** from the Summer Newsletter. Congratulation to the following raffle winners:

5 Winners- Snack Board To-Go Kits

Arthur B. (Silver Lake), Cathy J. (Wareham), Cheryl K. (Silver Lake), Robert O. (Rochester), Susan S. (Hanover)

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

Andrew D. (Rochester)

Bonus Poll Results: What's your favorite farm-fresh vegetable?

The winner of the favorite locally grown vegetable poll was **Fresh Corn**, followed by **Tomatoes**. Summer Squash, Zucchini, Green Beans, Cucumbers, Peppers, Spinach & Blueberries also received votes.



Follow us on Twitter

Contact us at wellnessmmhg.org



Follow us on Instagram

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 ~