

Beneficial Wellness Newsletter

NEW! MMHG Virtual Programs

Staying healthy during Covid-19 requires new habits and creative thinking. That's why **MMHG Wellness** has come up with new and quality programs to help you **stay active, eat well, and manage stress** in healthy ways— *virtually!*

Check out these online programs available to employees/retirees and dependents of MMHG member units. **Right now is the best time to create new habits for wellness!**

COVID-19

Resources (links):

»Centers for Disease Control and Prevention (CDC)

»Massachusetts Department of Public Health

»Blue Cross Blue Shield of Massachusetts

»Harvard Pilgrim Health Care

Telehealth Benefit

MMHG plans include **telehealth benefits**. For more information on how to get started go to www.mmhg.org (click on the telehealth link and select either Harvard Pilgrim or Blue Cross Blue Shield)

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Eat Well with the Savory Living Healthy Eating Program

Improve your life with food! Savory Living is a 12 session online, evidence-based, healthy eating program. Reduce inflammation and achieve YOUR goals! Learn fast cooking & flavoring skills. Program is personalized, self-paced and includes a coach. *First 50 to enroll get it free!* Find out more [HERE](#).



Get Active with Wellable On-Demand Fitness Classes

Get FREE and unlimited access (through your laptop, smartphone, PC etc.) to 100+ professionally filmed exercise classes with top fitness trainers from across the globe. Select from workouts to fit your schedule, personal preferences, and fitness goals — available anytime, anywhere! Find out more [HERE](#).



Manage Stress & Sleep Better with Calm

FREE 3 month subscription to Calm, the world's #1 app for mental fitness- includes guided meditations, music, sleep stories, Calm Masterclasses taught by world-renowned experts and more. *Limited subscriptions available on a first come first serve basis.* Find out more [HERE](#).



Quit Smoking with the Ex-Program

The EX Program is a FREE and confidential digital quit-smoking program that personalizes the quitting journey for each participant. Join 800,000+ smokers who have developed the skills and confidence to live tobacco-free thanks to the EX Program! Find out more [HERE](#).



Stay Motivated with Webinars, Virtual Cooking Demos & More

Visit www.mmhg.org/wellness for the most up to date calendar of MMHG Wellness events & promotional flyers. You'll also find links to webinar/cooking demo recordings to view anytime. Find out more [HERE](#).



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.

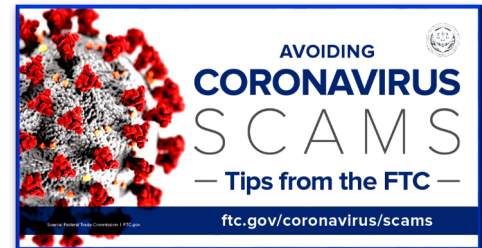
Sources: FTC, AARP

As if the coronavirus pandemic hasn't hit consumers hard enough, there's a huge spike in scams related to COVID-19. As of July 19, the Federal Trade Commission (FTC) had logged more than 136,800 consumer complaints related to **COVID-19** and **stimulus payments**, two-thirds of them involving fraud or **identity theft**. Victims have reported losing \$89.5 million, with a

Consumer Beware of COVID-19 Scams!

median loss of \$264. It is recommended that consumers be aware and vigilant. The following steps can help safeguard against common scam tactics:

- ⇒ **Learn how to tell the difference between a real contact tracer and a scammer**. Legitimate tracers need health information, not money or personal financial information.
- ⇒ **Don't respond to texts, emails or calls about checks from the government.** Here's **what you need to know**.
- ⇒ **Ignore offers for vaccinations and home test kits.** Scammers are selling products to treat or prevent COVID-19 without proof that they work.
- ⇒ **Be wary of ads for test kits.** Most test kits being advertised have **not** been approved by the FDA, and aren't necessarily accurate.



- ⇒ **Hang up on robocalls.** Scammers are using **illegal robocalls** to pitch everything from low-priced health insurance to work-at-home schemes.
- ⇒ **Watch for emails claiming to be from the CDC or WHO.** Use sites like **coronavirus.gov** and **usa.gov/coronavirus** to get the latest information. And **don't click on links from sources you don't know**.
- ⇒ **Do your homework when it comes to donations.** Never donate in cash, by gift card, or by wiring money.

Resource: MA. AG's Consumer Advocacy & Response Division Consumer Hotline
(617) 727-8400
Monday-Friday, 8 a.m. - 6 p.m.

Have you Tried Tabata?



Developed in Japan by Dr. Izumi Tabata, Tabata is a form of high-intensity interval training (HIIT), but cranked up several notches.

Tabata training workouts alternate between 20-second intervals of exercise performed **at max effort** and 10-second stages of rest repeated 8 times in a four-minute period. A typical workout would include 5 rounds of 4 minute circuits (20 minutes).

Initially developed on stationary bicycles, Tabata now encompasses a wide range of exercises, from running and cycling to squats or burpees.

Tabata can help you improve both your **aerobic** and **anaerobic** systems, build endurance, and boost calorie expenditure. Tabata is considered a very strenuous workout and if you're doing it correctly you should feel highly drained and pushed beyond your normal levels at the end of the workout.

Tabata is generally regarded as an exercise routine for more advanced fitness enthusiasts though there are modified versions that can help you build up gradually to the right level to perform high-intensity Tabata once you are ready.

Get started with a **FREE virtual Tabata Class with Wellable On-Demand Fitness!** Try an **8-Minute Full Body Tabata Routine** or a **30-Minute Tabata Workout with Weights**.

Click **HERE** to find out more.

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

Quick Health Tip:

Your target heart rate is the range that is considered safe for you to work your heart when you do aerobic exercise.

Click **HERE** for a handy online Target Heart Rate Calculator.





A Look at Safety

You've probably heard a lot about vaping lately. You might also know about outbreaks of lung injuries and deaths linked to vaping in the U.S. But those aren't the only risks that come with vaping. Here's what you need to know.

Vaping devices, also known as e-cigarettes, vape pens, and e-hookahs among other terms, come in many shapes and sizes. Some look like traditional cigarettes, cigars, or pipes. Others are shaped like every-day objects, such as pens or USB memory sticks.

While they may look different, most vaping devices work in a similar way. Puffing activates a battery-powered heating device. This heats the liquid in a cartridge, turning it into vapors that are inhaled.

The Risks of Vaping

Vaping exposes the lungs to a variety of chemicals. These may include the main active chemicals in tobacco (nicotine) or marijuana (THC), flavorants, and other ingredients that are added to vaping liquids. Plus, other chemicals can be produced during the vaporizing process.

"If the liquid has nicotine in it, then the user is inhaling nicotine along with the other ingredients in the liquid," explains Dr. Thomas Eissenberg, an expert on tobacco research at Virginia Commonwealth University.

While vaping devices work similarly, some are more powerful than others. They create more vapor and deliver more chemicals.

So how safe is vaping? Studies suggest nicotine vaping may be less harmful than traditional cigarettes when people who regularly smoke switch to them as a complete replacement. But nicotine vaping could still damage your health.

"Your lungs aren't meant to deal with the constant challenge of non-air that people are putting into them—sometimes as many as 200 puffs a day—day after day, week after week, year after year," Eissenberg says.

"You're inhaling propylene glycol, vegetable glycerin, flavorants that were meant to be eaten but not inhaled, and nicotine," he explains. "And all of those are heated up in this little reactor, which is an e-cigarette. When they get heated up, those components can turn into other potentially dangerous chemicals."

One harmful chemical may be a thickening agent called Vitamin E acetate, which is sometimes used as an additive in THC-containing vape products. The CDC identified it as a "chemical of concern" among people with vaping-associated lung injuries. They recommend avoiding any vaping product containing Vitamin E acetate or THC, particularly those from informal sources like friends, family, or in-person or online dealers. Find out more [HERE](#).

Content Source: NIH News in Health

Ready to Quit?

Here are some tips to help you stop using nicotine:

- ⇒ Know why you're quitting. Ask yourself if nicotine is getting in the way of what matters to you.
- ⇒ Quit completely. If you use different tobacco products, now is a good time to quit those too.
- ⇒ Set your quit date.
- ⇒ Understand your triggers, so you can avoid them.
- ⇒ Imagine your life without nicotine. Picture the positives of quitting.
- ⇒ Build a team of people who will support you while you quit.
- ⇒ **The EX-Program can help you Quit! Click [HERE](#) for more information about this FREE confidential program.**

Enjoy the Sights, Smells & Sounds of Nature

"Study Nature, love Nature, stay close to Nature. It will never fail you." Frank Lloyd Wright

Manage Your Stress

The next time you feel overwhelmed step outside! Spend some time in the backyard or take a trip to a local park, trail, or wooded area and focus on all of the sights, smells, and sounds of the world around you.

By paying attention to the sound of the wind, the warmth of the sun, the smell of the foliage, you'll slowly begin to release your stress and replace it with the beauty of nature.

Spending time in nature can help relieve stress and anxiety, improve your mood, and boost feelings of happiness and wellbeing. Studies reveal time spent in nature can actually lower cortisol, a stress hormone, and have a positive effect on blood pressure, heart rate, and muscle tension.

Bringing Nature Indoors

If you can't get outside, a 2017 study showed that listening to a recording of environmental sounds or relaxing music that incorporates environmental sounds can be a soothing alternative to actually going outdoors and listening to the real thing.



Get a FREE 3 Month Premium Calm Subscription

Calm has a large range of calming nature scenes and sounds to help you focus, relax or sleep. Ranging from the sound of rain falling on leaves and a sunset beach to a cozy fireplace and evening crickets, taking a few minutes to listen to these scenes can have you relaxed in no time. [CLICK HERE](#) FOR DETAILS.

Boost your Immune System with Food

Now more than ever, it's important for your immune system to stay in tip-top shape during the COVID-19 pandemic. One of the best ways to stay healthy is to support your immune system by eating a wide variety of healthy foods that include the following nutrients:

Vitamin A assists with the health of your intestines and respiratory system. Get this vitamin from foods such as sweet potatoes, carrots, broccoli, spinach, red bell peppers, apricots and eggs.

Vitamin C supports the immune system by stimulating the formation of antibodies. Include more sources of this

healthy vitamin by choosing citrus fruits such as oranges, grapefruit and tangerines, red bell pepper, papaya, strawberries, and kiwi.

Vitamin E promotes the neutralization of free radicals by working as an antioxidant and may support immune function. Foods with vitamin E include vegetable oils, nuts, seeds, avocado, and peanut butter,

Protein plays a role in the body's immune system, especially for healing and recovery. Eat a variety of protein rich foods including soy products, beans, lentils, peas, nuts, seeds, seafood, lean meat, poultry, and eggs.

Zinc helps the immune system work properly and may help wounds heal. Zinc-rich foods include beans, seeds, nuts, whole grain products, meat, poultry, oysters and other seafood.

Sources: eatright.org, health.harvard.edu



More COVID-19 Immune Boosting Tips:

- » Wash your hands frequently, wear a mask, and practice social distancing
- » Don't smoke.
- » Eat a diet high in fruits and vegetables.
- » Exercise regularly.
- » Maintain a healthy weight.
- » If you drink alcohol, drink only in moderation.
- » Get adequate sleep.
- » Try to minimize stress.

Southwest Pasta Salad

Prepare this flavorful and healthy salad for your next cookout. Feel free to improvise by mixing in cubes of tender fresh zucchini or sliced pitted olives. Or top with chopped hard boiled eggs, cooked shrimp, pumpkin seeds etc.

Make Creamy Dressing by whisking the following together in a large salad bowl:

- 1-1/2 cups plain Greek or plain coconut yogurt
- 1 Lime juiced
- 2-3 cloves Garlic minced
- 1 tsp Kosher Salt or to taste
- 1/4 tsp Ground Pepper or to taste
- A small bunch of cilantro minced

Add the following ingredients to the large salad bowl with the Creamy Dressing and toss well:

- 16 ounces Whole-wheat or gluten-free pasta (cooked as directed, strained and cooled)
- 1- pint Cherry Tomatoes halved lengthwise
- 1 Small Red Onion diced
- 15 ounce Black Beans one can, drained & rinsed
- 2 ears fresh corn removed from the cob
- 1 Tbsp Olive Oil
- 1 tsp Ground Cumin
- 1 Tbsp Smoked Paprika
- 1 teaspoon ground cumin
- Kosher salt & ground black pepper to taste



A Little Progress Each Day Adds Up To Big Results!

Immune Boost Mocktail

Tropical Mango-Rita (Makes 2 servings)

<https://simplegreensmoothies.com/>

- 2 c fresh spinach
- 1 c unsweetened coconut water
- 1 orange, peeled
- 2 c chopped mango (frozen)
- 1 c chopped pineapple (frozen)
- Juice of 1/2 lime, plus 2 lime slices for garnish
- Coarse salt for rim of glasses (optional)



Photo credit: Lindsey Johnson

1. BLEND the spinach, coconut water, and orange until smooth.
2. ADD the mango, pineapple, and lime juice, and blend again. If desired, rub the rims of two margarita glasses with the squeezed lime, and then dip the rims in coarse salt. Pour the smoothie into the glasses and garnish each with a lime slice.

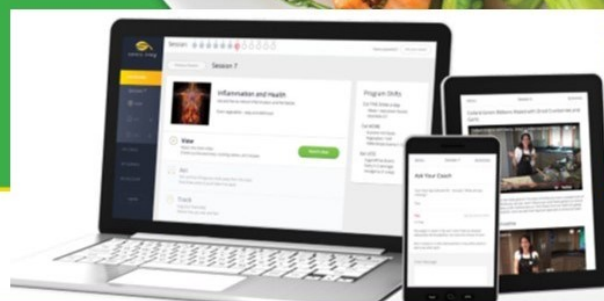
Ready to use food to improve how you feel, manage stress, and boost your immunity to stay healthy & strong?



**Evidence-Based Healthy
Eating Applied to You!**

- ⇒ Unique 12-session anti inflammatory nutrition + cooking curriculum
- ⇒ Use food as medicine – set and achieve YOUR health goals
- ⇒ Personalized to you. Includes a nutrition coach
- ⇒ Self-paced, runs online 24×7, on any device

95% Say It Works. 4.7 Star Rating!



LIMITED OFFER

The first 50 eligible employees/retirees/spouses from MMHG member units who **COMPLETE** the free trial & **SIGN UP** for the program will get it paid for by MMHG!

All others can save 25%! The program is eligible for reimbursements (FSA, HSA and \$150 Blue Cross Blue Shield Weight Loss Reimbursement).

FREE Trial. First 50 to sign up get it paid for!

Learn more at www.savoryliving.com/mmhg

Always consult with your health care provider before beginning a new exercise or nutrition program.



WIN A FITBIT INSPIRE!

Solve and return the completed puzzle to us no later than **September 7th**. Be sure to include your name and email address) and you'll be entered in a random drawing to win a Fitbit Inspire!!

Email: wellness@mmhg.org

FAX: 774-773-9403

Mail:

MMHG

65 Cordage Park Circle

Suite 110

Plymouth, MA 02360

CONGRATULATIONS

Alyssa Gage from Marshfield won a \$25 gift card in a raffle for solving the "Mindfulness" word search puzzle from the Spring newsletter!

FUN & FIERY FACTS:

»» Hot peppers have their own rankings. The Scoville heat scale rates the capsaicin level based on how much sugar water it takes to neutralize the heat. It ranges from 0 to 1,641,183 Scoville heat units (SHU). The top score is for the **Carolina Reaper**, the hottest pepper on earth (1,500,000 SHU)!

»» If you eat a real flamer, skip the water and take small sips of milk. Water doesn't dissolve capsaicin, but milk fat does. If you don't do dairy, eat a piece of bread or other starchy food. If it gets on your skin or in your eyes, flush well with warm water.

»» It's important to pay attention to your own tolerance levels when eating chili peppers. Using them as a spice may be healthy, but those who experience digestive distress may need to limit or avoid them.

Sources: [Web MD](#), [heathline](#)

Solve the MMHG Wellness Puzzle

Spice it up with Chili Peppers this Summer!

Chili peppers not only add flavor and spice to food, they're healthy too! Rich in vitamins, minerals, and various unique plant compounds, some studies suggest capsaicin (the substance that causes your mouth to burn) acts as an antioxidant to protect your cells and helps tamp down inflammation.

Chili peppers are used as a spice all over the world and can be cooked, dried and powdered, or eaten raw (like in a fresh salsa). Spice things up this summer and visit your local farmer's market to see what varieties are available.



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

ANAHEIM
BANANA
BIRDSEYE
CAROLINA REAPER
CAYENNE
CHERRY

CHILACA
CUBANELLE
FRESNO
GHOST
GUAJILLO
HABANERO

JALAPENO
PASILLA
PIRIPIRI
POBLANO
SERRANO
SHISHITO

Huevos a la Mexicana (Mexican Eggs)

Serve eggs with a dollop of refried beans, warm tortillas, and avocado slices for breakfast this weekend. Top with fresh salsa.

Serves 4

Ingredients:

1 tbsp. canola oil

1 small white onion, finely chopped

1 jalapeño or 2 serrano chilies, stemmed and finely chopped (remove seeds for less heat)

2 roma or smallish tomatoes finely chopped

2 tbsp. thinly sliced cilantro leaves

Salt and black pepper, to taste

8 eggs, lightly beaten

Directions:

1. Heat oil in a 12-inch skillet over medium-high heat. Add onion, jalapeño, and tomato, season with salt and pepper, and cook, stirring, until soft, about 6 minutes.

Add cilantro and eggs, and cook, folding eggs over in large curds occasionally, until cooked through.

Easy Recipe: Blistered Shishito Peppers

Shishito peppers are a thin-skinned pepper from Japan. They are usually sweet and mild, but about one in ten shishito peppers are spicy! You can find bags of shishito peppers at most supermarkets and sometimes at farmers markets. This recipe is perfect as a simple side dish or tasty appetizer. No need to stem or seed pepper—use whole.

Directions:

Heat 2-3 Tablespoons of olive oil in a large heavy skillet over medium-high heat. Add 3 cups of peppers, cooking and turning occasionally, until they begin to blister on all sides. Sprinkle with coarse salt and lemon juice and serve immediately.

MMHG Wellness– Upcoming Programs

Here's a list of scheduled events for August and September, including virtual "Lunch & Learn" webinar options, that you can connect to using your computer, tablet, or smart phone. Click on the links below for program flyers with details & instructions.

You can also find these flyers along with a calendar of events and updates at our website www.MMHG.org/wellness. MMHG Wellness programs are **FREE** and open to employees, retirees & dependents of MMHG member units.

Questions? Send an email to wellness@mmhg.org. Reminder: 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.

Savory Living

12 session online, evidence-based, healthy eating **Savory Living** program. *First 50 get it FREE.*

Wellable On-Demand Fitness

FREE and unlimited online access to 100+ professionally filmed **Wellable On-Demand** exercise classes with top fitness trainers from across the globe.

Calm

FREE premium 3 month subscription to **Calm** the world's #1 app for mental fitness. *Limited availability.*

EX Program

FREE **EX Program** online smoking cessation program.

Online Challenge (Win Prizes)

Move More Fall Walking & Activity Challenge
September 21st– November 1st

Incentive Program

BCBS A Healthy Me Online Workshop Incentive
September, October, November

Live Virtual Cooking Demonstrations

Mediterranean Destination

August 19th 1:00– 2:00 PM

Build a Better Breakfast

September 16th 1:00– 2:00 PM



Virtual “Lunch & Learn” Webinars

Webinar: Mason Jar Meals

August 3rd 11:30 AM - 12:00 PM

Webinar: Intro to Reiki

August 5th 1:00– 1:30 PM

Webinar: Balancing Work and Family

August 12th 1:00– 1:30 PM

Webinar: Mindfulness & You

August 12th 12:15- 1:00 PM or August 13th 2:15- 3:00 PM

Webinar: Healthy Appetizers and Mocktails

August 19th 1:00– 1:30 PM

Webinar: Enjoy Healthy Cookouts

August 26th 1:00– 1:30 PM

Webinar: Chocolate, Green Tea and Strawberries

September 2nd 1:00– 1:30 PM

Webinar: Stress Relief Techniques at Home

September 9th 1:00– 1:30 PM

Webinar: Overcoming Setbacks

September 9th 12:15- 1:00 PM or September 10th 2:15- 3:00 PM

Webinar: Tea Time: Healthy Bites for When You're Feeling Stressed

September 16th 1:00– 2:00 PM

Webinar: Sleep for Health

September 23rd 1:00– 1:30 PM

Webinar: Retro Recipes: Making Healthy Comfort Food

September 30th 1:00– 1:30 PM

Save \$35- \$65 per month on your brand name prescription drug copay!

CanaRx Prescription Drug Program

Wow- Get your brand name prescriptions with no copays!

Did you know that the MMHG offers to non-Medicare HMO and PPO (BCBS & HP) members a cost saving international mail order drug program for brand name prescriptions— with no copays? The program is administered by CanaRx and does not replace your current prescription drug plan.

Visit www.MMHGRx.com to learn 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**.

MAYFLOWER MUNICIPAL HEALTH GROUP



65 Cordage Park Circle,
Suite 110

Plymouth, MA. 02360

Phone: 774-773-9301

Fax: 774-773-9403

Email: wellness@mmhg.org



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.

We're on the web!

www.MMHG.org



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5 Minute Visualization:

Imagine yourself in a beautiful place that you love.

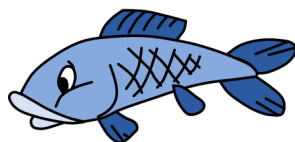
Perhaps it's your favorite place to watch the sunset, a stream, a lush forest, a secret beach, or a field of wildflowers.

Invite all of your senses to imagine yourself there. Hear the evening crickets, feel the sand in between your toes, and smell the flowers.

The power of the mind is that we can travel back in time to visit a good memory and experience the positive feelings in the present moment.

To limit the risk of COVID-19 infection, Dr. Katherine Dallow, vice president of clinical programs and strategy at Blue Cross Blue Shield of Massachusetts recommends:

- If you visit with friends or family, do so outdoors and stay six feet apart.
- Keep the group small, to maybe a guest or two.
- Remember it's safer to socialize with just one other household than to start adding many people to your circle
- If you need to go to a store or another confined space, don't linger. The less time you spend there, the less chance of infection.
- Keep wearing a mask whenever you are in public, and frequently wash your hands.



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

There's an App for that!

Blue Cross Blue Shield and Harvard Pilgrim members can access a convenient, secure way to manage their healthcare by downloading a free member's app.

Blue Cross Blue Shield Members:

MYBLUE Member App

Harvard Pilgrim Members:

Get HPHConnect Member App

Download at no cost from the App Store or Google Play.

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

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 ~