

Mayflower Municipal Health Group

Beneficial Wellness Newsletter

ISSUE 10

SPRING 2015

HOT

TOPICS:

Follow us on

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Like us on Facebook now through the end of May and be entered in a drawing to win one of 5 Salad Shakers

MMHG WALK FOR A CAUSE-
Join us on June 19th-see page 6 for details!

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MMHG Spring Walking Challenge

April 27th to June 8th

Why Walk?

According to the American Heart Association walking for exercise is the simplest positive change you can make to effectively improve your heart health. Walking just 30 minutes a day can also be extremely beneficial to your overall health!

Sign up today for the MMHG Spring Walking Challenge and take that first step towards a more active and healthy lifestyle! You'll be able to track your progress online and we'll help keep you motivated. You'll also be eligible to win weekly prizes and be entered in a grand prize raffle at the end of the challenge.



Register for the Spring Walking Challenge by 12 noon on April 26th and you'll be entered in a raffle to win one of 15 "Fitness That Works" books published by the Wellness Council of America!

Walking Works is a 6 week program with online tracking that helps you set goals and view your progress. All employees, retirees and their spouses, from MMHG member units can register for the program. All participants who take part in the challenge will:

- Have access to the *Walking Works* online tracking tool and view your progress on a graph!
- Receive motivational emails with new challenges each week!
- Be eligible to win awesome prizes!

For the program flyer with registration instructions and a list of prizes click on the **Wellness** tab at www.mmhg.org or call 774-773-9306

Spring Regional Wellness Seminars Announced!



The Mayflower Municipal Health Group is pleased to announce the schedule for its

Regional Spring Wellness Seminars. Programs are free and open to all employees, retirees, and spouses of MMHG member units.

Backyard Organic Gardening

Thursday, April 23rd 6 PM
Rockland Council on Aging

Introduction to Mindfulness

(2 dates to chose from)
Tuesday, April 28th, 6 PM
at the Hanover Town Hall

Wednesday, May 27th, 5 PM
Plymouth County Retirement Association, Plymouth

Getting to a Healthy Retirement- What's Your Vision of the Future?

Wednesday, May 6th, 5 PM
At the Hingham Town Hall

Kick up your Health a Notch!

Tuesday May 12th, 6 PM
Kingston Town Hall

Check out the program flyers with seminar details on our website www.mmhg.org (click on the Wellness tab)

Register for seminars by sending an email to wellness@mmhg.org or by calling 774-773-9306.

Sign up to receive future quarterly issues of the MMHG Beneficial Wellness Newsletter by email!

NAME: _____

PHONE: _____

ADDRESS: _____

Clip this form and return to:
MMHG Wellness
PO Box 3390
Plymouth, MA 02361

or send request by email to wellness@mmhg.org

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.

Preventative Care: Services covered under the Affordable Care Act with no member cost sharing

Under the Affordable Care Act (ACA) group health plans may not impose cost-sharing for preventative coverage. Coverage of certain preventative services is also required.

What is Preventative care?

Preventative care is care you receive when you're healthy and symptom-free, such as routine check-ups, screenings and immunizations with your Blue Cross Blue Shield of Massachusetts or Harvard Pilgrim Health Care (in)-network providers.

Typical preventative care with no cost share (no co-payment):

- Routine physical examinations
- Colorectal cancer screening, including - Colonoscopy & Sigmoidoscopy
- Breast cancer screenings, including Mammograms and risk reducing medications
- Cholesterol screenings
- Depression screenings
- Flu shots

This list is not all inclusive and is subject to change; please check with your doctor to see what screenings are right for you and the coverage available under your insurance plan. Coverage varies depending on the insurance carrier and brochures are posted on our website, www.mmhg.org, under the "What's New" tab.

You may contact Blue Cross Blue Shield of Massachusetts or Harvard Pilgrim Health Care if you have specific questions regarding your benefits.

Member Service phone numbers:

Blue Cross Blue Shield of Massachusetts:
800-782-3675

Harvard Pilgrim Health Care:
888-333-4742

FREE Wellness Seminar

"Getting to a Healthy Retirement—What's your Vision of the Future?"

Wednesday May 6, 2015, 5 PM
Hingham Town Hall
210 Central Street, Hingham

Are you retired or thinking about it? Does your retirement plan include being active with family and friends? Are you concerned about the high cost of health care and what that means as you grow older?

Join Thomas C. Hawkins, M.D., M.S., for a dynamic presentation on actions you can take **right now** to improve your chances of having a healthy retirement. Dr. Hawkins is the Medical Director of Health Informatics for Blue Cross Blue Shield of MA and a Clinical Instructor at Harvard Medical School.

MMHG regional seminars are FREE and open to MMHG member unit employees, retirees and their spouses. Register at wellness@mmhg.org or call 774-773-9306

Get a Colonoscopy and Receive a \$50 Gift Card

Content Source—
Centers for Disease Control and Prevention

Among cancers that affect both men and women, colorectal cancer (cancer of the colon or rectum) is the second leading cause of cancer deaths in the United States. Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it. This disease is highly preventable by getting regular screenings starting at age 50.

Eligible MMHG subscribers and spouses can receive a \$50 gift card for having a colonoscopy in 2015! The incentive is available to all Blue Cross Blue Shield and Harvard Pilgrim subscribers and spouses age 50 and over or at high risk and enrolled in non Medicare plans. Visit www.mmhg.org (What's New) to learn more about the details of this program.



Important Reminder for MMHG members:

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

- Divorce/Remarriage
- Medicare Eligibility of yourself or dependent
- Marriage
- Birth of a child
- Adoption
- Legal guardianship
- Dependent loss of status as a dependent (except for turning age 26)
- Change of Address

Attention: Retired members enrolled in Medex III or HPHC Medicare Enhance Medicare supplement plans:

You must continue to pay your Medicare Part B premium timely in order to remain eligible for MMHG coverage.

Online Cost Estimators Available:

As a health care consumer, you can use this website to get the link to compare the cost and quality of various health care services at facilities near you.

Cost and Quality website:

www.getthedealonlinecare.org

Backyard Organic Gardening Workshop— FREE!

Thursday, April 23rd
6 PM

Rockland Council on Aging
317 Plain St
Rockland

Jim Lough is an organic farmer and founder of Backyard Gardens in Buzzards Bay. He will share his knowledge on creating a successful vegetable and herb garden in your backyard without the use of pesticides.

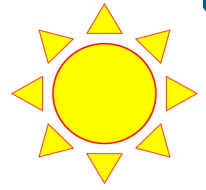
MMHG regional seminars are FREE and open to MMHG member unit employees, retirees and their spouses. Register at wellness@mmhg.org or call 774-773-9306

WOW!

MMHG member units can apply for wellness grants to help fund employee wellness programs like work site exercise classes, biometric screenings, healthy cooking demonstrations and workplace gardens! Interested? Email us at wellness@mmhg.org for more information.

MMHG Spotlight— Workplace Gardens

Working Together to Cultivate Health & Wellness



Spring Planting 2014— Halifax Workplace Vegetable Garden

Why Start a Workplace Garden?

Vegetable gardening encourages healthy eating, physical activity, and can help relieve stress. Workplace gardens can provide all of these health benefits for employees while fostering a renewed sense of camaraderie and team work amongst co-workers. The garden space itself offers a tranquil place where employees can go and enjoy a few minutes of quiet time in nature.

MMHG member unit employees that have created workplace gardens have been overwhelmingly positive about

the experience. Employees volunteer to participate and tend to the garden before and after work and on lunch breaks. Produce is shared among the participants to bring home and is used to create healthy snacks and lunches during the work day. Some donate fresh produce to local food pantries. Gardening at the workplace has provided employees with a shared experience that is positive, fun, and challenging.

MMHG Member Unit Workplace 2015 Gardens Updates:

Halifax employees are looking forward to planting their workplace garden for the 2nd year. Planned improvements include a new fence to keep the rabbits out (hopefully), and the purchase of a few necessary supplies like watering cans and tomato cages. They've been awarded a wellness grant from the MMHG to help purchase supplies, plants, seeds, and soil.

West Bridgewater employees are also using wellness grant money to improve their work-

place garden this year. They've hired an expert in backyard organic gardening to help them "kick things up a notch" and increase the amount of vegetables they harvest.

Hanover employees are currently growing seedlings in the windows of their offices to be planted outside the Town Hall offices. Hanover school employees are planning to start their own vegetable garden this year too with the help of a MMHG wellness grant.

Southfield Redevelopment Authority employees are planning their workplace garden and have been awarded a wellness grant for the third year in a row. They look forward to sharing summer salads together for lunch made from the freshly picked vegetables that grow outside the entrance of their office.

Interested in starting a workplace garden? Call us at 774-773-9306 or send an email to wellness@mmhg.org

Tips on Starting a Worksite Vegetable Garden

Planting a new garden is always a challenge and starting a workplace garden is no exception. Here are a few tips to help you get started.

Location, Location, Location— Choose a spot that gets at least 6-8 hours of daily sunlight, has access to a water source, and is convenient for employees.

Get experienced help to get things going— Ask someone on staff with gardening know-how to help lead the way. You can also hire an expert to give you advice.

Start small— Begin with a few small raised beds and containers. You can always expand next year.

Determine your resources— How will you pay for the garden expenses? You can apply for a MMHG wellness grant, and have participants pitch in a set amount. You might want to ask for donations of seedlings from local farmers, and compost from the DPW.

Get organized— Make a list of gardening chores that need to be done on a daily basis. Divide work fairly amongst volunteers. Figure out together, in advance, how you'll share the fruits of your harvest.

Plant wisely— Plant vegetables, herbs, and flowers that are easy to grow at first. Avoid pesticides and

consider a fence to keep out wildlife.

Have fun— Share recipes, salad, and new garden stories!



Summer Harvest 2014 Deputy Fire Chief Barbara Stone picks fresh veggies from the Hanover workplace garden



Solve and return the completed puzzle to us no later than June 15th (be sure to include your name and email address) and you'll be entered in a random drawing to win a Wellness Goody Bag!!

Email—
wellness@mmhg.org

Mail—

MMHG

PO Box 3390

Plymouth, MA 02361

FAX—

774-773-9403

Congratulations to Janis Ford from Hull. Janis won a wellness goody bag for solving the "Heart Health Month Word Scramble" puzzle in the winter news-letter!

Solve the MMHG Puzzle

"Local Spring Produce"

It's possible to find fresh locally grown produce during the months of April & May. Visit www.farmfresh.org for a listing of farmers' markets that are open near you.

R	A	S	P	E	N	A	C	D	W	K	S	D	S	W
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B	E	D	F	E	H	O	K	F	G	N	M	P	A	R
S	N	I	M	R	Y	K	J	T	F	Q	Y	K	L	H
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COLLARDS
EDIBLE FLOWERS
FIDDLEHEAD FERNS
KALE
LETTUCE
MUSHROOMS

NETTLES
PEAS
RHUBARB
SALAD GREENS
SCALLIONS
SPROUTS

Give Peas a Chance.

For a simple & elegant spring dish:

Sauté 3 cups of fresh shelled peas in 1 Tablespoon of olive oil until tender (add a small amount water if needed)

Stir in 2 Tablespoons of finely chopped fresh mint

Season with salt and pepper to taste and enjoy!



Have you tried Pea Shoots?

Pea shoots are the tender leaves and tendrils of the pea plant (often the snow pea). They are delicious with a subtle pea flavor and nutritious.

Look for them this spring at a local farmer's market near you.

Toss pea shoots into your salads and soups, or sauté gently with garlic and a little sesame oil. You can even add them to your morning smoothie. Delicious!

Coming this Summer: MMHG Passport to Wellness Program

Enjoy your healthiest summer yet! Stay tuned for details on how you can register for the MMHG Summer Passport to Wellness program and win prizes for eating your veggies, exercising more, and stressing less!

MMHG Members Celebrate National Nutrition Month

March was National Nutrition Month! MMHG members celebrated by attending a 5 part Nutrition & Weight Loss series in West Bridgewater, facilitated by Nicole Cormier, registered dietitian and founder of Delicious Living Nutrition.

With expert guidance and humor, Nicole inspired the group to eat more nutritiously by addressing topics such as balancing each meal with protein and fiber (nutrition from the ground up), eating with mindfulness, the benefits of juicing, and cooking intuitively.

Over the course of the series, participants learned how to develop a personal nutrition practice that emphasizes eating fresh whole foods that are delicious and satisfying.

If you're interested in attending a monthly nutritional round table/support group in West Bridgewater led by Nicole call 774-773-9306 or send an email to wellness@mmhg.org. For more information about Nicole please visit her website: www.DeliciousLivingNutrition.com.



Nutrition and Weight loss Seminar
April 7, 2015

The Incredible Legume— 6 Reasons to Eat More Beans



Beans, peas and lentils are all legumes. They are also nutritional wonders, rich in plant protein, fiber, B-vitamins, iron, folate, calcium, potassium, phosphorus, and zinc. If you haven't incorporated legumes into your diet on a regular basis here are 6 reasons you should.

1. They are packed with fiber. Just 1 cup of cooked black beans will give you 15 grams of fiber, which is about half of the recommended daily amount.
2. They are a great option if you are trying to cut down on your meat consumption.

Beans and lentils are a healthy and satisfying substitute for meat.

3. The combination of fiber and protein found in legumes helps to stabilize blood sugars so you get a steady supply of energy.
4. They are high in antioxidants that help prevent cell damage and fight diseases like cancer.
5. Eating more legumes as part of a healthy diet can help lower blood sugar, blood pressure, heart rate, and other heart disease and diabetes risks.
6. Legumes are inexpensive, versatile and tasty. You can buy them in any super-market dried, canned and even frozen. You can easily add them to soups, pasta dishes, stir fries and casseroles.

Easy Homemade Hummus

In a food processor blend 2 cups cooked chickpeas (canned is okay), 1/2 cup of tahini, 1/4 cup olive oil, 2 garlic cloves, juice of 1 lemon. Process until smooth adding a little water if necessary.

Serve hummus as dip with whole grain pita chips and crunchy veggies. Also delicious with salads and in sandwiches.

Black Bean, Corn and Avocado Salsa

- 1 can black beans drained & rinsed
- 1 cup fresh or frozen corn (thawed)
- 1/2 medium chopped white onion
- 1 jalapeño pepper seeded & minced
- 1 large tomato chopped
- 1 avocado chopped
- 1/2 cup chopped cilantro
- Juice of 1 lime

Mix all ingredients together gently and serve

FREE Wellness Seminar

**Kick Up Your Health a Notch—
10 Little Known Health & Nutrition Facts!**

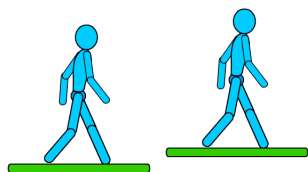
**Tuesday, May 12, 2015
6:00-7:00 PM
Kingston Town Hall
26 Evergreen Street, Kingston**

***Give yourself a boost this
spring and get motivated!***



Seminars are FREE and open to all employees, retirees and spouses of MMHG member units. Register at wellness@mmhg.org or call 774-773-9306

Have You Tried Interval Walking?



Why Walk?

According to the National Institutes of Health walking for exercise on a regular basis may:

- lower your risk of health problems like high blood pressure, heart disease and diabetes
- strengthen your bones and muscles
- help you burn more calories
- Lift your mood

Walking is an ideal exercise for most. It's free, can be done anywhere, and requires no fancy equipment except for a good pair of sneakers and comfy clothes. Experts recommend adults get at least 150 minutes of moderate intensity exercise per week. Walking briskly

for 1/2 hour, 5 days a week, is a great start. You can even break that 1/2 hour down into 3– 10 minute walking sessions per day. The important thing is to get started. As you progress and become more fit you'll be able to increase distance walked and intensity. People at most fitness levels can walk for exercise. Always check with your doctor before starting a new exercise program.

Interval Walking– Rev up your Workout!

Interval walking is a great way to enhance your walking program. Alternating periods of light activity with periods of more intense activity can help you burn more calories and increase your fitness level. A beginner walker may alternate more leisurely walking with short periods (30 seconds to one minute) of faster walking. Advanced walkers, may want to try jogging for short intervals when walking briskly. You can also incorporate hills and stairs into your walking program as a way to increase your workout.

MMHG Walk For A Cause 2015

Mark your calendar, and encourage your co-workers, family, and friends to walk together and raise money for a good cause! This year MMHG members will be participating in the Marshfield Pembroke Relay for Life to benefit the American Cancer Society on June 19th at Pembroke High School.

www.relayforlife.org/marshfieldma

Email us at wellness@mmhg.org or call 774-773-9306 if you're interested in walking with the MMHG.

There's an App for That!

Look no further than your smart phone or tablet for fun apps that can help make the most of your exercise program. Apps like "Moves" and "Map my Walk" can help motivate you to track your progress and set new fitness goals. Search your favorite app store and see what's available!

FREE Seminar 2 Dates to chose from!

"Introduction to Mindfulness: How the Science and Practice of Awareness Improves Well-Being and Performance"

April 28, 2015

6:00 PM– 7:00 PM
Hanover Town Hall
550 Hanover St., Hanover

Or

May 27, 2015

5:00 PM– 6:00 PM
Plymouth County Retirement
Association
10 Cordage Park Circle Suite 234,
Plymouth

**MMHG regional seminars are
FREE and open to MMHG mem-
ber unit employees, retirees and
their spouses. Register at well-
ness@mmhg.org or call
774-773-9306.**

Harvard Pilgrim's Mind the Moment Program



Do you feel overwhelmed and stressed juggling work and home life? Would you like to boost your creativity and productivity and learn to communicate more effectively? You may want to consider practicing Mindfulness.

Mindfulness is the practice of becoming more fully aware of the present moment. It means to be attentive and conscious about what's happening– to be aware. The Harvard Pilgrim Mind the Moment Program suggests that people who regularly practice mindfulness have experienced:

- Improved health and overall quality of life

- Reduced anxiety and depression
- Increased concentration
- Stronger ability to cope more effectively with stress in everyday life

Research studies from Harvard, Stanford, Duke and the National Institutes of Health have also documented the following significant physical benefits to practicing mindfulness:

- Reduced blood pressure
- Lower cholesterol levels
- Enhanced immune function
- Reduced headache, migraine & back pain
- Improved respiratory function

For more information check out the Harvard Pilgrim [Mind the Moment Program](http://www.harvardpilgrim.org) web page at www.harvardpilgrim.org (click on health and wellness).

Newly Expanded BCBS “ahealthyme” Website



The newly enhanced and expanded Blue Cross Blue Shield “ahealthyme” website and member portal is now available to BCBS members. Whether you want to get

in better shape, lose weight, stop smoking, or just improve your overall health, “ahealthyme” can help you realize your goals.

It's easy to get started. The first step is to register and set up an account at <https://bluecrossma.ahealthyme.com>. Once registered you will be directed to your “ahealthyme” homepage where you will be able to take a confidential health assessment. Your Health Assessment results provide you with an easy-to-understand explanation of your health status and any

health risk factors you may have. It also helps “ahealthyme” create personal wellness plans just for you!

The “ahealthyme” homepage features online wellness workshops, activity planners and trackers, meal plans, food logs and healthy recipes. Other engaging tools include health progress reports and a health library. There's even a healthy tip posted each day to inspire you! The site is free and confidential for BCBS members.

Check it out today!

Community Supported Agriculture (CSA)

If you don't have the space or time to plant a backyard garden but would like to eat locally and support farmers in your community you may want to consider buying a “share” in a local farm this summer.

Community Supported Agriculture, often shortened to CSA, is a prepaid subscription to a farm's produce for the season. The way it works is a farmer sells a certain number of “shares” to the public. In return the farmer gives a weekly box of veggies, herbs, and fruits to the shareholder over the course of the growing season. Some CSAs even include locally produced eggs, meat, seafood and dairy.

The farmer/shareholder relationship is mutually beneficial. The shareholder is

happy because the produce is fresh and seasonal and locally grown. The farmer is happy because the prepaid CSA arrangement is a source of financial security.

CSA shareholders can gain a better understanding of where their food comes from by visiting the farm during the growing season and getting to know the farmer. Some CSAs incorporate farm workdays for shareholders.

If you are interested in learning more about Community Supported Agriculture check out these links:

http://www.mass.gov/agr/massgrown/csa_farms.htm

<http://www.farmfresh.org/food/csa.php>



Healthy Tip: Take Time For Yourself

If you are feeling stressed by life, take some time during the day to relax. Some people find meditation calming. Others find peace in taking a walk; still others turn to prayer. This time of quietness helps improve your state of mind and gives you a chance to recharge, advises the [National Mental Health Association](http://www.nmha.org). www.nmha.org

Wow! Check out these Exclusive offers for MMHG members. See page 8 for more local fitness coupons!

Be Healthier for Life at Healthtrax Fitness & Wellness

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Wellness discounts for all MMHG Members:
20% off adult walk-in yoga class
10% off all other services: 10 class pass, monthly unlimited
yoga, massage, and Reiki.

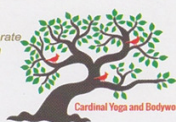
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When you bring this coupon to your local club.

*Valid on annual individual membership dues for members of Mayflower Municipal Health Group. Must be age 18 or older and may not be combined with other offers. Must present proof of MMHG membership. Expires 10/1/15.



**Mayflower
Municipal Health
Group**

P.O. Box 3390
Plymouth, MA 02361

Phone: 774-773-9309
Fax: 774-773-9403
www.MMHG.org

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~Abington ~ Bridgewater ~ Bristol County ~ Brockton Area Transit Authority ~ Carver-Marion-Wareham Regional Refuse Disposal District ~
~Dartmouth Fire District No. 3 ~ Greater New Bedford Regional Refuse Management District ~ Halifax ~ Hanover ~ Hanson ~ Hingham ~ Hull ~
~Kingston ~ Marshfield ~ Norfolk County ~ North River Collaborative ~ Norwell ~ Onset Fire District ~ Pembroke ~ Plympton ~ Plymouth County ~
~Plymouth County Retirement Association ~ Rochester ~ Rockland ~ 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 ~ Wareham ~ Wareham Fire District ~ Water Works (Abington-Rockland) ~ West Bridgewater ~ Whitman ~
Whitman-Hanson Regional School District ~



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Includes two adults and their children under age 22.

First time members/guests only. Valid photo id required.

16 Aldrin Rd. Plymouth, MA

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