

Mayflower Municipal Health Group

Beneficial Wellness Newsletter

PAGE 1

SUMMER 2014

HOT TOPICS:

MMHG Walk for a Cause 2014— Sign Up Now!

What is Acupuncture?

5 Reasons to shop at your local farmers' market

Follow us on Facebook & Twitter

MMHG Walk for a Cause 2014



Mayflower Municipal Health Group members from Halifax participated in the MMHG Walk for a Cause in 2013 to benefit Hope Health at the Cape Cod Canal.

This year Join other MMHG members on Saturday September 6th at 9 AM for the 3rd annual MMHG Walk for a Cause to benefit the Plymouth Boys and Girls Club.

Dear Members,

You and your family are cordially invited to join other MMHG member unit employees and their families to support the [Plymouth Boys and Girls Club](#) at the **20th Annual Run to the Rock** to be held on September 6th at 9 AM. The well organized event features 3 different courses— a 5K, 10K, and 1/2 marathon. All courses are in Plymouth and finish at the Plymouth waterfront near Plymouth Rock.

The event is open to people of all ages, and abilities. Though some of you may want to run and compete for prizes and trophies, many of us will participate by walking the 5K – a beautiful route which begins at Cordage Park and continues towards the waterfront to Plymouth Rock.

Rally your coworkers and family members to join you and [register](#) now for the MMHG “Walk for a Cause” team. Register by August 15th and you’ll receive a MMHG t-shirt! We hope to see you there!

Sincerely,
Maureen Adams and Linda Cole
MMHG Wellness Committee Co-Chairs



How to Register

What: 20th Annual **Run to the Rock** to benefit the Plymouth Boys and Girls Club. Walk or Run [5K](#), [10K](#), or [1/2 Marathon](#).

When: Saturday, September 6, 2014 at 9 AM— register now!

Why: Walk or run with other MMHG members for a good cause, and to have fun!

How: Click [here](#) to register as a MMHG team member. Click [here](#) and [here](#) for more information about the event.

Register by August 15th as a MMHG team member and receive a MMHG Walk for A Cause t-shirt!

INSIDE THIS ISSUE:

Acupuncture	2-3
Have you tried Kayaking?	4
Solve the MMHG Puzzle	6
Summer Veggie Frittata Recipe & More!!!!	8

Worksite Vegetable Gardens

**Life's a garden — dig it.
~Gardening Saying**

MMHG member units Halifax, Hanover, South Shore Tri Town Development, and West Bridgewater all received MMHG wellness grants this year to plant work site vegeta-

ble gardens. Employees have volunteered to till the soil, plant seedlings, water and weed. Their hard work is paying off— lettuce and summer squash have already been harvested! Check out page 6 and page 8 of this newsletter for photos from the work site gardens. Follow us on [Facebook](#) for regular garden updates!



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.

Complementary, Alternative & Integrative Medicine

Content source: National Center for Complementary and Alternative Medicine (NCCAM)

According to the [National Center for Complementary and Alternative Medicine](#) [NCCAM](#) 40% of Americans use some form of complementary, alternative or integrative medicine for specific conditions and overall well being.

Complementary medicine- refers to a group of diverse medical and health care systems , practices and products that are not generally considered to be part of conventional medicine. “Complementary” usually refers to using a non– mainstream approach together with conventional medicine,

Alternative medicine- refers to using a non-mainstream approach in place of mainstream therapy.

Integrative therapy combines conventional medicine and complementary and alternative medicine **in a coordinated way**. An example of an integrative approach to cancer treatment would be combining acupuncture and meditation to help manage symptoms and side effects for patients receiving conventional cancer treatment such as chemotherapy.

Types of Complementary and Alternative Medicine

- **Natural Products**- Includes herbs, and dietary supplements such as vitamins and probiotics.
- **Mind and Body Practices**- Includes massage therapy, meditation and mindfulness, relaxation techniques, movement therapies, spinal manipulation, healing touch, hypnotherapy, and yoga.
- **Traditional Alternative Medicine**- Includes acupuncture, traditional Chinese medicine, Ayurveda from India, homeopathy, naturopathy and traditional healers.

Considering Complementary Medicine?

As with any decision about your health it is important to make thoughtful and informed decisions when it comes to complementary and alternative medicine. Here are some tips from [NCCAM](#):

1. **Be an informed consumer**– Find out and consider what scientific studies have been done on the safety and effectiveness of the complementary product or practice that interests you.
2. **Consider Costs**- Don't assume that your health insurance will cover the practitioner's services. Contact your health insurance provider and ask. Insurance plans differ greatly in what complementary health approaches they cover, and even if they cover a particular approach, restrictions may apply.
3. **Choose wisely**– Choose a complementary medicine provider as carefully as you would choose a conventional health care provider. Ask about the education, training, experience and licensing of the provider you are considering.
4. **Be aware of side effects and interactions**– If you are considering a dietary supplement find out if there are any potential side effects or interactions with medications you may be taking.
5. **Talk with your health care provider**- Complementary products or practices that have not been proven safe and effective should not be used as a reason to postpone seeing a health care provider about any health problem.
6. **Give practitioners the full picture**– Tell *all* your health care providers about any complementary and conventional approaches you use. This will help ensure coordinated and safe care.

Helpful Links and Resources

Harvard Pilgrim Members:

[Complementary and Alternative Medicine Discount Program \(CAM\)](#)

[Online Alternative Provider Directory](#)

Blue Cross Blue Shield Members:

[A Healthy Me- Complementary and Alternative Medicine Member Savings and Discounts](#)

[Find an Alternative Provider](#)

[WholehealthMD.com](#)

[National Center for Complementary and Alternative Medicine Talking with your Doctor about Complementary and Alternative Medicine](#)

[NCCAM– How safe is this product or practice?](#)

[NCCAM– Health Topics A-Z](#)

[NCCAM– Herbs at a Glance](#)

[NCCAM– Using Dietary Supplements Wisely](#)

[NCCAM– Credentialing: Understanding the Education, Training and Licensing of Complementary Health Practitioners](#)

[NCCAM– Finding and Evaluating Online Resources on Complementary Health Approaches](#)



Attention MMHG Members: New Acupuncture Benefit!

Did you know that effective 7/1/2014 there is a new acupuncture benefit for MMHG members enrolled in active, non-Medicare plans? For details check out your plan comparison of benefits at www.mmhg.org



What is Acupuncture?

By Brian Whidden

Acupuncture has diagnosed, treated and prevented illness for over 2 thousand years. It is included in the Chinese Medical System which can remedy ailments, enhance recuperative power, immunity and the capacity for pleasure, work and creativity.

Acupuncture is the insertion of fine needles into the body at specific points and has shown to be effective in the treatment of specific health problems. These Acupuncture points run through our body's meridians which are, in effect, energy pathways. This energy – called Qi (pronounced "chee") – is dispersed in areas of excess and gathered in areas of depletion. This allows for proper function of muscles, nerves, vessels, glands and organs.

When inserted by a skilled practitioner most Acupuncture points are painless. There are certain Musculo-skeletal conditions where "getting the Qi" is necessary to treat the condition properly.

The World Health Organization recognizes the following conditions as appropriate for Acupuncture therapy:

Infections- Colds and flu, bronchitis, hepatitis

Internal- hypoglycemia, asthma, high blood pressure, ulcers, diabetes, colitis, indigestion, hemorrhoids, diarrhea, constipation

Eyes, Ears, Nose, Throat- Deafness, ringing in the ears, earaches, hay fever, poor eyesight, dizziness, sinus infections,

sore throat

Dermatological- Eczema, Acne, herpes

Musculo-skeletal & neurologic-

Arthritis, neuralgia, sciatica, back pain, bursitis, tendonitis, stiff neck, Bells palsy, polio, sprains

Genito-urinary & Reproductive-

Impotence, infertility, PMS, PID, vaginitis, irregular period or cramps, morning sickness

Mental- Emotional-

Anxiety, mild to moderate depression, stress relief, insomnia

Brian has been the owner and primary practitioner at The Acupuncture & Herbal Center in Kingston, Ma. for over 19 years.

MMHG Wellness Initiatives

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

Join us for the MMHG Walk for a Cause on September 6, 2014!

See front page for details.

MMHG members have been busy when it comes to participating in employee wellness programs! Here's a sample of some of the wellness initiatives available.

MMHG Passport to Wellness (June 16th– July 13th)- This 4 week program encouraged healthy eating, regular exercise and stress management. Participants completed weekly healthy activities and checked them off in their "passport".

Spring Walking Challenge (April 7th– May 19th)- Congratulations to everyone that participated in the Spring Walking Challenge. The program was a great success! The Fall Walking Challenge is scheduled to begin on September 9th- stay tuned for details!

Regional Workshops- The MMHG recently held 3 regional workshops that were open to all

MMHG member unit employees. Thanks to Marshfield and West Bridgewater for hosting organic gardening workshops and to Norwell for hosting the farm to table healthy cooking workshop! These events were a huge success! Stay tuned for more regional workshops coming this Fall!

Seminars and Screenings- MMHG member units are scheduling worksite seminars on topics like ergonomics, stress management, and healthy cooking as well as hosting a variety of health screenings for employees like blood pressure and glucose screenings.

Wellness Grants- All MMHG member units are eligible to receive wellness grants to help fund worksite programs to improve the health of employees. For example a group may apply for wellness funds to subsidize an



onsite healthy cooking demonstration or Zumba class.

Colonoscopy Incentive- Get a colonoscopy in 2014 and get a \$50 gift card! This incentive is available to subscribers in active (non Medicare) plans and their spouses. Click [here](#) for more information.

MMHG is on the Web- Check out the wellness tab at www.mmhg.org for program information and links to past newsletters. Follow MMHG Wellness on [Facebook](#) and [Twitter!](#)

Summer Fun. There's an App for That!



Did you know that you can plan your summer fun with the help of your smart phone or mobile device? Here are a few cool apps that you never knew you needed—until now!

Waterkeeper Swim Guide

The Waterkeeper Swim Guide makes it easy to explore and enjoy the best beaches in Canada and the USA. You can list the beaches closest to you, browse the map, or search for a beach by name. Every beach is marked with a Green, Yellow, or Red icon so you know when a beach is open for

swimming and when the water quality is poor.

Free—IOS, Android

EPA's Sunwise UV Index

This app from the US Environmental Protection Agency offers daily and hourly UV index ratings based on your zip code. Also gives advice on how to minimize dangerous effects of the sun's rays.

Free—IOS, Android

Harvest

This app will help you pick out the freshest, ripest produce, tell you what's in season in your area and

the best way to store that big bag of fruit and veggies you just bought at the farmers market. \$1.99—IOS, Android

AllTrails

Looking for new places to explore this summer? If you are, this is the app for you! Browse through guides for 50,000 trails across North America complete with photos, reviews, and tracks for outdoor activities including everything from hiking and mountain biking to fly-fishing and snowshoeing.

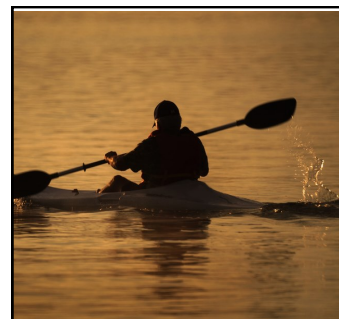
Free—IOS, Android

Have You Tried Kayaking?

If you like outdoor adventure and enjoy the water you may want to consider kayaking as a part of your exercise program. Kayaking is a low impact, full body, aerobic exercise. The continuous water paddling required when kayaking makes it a great exercise for your upper body, especially the arms and shoulders.

A well executed stroke will also work your core muscles and lower body. Kayaking is an excellent workout for people with hip and knee problems.

There are many area locations that rent kayaks. Make sure that you take a kayaking safety course before you head out on the water,



Hike and Bike the Cape Cod National Seashore

If you're visiting the Cape Cod National Sea Shore this summer plan on bringing your hiking shoes and your bicycle. Hiking and bicycling are great ways to stay fit and enjoy the incredible natural beauty of the National Seashore.

HIKING

Click [here](#) for a Self-Guided Trails brochure from the National Park Service. The brochure highlights 12 trails including the Fort Hill Trail in Eastham (1 mile loop) that features open fields, connects with the Red Maple Swamp and

offers spectacular views of the Nauset Marsh Area. For a more challenging hike (the park's most difficult) try the Great Island Trail in Wellfleet (3.9–8.8 miles). This trail follows sandy stretches between the elevated heights of Great Island and Great Beach Hill and offers amazing views.

BIKING

The national Seashore has 3 bike trails—the Nauset Trail (1.6 miles), the Head of the Meadow Trail (2 miles), and the Province Lands Trail (5.45 miles). Click [here](#) for Bike Trails Brochure.

Fast Facts:

~On August 7, 1961, President John Kennedy signed legislation that established the Cape Cod National Seashore.

~The Cape Cod National Seashore encompasses 44,000 acres and includes 40 miles of seashore on the Atlantic facing eastern shore of Cape Cod.

~Beginning June 19, 2014 smoking is prohibited on all 6 guarded beaches at the National Seashore.

~Click [here](#) for CCNSS summer 2014 newsletter



The Incredible Vegetable— Kale



Kale belongs to the cruciferous family which includes broccoli, cabbage & cauliflower

Everyone is talking about kale these days. It's one of those trendy "super foods" that seems to be everywhere— showing up on menus in salads, slaws, sautés, casseroles, soups, juices, green smoothies and even baked into "chips".

Nutritional Powerhouse

Kale's popularity as a "super food" is well deserved. One cup of chopped kale contains 33 calories and 9% of the daily value of calcium, 206% of vitamin A, 134% of vitamin C, and an incredible 684% of vitamin K, a powerful antioxidant. It is also a good source of minerals including copper, potassium, iron, manganese, and phosphorus.

Buying Kale

There are many varieties of kale available. Popular types include, **curly**, which is bright green and somewhat tart and **dinosaur** which is darker, has flat leaves and a nutty taste.

When buying kale the leaves should be fresh and not wilting, with a deep green hue and not yellowing at the tips. To keep it fresh, store in the refrigerator, wrapped in a clean towel.

Kale Chips

If you love crispy snacks like potato chips you have to try kale chips. These are easy to make and you can customize them by sprinkling with parmesan cheese, garlic powder and other spices. Serve with fresh salsa for a healthy summer snack!

Ingredients:

1 bunch kale leaves washed & dried
2 tbsp. olive oil
Salt

Directions:

~Preheat oven to 350
~Chop kale leaves into bite size pieces
~In large bowl toss kale & olive oil together
~Place kale pieces in single layer on 2 large baking sheets sprinkle with salt
~Bake about 12 minutes until crisp
~Remove kale chips & cool on rack
~Enjoy!

5 Reasons to Shop at your Local Farmer's Market this Summer



Shopping at a farmer's market is fun and offers many benefits. Here are 5 reasons why you should make the extra effort and buy locally grown and harvested produce, meat, eggs, cheese, honey, flowers, and more!

1. **Taste-** Freshly picked ripe fruits and vegetables are at the peak of their flavor and taste delicious. Compare a packaged supermarket tomato with a fresh native tomato.

2. **It's Smart Business—** By shopping at a farmer's market you'll be directly supporting your local farming community and local economy.
3. **More Choices—** Where else can you find several varieties of eggplant and discover varieties of squash, greens and herbs that you've never tasted before.
4. **It's Healthier—** Freshly picked produce is often organic or grown without pesticides, it is never processed, there are no artificial ingredients or preservatives. You're more likely to eat more vegetables if they taste good and local farm grown vegetables taste better.
5. **They're fun—** Farmers markets often have a celebratory feeling about them. Some have live music, samples, freshly prepared foods and activities for children. Many farmers are also prepared to chat, answer questions, and share recipes,

Fresh Tomato Salsa

Dice 3 large farm fresh tomatoes, add some chopped white onion or Vidalia onion or scallions, add a handful of finely chopped fresh cilantro, and toss in a finely minced chili pepper (or more depending on how hot you want it). Season with salt and the juice of one lime.

Serve with beef, chicken or fish.

Delicious with scrambled eggs, and as a dip for baked tortilla or kale chips and chopped raw veggies!

Find A Farmer's Market Near You

Click on the following links to locate a farm, farmers market, farm stand or CSA near you.

www.farmfresh.org

www.massfarmersmarkets.org/

[Massgrown Map](#)



Solve and return the completed puzzle to us no later than September 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 Holt from Scituate. Nancy won a wellness goody bag for solving the "Name that Town Hall" puzzle in the Spring newsletter!

Solve the MMHG Puzzle

"Farmers Market Bounty"

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

BASIL
BEANS
BLUEBERRIES
BROCCOLI
CARROTS
CHARD
CORN
CUCUMBERS

EGGPLANT
EGGS
FLOWERS
KALE
LETTUCE
ONIONS
PARSLEY
PEACH

PEAS
PEPPERS
RADISHES
SPINACH
STRAWBERRIES
TOMATOES
ZUCCHINI



What's Happening?

Photos from MMHG Member Units



Norwell Farm to Table Regional Healthy Cooking Workshop



Whitman Hanson Health and Benefit Fair



Marshfield Regional Organic Gardening Workshop



Hingham Organic Gardening Workshop



Dennis Gallagher Plymouth County Retirement prepares healthy lunch



West Bridgewater Regional Organic Gardening Workshop



Planting Seedlings in Hingham Organic Gardening Workshop



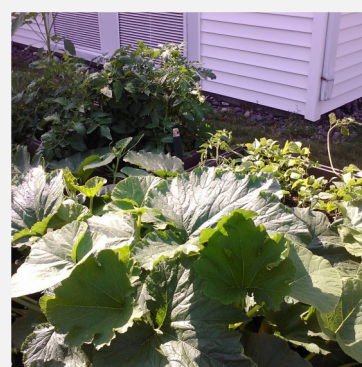
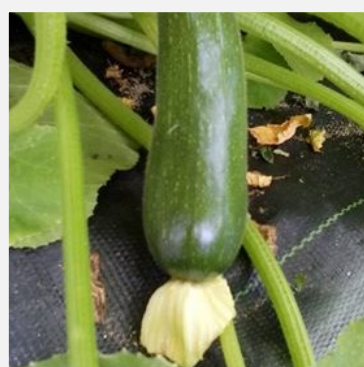
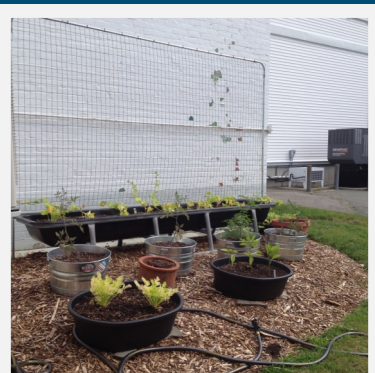
Norwell Health and Benefit Fair



Pembroke Health and Benefit Fair

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

Photos from MMHG Member Unit Worksite Gardens



Summer Veggie Frittata Recipe

From [Cooking Light.com](http://CookingLight.com)

- 1 1/2 tablespoons olive oil
- 1 cup diced zucchini
- 1/2 cup chopped red bell pepper
- 1/3 cup chopped onion
- 1 tablespoon chopped fresh thyme
- 1/2 teaspoon salt, divided
- 1/4 teaspoon freshly ground black pepper, divided
- 2 garlic cloves, minced
- 1/2 cup chopped seeded tomato

9 large eggs

Preparation

1. Heat olive oil in a 10-inch nonstick broiler-proof skillet over medium heat. Add zucchini, bell pepper, onion, thyme, 1/4 teaspoon salt, 1/8 teaspoon black pepper, and garlic. Cover and cook 7 minutes or until vegetables are tender, stirring occasionally. Stir in tomato. Cook, uncovered, for 5 minutes or until liquid evaporates.

2. Combine eggs, remaining 1/4 teaspoon salt, and remaining 1/8 teaspoon black pepper in a medium bowl; stir with a whisk until frothy. Pour egg mixture into pan over vegetables, stirring gently. Cover, reduce heat, and cook 15 minutes or until almost set in

the center.

3. Preheat broiler.

4. Broil frittata 3 minutes or until set. Invert onto a serving platter; cut into 8 wedges.





**Mayflower Municipal
Health Group**

Reminder: 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 (**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 ~ Dartmouth Fire District No. 3 ~ 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 ~



[Like us on Facebook](#)



[Follow us on Twitter](#)

LIVE.LIFE.BELIEVE. FITNESS CENTER

10 CORDAGE PARK - PLYMOUTH MA 508-746-1000 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 (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 508-746-7448



KINGSTON

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 (781) 585-0444