

# MMHG Beneficial Wellness Newsletter

ISSUE 16

FALL 2016

## HOT

### TOPICS:

Follow us on

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What are you thankful for this year? Share on Facebook or Twitter

Solve the MMHG Puzzle on page 9

It's the perfect time to join a gym! See coupons for MMHG members on pages 10,11.

### INSIDE THIS ISSUE:

Diabetes Awareness 2

Helpful tips to rewire your brain and curb those cravings to splurge 4

3:00 pm Yoga Break 5

Maintain Don't Gain Challenge 7

What you can do to make Thanksgiving healthier! 8

## MMHG Family Health & Wellness Fair!

You are cordially invited to the First Annual Mayflower Municipal Health Group Family Health & Wellness Fair to be held on Tuesday, November 15th from 4:00 - 7:00 PM at the Silver Lake Regional High School in Kingston.

The family friendly event will feature wellness seminars on [The Health Benefits of Tea](#), [Heart Smarts](#), and [Nutrition from the Ground Up](#). There'll be biometric screenings available, healthy snacks, chair massage, representa-

tives from Blue Cross and Harvard Pilgrim and local fitness centers, wellness vendors, chair yoga demos, raffles and more.

Click [HERE](#) for more infor-



**What:** MMHG Regional Fall Wellness Fair

**When:** SAVE THE DATE!  
Tuesday, November 15th  
4:00- 7:00 PM

**Where:** Silver Lake Regional High School  
260 Pembroke Street  
Kingston MA 02364

## Get a Snapshot of your Health in just 15 minutes — and earn a \$25 gift card!

The confidential online Health Assessment is a quick and easy way to understand your current health!

Mayflower Municipal Health Group active subscribers and their spouses, enrolled in non-Medicare Blue Cross Blue Shield and Harvard Pilgrim plans, that successfully complete an online Health Assessment between October 1, 2016 and December 31, 2016 can earn a \$25 gift card from Target.

**Why should I take it?** Complete the confidential online questionnaire and receive a personalized health report, your own wellness score, and helpful guidance on improving

your health. You'll also be directed to health articles, workshops, and other wellness tools.

**Where do I start?** For more information and directions click [here](#) for the program flyer. You can also go to our website [www.mmhg.org](#) and click on the "What's New" tab for more information.

**This a great opportunity to take control of your health & and well-being, while earning a \$25 gift card to Target. Don't miss out, take the confidential online Health Assessment today!**



### MMHG Health Assessment Incentive Program Rules:

- ~Incentive program runs from October 1, 2016 through December 31, 2016.
- ~In order to be eligible to earn a \$25 gift card you must be a MMHG subscriber or spouse enrolled in an active non- Medicare plan and successfully complete the BCBS or HP online health assessment. Sorry Medex & HPHC Medicare Enhance subscribers are not eligible for this incentive.
- ~One gift card per eligible member

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

NAME: \_\_\_\_\_  
PHONE: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
EMAIL: \_\_\_\_\_

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

or send request by email to  
[wellness@mmhg.org](mailto: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.

## November is American Diabetes Month

### The Shocking Statistics

According to the Centers for Disease Control and Prevention (CDC) 29.1 Million people in the United States have diabetes. Of that number 1 out of 4 do not know they have the disease.

An additional 86 million people, more than 1 out of 3 adults, have pre-diabetes. Out of those who have prediabetes, only 1 out of 10 are aware they have it. Without lifestyle changes like eating healthy food, weight loss, and moderate physical activity, 15-30% of people with prediabetes will develop type 2 diabetes within 5

years. Without major changes, as many as 1 in 3 people could have diabetes by 2050.

### Public Health Problem

People with diabetes either don't make enough insulin (type 1 diabetes) or can't use insulin properly (type 2 diabetes). Insulin allows blood sugar (glucose) to enter cells, where it can be used for energy. When the body doesn't have enough insulin or can't use it effectively, blood sugar builds up in the blood. High blood sugar levels can lead to heart disease, stroke, blindness, kidney failure, and amputation of toes, feet, or legs.

Type 2 diabetes accounts for about 90% to 95% of all diagnosed cases of diabetes, and type 1 diabetes accounts for about 5%. The health and economic costs for both are enormous:

- ◆ Diabetes was the seventh leading cause of death in the United States in 2013 (and may be underreported).
- ◆ Diabetes is the leading cause of kidney failure, lower-limb amputations, and adult-onset blindness.
- ◆ More than 20% of health care spending is for people with diagnosed diabetes

### Diabetes Management

People with type 1 diabetes need to take insulin for life to survive. For people with type 2 diabetes, healthy eating, regular physical activity, and medicines to lower blood sugar can help prevent or delay complications. Both groups need to work closely with their health care team to receive diabetes education, regular checkups, and ongoing support to self-manage their health.

### Prediabetes: Opportunity for Change

With prediabetes, blood sugar levels are higher than normal, but not high enough yet to be diagnosed as diabetes. People with prediabetes have an increased risk of type 2 diabetes, heart disease, and stroke. Structured lifestyle changes can help people with prediabetes cut this risk sharply.

### Take Action

You can manage diabetes by working with your health providers, eating healthy and staying active. Learn more at [www.cdc.gov/diabetes/ndep](http://www.cdc.gov/diabetes/ndep)

You can prevent or delay type 2 diabetes by losing weight, eating healthy, and by being more active. Talk to your doctor and learn more at [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention)



**Lock It Up. Keep your medicine locked in a safe place away from kids, teens, and other adults.**



The information contained in this newsletter can be used to increase your personal awareness of health and wellness.

Always contact your health care provider when beginning a new exercise or nutrition program, and when you have questions and concerns about medical issues impacting you or your family.



### Important Reminder for MMHG members:

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

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

**Don't miss the MMHG Family Health & Wellness Fair on November 15th. Come find out what wellness benefits are available to you. Now is the time to improve your health and feel better. Get educated! Get involved! You can do it!**

### STOP ADDICTION- IN ITS TRACKS

Go to <http://www.mass.gov/eohhs/gov/departments/dph/stop-addiction/> to find out how you can prevent and identify opioid misuse and where you can get help.

Click [here](#) for the "Stop Addiction In its Tracks" brochure.

#### Other Links:

<http://www.bluecrossma.com/opioid-crisis/>

<https://www.drugabuse.gov/>

# MMHG Family Health & Wellness Fair

## Family Health & Wellness Fair



Presented by the  
Mayflower Municipal  
Health Group

**Tuesday, November 15, 2016**  
**4:00- 7:00 PM**  
**Silver Lake Regional High School**  
**260 Pembroke Street, Kingston**

### WOW!

Raffle Prizes!  
Giveaways!  
Kids Table &  
Crafts!  
FREE Healthy  
Snacks!  
Cooking Demos!

### Featuring:

- \*FREE Biometric Screenings (body measurements: height, weight, waist circumference, body mass index, body fat composition, blood pressure, non-fasting finger stick panel: total/HDL/ratio cholesterol, glucose)
- \*Health Benefits of Tea with Julianne McLaughlin 4:00-5:00 PM
- \*Heart Smarts Seminar 5:00-6:00 PM
- \*Nutrition From the Ground Up with Nicole Cormier 6:00-7:00 PM
- \*Chair Massage
- \*Skin Screening
- \*Healthy Cooking Demonstrations
- \*Blue Cross Blue Shield & Harvard Pilgrim Wellness
- \*Health & Fitness Vendors, Yoga
- \*South Shore Organics & Local Farmers
- \*Awesome Kids Table!
- \*And Much More!

The first annual MMHG Family Health & Wellness Fair is **FREE** of charge and open to all employees, retirees, and dependents of MMHG member units. For more information please contact Kelly Morse Perez at 774-773-9306 or by email at [wellness@mmhg.org](mailto:wellness@mmhg.org).

The Mayflower Municipal Health Group Wellness Program Presents:

## The Health Benefits of Tea

Tuesday, November 15, 2016

4:00-5:00 PM

Silver Lake Regional  
High School  
260 Pembroke St,  
Kingston



From American revolutionaries throwing it into Boston Harbor, to Buddhist monks using it in religious ceremonies, tea has been a part of human-kind for thousands of years. Have you ever wondered what the health benefits of tea are? **Julianne McLaughlin** of [Whole New U Weight Loss & Nutrition](http://WholeNewUWeightLoss.com) will discuss how tea is not only delicious, but incredibly healthy for you too. **This seminar will focus on the many positive emotional, physical and mental health benefits of tea, and provide delicious samples for you to taste.**

The workshop is free and open to all Mayflower Municipal Health Group (MMHG) member unit employees, retirees and their dependents. **RSVP** to Kelly Morse Perez at 774-773-9306 or [wellness@mmhg.org](mailto:wellness@mmhg.org)

Mayflower Municipal Health Group

[www.mmhg.org](http://www.mmhg.org)

The Mayflower Municipal Health Group Wellness Program Presents:

### FREE Seminar

### “Heart Smarts 101”

Take action to prevent and control the risk factors for heart disease.

Tuesday, November 15, 2016

5:00-6:00 PM

Silver Lake Regional High School  
260 Pembroke St  
Kingston, MA 02364



Do you “know your numbers”? In this course, you will:

- Learn the ideal cholesterol and blood pressure readings and how to maintain a healthy heart.
- Be able to identify the risk factors associated with heart disease.
- Create an action plan to lower your risk of heart issues through a healthy diet and exercise.

The seminar is part of the Mayflower Municipal Health Group Family Health & Wellness Festival scheduled on November 15th from 4:00-7:00 PM at the Silverlake RHS and is free and open to all MMHG member unit employees, retirees and dependents. Please register by sending an email to [wellness@mmhg.org](mailto:wellness@mmhg.org) or by calling 774-773-9306.

Mayflower Municipal Health Group

[www.mmhg.org](http://www.mmhg.org)

The Mayflower Municipal Health Group Wellness Program Presents:

## “Nutrition From the Ground Up”

*Healthy, seasonal eating for the entire family.*

Tuesday, November 15, 2016

6:00-7:00 PM

Silver Lake Regional High School  
260 Pembroke St, Kingston



Local food enthusiast **Nicole Cormier** is a Registered Dietitian, and founder of [Delicious Living Nutrition](http://DeliciousLivingNutrition.com). Join Nicole, for an inspiring workshop, that will not only help you understand the fundamentals of good nutrition, but give you the tools to create a healthy meal plan the whole family can enjoy.

In this workshop you will find out:

- ~Why the foods you choose to eat throughout the day can help increase energy levels, improve your overall health and help you maintain a healthy relationship with food.
- ~Why you should pair protein with fiber.
- ~Why you should eat healthy foods that are “real, whole, delicious, and exciting” and what that means.
- ~Why eating seasonal and locally produced foods can jumpstart your family’s nutrition practice.

The workshop is free and open to all Mayflower Municipal Health Group (MMHG) member unit employees, retirees and their dependents. **RSVP** to Kelly Morse Perez at 774-773-9306 or [wellness@mmhg.org](mailto:wellness@mmhg.org)

Mayflower Municipal Health Group

[www.mmhg.org](http://www.mmhg.org)



## Coming in 2017

A Whole New U Weight  
Loss for Life FREE  
Regional  
8 Week Series in  
Hanson.

Stay tuned for more  
details!!!

### Control Your Eating - 7 Helpful Tips

1. **Stick to a shopping list.** It helps to shop when you're not hungry.
2. **Remove temptation.** Don't bring high-fat or sugary foods into your home.
3. **Change your surroundings to avoid over-eating.** For example, don't eat while watching TV. Meet friends in places that don't serve food.
4. **Use smaller plates.** We tend to eat most of what's on our plates, no matter the size.
5. **Don't reward successes with food.** Choose other rewards you'll enjoy, like a movie, a massage, or personal time.
6. **Seek help.** Ask friends and family for support. Consider enrolling in a class or program.
7. **Forgive yourself if you overeat.** We all have occasional setbacks.

## Curb Your Eating— Help your Brain Fight the Urge to Splurge



**Content Source: NIH in the News**

Ever tried to eat just one potato chip, or take just one bite of chocolate cake? It may feel impossible. A little nibble triggers an urge to eat more. Some people feel driven to keep eating to the point where the food's no longer enjoyable. You know the resulting weight gain will harm your health. So why do you keep eating when it's not in your best interest?

Out-of-control behaviors around food can look and feel remarkably similar to an addiction to drugs and other substances. In fact, imaging studies have shown that addictive drugs can hijack the same brain pathways that control eating and pleasurable responses to foods. NIH-funded researchers are closely studying the biology of overeating to try to find new ways to help people curb these out-of-control behaviors.

"There's an addictive element to foods—especially high-fat, high-sugar foods—that drives many of us to overeat," says Dr. Nora Volkow, director of NIH's National Institute on Drug Abuse. She's been studying the brain's role in drug addiction and obesity for more than 20 years. Volkow and other scientists have found that high-calorie foods, like addictive drugs, can trigger the brain's reward system, releasing brain chemicals such as dopamine that make you feel terrific. So it's natural to want more. In fact, wanting more helped early humans survive.

"Our brains are hardwired to respond positively to foods that have a high content of fat or sugar, because these foods helped our ancestors survive in an environment where food was scarce," Volkow says. "In today's society, though, highly rewarding foods are everywhere. And our brain's reward system for foods is now a liability."

Seeing, smelling, tasting, or even hearing certain cues—from food ads on the radio to the smell of cinnamon buns in a shopping mall—can make us crave fattening foods when we're not even hungry. Brain studies show that food cues can be especially strong in people who are obese or at risk

for weight gain. In one NIH-funded study, volunteers who had a heightened brain response to a sip of a milkshake when they weren't hungry were more likely to gain weight a year later.

While some brain areas drive us to seek sweets and fatty foods, other regions at the front of the brain can help us control our urges. We can help our "rational" brain regions take control by avoiding tasty temptations and developing healthy habits.

"Each of us should be aware if there are certain foods that we can't stop eating once we start. Avoid having them at home. Don't buy them or start eating them, because that might trigger binge eating," Volkow says.

Make healthy eating a part of your everyday routine by swapping unhealthy habits with healthy ones. Eat fruit instead of cookies as a daily dessert, or have a mid-day snack of crunchy carrots instead of potato chips. Instead of walking directly to the refrigerator after work, take a walk through your neighborhood. Over time, healthy habits can become wired in your brain. You'll do them without even thinking.

# Make Your 3:00 PM Coffee Break a Yoga Break

PAGE 5



By Ann Dowd

Do you spend a significant portion of your day seated while working at a desk, perhaps driving a vehicle, or just relaxing at home in one spot while reading a book for a few hours? Perhaps you find that after long periods of relative inactivity, your shoulders get tight and achy, your neck is sore, and your breath is not as free as it should be.

Here are four simple moves that can be done during the workday, right at your desk. If you're driving a car, obviously you will want to step out of the driver's seat before trying these moves!

**Shoulders** - Sit slightly forward in your chair. Take a big breath in, and as you do, shrug your shoulders high up to your ears, as high as you can bring them. Keep the breath moving as you roll the shoulders around in a circle, moving slowly, a couple times forward and then a couple of times back. Take another big inhale and as you exhale that breath, drop your shoulders heavily, all at once, down to their natural position. With that exhale, let all the tension you created with your shoulder movement drain from your body. Notice if your shoulders now sit a little bit lower on the shoulder girdle.

**Thoracic Spine** - Sitting in the same position, slightly forward in your chair, move your feet apart until they are about 12" from one another. Clasp your hands in front of you, keeping your arms straight as you do so. Inhale and lift the arms up overhead, again keeping them as straight as you can as you lift. Push the hands toward the ceiling and stretch them back behind you, arching your upper back slightly as you push your rib cage forward. Squeeze the shoulder blades together. Take a big inhale breath here and as you exhale, reverse that motion, bringing your straight arms down in front of you. Keep pushing the hands away, continuing to exhale, and now pushing your ribs toward the back of the chair, flexing your spine and letting your shoulder blades peel away from the spine. Repeat this movement a few more times.

**Spinal Twist** - Still seated in the same position in your chair, take a big breath and lift your arms up over your head. Try to lengthen the spine as much as you can. Just before you begin your exhale, turn your upper body to the right side, facing the arm of your chair. Place your right hand toward the back of the chair arm, and begin to gently push your right side away from the arm of the chair. Place your left hand toward the front of the chair arm, and gently pull your left side toward the arm of the chair. Be careful to not let your pelvis shift in the seat. You are attempting to rotate your thoracic vertebrae here, and they can be quite stubborn, so move gently! Take a few breaths in and out in the twisted position, and gently unwind and bring yourself back to center. Repeat the movement on the other side.

**Hips** - Still seated slightly forward in your chair, bring your feet once again about 12" to 15" away from each other. Lift your left foot and cross your left ankle over your right knee. Hold your left foot with your right hand to keep it in a neutral position; place your left hand on your left thigh, just above the knee. Take a big inhale breath, and as you begin to exhale, fold your body forward from the hips. Be careful not to round your spine here - long, straight spine. Your bodyweight will apply some pressure to your left leg that will translate up into your hip. Again, move gently and listen to the feedback your body is giving you. Stay in the folded position for 3 to 5 breaths and then gently lift your upper body, uncross your left leg, and place the left foot on the floor. Give yourself a minute before moving on to the other side.

These four moves can be done as often as several times a day! But as we say in the yoga world, "Some is better than none." A few times a week is a very good start! Obviously, the more frequently you perform these moves, the more flexibility you will gain in your spine, your hips, and your neck and shoulders.

**Ann Dowd has been teaching yoga since 2009, is certified at the 500+hour level, and is a certified Yoga Tune Up (R) teacher. After many years of teaching vinyasa, both her personal practice and teaching style have gradually moved toward corrective movement and postural re-patterning.**

**These days, Ann most enjoys teaching older populations, using a gentle approach to help restore functional movement to bring the body back to its optimal state.**

**250+**

**Participants in the MMHG Free Regional Yoga classes in 2016!**

**Thanks to MMHG member unit hosts: Abington, Hanover, Hull, Kingston, North River Collaborative, Norwell, South Shore Educational Collaborative, West Bridgewater.**

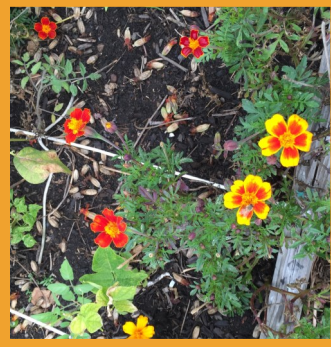
**Watch for more free regional exercise classes coming in 2017!**

***"By cultivating mindfulness, people report an increased ability to relax, a greater enthusiasm for life, improved self-esteem, and increased ability to cope more effectively with stressful situations." Priscilla Snzeke (Instructor, Introduction to Mindfulness)***

## **FREE Seminar: Introduction to Mindfulness**

**Wednesday, December 7, 2016 5:00– 7:00 PM  
Bridgewater Town Hall (Academy Building)  
66 Central Square Bridgewater, MA 02324  
Council Chamber, Room 203**

This 2-hour seminar, introduces the concept of mindfulness, how we can cultivate it, how it relates to stress and some of the science behind why mindfulness and meditation work. Included are a power point presentation, a short meditation and a question and answer period.



Take a moment to read this inspiring letter about the benefits of a worksite garden written by MMHG Wellness Coordinator Mary Cordeiro of Southfield Redevelopment Authority.

Gardening encourages physical activity, helps relieve stress, and provides healthy food.

What could be better than that?

August 1, 2016

Thank you for the FY16 Wellness Grant. We feel blessed that the MMHG Wellness Program continues to sponsor our worksite garden, and as we attend MMHG gardening seminars, we apply our new found knowledge to each growing season.

Our office garden wakes up and starts sprouting in April, and we get excited for the full blown vegetable garden to come. The bed is very long and skinny and we are restricted in our ability to rotate crops, so this year we decided to replenish the soil mix. Apparently stirring up the soil caused an explosion of marigold and tomato seedlings. They came up everywhere and made our square foot design a real challenge.

Our worksite garden has developed a “fan base” over the years. Folks go out of their way to walk past it. We have a resident bunny that snubs all onlookers, and just moves to the other end of the garden. Everyone enjoys “spying” on the bunny. I have bequeathed all variety of bean plants to him (and keep reseeding them) in hopes that he’ll stick to that diet, and leave the rest for us (cucumbers, carrots, tomatoes, peppers, Swiss chard, sweet potatoes, Brussel sprouts, and onions).

We are still a small organization of 5 employees. Two of us tend the garden, but all 5 of us plus 9 directors, and many consultants and visitors, enjoy eating the vegetables. We lay out a basket of fresh picked produce to share when our public meetings occur.

We have looked into using our Wellness Grant money for other programs, but keep coming back to the Worksite Vegetable Garden as the best opportunity for us. We (the 5 employees) maintain healthy lifestyles and practice ways to relieve stress...that’s where the garden comes in. It has a wonderful calming effect, brings us peace of mind, kind thoughts (even towards the bunny!) and sweet anticipation of good things to come. We can’t thank you enough for that.

Sincerely,

*Mary Cordeiro*

Southfield Redevelopment Authority

### Did You Know?

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](mailto:wellness@mmhg.org) for more information.

# Stress Less Over the Holidays— Sign-up Today!

Enjoy a healthier holiday season. You could even win a prize!

The 4th annual MMHG "Maintain Don't Gain" Holiday Challenge starts November 21st! Sign up by filling out and returning the registration form on the program flyer below or send us an email at [wellness@mmhg.org](mailto:wellness@mmhg.org) (we'll need your name, email address and the MMHG member unit you belong to). Program is open to all employees & retirees of MMHG member units and their spouses. What are you waiting for?

Mayflower Municipal Health Group

## "Maintain Don't Gain"

**The MMHG "Maintain Don't Gain" Holiday Challenge is a 6 week program to motivate you to make healthy choices during the holiday season. Join the challenge and resolve to get a head start on your New Year's resolution to eat better, exercise more, and stress less!**

Did you know the average person gains between 2– 5 pounds between Thanksgiving and New Year's Day? But, adding pounds during the holidays is not inevitable.

Join us for a FREE "Maintain Don't Gain" Challenge event!

Introduction to Mindfulness  
December 7, 2017 5:00– 7:00 PM  
Bridgewater Town Hall  
66 Central Square, Bridgewater  
Council Chamber, Room 203

This 2-hour seminar, introduces the concept of mindfulness, how we can cultivate it, how it relates to stress and some of the science behind why mindfulness and meditation work. Included are a power point presentation, a short meditation and a question and answer period.  
Register for the seminar by email at [wellness@mmhg.org](mailto:wellness@mmhg.org) or call 774-773-9306

### Holiday Challenge 2016-17

November 21st– January 2nd

**Sign up Now!**

#### WIN PRIZES

\*Grand Prize Raffle– January 10, 2016

- ~(1) \$50 Stop and Shop Gift Card
- ~(3) \$25 Stop and Shop Gift Cards
- ~(3) \$25 Target Gift Cards
- ~(5) MMHG Water Bottles

~Read your weekly email and you could win other special prizes!

\*All registered participants who turn in a scorecard by January 9th are eligible for the Grand Prize Raffle to be held on January 10th.

#### Challenge Program Details

Who Can Enter? You!	Starts November 21st	Ends January 2nd
All employees of MMHG member units and their spouses can participate. There is no cost.	Register now, get your scorecard and weigh in at home. We're using the honor system!	Turn in your scorecard by January 9th to be entered in the grand raffle.

MMHG Maintain Don't Gain  
Holiday Challenge 2016-2017

**Registration Form—**  
**return to your wellness**  
**coordinator or send to:**

MMHG  
PO Box 3390  
Plymouth, MA 02361  
Fax: 774-773-9403  
E-mail: [wellness@mmhg.org](mailto:wellness@mmhg.org)

Name \_\_\_\_\_

Email Address \_\_\_\_\_

Member Unit \_\_\_\_\_

Join MMHG Wellness on [Facebook](#) and [Twitter](#)!  
Check us out at [www.mmhg.org](http://www.mmhg.org)

After you register you'll receive a scorecard by email to log your progress. You'll also receive weekly motivational emails with healthy holiday eating tips and recipes, ideas for "fitting in" exercise, and ways to help you maintain balance and reduce stress during the busy holiday season.







**Thanksgiving is a cherished holiday- a time to feast and spend time with family and friends. Though the dinner table may be crowded with your favorite calorie-laden dishes, it is possible to fill your plate without over-doing it. Keep these helpful tips in mind as you celebrate and give thanks this year.**

### **Eat and Drink Mindfully:**

~**Avoid overdoing it with appetizers.** Keep away from the cheese and crackers and munch on crunchy veggies and low fat dip, like this creamy garlic herb dip. Don't sit next to that bowl of chips. It could encourage mindless eating.

~**Proceed to the drink table with caution.** Watch out for hidden calories in alcoholic beverages. If you must

# **Tips for a Healthier Thanksgiving**

indulge, limit yourself to one drink and switch to calorie free options like seltzer water with lemon instead.

~**During dinner fill up on healthier options.** Choose roasted turkey breast and favorite veggies like butternut squash and green beans. Make a beautiful, colorful salad and take a big portion. Eat the "other" foods you enjoy, just take smaller portions. You'll find that a few bites of Aunt Ida's delicious and rich sausage stuffing is just enough.

~**Be wise about dessert.** Enjoy a smaller serving of your favorite dessert and savor every single bite. Take your time and truly enjoy this special treat. Still looking for something sweet? Have some fresh seasonal fruit-like grapes or a clementine.

### **Keep Moving:**

~ **Exercise.** Bundle up and start Thanksgiving morning with a brisk walk. Many communities host family friendly Thanksgiving morning road races and turkey trots.

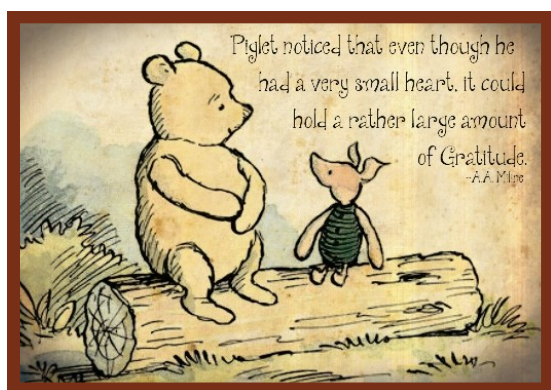
~**Get off the couch.** Watching football on TV is fun, but it's more fun (and healthier) to actually toss the football around in the backyard!

### **Stress Less:**

~**Ask for help.** Are you the host and the cook? Don't feel you have to do everything.. Assign guests to bring a favorite side dish and to help serve and clean up. Reduce stress by delegating tasks. Many hands make for lighter work and more time to enjoy the festivities together. Above all, don't worry about everything being "perfect" (remember Martha Stewart has a staff and an unlimited budget).

~**What are you thankful for this year?** Ask your guests, especially the children. Their answers are sure to make you smile. Focusing on the good things in life help you keep the not so good things in perspective. Rather than over-indulging in food and drink make gratitude and time well spent with loved ones your focus on Thanksgiving Day.

**Click [here](#) to find out more about why gratitude is good for us.**



## **Start a new Thanksgiving Tradition:**

**Consider taking the kids on a post dinner nature hike or walk around the block. Go for a bike ride, have a dance party in the house. Be active- together!**

### **Naturally Sweetened Cranberry Sauce**

Adapted from recipe at [cookieandkate.com](http://cookieandkate.com)

#### **Ingredients:**

One 12-ounce bag of locally grown fresh cranberries

½ cup local honey or maple syrup

½ cup water

Zest of 1 medium orange (about 1 teaspoon)

Optional add-ins: 1 teaspoon fresh grated ginger, ½ teaspoon ground cinnamon and/or ¼ cup fresh orange juice

#### **Instructions:**

In a medium saucepan, combine the cranberries, honey and water. Bring the mixture to a boil over medium-high heat, then reduce heat to medium-low and cook, stirring occasionally, until the cranberries have popped and the mixture has thickened to your liking, about 5 to 10 minutes.

Remove the pot from heat and stir in the orange zest. If you'd like to add ginger, cinnamon or orange juice, add it now. Taste and, if the mixture is too tart (keeping in mind that cranberry sauce is supposed to be a little tart!), add more orange juice, honey or maple syrup to taste.



# Solve the MMHG Puzzle



Return the completed Word Search Puzzle to us no later than December 15th to be eligible to win a wellness goody bag. (Be sure to include your name, MMHG member unit, and email address)

Email—  
wellness@mmhg.org  
Mail—  
MMHG  
PO Box 3390  
Plymouth, MA 02361  
FAX—  
774-773-9403



**Congratulations**  
**To our Summer Newsletter Wellness Bingo**  
**Winners!**

Brandi Gordon (Kingston)-  
won a wellness goody bag  
& \$25 gift card to Dick's  
Sporting Goods!

Meg Hebert (Greater New  
Bedford RRMD)-won a  
wellness goody bag!

The United Nations has declared 2016 the **Year of the Pulse**. Pulses are the dry edible seeds of plants in the legume family and include dry peas, lentils, chickpeas, and beans. Pulses are incredibly nutritious, versatile, tasty, economical and sustainable. Click [here](http://pulses.org/) and find out why pulses are considered a superfood, and why you should add more to your healthy diet.

## Cool Beans!!

Pulses include chickpeas and many varieties of lentils and beans. Find 13 different varieties of beans in the word search puzzle below. You can easily buy dried or canned beans in your local supermarket. ***How many have you tried?***

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


**ADZUKI**  
**BLACK**  
**BLACK EYE PEAS**  
**CRANBERRY**  
**FAVA**  
**GREAT NORTHERN**

**KIDNEY**  
**LIMA**  
**MUNG**  
**NAVY**  
**PINK**  
**PINTO**  
**RED**




**Check out <http://pulses.org/>**

**Who needs a flu vaccine?**



Even healthy people can get the flu. Protect yourself and your loved ones. **Get vaccinated.**

[www.cdc.gov/flu](http://www.cdc.gov/flu)



### Did you get your flu shot yet?

#### For more Information:

Blue Cross Blue Shield members click [here](#).

Harvard Pilgrim members click [here](#).

### Blue Cross Blue Shield Members: Blue Care Line Benefit

When does your child's slight fever become a serious fever? How can you tell the difference between a sprained ankle and a broken one? Should you be applying ice or heat? Wouldn't it be nice to have a medical professional available at any time to offer help with questions like these? Now you can, just by picking up the phone and calling the Blue Care Line toll-free at 1-888-247-BLUE (2583).

With the Blue Care Line, you can speak with a registered nurse\* 24 hours a day, 7 days a week. Experienced professionals are always available to offer you expert answers to your questions. Simply explain the situation, detail your symptoms, and our nurses will tell you whether you should see your doctor, go to the emergency room, or care for yourself at home.

### Harvard Pilgrim Members:

**Your Member Savings**  
Did you know your Harvard Pilgrim membership entitles you to special on many health-related products and services? Save money on things like athletic footwear, massage, eldercare, Weight Watchers, hearing aids and eye glasses. Click [here](#) to find out

### Did You Know?

Your Blue Cross Blue Shield of Massachusetts or Harvard Pilgrim health plan can save you up to \$150 annually in qualified health club membership fees or for fitness classes taken at a qualified health club. For more information on your fitness benefit and weight loss benefits and discounts visit [www.mmhg.org](http://www.mmhg.org) and click on the wellness tab.

**Wow! Check out these Exclusive offers for MMHG members. See page 10 for more local fitness coupons!**

**Be Healthier for Life at Healthtrax Fitness & Wellness**



Members of Mayflower Municipal Health Group receive \$10 of monthly dues\*

**Healthtrax Fitness & Wellness**  
NORTH DARTMOUTH, MA  
EAST PROVIDENCE, RI  
1-800-505-5000  
[www.healthtrax.com](http://www.healthtrax.com)

\*Valid on month-to-month individual membership dues for members of Mayflower Municipal Health Group. Must be age 18 and may not be combined with other offers. Must present proof of MMHG membership.

**Be Healthier for Life at Healthtrax Fitness & Wellness**



Members of Mayflower Municipal Health Group receive \$20 Enrollment\*

**Healthtrax Fitness & Wellness**  
HANOVER, MA  
1-800-505-5000  
[www.healthtrax.com](http://www.healthtrax.com)

\*Valid on month-to-month individual membership dues for members of Mayflower Municipal Health Group. Must be age 18 and may not be combined with other offers. Must present proof of MMHG membership.

**the Y** FOR YOUTH DEVELOPMENT™ FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

**FIND IT ALL AT THE Y**

**FREE ONE-DAY GUEST PASS & NO JOINER'S FEE**

For Employees of Mayflower Municipal Health Group Member Units

**AND TRY IT OUT FOR FREE!**

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

**the Y** **TRY THE Y Guest Pass**

**MMHG employees are invited to visit any of our Old Colony YMCA locations for the day. Become a member and pay no joiner's fee!**

**BROCKTON EASTON E. BRIDGEWATER MIDDLEBORO PLYMOUTH STOUGHTON TAUNTON**

**the Y** FOR YOUTH DEVELOPMENT™ FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

**FREE ONE DAY GUEST PASS Plus No Joiner Fee**

For Employees of Municipal Health Group Member Units

**SOMETHING FOR ALL AT THE Y**

Try it out for FREE!

**Gleason Family YMCA A Division of YMCA SOUTHCOAST**  
33 Charge Pond Road Wareham MA 02571 508.295.9622 [ymcasouthcoast.org](http://ymcasouthcoast.org)

**TOTAL FITNESS**  
[www.totalfitnessclubs.com](http://www.totalfitnessclubs.com)

**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.

**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.**

**Cardinal Yoga and Bodywork**  
Yoga for all levels. Sport specific yoga. Children's, teen, and family classes. Corporate and specialty classes. Massage, Reiki, hula hoop, and specialty workshops.

1525 Hanover Street 2nd floor  
Hanover, MA 02339  
781-421-6007  
[info@cardinalyoga.net](mailto:info@cardinalyoga.net)  
[www.cardinalyoga.net](http://www.cardinalyoga.net)



**Educators, First Responders, and all other Municipal Employees in the network! Beginners welcome. Be well!**

**HEALTHY TIP:**  
**Get a head start on your New Year resolutions by joining a gym now! You'll manage stress, feel better, and have a head start come January 1st.**





**Mayflower  
Municipal  
Health Group**

P.O. Box 3390  
Plymouth, MA 02361

Phone: 774-773-9309

Fax: 774-773-9403

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

### Mayflower Municipal Health Group Members:

Get a snapshot of your health in just 15 minutes— and earn a \$25 gift card from Target!



The online Health Assessment is a quick and easy way to understand your current health. Complete the confidential questionnaire and receive a personalized health report, your own wellness score, and helpful guidance on improving your health. You'll also be directed to health articles, workshops, and other wellness tools. Take the Health Assessment between October 1, 2016 and December 31, 2016 and earn a \$25 gift card from Target. Act now— don't miss this opportunity!

#### IMPORTANT MMHG Health Assessment Incentive Program Rules:

~Incentive program runs from October 1, 2016 through December 31, 2016. ~In order to be eligible to participate and earn the \$25 gift card you must be a Mayflower Municipal Health Group subscriber or spouse enrolled in an active non-Medicare plan. Medex and HPHC Medicare Enhance subscribers are not eligible for incentive. ~Eligible members can expect to receive their \$25 Target gift card in the mail 6-8 weeks after successfully completing the online Health Assessment.

~Program questions? Contact Kelly Morse Perez at [wellness@mmhg.org](mailto:wellness@mmhg.org) or call 774-773-9306.

#### MAYFLOWER MUNICIPAL HEALTH GROUP CONSISTS OF THE FOLLOWING TOWN/GOVERNMENTAL UNITS:

~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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10 CORDAGE PARK - PLYMOUTH MA 508-746-1000 [www.LiveLifeBelieve.com](http://www.LiveLifeBelieve.com)

# ONE WEEK TRIAL

**For all Mayflower Municipal Health Group Members**

Limit - One per member - Please Print To Redeem

We look forward to meeting you  
and helping you on your way to GREAT HEALTH!



Small Group Personal Training

**Mayflower Municipal Health Group Members**  
Receive a 20% Discount On All Packages With This  
Coupon at Abington Location Only!

170 Bedford Street Abington, MA

[www.getinshapeforwomen.com](http://www.getinshapeforwomen.com) (781) 421-3764



**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



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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