



Mayflower Municipal Health Group



Beneficial Wellness Newsletter

ISSUE 23

FALL 2018

Hot Topics:

WOW! As of October 22nd participants in the 2018 MMHG *Step it Up Fall Walking Challenge* logged **34,746,560 steps** in just 3 weeks! Stay tuned for the final stats and list of winners.



Get motivated to take control of your health and sign up for a **FREE MMHG Wellness Seminar/Class**. Check out the online Calendar at <http://www.mmhg.org/Links.html> for a schedule of regional events.

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NEW! 'Pumpkin Pies to Candy Canes' Holiday Wellness Challenge

November 19th– December 31st

It's the most wonderful time of the year for a wellness challenge!

When the holiday season is in full swing, the importance of focusing on health and wellness is at an all time high.

The **MMHG Pumpkin Pies to Candy Canes Challenge** will help you stay focused on your well-being while enjoying all the fun this time of year has to offer.



Participants in the Challenge will use the new MMHG/Wellable online platform to earn points for tracking physical activity, logging meals & snacks, and participating in the weekly trivia challenge.

There'll be weekly raffle drawings and grand prizes will be

awarded at the end of the Challenge to the top three participants that earn the most points.

Registration for the MMHG Pumpkin Pies to Candy Canes Challenge begins on November 6th- stay tuned for details!



2 FREE Wellness Webinars

Attend a **LIVE** webinar from your computer, tablet, or smartphone.
Managers: Organize a workday "lunch & learn" event for employees!

Dreaming of a Better Night's Sleep

Learn effective tools designed to improve your quality of sleep and promote overall wellbeing.
November 1, 2018 12:00–1:00 P.M.

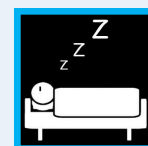
Click [HERE](#) for details with link to register

Creating a Positive Work Life Balance

Learn how to find a better balance with time management and prioritization techniques.
December 3, 2018 1:00– 2:00 P.M.

Click [HERE](#) for details with link to register

Webinars are free and open to all Mayflower Municipal Health Group (MMHG) member unit employees, retirees & dependents.



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

NAME: _____
PHONE: _____
ADDRESS: _____
EMAIL 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.

Attention Medex/Blue Medicare RX PDP Subscribers:

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

Important things to know:

~Do **not** voluntarily enroll in another Medicare Part D plan because it will cancel your enrollment in your current MMHG Blue Medicare RX PDP plan/ Medex 2 plan.

~You will be receiving the Annual Notice of Coverage package from CVS Caremark in the first few weeks of November. This package will include the 2019 Blue Medicare RX PDP formulary. Please take the time to review this formulary to see if any of your drug tiers or coverage will change.

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

~ Visit www.mmhg.org for new calendar year 2019 plan materials for Medex/ Blue Medicare RX (PDP).

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.

CanRx 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 CanRx 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. Click [HERE](#) for more information.



High Tech Imaging Savings for MMHG Members!

MRIs can be an expensive outpatient procedure with high -priced providers costing as much as \$3,000. Free standing facilities such as Shields MRI provide the most advanced MRI machines and cost much less.

MMHG BCBS/HP Rate Saver and Benchmark plan subscribers can enjoy waived copayments (savings from \$25- \$100!) for high tech imaging when they use a freestanding facility like Shields MRI (check plan for details).

Click [HERE](#) for more information.

Find a Shields MRI near you: www.shields.com 1-800-258-4674

Are you a Smart Healthcare Consumer?

A smart health care consumer is actively involved in his or her health care and makes educated decisions that will have a positive impact on physical and financial health.



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

Have you Tried Functional Fitness?



Exercises such as squats and lunges mimic everyday movements like bending down & reaching.

Have you noticed, as you get older, that some of the household chores that you used to do with ease have become more difficult?

Is bending down to pick something up off the floor or reaching the top shelf in the cabinet a little more challenging than it was before? Are you struggling to keep up with your grandchildren?

If your answer to these questions is YES, you may want to try a functional fitness class.

As we age, we tend to lose muscle mass, bone strength and our sense of balance. Functional fitness exercises develop the muscles that make it easier and safer to perform everyday activities, like carrying groceries, gardening, and going up or down stairs.

Functional fitness exercises can be done at home or at the gym. Gyms may offer functional fitness classes or incorporate functional fitness into boot camps or other types of classes. Exercise tools, such as fitness balls, kettle bells and weights, are often used in functional fitness workouts.

Click [HERE](#) to find out more about Functional Fitness and to see if it may be right for you.



Functional Fitness Class

**Thursday, November 1st
4:00 P.M.**

**South Shore Fit Body Forever
329 Centre Avenue Rockland**

Are you over the age of 55 and new to exercise, nervous about going to a gym, want to lose weight, and hope to age with strength and functionality in all aspects of your daily life? If so, then give this FREE class a try.

Click [HERE](#) to find out more or call
774-773-9306

FREE Yoga Classes

Halifax Town Hall

November 7th, 14th, 28th

December 5th, 12th, 19th

4:30-5:00 PM

Register by sending an email to
wellness@mmhg.org

Blue Cross Members- Meet the MYBLUE Member App

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

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

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

Harvard Pilgrim Members- Get HPHConnect-ed

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

Provider search

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

Benefits and eligibility

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

Personal health record

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

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



Aromatherapy Workshop

**November 13th
4:30 P.M.
Silver Lake
High School**

Register by sending an email to
wellness@mmhg.org

Mindful Eating Seminar

**November 28th
4:00 P.M.
Hanover
Town Hall**

Register by sending an email to
wellness@mmhg.org

Holiday Cooking Demonstration

**December 6th
4:30 P.M.
Marshfield
Town Hall**

Register by sending an email to
wellness@mmhg.org

November is National Diabetes Month

Check out these
related MMHG
Wellness events:

To register call 774-773-
9306 or send an email to
wellness@mmhg.org

Thursday,
November 8th
5:00– 6:00 PM
Kingston Town Hall

Healthy Cooking
Demonstration &
Discussion of
Prediabetes
(prevention &
treatment) with
Marcia Richards MEd
RD MCHES

Thursday,
November 15th
4:15– 5:15 PM
Marshfield Town Hall

Diabetes & You
Workshop
Joanne Keveaney RD
will discuss all things
diabetes, how it is di-
agnosed, how to inter-
pret lab values, and
basic nutrition recom-
mendations.

Thursday,
November 15th
Town of Marshfield

Prediabetes Screening
Program for Town of
Marshfield employees.

PREDIABETES



*Content Source: Centers for
Disease Control & Prevention*

What Is Prediabetes?

Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. **Approximately 84 million American adults—more than 1 out of 3—have prediabetes. Of those with prediabetes, 90% don't know they have it.** Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease, and stroke.

What Causes Prediabetes?

Insulin is a hormone made by your pancreas that acts like a key to let blood sugar into cells for use as energy. If you have prediabetes, the cells in your body don't respond normally to insulin. Your pancreas makes more insulin to try to get cells to respond. Eventually your pancreas can't keep up, and your blood sugar rises, setting the stage for prediabetes—and type 2 diabetes down the road.

Signs & Symptoms

You can have prediabetes for years but have no clear symptoms, so it often goes undetected until serious health problems such as type 2 diabetes show up. It's important to talk to your doctor about getting your blood sugar tested if you have any of the risk factors for prediabetes, which include:

- Being overweight
- Being 45 years or older
- Having a parent, brother, or sister with type 2 diabetes
- Being physically active less than 3 times a week
- Ever having gestational diabetes (diabetes during pregnancy) or giving birth to a baby who weighed more than 9 pounds
- Having polycystic ovary syndrome

Race and ethnicity are also a factor: African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at higher risk.

Simple Blood Sugar Test

You can get a simple blood sugar test to find out if you have prediabetes. Ask your doctor if you should be tested.

National Diabetes Prevention Proven Lifestyle Change Program

With early diagnosis, prediabetes can often be reversed. By joining the National Diabetes Prevention Program (National DPP), you'll learn how to make small changes, like altering your diet and exercising more, which can help reverse prediabetes and prevent type 2 diabetes.

Find a FREE online or local in-person program at:

<https://www.cdc.gov/diabetes/prevention/index.html>

Preventing Type 2 Diabetes

If you have prediabetes, losing a small amount of weight if you're overweight and getting regular physical activity can lower your risk for developing type 2 diabetes. A small amount of weight loss means around 5% to 7% of your body weight, just 10 to 14 pounds for a 200-pound person. Regular physical activity means getting at least 150 minutes a week of brisk walking or a similar activity. That's just 30 minutes a day, five days a week.

**1 in 3 Americans has
Prediabetes. Do you?**

Click HERE to take
the RISK TEST.

Click HERE to learn
more out more about
different diabetes types
and treatments.



Attention MMHG Members



Available programs from your Health Insurance Company

Blue Cross Blue Shield Members:

www.bluecrossma.com/ahearthyme

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

Create your own action plan:

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

Learn about health your way:

- Find articles, tips and the Healthy Times newsletter
- Watch videos and listen to healthy podcasts
- Take quizzes, risk assessments and more!

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

Harvard Pilgrim Members:

www.harvardpilgrim.org/wellnessaccount

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

- Learn about important topics affecting your health
 - Access preventative care guidelines
 - See educational information on condition and disease management including cholesterol, blood pressure, asthma, ADHD, depression, diabetes, cancer and heart health.
 - Take a health quiz
 - Look up health topics A-Z
 - Check out health and wellness publications
 - Search online resources via a web library
 - Take a health questionnaire and learn your score
- Visit www.harvardpilgrim.org/wellness for well being support based on where you are in life.



Did You Know?

Your Blue Cross Blue Shield of Massachusetts or Harvard Pilgrim health plan can **save you up to \$300 annually in qualified health club membership fees.** For more information on your fitness benefit and weight loss benefits and discounts visit www.mmhg.org and click on the wellness tab.



Harvard Pilgrim Members:

FREE Personal Health Coaching Support is available!

Personal health coaches can help you set and achieve health improvement goals. HP members ages 18 and older can choose to receive personalized support by phone from a personal health coach, who can work with you on:

- ♦ Smoking cessation
- ♦ Stress reduction & life balance
- ♦ Lowering Cholesterol
- ♦ Dealing with Back Pain
- ♦ Blood Pressure Control
- ♦ Weight Management
- ♦ Exercise
- ♦ Nutrition

Log into your [HP Wellness Account](#) for more information.

Harvard Pilgrim offers Telemedicine as a standard benefit for all HMO plan members

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

Here's a link for more information:
<https://www.doctorondemand.com/benefits/harvard-pilgrim/>

Blue Cross Blue Shield members can receive up to \$150 in reimbursement for participating in a qualified weight loss program.

Click [HERE](#) for details

Blue365

Blue Cross members can get access to health & wellness deals by signing up for **Blue365**. Get discounts on pet insurance, fitness trackers, meal delivery services & more! Click [HERE](#) and get started.

BCBS Free Identity Protection!

Blue Cross Blue Shield of MA now offers FREE identity protection services to members through Experian. **For more information visit [BCBS Member Central](#) or call Member Services at 800-782-3675.**

It's easier than ever to get your flu shot



Content sources:

<https://www.mass.gov/influenza>
[Harvard Pilgrim- Flu Season is Here](#)
[Blue Cross- Flu Season & Flu Shots](#)

Flu is a disease of the body's breathing system, including the nose, throat and lungs. Flu is short for "influenza." Flu is caused by a virus and it can be very serious. Every year in the U.S. seasonal flu causes thousands of hospital admissions and deaths. Getting an annual flu vaccine is the best protection.

Doctors recommend everyone six

months of age and older get a flu vaccine every year. It's especially important for people at [high risk](#) for developing flu complications. This includes people 65 years and older, those of any age with certain chronic conditions (such as asthma, diabetes, or heart disease), pregnant women, and children younger than five years of age.

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

- Your Primary Care Physician (PCP) or family pediatrician
- Participating MinuteClinics and other urgent care clinics
- Participating retail pharmacies
- Public and community-based clinics — contact your town or state's health department
- Your employer may host flu clinics for staff; check with your HR department

Good habits to help prevent the spread of the flu:

- ⇒ Cough, or sneeze into a tissue or into your elbow, not your hands
- ⇒ Wash your hands often with soap and water, especially after you cough or sneeze.
- ⇒ Alcohol-based hand cleansers are also effective and easy to take with you
- ⇒ Avoid touching your eyes, nose and mouth
- ⇒ If you are sick with flu-like symptoms, stay home until your fever is gone for at least 24 hours

Learn more about flu, vaccines and keeping healthy this season from the [Centers for Disease Control & Prevention \(CDC\)](#).

Blue Cross Blue Shield Members Click [HERE](#) for more information

Harvard Pilgrim Members Click [HERE](#) for more information

The Incredible Vegetable- Cauliflower



Cauliflower has been having a bit of a moment lately. Take a trip to your local Trader Joes and you'll find cauliflower rice, gnocchi, pizza crust, kung pao tempura cauliflower (yum) as well as fresh heads, and fresh and frozen florets. Restaurants are taking advantage of the trend too—serving dishes like mashed cauliflower and spicy buffalo cauliflower "wings". Even MMHG Wellness has gotten onboard with the trend—recently raffling off a basket of cauliflower products at a the Fall Walking Kick-off event (see the photo on page 7 of this newsletter).

Cauliflower's mild flavor, versatility and low calorie count (one medium head has about 146 calories) makes it a popular

choice for health conscious shoppers looking to increase their vegetable intake.

Cauliflower is a member of the cruciferous family, which is associated with [reducing cancer risk](#). It's low in fat, sodium and a good source of fiber, vitamin C and folate.

When shopping, select creamy to white cauliflower with a compact surface and heavy body. Store wrapped in the crispener container of the refrigerator for up to 5 days for maximum freshness.

Enjoy cauliflower raw in salads, steamed, sautéed, roasted or grilled. Click [HERE](#) for a cauliflower rice recipe.

Healthy Cauliflower Tips:

- ⇒ Look for purple and orange varieties of cauliflower.
- ⇒ Though most people only eat the white florets (actual flowers) of cauliflower, the stalk and leaves are edible too. The best way to enjoy these parts of the vegetable is to use them in a soup stock.

Buffalo Style Cauliflower Bites

[Wholefoods Market Recipes](#)

Ingredients:

- 1 head cauliflower, broken into small florets
- 1/4 cup cider vinegar
- 2 tablespoons sweet paprika
- 1 tablespoon garlic powder
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon cayenne pepper, or to taste
- 1/8 teaspoon fine sea salt
- 2 tablespoons hot sauce

Method:

Preheat the oven to 450°F or prepare a grill for medium heat cooking. Roast cauliflower on a parchment-paper-lined baking sheet or place it on a grill rack and cook, turning occasionally, until browned and tender, 10 to 15 minutes.

Meanwhile, whisk vinegar, sweet paprika, hot sauce, garlic powder, smoked paprika, cayenne, salt and 3 tablespoons water together in a large bowl. Taste the sauce; if you'd like it hotter, add a bit more cayenne. Toss the cauliflower in the sauce until well coated and transfer to a platter.

What's Happening

PHOTOS FROM MMHC WELLNESS EVENTS



Exercise & Energy Seminar



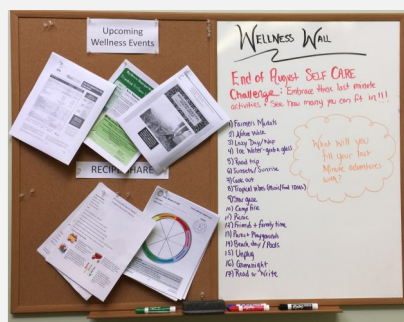
Exercise & Energy Raffle Prize!



Zumba in Halifax



MMHC Wellness Committee Meeting September 2018
Blending for Health Mini-Seminar



Best Wellness Bulletin Board— by Wellness Committee Vice Chair Nicole Bonomi from PCR



Plymouth County Registry of Deeds Employee Garden- Beautiful!!!

Keep Moving-- No Excuses!

Are you tempted to skip your exercise program again this week. Here are 3 excuses you'll probably use, and 3 solutions to help you stay motivated.

Excuse #1: It's Cold Outside.

Solution: Hit the gym a few times this week, or try "mall walking" if it's too cold. bundle up and walk outside. You can even dust off some of the exercise videos still hanging around the house and work

-out in your living room. No gym membership or treadmill? Try walking briskly in place while you watch your favorite TV show.

Excuse #2: I Don't Have Time.

Solution: It will be a busy week, but you *can* fit exercise into your daily routine. Park far from the mall entrance. Take a walk on your lunch break, or try breaking it up into 3-4 10 minute walks. Listen to

holiday music and dance while you tidy the house or do the laundry.

Excuse #3: I'll Start Exercising in January.

Solution: Get a head start on your New Year resolutions by exercising now through December. You'll manage stress, feel better, and have an advantage come January 1st. Try making exercise fun by including your friends and family. *You can do it!*



Don't miss your chance to earn a \$25 gift card!

Eligible **MMHG/Blue Cross Blue Shield** subscribers and spouses enrolled in active non-Medicare plans can earn a \$25 gift card for successfully completing an online wellness workshop during the months of October and November. It's really that easy!

Click [HERE](#) to find out more or log into a healthyme.com/login and click on the wellness workshops link. Here are some of the workshop topics:

Tobacco Cessation * Weight Management * Physical Activity * Stress Management * Mind & Body Connection * Sleep Wellness * Financial Wellness * Dental Wellness * Prediabetes Prevention * Advance Care Planning



There's a Podcast for That

Listening to health & wellness podcasts is a smart and enjoyable way to stay motivated and informed. Perfect for long commutes or workouts, a good podcast can make the time fly! Here are 3 great ones that both inspire and entertain:

The Rich Roll Podcast

Description:

A master-class in personal and professional development, ultra-athlete, wellness evangelist and bestselling author Rich Roll delves deep with the world's brightest and most thought provoking thought leaders to educate, inspire and empower you to unleash your best, most authentic self. Click [HERE](#) to learn more & listen,

10% Happier Podcast

Description:

Dan Harris is a fidgety, skeptical ABC newsman who had a panic attack live on Good Morning America, which led him to something he always thought was ridiculous: meditation. He wrote the bestselling book, "10% Happier," started an app -- "10% Happier: Meditation for Fidgety Skeptics" -- and now, in this podcast, Dan talks with smart people about whether there's anything beyond 10%. Basically, here's what this podcast is obsessed with: Can you be an ambitious person and still strive for enlightenment (whatever that means)? Click [HERE](#) to learn more & listen.

The Nutrition Diva

Description:

Nutrition Diva Monica Reinagel serves up simple, painless ways to upgrade your eating habits. Before you know it, you'll be eating healthier and feeling more fabulous! Click [HERE](#) to learn more & listen.

New to podcasts? Click [HERE](#) for an excellent beginners guide with the "hows and whys" from Wired Magazine.



Solve and return the completed puzzle to us no later than December 1st (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 Cindy Mello from Rochester. Cindy won a wellness goody bag for solving the "Nuts & Seeds" word scramble puzzle in the Summer newsletter!

Healthy Tips:

- ⇒ Dried spices can last a while on your shelf, but lose their flavor over time, so buy in smaller usable quantities.
- ⇒ Store dried spices in sealed glass containers in a dark cool place, away from the heat of the stove.

Solve the MMHG Puzzle: Spice it Up!

Herbs & spices make food taste better and are a delicious way to add flavor to food when you're cutting down on salt. But did you know herbs and spices have health benefits as well?

Rich in phytonutrients and disease fighting antioxidants herbs and spices can boost the nutritional quality of your diet. So go ahead and *spice it up!*

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

CUMIN
DILL
GARLIC
GINGER
NUTMEG

OREGANO
PAPRIKA
ROSEMARY
THYME
TURMERIC

Create your own Spice Blends

It's easy to make your own spice blends. Simply whisk together all ingredients until thoroughly combined. Store in an airtight container for up to 6 months, or until the spices are no longer aromatic.

Mexican-Style Spice Blend

2 tablespoons paprika
2 tablespoons no-salt-added chili powder
1 1/2 teaspoon onion powder
1 1/2 teaspoon garlic powder
1 1/2 teaspoon ground cumin
1 1/2 teaspoon ground black pepper
1/4 teaspoon cayenne or ground chipotle pepper (optional)

Italian-Style Spice Blend

2 tablespoons dried oregano
2 tablespoons dried basil
2 tablespoons dried thyme
1 tablespoon dried rosemary
1 1/2 teaspoon crushed red chile flakes

Quick Italian Spinach and Pasta Soup

Ingredients:

2 cups dried bowtie pasta
4 cups low-sodium vegetable broth
1 (15-ounce) can no-salt-added kidney beans, drained & rinsed (cannellini beans would be good here too)
1 (14.5-ounce) can diced fire-roasted tomatoes
1 teaspoon Italian seasoning
1/2 teaspoon ground black pepper
4 cups baby spinach

Method: Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender, about 7 minutes. Strain and set aside.

In a medium pot over medium-high heat, bring broth to a boil. Add beans, tomatoes, Italian seasoning and pepper and bring to a simmer. Add spinach and cook until softened and bright green, about 2 minutes.

Place pasta (about 1 cup per serving) into soup bowls, ladle soup over the top and serve.



Keep Calm & Make Tea!



The Health Benefits of Tea

Cold days call for a cup of hot tea. Tea can warm us when we're chilly, energize us when we're tired, and calm us when we're stressed. There's almost

something magical about the process of taking the time to brew a cup of tea, and sipping the warm liquid-- it helps us slow down and focus on the present moment.

Did you know tea can have other health benefits too? According to the [Academy of Nutrition and Dietetics](#), perhaps the strongest evidence for the health benefits of tea is for heart health:

"Studies that looked at the relationship of black tea intake and heart health reported decreased incidence of heart attack, whereas drinking green tea was associated



The Health Benefits of Tea Seminar & Tasting

**November 7th
5:00 P.M.**

**Hanson
Town Hall**

Register by sending an email to wellness@mmhg.org

with lower total cholesterol, LDL and triglycerides, and higher HDL (the "good" cholesterol) levels."

2 Really Good Tips to Help You Stress a Little Less this Thanksgiving

Thanksgiving Day is fast approaching. Now is a good time to make plans to enjoy the holiday with less stress. Here are 2 tips to help make your day easier and more meaningful.

1. 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). Not the host or cook? Offer to bring something and help with the dishes.

2. Be mindful of what you are 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.



Wow! Check out the exclusive local fitness coupons for MMHG members here and on the next page.



Mayflower Municipal Health Members—New Client Special
30-Minute, fun & effective trainer led sessions that get you results.

Try a Free Week or a 21-Day Challenge for as low as \$21.

Interval, Strength, Mobility and Functional Exercises.

Over 45 training sessions taught weekly.

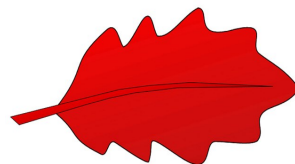
329 Centre Avenue, Rockland, MA 02370 781-325-9096

www.southshorefitbody.com/mayflower





Mayflower Municipal Health Group
www.MMHG.org P.O. Box 3390 Plymouth, MA. 02361



Healthy Tip: Start a new Thanksgiving tradition

Sign up for a local turkey trot event or take a post dinner nature hike or walk around the block with family & friends.

"I've always believed fitness is an entry point to help you build that happier, healthier life."
~Jillian Michaels

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

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

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

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

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



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Members of Mayflower Municipal Health Group pay \$0 Enrollment! *

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Group Classes • Pool • Personal Training • Court Sports • Babysitting
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800-505-5000 www.healthtrax.com **Healthtrax** FIT FAMILIES FOR LIFE

*Valid for members of Mayflower Municipal Health Group. Must be 18 or older to join and for guest pass and present proof of MMHG membership. Guest policies apply. Expires 2/1/19. Cannot be combined with other offers.

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www.totalfitnessclubs.com

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\$0 Join Fee
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207 Swansea Mall Dr. Swansea, Ma 02770 508-679-9793
1301 Fall River Ave. (rte 6) Seekonk, Ma 02771 508-336-4545
360 Faunce Corner Rd. Dartmouth, Ma 02747 508-995-5600

When you bring this coupon to your local club.



Free 14-Day Family Trial Membership Mayflower Municipal Health Group

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



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