

# Mayflower Municipal Health Group

## Beneficial Wellness Newsletter

ISSUE 6

SPRING 2014

### **HOT TOPICS:**

**MMHG Spring Walking Challenge– Sign Up Now!**

**A Mother's Day Garden**

**Rediscover the benefits of bicycling**

**Follow us on Facebook & Twitter**

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## **MMHG Spring Walking Challenge**

### **April 7th– May 19, 2014**

#### **Get Moving!**

WalkingWorks is a 6 week walking program with user friendly online tracking that helps you set goals and view your progress. It's easy to sign up and easy to use.

#### **Challenge your Coworkers & Spouse.**

All employees, retirees and spouses of MMHG member units are eligible to participate in the program.

**Win Cool Prizes.** All participants who register for the challenge will be entered in the weekly raffles and grand prize raffles.

**Get Motivated.** We'll send you weekly emails with new challenges and walking tips to help keep you on track. Have fun while you track your team's progress and "compete" with other MMHG member units! Join MMHG Wellness on [Facebook](#) and [Twitter](#) for more encouragement and wellness information.

**Get Healthy.** Every journey begins with a single step. Start your journey to better health right now by signing up for the MMHG 2014 Spring Walking Challenge!

*Remember to check with your doctor before beginning any exercise program.*



**Employees from Plymouth County Retirement Association get ready for the Spring Walking Challenge!**

**Register by April 4th and you could win 1 of 10 MMHG Insulated Lunch Bags!**

#### **Weekly Gift Card (GCs) Raffles:**

- April 14th– 2 \$15 Stop and Shop GCs
- April 21st– 2 \$15 Target GCs
- April 28th– 2 \$15 Stop and Shop GCs
- May 5th– 3 \$15 Target GCs
- May 12th – 3 \$15 Stop and Shop GCs

#### **Grand Prize Raffle (May 21st):**

- 1- iPod Shuffle
- 2- Omron HJ-112 Pedometers
- 4- \$25 Trader Joe's GCs
- 4- \$15 Trader Joe's GCs

**All registered participants in the MMHG Spring Walking Challenge are eligible to win prizes in all weekly raffles and the grand prize raffles.**

#### **How to Sign Up:**

The WalkingWorks website has been redesigned and updated with great new features. If you have participated in previous MMHG walking challenges you must register again and create a new profile.

~Go to: [www.walkingworks.com](http://www.walkingworks.com) and click "Register Now"

~A window will appear to fill in your personal information. Fill out the registration form with your email, name, and work zip code.

~Select "Massachusetts, Blue Cross and Blue Shield" for your Plan (you do not need to be enrolled in Blue Cross and Blue Shield to participate)

~Select "Mayflower Municipal Health Group" for your Group and "2014 Spring Walking Challenge" for your Program

~Select your "Town or Governmental Unit" for your Team

~Choose and confirm a password

~Choose a participation level

~Click "update profile"

You will receive a confirmation email that you have registered successfully. If you are having problems registering or have questions send us an email at [wellness@mmhg.org](mailto:wellness@mmhg.org).



**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](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.

## 5 Ways You Can Control Health Care Costs

It may seem to the health care consumer that they have little control when it comes to the rising costs of health care premiums and out of pocket expenses. But, it is possible to make good decisions that can have a positive effect on physical and financial health and help keep medical costs down.

### 1. Maintain A Healthy Lifestyle

Eating well, staying at a healthy weight, exercising regularly and choosing not to smoke are your best defenses against developing costly and chronic conditions like cardiovascular disease, type 2 diabetes and certain types of cancer.

### 2. Practice Prevention and Self Care

Make sure to get your annual physical and recommended screenings. Know your numbers (cholesterol, blood pressure, BMI) Take your prescription drugs as directed. Get your flu shot. Taking a proactive approach to your health can help identify diseases and conditions early— when easiest to treat.

### 3. Be Informed

When it comes to your health care make it a point to understand your health plan. According to the [American Institute of Preventative Medicine](#) Americans spend more time researching new cars and appliances than they do choosing doctors and health plans. Make sure you understand the differences between a copay and co-insurance. What is your deductible? What is your annual out of pocket maximum? Think about what you value in a primary care provider and choose carefully. Informed choices are the best choices.

### 4. Practice Appropriate Level of Care

If you need medical care and your primary care physician is unavailable you have options other than the emergency room (ER) -try going to the CVS Minute Clinic or other walk in retail clinic. They can diagnose and treat conditions like ear infections, strep throat, and poison ivy at a fraction of the cost (and hassle) of going to the ER.

### 5. Be an Advocate

Don't be afraid to tell your health care provider that you would prefer to save money and have your MRI at a free standing imaging location (like Shields MRI) than at the hospital. The savings can be substantial. If your newly prescribed medication is expensive be sure to ask if there is an equivalent that is less costly. Asking questions and advocating for transparency in the cost and quality of your health care is an important part of keeping health care costs in check.

### Resources:

MMHG Wellness Initiatives- [www.mmhg.org](http://www.mmhg.org) (click on the wellness tab)

Click [here](#) for BCBSMA link to cost and quality tools

BCBSMA Glossary of Health Coverage and Medical terms Click [here](#) for link

BCBSMA Blue Care Line (24 hour Nurse Care Line) Click [here](#) for link

[CVS Minute Clinic](#) -

BCBSMA Preventative Guidelines Click [here](#) for listing of recommended screenings by age group

Harvard Pilgrim Understanding Quality Click [here](#) for link

Harvard Pilgrim— Get Costs for Tests, Treatments and Procedures Click [here](#) for link

Harvard Pilgrim- Disease Conditions and Preventable Care Programs Click [here](#) for link

## MMHG Wins BCBSMA Innovation Award 2nd Year in a Row



Larry Croes, vice president of Commercial & Municipal Markets at Blue-Cross Blue Shield of Massachusetts (BCBSMA) presented the Mayflower Municipal Health Group (MMHG) the **Municipal Blue Innovation Award** along with a **\$5000 wellness grant** at the March 12, 2014 Wellness Coordi-

nator meeting held at the Halifax Town Hall.

The Municipal Blue Innovation Awards highlight the new and inventive cost containment measures, collaborative and customized worksite wellness programs, and innovative plan designs utilized by municipalities throughout the state.

"Mayflower offers a role model worksite wellness program. We are honored to partner with such an engaged leader" announced Croes.

The MMHG is the first group to receive the prestigious honor 2 years in a row.



### Worksite Gardens!

Why not join other MMHG member units and plant a work site vegetable garden? For more information email us at [wellness@mmhg.org](mailto:wellness@mmhg.org)

### A few Community Supported Agriculture (CSA's) in Southeastern MA— for more listings [click here](#)

Colchester Neighborhood Farms— Plympton, MA  
Click [here](#) for link  
781.422.3921

Rise and Shine Farm— Marshfield, MA  
[www.riseandshinefarm.org](http://www.riseandshinefarm.org)  
781 837-6702

The Dahlia Farm— Middleboro, MA  
[www.thedahliafarm.com](http://www.thedahliafarm.com)  
508.947.8802

Norwell Farms— Norwell, MA  
[www.norwellfarms.org/](http://www.norwellfarms.org/)  
781-733-9572

CSA's are growing in popularity each year. Sign up early before subscriptions are filled!

## A Mother's Day Garden

By Kelly Morse Perez

Last year when my husband asked me what I wanted for Mother's Day I was ready. "I want to add another 2 raised beds to the vegetable garden." I told him. "You realize we will be growing vegetables in the front yard" He warned. He was right. Our house is situated in such a way that the front yard gets the best sun. We already had 2 raised beds on the side of the house- and were eager to expand. If we wanted more garden space we'd have to plant in the front yard.

Mother's Day morning my husband and 3 sons were at the local Home Center at 8 AM. They bought lumber for the raised beds, organic garden soil and compost. By late morning they were digging up the front lawn and installing the frames for the raised beds. I was making a list of the seedlings we needed to buy. We'd grow tomatoes, cucumbers, eggplants, tomatillos, chili peppers, zucchini, green beans, and broccoli. I wanted to plant lettuce, cilantro, parsley and basil. My husband suggested we plant flowers

around the raised beds. We decided on sunflowers, marigolds and zinnias.

The vegetable garden is a family project. My husband does most of the planting, weeding and watering. Our youngest son helps harvest the vegetables. He knows where the oregano grows and how to pick the basil by pinching it back so it grows in thick. The other 2 boys like to eat the vegetables. The first tomato of the season is a special event in our house, a cause for celebration. My oldest son likes to brag that he traded a bag of homegrown tomatoes to get his car repaired. His friend, an auto mechanic and foodie, considered it a fair trade. I enjoy doing the cooking, finding new and interesting ways to prepare zucchini, pickling jalapeños and blending together fresh basil pesto. It gives me pleasure to prepare nutritious meals for my family with vegetables freshly picked from our own garden. Sharing the harvest with friends and neighbors is a real bonus too.

That doesn't mean that things don't go wrong. We've battled

woodchucks and insects and fungus. Sometimes it rains too much and the weeds usually get ahead of us. One year my husband threw a handful of morning glory seeds by the fence near the garden. The morning glory vines return every year and grow uncontrollably, threatening to take over the garden! But, the benefits outweigh the challenges. Each year we try something new, accept whatever mother nature throws our way, and hopefully learn from our mistakes. My neighbors don't seem to mind the front yard garden either— it's become a place where we meet and chat. This year I'm thinking of asking for a compost barrel for Mother's Day. We'll keep that in the back yard!

*Kelly Morse Perez works for the Mayflower Municipal Health Group*

**Attention MMHG members— do you have an inspirational story to share? Let us know at [wellness@mmhg.org](mailto:wellness@mmhg.org)**

## 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:

**Massgrown— click [here](#) for link**

**Farm Fresh— click [here](#) for link**

# April is Alcohol Awareness Month



Consider these statistics from the National Institute of Alcohol Abuse and Alcoholism (NIAAA):

- ⇒ An estimated 17 million Americans have an alcohol use disorder (AUD)—a medical term that includes both alcoholism and harmful drinking that does not reach the level of dependence.
- ⇒ Each year in the U.S., nearly 80,000 people die from alcohol-related causes, making it the third leading preventable cause of death in our country
- ⇒ More than 10% of U.S. children live with a parent with alcohol problems, according to a 2012 study.

## Getting Help

Call 1-800-327-5050  
or 617-292-5065

The Massachusetts Substance Abuse Information and Education Helpline provides free and confidential information and referrals for alcohol and other drug abuse problems and related concerns. The Helpline is committed to linking consumers with comprehensive, accurate, and current information about treatment and prevention services throughout Massachusetts. Services are available Monday through Friday from 8:00 am to 10:00 pm and on Saturday and Sunday from 9:00 am to 5:00 pm. Language interpreters are always available. <http://www.helpline-online.com/index.html>

Content Source: Centers for Disease Control

People drink alcohol for many reasons— to celebrate, socialize, and relax. Alcohol is legal, easy to purchase and an accepted, popular part of our culture. But how much drinking is too much? What are the health effects of drinking alcohol? Where can you turn for help if you suspect you or a family member has a drinking problem?

## The Standard Measure of Alcohol

In the United States, a standard drink is any drink that contains 0.6 ounces (14.0 grams or 1.2 tablespoons) of pure alcohol. Generally this amount of pure alcohol is found in:

- 12-ounces of regular beer or wine cooler
- 8-ounces of malt liquor
- 5-ounces of wine
- 1.5 ounces of 80 proof distilled spirits or liquor (e.g., gin, rum, vodka, whiskey)

## How Much is Too Much?

According to the Dietary Guidelines for Americans, if you drink alcoholic beverages, do so in moderation, which is defined as

no more than **1 drink per day for women** and no more than **2 drinks per day for men**. However, there are some persons who should not drink any alcohol, including those who are:

- Pregnant or trying to become pregnant
- Taking prescription drugs or over the counter medications that may cause harmful reactions when mixed with alcohol
- Younger than age 21
- Recovering from alcoholism or unable to control the amount they drink
- Suffering from a medical condition that may be worsened by alcohol
- Driving, planning to drive, or participating in other activities requiring skill, coordination, and alertness

## Short Term Health Risks

Excessive alcohol use has immediate effects that can increase the risk of many harmful health conditions. Binge drinking is the most common pattern of excessive alcohol use.

- Unintentional injuries, including traffic injuries, falls, drowning and other accidents
- Violence, including domestic abuse
- Risky sexual behavior, in-

creased risk of sexual assault

- Miscarriage and stillbirth among pregnant women
- Alcohol poisoning, a medical emergency that results from high blood alcohol levels that suppress the central nervous system and can cause loss of consciousness, low blood pressure and body temperature, coma and respiratory depression, or death.

## Long Term Health Risks

Over time excessive alcohol use can lead to the development of chronic disease, neurological impairments and social problems.

- Neurological problems including dementia, stroke, and neuropathy
- Cardiovascular problems including myocardial infarction, cardiomyopathy, atrial fibrillation, and hypertension
- Psychiatric problems including depression, anxiety, and suicide
- Cancer of the mouth, throat, esophagus, liver, colon and breast
- Liver diseases including cirrhosis, alcoholic hepatitis
- Gastrointestinal problems including gastritis and pancreatitis

# Helpful Links and Resources...

Want to learn more? Talk to your primary care physician for more information about the health effects of drinking & treatment options. Your Employee Assistance Program (EAP) is also a good source for confidential assistance.

Here are a few links to helpful web content and relevant publications:

**Evaluate your own drinking using this interactive website**  
<http://rethinkingdrinking.niaaa.nih.gov/>

**Understanding alcohol's impact on your body**  
<http://pubs.niaaa.nih.gov/publications/Hangovers/beyondHangovers.pdf>

**Download the Rethinking Drinking Booklet:**  
[http://pubs.niaaa.nih.gov/publications/RethinkingDrinking/Rethinking\\_Drinking.pdf](http://pubs.niaaa.nih.gov/publications/RethinkingDrinking/Rethinking_Drinking.pdf)

**FAQs and Facts:** <http://www.ncadd.org/index.php/learn-about-alcohol/faqsfacts>



# Spotlight: The Town of Hanover



**Troy Clarkson- Town Manager, Anthony Marino- Asst. Town Manager, Audrey Barressi- Wellness Coordinator, Sandra MacFarlane- Asst. Conservation Agent at the Hanover Town Hall Employee Memorial Garden and future site of a worksite vegetable garden.**

**"Employee wellness has an impact on a community in many ways. If our people feel better, they perform better, toward each other and the public."**

**Troy B.G. Clarkson  
Hanover Town Manager**

Audrey Barressi brings a keen interest in nutrition and exercise to her position as Wellness Coordinator for the Town of Hanover. "I have always been an active person and an avid runner," says Barressi "I see the benefits that come from living a healthy lifestyle. When you eat healthy and exercise it has a positive effect on your attitude and energy level."

Her enthusiasm has certainly paid off. Hanover began offering employee wellness programs a few years ago and participation has increased steadily. "We've offered worksite wellness programs like blood pressure screenings, chair massage and nutrition classes," says Barressi. "The town has also added a vending machine with healthy snacks,

and has a wellness information bulletin board in the employee break room which we update with healthy eating information, recipes and to promote community events like walks and runs."

Looking towards the future Barressi is committed to reaching more employees. Hanover has added an employee wellness page to the Town's [website](#). She also looks forward to planting a worksite garden this spring.

"Planting organic vegetables will be a great way to bring employees together, and will provide a relaxing and fun activity for them on their lunch breaks."

Barressi is proud of her co-workers success with MMHG walking programs and is ready for the Spring Walking Challenge. "Hanover employees really step up for the MMHG Walking Challenges. Everyone likes a little competition," remarks Barressi "The fact that we compete against other MMHG member units has made it more fun."

## What's Happening?

Photos from MMHG Member Units



**MMHG Wellness Committee  
March 2014 Meeting**



**Maryanne Martinez of Colchester Neighborhood Farms talks about CSA's at Wellness Committee Meeting**



**Hull celebrates Heart Health Month with screenings and educational outreach**



**Hanover Employees wear red to celebrate Heart Health Month**

### Attention MMHG Members:

**Are you interested in bringing Weight Watcher's Meetings to your workplace?**

**Schedule weekly meetings with a minimum of only 15 participants!**

**Flexible meeting times are available before and after work or during lunch time!**

**Contact your wellness coordinator for more information or email us at [wellness@mmhg.org](mailto:wellness@mmhg.org)**

### Did You Know?

**MMHG member units are eligible to receive grants to help fund employee wellness programs?**

**Contact your wellness coordinator to learn more. If you have an idea for a work site wellness program we'd love to hear from you! Send us an email [wellness@mmhg.org](mailto:wellness@mmhg.org)**

**Submit your healthy lifestyle photo to be published in the next newsletter!  
(Send full name, member unit, and photo to: [wellness@mmhg.org](mailto:wellness@mmhg.org))**

# Expecting? There's an App for That



If you search iTunes for pregnancy Apps you will receive over 1,000 results! Here are 3 popular pregnancy apps that get good reviews and are available for IOS and Android.

## **BabyBump Pregnancy-**

BabyBump is a well designed pregnancy tracker and social health network for expecting families. Count down the days before your due date, get weekly updates on your baby's development. Journal, and store photos. Comes with cool features like a kick counter, and contraction timer. Share

via Facebook, Twitter & email.  
Free or \$3.99 Pro version  
Alt 12 Apps, LLC

## **My Pregnancy Today-**

Prepare for your baby's birth with this comprehensive app. Track your pregnancy day by day. Learn what's ahead and get healthy tips. Watch award winning videos on fetal development and witness mothers giving birth. Start a baby registry and connect with other expectant moms. Pregnancy checklists help keep you organized and on track.  
Free Baby Center

## **Positive Pregnancy with Andrew Johnson-**

This meditation app is designed specifically for pregnant women. Includes positive affirmations and relaxation techniques to help expectant mothers manage stress and focus on a positive pregnancy.  
\$2.99 Michael Schneider

*Always be sure to raise any questions or concerns about your pregnancy with your health care provider.*

## **Bay State Bike Week**

**May 10th- May 18th**

[baystatebikeweek.org](http://baystatebikeweek.org)

Bay State Bike Week is an annual springtime bicycling event that takes place throughout Massachusetts. It is a celebration of bicycling as a great mode of transportation that is safe, economical, healthy, environmentally-friendly, and fun!

Anyone can participate by hosting an event or by participating in an event.

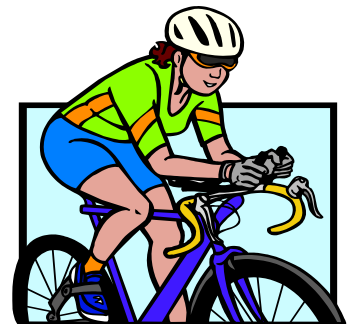
*Bay State Bike Week is a partnership between MassDOT, Massachusetts Bicycle Coalition (MassBike), and MassRIDES.*

# Have You Tried Cycling?

People ride bicycles for lots of different reasons. Some want to get from one point to another and others choose to ride because it is an environmentally friendly mode of transportation. Some commute to work on bikes and others ride only on weekends. Some prefer riding long

distances and others like to ride on bike paths or around town. Still others enjoy riding dirt trails on mountain bikes.

People of all ages and abilities can benefit from cycling. It's a low impact exercise that's easy on your joints and good for your heart. Cycling can help you lose



weight, improve your fitness level and relieve stress. If it's been a while since you've been on a bike - why not give it a try? Perhaps the best reason to cycle is because it's a lot of fun!

## Online Cycling Resources

### **Safety**

**How to Fit a Bike Helmet**  
<http://www.bhsi.org/fitpam.pdf>

### **MA Bike Laws**

<http://www.cityofboston.gov/bikes/bikesafety/laws.asp>

### **Education**

<http://massbike.org/education/>

MA DOT Go By Bike Pamphlet  
Click [here](#) for link

### **Bike Rentals**

[www.thehubway.com/](http://www.thehubway.com/)  
[www.urbanadventours.com](http://www.urbanadventours.com)  
[www.bikeridesfop.org/](http://www.bikeridesfop.org/)

### **Bike Paths and Maps**

**South Shore-Bike Trails**  
Click [here](#) for link

**Greater Boston Cycling and Walking Map**  
Click [here](#) for link

**Cape Cod Rail Trail**  
Click [here](#) for link

**Cape Cod Canal Trail**  
Click [here](#) for link

**Cape Cod Shining Sea Bikeway**  
Click [here](#) for link

## **Fast Facts:**

~A 15-minute bike ride to and from work five times a week burns off the equivalent of 11 pounds of fat in a year.

([The British United Provident Association](#);) )

~Americans use their bicycles for less than one percent of all urban trips. Europeans bike in cities a lot more often—in Italy 5 percent of all trips are on bicycle, 30 percent in the Netherlands, and seven out of eight Dutch people over age 15 have a bike.

([The World Almanac Book of Records: Firsts, Feats, Facts & Phenomena](#) by Mark Young)

# 3 Good Reasons to Pack Your Own Lunch



**Halifax hosted an employee potluck salad bar for lunch to celebrate National Nutrition Month!**

Do you think that packing your own lunch is too much work? Do you find yourself waiting in line impatiently at the drive through several times a week? Here are 3 good reasons to rethink your noon time routine and start brown bagging your lunch!

## It's Healthier

When you pack your own lunch you have more control over what you eat. You can watch your portion sizes and keep track of the calories you consume. It's easier to create a balanced meal with lean protein, whole grains and plenty of fresh fruits and veggies when you make it yourself.

## You'll Save Time

If you pack your own lunch you won't have to spend most of your lunch break waiting in line to order. You'll have extra time to relax or take a walk.

## It's Economical

Eating out is expensive—do the math. If you spend \$7 a day buying your lunch at a restaurant 5 times a week you'll spend \$35 a week or about \$140 a month. Multiply that by 12 and you've just saved enough money for an airplane ticket to Europe!

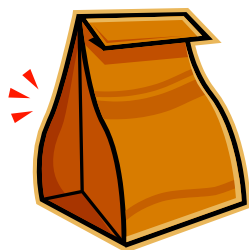
## Brown Bagging Tips

**Plan in Advance**— Figure out your weekly lunch menu in advance so you can prepare ahead. Do as much advance preparation as possible. Wash and chop veggies for the week on Sunday afternoon. Include lunch ingredients on your grocery shopping list.

**Utilize Leftovers**— When preparing dinner make a little extra for lunch. If you're grilling chicken breasts prepare extra to eat with salad the next day. Make a big batch of homemade soup or healthy chili and freeze in individual containers.

**Practice Food Safety**— Make sure you keep cool foods cool. If you don't have access to a refrigerator at work use ice packs. Click [here](#) for more information on keeping bag lunches safe.

# Healthy Lunch Ideas



**Bringing your own lunch to work doesn't have to be a chore— or boring. With a little planning and some creativity you can pack a nutritious lunch**

**that you'll look forward to eating all morning!**

## Bean and cheese burrito-

Whole grain tortilla wrap spread with leftover or canned refried beans, lettuce, salsa, and low fat cheddar cheese. Serve with jicama slices and fresh squeezed lime juice,

## Grilled Chicken Caesar Pita-

Whole grain pita stuffed with grilled chicken, crisp romaine and light caesar dressing. Top with a sprinkle of parmesan cheese. Serve with baby carrots and celery sticks.

## Nutty Butter Sandwich-

Spread natural peanut or almond butter over fiber rich whole grain bread. Top with banana slices and a drizzle of honey or agave syrup. Serve with celery sticks and low fat yogurt.

## Chef's Salad with Tuna-

Green salad with cherry tomatoes, cucumbers, slices of green and red bell pepper, red onion, and carrots with balsamic vinegar dressing. Top with canned chunk light tuna and diced hard boiled egg. Serve with an apple.

## Soup with Veggie & Avocado Sandwich-

Pack a cup of leftover homemade or canned soup in a thermos. Pair with a sandwich made on whole grain bread and loaded with veggies like sliced cucumbers, baby spinach, tomato slices, sweet onion and alfalfa sprouts. Top with sliced avocado and a spoonful of stoneground mustard. Serve with grapes.

## Greek Pasta Salad-

Whole wheat pasta tossed with cannellini beans and cucumber cubes, cherry tomatoes, diced red onion, low fat feta cheese. And chopped olives. Toss with olive oil and lemon juice. Serve with low fat greek yogurt.

## How to Boil an Egg

1. PLACE eggs in a saucepan large enough to hold eggs in a single layer. ADD cold water to cover eggs by one inch. HEAT over high heat just to boiling, REMOVE from burner and cover pan,
2. Let eggs STAND in hot water about 12-15 minutes.
3. DRAIN immediately and serve warm or run eggs under cool water and refrigerate.

One large egg has 78 calories, 1.6 grams of saturated fat and 6 grams of protein.





Solve and return the completed puzzle to us no later than June 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 Nancy O'Brien from Bristol County. Nancy won a wellness goody bag for solving the Word scramble puzzle in the January newsletter!*

## Solve the MMHG Puzzle— Name That Town Hall

For this month's puzzle we decided to do something a little different. We thought it would be fun to test your local knowledge and see if you could identify photographs of MMHG member unit town halls. We weren't able to include photos

from all MMHG member unit town halls this time —so if your town hall isn't pictured it will be included in a future issue of the MMHG BENeficial WELLness NEWSletter. Good luck. This may be the most difficult puzzle to solve yet!

### Puzzle Directions:

**In the box underneath each photograph write in the name of the corresponding town hall.**

***Hint: Abington, Halifax, Haver, Hanson, Hingham, Kingston, Norwell, Rockland, and Whitman***



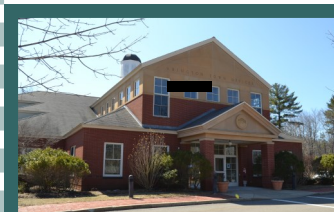


















# Reducing Ticks in the Yard



*Content Source: Centers for Disease Control and Prevention*

Warmer weather means the return of ticks and the increased risk of tick-borne illnesses. As you venture outside to spring clean your yard keep the following landscaping techniques in mind that can help reduce tick populations:

- Remove leaf litter
- Clear tall grasses and brush around homes and at the edge of lawns
- Place a 3-ft wide barrier of wood chips or gravel between lawns and wooded areas to restrict tick migration into recreational areas
- Mow the lawn frequently
- Stack wood neatly and in a dry area (discourages rodents)
- Keep playground equipment, decks, and patios away from yard edges and trees
- Discourage unwanted animals (such as deer, raccoons, and stray dogs) from entering your yard by constructing fences
- Remove old furniture, mattresses, or trash from the yard that may give ticks a place to hide.

Click [here](#) for an excellent, comprehensive tick management handbook from Connecticut Agricultural Experiment Station

**Prevent Lyme disease!**

**Wear repellent**

**Check for ticks daily**

**Shower soon after being outdoors**

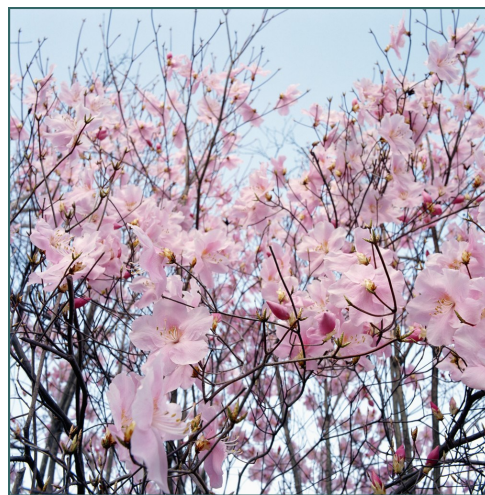
**Call your doctor if you get a fever or rash**

Share this widget | More info [www.cdc.gov/Lyme](http://www.cdc.gov/Lyme)

## Take a Deep Breath

**Breathing deeply is an easy to learn stress relief technique. It can be done anywhere at anytime. Try it- it really works!**

- Sit or stand in a relaxed position.
- Slowly inhale through your nose. Fill up your lungs with fresh air and let your abdomen expand outward rather than raising your shoulders.
- Exhale slowly through your mouth. Pay attention to the exhale and drag it out for as long as possible.
- Repeat this technique several times and feel the tension fade away!



## Relax with a Cup of Chai

Masala chai- which means 'mixed spiced tea' in Hindi has become a favorite drink in North American coffee and tea houses. The fragrant brew is made with a mixture of black tea and aromatic spices and herbs and often sweetened with honey and served with milk. It's delicious hot or iced and easy to prepare at home. Why not make a batch? You'll love the way the spicy fragrance fills your kitchen! Store left over chai in your refrigerator and reheat or serve over ice.

### Ingredients:

1 quart of water  
7 whole cloves  
10 whole black peppercorns  
1 stick cinnamon  
10 cardamom pods  
1-inch piece of fresh ginger root, sliced  
2 bags black tea (decaf is okay)  
1 cup milk (cow, soy, almond)  
Honey to taste

**Preparation:** Place first 6 ingredients in a saucepan and bring to a boil, then simmer 15 minutes. Remove from heat add tea bags and steep 5 minutes. Strain, add milk and honey to taste. Return to saucepan and heat over low heat for 1 minute or refrigerate and serve over ice. Enjoy!



**Mayflower Municipal  
Health Group**

## Colonoscopy incentive for 2014!

Eligible MMHG subscribers and spouses are reminded that they can receive a **\$50 gift card** for having a colonoscopy in 2014!

The incentive is available to all Blue Cross Blue Shield and Harvard Pilgrim subscribers and spouses age 50 and over or high risk and enrolled in non Medicare plans. Visit [www.mmhg.org](http://www.mmhg.org) (**What's New**) to learn more about the details of this program.

Colonoscopy screenings are recommended for anyone who may be at higher than average risk for colorectal cancer. Colonoscopy screenings save lives by detecting precancerous polyps early so they can be removed before turning into cancer.

**MAYFLOWER MUNICIPAL HEALTH GROUP CONSISTS OF THE FOLLOWING GOVERNMENTAL UNITS:** ~Abington ~ Bridgewater ~ Bristol County ~ Brockton Area Transit Authority ~ Carver-Marion-Wareham Regional Refuse Disposal 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 ~ South Shore Tri-Town Development Corporation ~ Wareham Fire District ~ Water Works (Abington-Rockland) ~ West Bridgewater ~ Whitman ~ Whitman-Hanson Regional School District ~



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