

# Mayflower Municipal Health Group

## Beneficial Wellness Newsletter

PAGE 1

FALL 2014

### HOT

#### TOPICS:

~Welcome to our new members from **Dartmouth Fire District #3, Greater New Bedford Regional RMD and Town of Wareham!**

~MMHG Fall Walking Challenge participants logged **16,583 miles!**

Follow us on [Facebook](#) & [Twitter](#)

#### INSIDE THIS ISSUE:

- Estimating the cost of health care and measuring quality of care 2
- Have you tried Tai Chi? 4
- Solve the MMHG Puzzle 6
- 5 Reasons you should join a gym 9

## MMHG Wellness Initiatives

The days are getting shorter and colder making it less convenient to exercise outside. The holidays are fast approaching too— often featuring rich and calorie laden foods and added stress. But don't worry, the Mayflower Municipal Health Group Wellness program has a few ideas to help keep you on track.

#### Sign up now for the 2nd annual MMHG "Maintain Don't Gain Challenge"—

This FREE 6 week program is open to all MMHG member unit employees, retirees, and their spouses and will help you make healthy choices during the holiday season. Pledge now to avoid putting on holiday pounds, exercise more and manage stress! Participants receive a scorecard to log progress and weekly emails with healthy recipes and tips to stay motivated. Turn in a completed scorecard at the end of the challenge to be entered in a raffle to win prizes. Click [here](#) for program details, a list of prizes and registration instructions.

#### Take advantage of your Fitness Benefit and join a gym—

Too cold to exercise outside? Did you know that MMHG members may be eligible each calendar year to receive a \$150 reimbursement for joining a gym?



MMHG members get ready to "Walk for a Cause" to benefit the Plymouth Boys and Girls Club on September 6th. Thanks to all participants in the 5k, 10K and 1/2 marathon!!

BCBS members click [here](#) and HP members click [here](#) for more information. Also check out page 9-10 of this newsletter— we have some great coupons for MMHG members from local gyms including new offers from [Healthtrax Fitness and Wellness](#), [Cardinal Yoga and Body Work](#), and [Total Fitness](#).

#### MMHG Wellness Grants and Seminars—

Did you know that MMHG member units are eligible to receive grants to help fund employee wellness programs? Why not use grant money to subsidize a worksite exercise class? MMHG member units have held work site classes in yoga, Zumba, muscle strength and conditioning and more! You can also schedule worksite semi-

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

#### "Holiday Fun and Folly"

Join health and wellness coach Julianne McLaughlin as she discusses practical ways to enjoy the holiday season by managing stress, expectations and focusing on good nutrition and exercise.

Wednesday November 19th at 6 PM

Hanover Town Hall

550 Hanover Street, Hanover

Register for the seminar by email at [wellness@mmhg.org](mailto:wellness@mmhg.org) or call 774-773-9306 Click [here](#) for flyer.

nars on topics like mindfulness, men's health, stress management, healthy cooking and nutrition, and cardiovascular health.

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)

For more MMHG Wellness be sure to follow us on [Facebook](#) and [Twitter](#)!

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.

## The Cost of Healthcare— Hidden Prices Now Revealed!

Did you know that effective October 1, 2014 a new Massachusetts law requires health insurers to provide online cost estimators to it's members for procedures like MRIs and colonoscopy screenings? This is a big deal for health care consumers— the first time this once closely guarded information has been made public.

The online cost estimator tools allow anyone with private health insurance in Massachusetts to log into their insurers website (you will have to register if you

haven't already) and compare prices for things like the cost of a mammogram to the price tag on a coronary bypass. The information must take into account the members specific health plan and include information about copays, deductibles, and co insurance.

For example, say you need arthroscopic surgery to repair the ACL in your right knee, you can log into your member account with your insurance company and compare costs at different facilities for the procedure. A search on the Blue Cross Blue Shield of Massachusetts website using the Network Blue HMO plan in the South Shore area came up with 15 results for "Knee Repair ACL (arthroscopic)" ranging from \$6,895 at Beth Israel Deaconess Hospital Milton to \$19,957 at Boston Children's Hospital.

The online cost estimator can also tell you how much you have paid towards your deductible (if you have one) and how much you have paid towards your Out of Pocket Maximum.

**With these new tools health care consumers can shop around to determine the best and most cost effective options for themselves and their families.**

## How to Use the Online Cost Estimator

### **Blue Cross Blue Shield of MA members:**

- Click [here](#) to log in to **BCBS Member Central** (you will need to register if you have not already)
- Once logged in click on the **Find a Doctor** link
- On the Find a Doctor search page click on the **Get Cost Information** tab
- Enter search criteria (you can search under health care professionals or medical facilities)

### **Harvard Pilgrim members:**

- Click [here](#) to log into **HPHConnect** for members (you will need to register if you have not already)
- Once logged into the HP Now iKnow page you can enter search criteria
- Click [here](#) for a 4 minute presentation on the Now iKnow online cost estimator

### **A Few Important Tips:**

- These are average **estimated** costs only and may not represent your actual costs. Prices may not include every aspect of the total cost.
- Trouble logging in? Prefer a written estimate? Procedure not listed? Call BCBS or HP member services (the number's on the back of your insurance ID card).

## What about Measuring Quality?

Sure, these online cost estimators are a great first step when it comes to price transparency in health care. But what about measuring quality? How do you know if that less expensive procedure at one hospital is a better deal than the same more expensive procedure at the hospital down the street? What kind of quality information is available for physicians?

Here are a few online resources for comparing quality of care in Massachusetts:

### **Doctors-**

[Massachusetts Health Quality Partnerships \(MHQP\)](#)

[My Health Care Options](#)

[Consumer Reports— How Does your Doctor Compare?](#)

### **Hospitals-**

[My Health Care Options](#)

[Patient Care Link](#)



## **Attention MMHG Members:**

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.

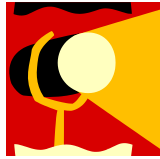
**You can even get your flu shot there!**

Attention MMHG members: We're looking for inspiring MMHG members to "spotlight" in future newsletters! Contact us at [wellness@mmhg.org](mailto:wellness@mmhg.org) or give us a call at 774-773-9306. We'd love to hear from you!

#### Did You Know?

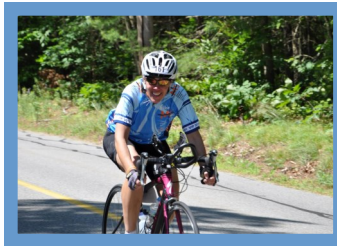
The "November Project" was started in Boston in 2011 by Northeastern alums Bojan Mandaric & Brogan Graham. It's a grass roots "tribe" of several hundred folks who meet 3 mornings a week in rain or shine or snow and exercise (like running up and down the stairs at Harvard Stadium). The appeal? It's fun and free and uses the city of Boston as it's "gym". Check it out at [November-project.com](http://November-project.com)

Sign up for the MMHG "Maintain Don't Gain Holiday Challenge. Visit [mmhg.org](http://mmhg.org) for more information!



## MMHG Member Spotlight

### Meet Elizabeth Sheibley-Goldrosen from Plymouth County Registry of Deeds



Elizabeth competing in a triathlon!

The MMHG member spotlight is a new feature of the MMHG BENEficial WELLness NEWS-letter. We'll highlight a MMHG member who motivates and inspires others with their commitment to exercise and good health. In this issue we asked MMHG member Elizabeth Sheibley-Goldrosen a few questions regarding her accomplishments, motivation and wellness tips.

**(Q) You're a very active person. What kinds of exercise & activities do you enjoy?**

**(A)** I love to swim, bike, run, hike, kayak, canoe and I enjoy getting to the gym for some strength training. I go to Harvard Stadium Wednesday mornings at 5:15 am to run the stairs as my morning workout, this I do with a group known as "[November Project](http://November-project.com)".

**(Q) How long have you been**

**exercising and why did you start?**

**(A)** I have always enjoyed riding my bike, recreationally and for charities. I got interested in doing triathlons in 2000 after my son was born and I wanted to lose a little weight, so I started running and swimming to go along with the bike riding. After I did one race, I was hooked!

**(Q) What motivates you to exercise?**

**(A)** What keeps me going now is the health factor. Within the past 4 years, I have lost a brother and both of my parents; I want to be a healthy example for my kids for a LONG time to come! After I realized I could actually run, I decided to join a running club, [The Colonial Road Runners](http://TheColonialRoadRunners.com), and now it is my fellow members that motivate me and keep me going when I find myself getting into a funk or a slump.

**(Q) What accomplishment are you most proud of when it comes to exercise?**

**(A)** In 2007 I ran a marathon in Maryland in 3hrs. 43 minutes which is a qualifying time to run the Boston Marathon, which I did for my first time in 2008. Qualifying for Boston is my proudest moment! My kids make me proud these days, my son likes to work out at the gym and my

daughter will join me now and again for a 5k and hiking.

**(Q) Do you have any particular goals that you have not yet realized?**

**(A)** I am planning on doing a full Ironman triathlon in Sept. of 2016, which will be when I am 50 years old!

**(Q) Any special health and wellness tips for MMHG members?**

**(A)** Eat healthy and do something every day. Surround yourself with like minded people, join a running club, a walking group, a health club, whatever, just enlist others to join you and it makes whatever exercise you are doing a lot more fun and also keeps you accountable!



Elizabeth running in the Boston Marathon!

## Take a Hike this Fall– 3 Suggestions

Fall is the perfect time of year to lace up your hiking boots and hit the trails. The cooler weather is invigorating and the changing landscape can be spectacular.

#### **Myles Standish Forest-**

South Carver 508-866-2505  
One of the largest forests in New England which includes

one of the biggest contiguous pitch pine/scrub oak communities north of Long Island. 13 miles of hiking trails. [website](http://www.mylesstandishforest.com)

#### **Skyline Trail at Blue Hills Reservation-**

Milton 617-698-1802  
The 9 mile Skyline Trail is a challenging hike but the views of the

Boston skyline make it worthwhile. [website](http://www.bhtrails.com)

#### **Borderland State Park-**

North Easton 508-238-6566

20 miles of trails and 6 ponds to explore. The 3 pond loop trail is family friendly. [website](http://www.borderlandstatepark.com)

# Have You Tried Tai Chi?



Beginning in mid November a group of employees from the Town of Kingston will meet once a week for 8 weeks to learn and practice Tai Chi. The cost of these work site classes will be subsidized by money from a MMHG wellness grant.

MMHG member units can apply for wellness grants to help fund employee wellness programs like worksite exercise classes, biometric screenings, healthy cooking demonstrations and more! Interested? Email us at [wellness@mmhg.org](mailto:wellness@mmhg.org) for more information.



BCBS Members click [here](#) and Harvard Pilgrim members click [here](#) for flu information including options for getting your flu shot.

You may have heard tai chi described as meditation in motion. If you've ever seen a group practicing tai chi you might also describe it as poetry in motion.

Tai Chi originated in China as a martial art. Over time it was practiced for health reasons as well. There are many different styles, but all involve slow, relaxed, graceful movements,

each flowing into the next. The body is in constant motion, and posture is important. The names of some of the movements evoke nature such as "white crane spreads its wings" and "embrace tiger". Individuals practicing tai chi also concentrate, putting aside distracting thoughts. Practitioners also breathe in a deep and relaxed, but focused manner.

Tai chi is a low impact, slow mo-

tion exercise. The movements are usually circular and never forced, the muscles are relaxed and the joints are not fully extended or bent and connective tissues are not stretched. Tai chi can be easily adapted for the very fit or those just starting an exercise program. Some of the benefits of tai chi include increased flexibility, improved balance and increased muscle strength.

## There's an App for that—Mindfulness

Curious about the practice of mindfulness? Did you want to attend the [MMHG fall regional seminars](#) on mindfulness held in West Bridgewater and Rochester but couldn't make it? Though it may seem counter-intuitive, technology may be a good place to start.

~Harvard Pilgrim's [Mind The Moment](#) program "encourages people to be fully aware in the

present". Click [here](#) for a link to their website for more information about mindfulness, including free learning and practice videos and lots of resources (content is free and you don't have to be a Harvard Pilgrim member to access it).

**Headspace**— With over a million subscribers this "meditation made simple" app provides 10– 10 minute sessions for free (paid sub

scription available too) The app provides clever animations on how the mind works and tips on meditation. Track your progress and receive reminders. *Free & subscription IOS and Android*

**Mindfulness App**— The app is good for beginners and experienced meditators, Includes guided meditations of varying lengths in 7 different categories, personalized meditations, and reminders. Track your progress. *\$1.99 IOS and Android*

## 3 Ways to Fight the Flu

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

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. Certain people are at greater risk for serious complications if they get the flu. This includes older people, young children, pregnant women and people with certain health conditions (such as asthma, diabetes, or heart disease). The Centers for Disease Control and Prevention recommend the following [3 steps](#) to help prevent the flu.

1. **Get vaccinated**— This is the single best way to prevent the flu.
2. **Take everyday precautions**— Practice good health habits. Wash your hands often with soap and water or use alcohol based hand rub and try to avoid close contact with sick people.
3. **Preventative antiviral medications**— If you are exposed to or caring for someone with the flu talk to your doctor about preventative antiviral medications.

### Flu Facts:

~Approximately **5-20%** of U.S. residents get the seasonal flu each year.

~Getting the flu vaccine is your best protection against the flu.

~Flu season typically starts in the fall and peaks in January or February

~It takes about two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection, it is best that people get vaccinated so they are protected before influenza begins spreading in their community.

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

Click [here](#) for "Is it the Flu or a Cold" fact sheet



# The Incredible Vegetable— Winter Squash

Acorn, buttercup, butternut, carnival, delicata, hubbard, spaghetti, and pumpkin are just some of the squash varieties available at farmers markets and super-markets. Seasonal in fall and winter these squashes are nutritious, easy to store and delicious.

## Nutrition

Each variety of winter squash differs in its nutritional content. But, generally, winter squash is a good source of vitamin A, potassium and vitamin C. Like most vegetables it is fat, cholesterol and sodium free. It is high in fiber and low in calories (about 60 calories per cup, cooked).

## Selection & Storage

Choose squash which are heavy for their size. Avoid moldy spots or soft patches on the skin. Store winter squash in a cool dry place for up to a month. Once cut, store squash in the refrigerator. Cooked and cooled squash can easily be frozen.

## Cooking

Winter squash can be steamed, boiled, baked, microwaved, and roasted. It is delicious in soups, stews, casseroles and



**Squash varieties, harvested in the fall, are known as winter squashes**

baked goods. Though the tough outer skin of winter squash is inedible, the seeds can be removed, cleaned and roasted in the oven. Most winter squash can be easily interchanged in recipes.

For an easy way to prepare winter squash without peeling simply wash and dry the whole squash, pierce with a knife several times, and bake in a 400 degree oven until tender (about an hour). Let the squash cool a bit, cut in half, remove the seeds, and scoop out the delicious flesh. Season and enjoy. Simple and perfect.

## Roasted Butternut Squash with Sage and Cranberries

From [Whole Foods](#) online recipes

### Ingredients:

- 1 medium butternut squash
- 4 tablespoons extra-virgin olive oil, divided
- Fine sea salt and ground black pepper
- 2 medium onions
- 2 tablespoons chopped fresh sage
- 4 tablespoons dried cranberries or cherries

### Method:

Preheat oven to 375°F.

Peel squash and cut in half lengthwise. Scoop out seeds from the center and discard. Cut squash into large chunks. Coat with 2 tablespoons of the olive oil. Season with salt and pepper to taste and arrange on a parchment-lined baking sheet. Bake for about 30 minutes, or until well caramelized.

Peel onions and cut into large chunks. Coat with remaining 2 tablespoons olive oil. Season to taste with salt and pepper and spread on a second lined baking sheet. Bake for about 20 minutes, or until well caramelized. When squash and onions are done, toss with sage and cranberries. Serve immediately.

## Easy Creamy Pumpkin Soup in 3 steps

1. Peel, cube, toss in olive oil, & roast a 3 pound sugar pumpkin on a flat baking pan (400 degree oven about 1/2 hour)
2. Saute 4 cleaned & chopped leeks in olive oil, add roasted pumpkin and 4 cups low sodium chicken broth. Bring to a boil, reduce heat and simmer 5 minutes
3. In a blender process in batches until smooth and creamy. Add more chicken broth if too thick. Season and garnish with low fat sour cream and whole grain croutons.

## Healthy Cooking Demo in Hanover



Registered dietitian Nicole Cormier of [Delicious Living Nutrition](#) prepared spaghetti squash for MMHG members at the **Autumn Farm to Table- Seasonal Eating & Cooking Demo** on September 24th at the Hanover Town Hall.

The event was part of the free MMHG Regional Wellness Seminar Series. Click [here](#) for Nicole's amazing recipe for Spaghetti Squash Pad Thai and [here](#) for her California Spaghetti Squash recipe (with chicken sausage, marinara and greens) Delicious!

## Find A Fall Farmers' Market Near You

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

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

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

[Massgown Map](#)



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

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

*Congratulations to Lynn Welsh from Kingston. Lynn won a wellness goody bag for solving the "Farmers Market Bounty" word search puzzle in the summer newsletter!*

# Solve the MMHG Puzzle

## Local Fall Produce

Have you tried rutabaga, parsnips or turnips yet? Click [here](#) for a roasted root vegetables recipe from Whole Foods that includes these delicious and nutritious seasonal vegetables.

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

APPLES  
BEETS  
BRUSSELS SPROUTS  
CABBAGE  
CAULIFLOWER  
CELERY  
CHARD  
CRANBERRIES

KALE  
PARSLEY  
PARSNIPS  
PEARS  
POTATOES  
RUTABAGAS  
TURNIPS  
WINTER SQUASH

### 1. Who needs a flu vaccine?

a) You   b) You   c) You   d) All of the above

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

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



# November is National Diabetes Month

According to the National Diabetes Education Program (NDEP) more than 29 million Americans have diabetes, and it is estimated that one in four people with diabetes does not know they have the disease. If left untreated, diabetes can lead to serious health problems, including heart attack and stroke. **Here are a few tips from NDEP for preventing Type 2 diabetes and lowering your risk for heart disease.**

## Prediabetes, Type 2 and Heart Disease

- Prediabetes is a condition in which individuals have high blood sugar but not high enough to be classified as diabetes.
- People with prediabetes have an increased risk of developing type 2 diabetes and heart disease.

## Risk Factors for Type 2 Diabetes

- One important risk factor for diabetes is family history.
- Most people with type 2 diabetes have a family member with the disease.
- If you have a mother, father, brother or sister with type 2 diabetes, you are at risk for type 2 diabetes.
- If you have a family history of diabetes – or other risk factors that increase your chances of getting type 2 diabetes such as being overweight or obese, physically inactive, over the age

of 45, or if you got diabetes during pregnancy.

## There are things you can do to help prevent or delay the onset of the disease

- Choose foods such as fruits and vegetables, fish, chicken and turkey without the skin, dry beans and peas, whole grains, and low-fat or skim milk and cheese. Drink water instead of juices or sodas.
- When eating a meal, fill half of your plate with fruits and vegetables, one quarter with a lean protein, such as beans, or chicken or turkey without the skin, and one quarter with a whole grain, such as brown rice or whole wheat pasta.
- Set a goal to be active at least 30 minutes, 5 days per week. You can start slow by taking 10 minute walks, 3 times a day. Ask family members to be active with you.
- Every day write down what you eat and drink and the number of minutes you are active. Review it every day. This will help you reach your goals.
- Talk to your doctor about your family health history. Diabetes is a serious disease and it is important to know your risk for type 2 diabetes.

People with diabetes can lower their chances of having diabetes-related heart problems by managing their *Diabetes ABCs*

**A** is for the A1C test (A-one-C).

This is a blood test that measures your average blood sugar (glucose) level over the past three months.

**B** is for Blood pressure.

**C** is for Cholesterol.

**S** is for stopping smoking.

If you have diabetes, talk to your doctor about your A1C, Blood pressure, and Cholesterol numbers. Your ABC goals will depend on how long you have had diabetes, and other health problems. If you smoke, ask for help or call 1-800-QUITNOW.

**Content Source: National Diabetes Education Program (NDEP) a partnership between the National Institutes of Health and the Centers for Disease Control and Prevention. Click [here](#) for more information and resources about National Diabetes Month.**

## Walkers Log 16,583 Miles in Fall Walking Challenge!

### Grand Prize Raffle Winners Fall Walking Challenge 2014

FitBit Zip Wireless Activity Tracker~ Barbara Bryant (Whitman)  
\$50 Gift Card Dick's Sporting Goods~ Todd DeCouto (Whitman)  
\$20 Trader Joe's Gift Card~ Leslie Dorr (Bridgewater)  
\$20 Trader Joe's Gift Card~ Marianne Christenen (Pembroke)  
\$20 Trader Joe's Gift Card~ Joh Lebert (SRTA)  
\$20 Trader Joe's Gift Card~ Colleen Snow (Pembroke)  
\$20 Trader Joe's Gift Card~ Bill Martin (Kingston)  
\$20 Trader Joe's Gift Card~ Christine McGuiness (Rockland)  
\$20 Trader Joe's Gift Card~ Joyce Kinsman (Pembroke)  
\$20 Trader Joe's Gift Card~ Madge Lawrence (Plymouth County)

Congratulations to the participants in the MMHG Fall Walking Challenge held from September 15th to October 27th. Walkers that registered for the challenge and logged their miles online were eligible to win raffle prizes in weekly drawings as well as in the grand prize drawings. Walkers also walked for their Team (MMHG member unit). Here are the 5 teams that logged the most miles:

### TEAM NAME=TOTAL MILES

Pembroke=3277  
Whitman=2689  
Kingston=1520  
Whitman Hanson RSD=1320  
Hanover=1124

These teams recorded the highest average miles walked:

### TEAM NAME AVG. MILES PER WALKER

Hull= 117  
Whitman= 90  
Pembroke= 89  
Plymouth County=88  
Southeastern Regional Transit Authority=88

Thank you to MMHG Wellness Coordinators for promoting the event and motivating walkers. For a complete list of prize winners send us an email at [wellness@mmhg.org](mailto:wellness@mmhg.org).

# November 20th– The Great American Smokeout

## Make the pledge to quit smoking today!

Each year the American Cancer Society marks the 3rd Thursday in November as the Great American Smokeout. If you smoke, make a plan to join other smokers and quit that day. The American Cancer Society suggests these **5 Keys to Quitting**:

### 1 Get Ready.

- Set a quit date
- Change your environment
  - ◊ Get rid of all tobacco, cigarettes, and ashtrays in your home, car, and work-place.
  - ◊ Don't let people use tobacco in your home.
- Go over your other attempts to quit—think about what worked and what didn't.
- Once you quit, don't go back— not even one puff or chew.

### 2, Get support and encouragement

Studies have shown that you have a better chance of succeeding if you have help.

- Tell your family, friends, and co-workers that you are going to quit and want their support. Ask them not to smoke or use any type of tobacco around you, and ask them to keep their cigarettes and tobacco out of sight.
- Tell your health care provider about your decision to quit.
- Get individual, group or telephone counseling. Programs are often given at local hospitals and health centers. Call the American Cancer Society at 1-800-227-2345 for information about programs in your area.

### 3. Learn new skills and behaviors

- Try to distract yourself from urges to use tobacco. Talk to someone or get busy with a task.

- When you first try to quit, change your routine. For example, use a different route to work or take the stairs instead of the elevator.
- Do something to relieve your stress— take a hot bath, take a walk, read a book.
- Plan to do something enjoyable every day.
- Drink a lot of water and other fluids.

### 4. Get medicine and use it correctly.

Medicines can help you stop smoking and lessen your urge to smoke. The US Food and Drug Administration (FDA) has approved the following medicines to help you quit smoking.

- Available by prescription— Bupropion (Zyban), Varenicline (Chantix), nicotine inhalers, nicotine nasal sprays
- Available over the counter— nicotine gum, nicotine patch, and nicotine lozenges

Remember to ask your health care provider for advice and carefully read the information and follow instructions on the package.

### 5. Be prepared for a relapse or difficult situations.

Most relapses occur within the first 3 months after quitting. Don't be discouraged if you start smoking or chewing again. Remember, most people try several times before they finally quit for good. Here are some difficult situations to watch for:

- Alcohol. When you drink alcohol, it lowers your chances of success. It's best to avoid drinking.
- Other tobacco users. When you're around people who use tobacco, it can make you want to do it too. It's best to avoid them for now.

- Weight gain. Many smokers gain weight when they quit, usually— less than 10 pounds. Eat healthy and stay active. Don't let weight gain distract you from your main goal— quitting smoking.
- Bad mood or depression. There are lots of ways to improve your mood other than smoking or chewing (take a walk or watch a funny movie).

If you are having problems with any of these situations, talk to your doctor or other health care provider.

Quitting smoking is not easy but remember, lots of people have been able to kick the habit. You can do it too!

### Resources To Help You Quit:

**BCBS members** should check out their "[Living Healthy Smoke Free](#)" program.

**HP members** can find [quitting smoking resources](#) online.

### Useful Links:

<http://www.smokefree.gov/>

<http://www.cdc.gov/tobacco/index.htm>

<http://makesmokinghistory.org/>

### Download:

American Cancer Society's "[Guide to Quitting Smoking](#)"

**Telephone:** 1-800-TRY-TO-STOP (1

800  
-  
879  
-  
-





# Healthier Holiday Appetizers

## Creamy Garlic Herb Dip From Cookinglight.com

Serve this easy to prepare appetizer at your next holiday party.

### Ingredients

- 1/2 cup (4 ounces) 1/3-less-fat cream cheese
- 1/4 cup buttermilk
- 2 tablespoons minced fresh chives
- 1 tablespoon minced fresh parsley
- 1 teaspoon grated lemon rind
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1 small garlic clove, minced



Serve dip with crunchy cut up veggies for a healthy appetizer

### Preparation

1. Combine all ingredients in a bowl; beat with a mixer at high speed for 2 minutes or until smooth.

## Pimenton Roasted Garbanzos

From [Wholefoodsmarket.com](http://Wholefoodsmarket.com)

- 2 (15-ounce) cans garbanzo beans, rinsed and drained
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon lemon juice
- 1 1/4 teaspoon pimentón (smoked paprika)
- 3/4 teaspoon sea salt
- 1/8 teaspoon cayenne pepper

Preheat oven to 425°F. In a large bowl, gently toss together all ingredients. Transfer to a large rimmed baking sheet and spread out in a single layer. Bake, tossing occasionally, until dry and crisp, about 40 minutes. Cool slightly, and then serve in mini cupcake liners or little cups or dishes, allowing about 2 tablespoons per serving.

# 5 Reasons You Should Join A Gym/Fitness Center

Thinking of purchasing a gym membership? Here are 5 reasons you should.

1. **It's a commitment**— Yes, it will cost you money but that can be a great motivating factor. Signing up for a gym membership is an investment in your health and you'll be more likely to stay committed to your goals if you've signed a contract and are paying for it.
2. **Professional and peer support**— You can reach your fitness goals safely and effectively with the knowledge and support of the gym staff. You can also look to your gym peers for motivation and inspiration.
3. **Variety and classes**— Most gyms have cardio equipment, strength training equipment and a wide variety of group classes available for all fitness levels. Some even have swimming pools. With so many options you're bound to find something fun that will challenge you in the beginning and over time as your fitness level improves.
4. **Convenience**— You won't have an excuse to skip exercising if the weather's bad. Gyms are also open early in the morning and in the evening. Many also have childcare options.
5. **Perks**— MMHG members can take advantage of annual fitness reimbursement and local gym discounts (see coupons in this newsletter). Best of all— you'll get more fit and healthier!

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

## Be Healthier for Life at Healthtrax Fitness & Wellness

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



**Healthtrax**  
Fitness & Wellness  
www.healthtrax.com

HANOVER, MA  
NORTH DARTMOUTH, MA  
EAST PROVIDENCE, RI  
1-800-505-5000

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

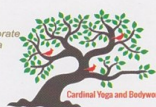
Wellness discounts for all MMHG Members:  
20% off adult walk-in yoga class  
10% off all other services: 10 class pass, monthly unlimited  
yoga, massage, and Reiki.

### Cardinal Yoga and Bodywork

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

1525 Hanover Street 2nd floor  
Hanover, MA 02339

781-421-6007  
info@cardinalyoga.net  
www.cardinalyoga.net



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



**TOTAL FITNESS**  
www.totalfitnessclubs.com

FREE 7-Day Trial Membership  
\$0 Join Fee  
Free One on One Consultation

685 Metacom Ave. Bristol, RI 02809-401-254-3900  
207 Swansea Mall Dr. Swansea, MA 02770-508-679-9793  
1301 Fall River Ave. (rte 6) Seekonk, MA 02771-508-336-4545  
360 Fausse Corner Rd. Dartmouth, MA 02747-508-995-5600

When you bring this coupon to your local club.



**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](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 ~  
~Dartmouth Fire District No. 3 ~ Greater New Bedford Regional Refuse Management District ~ Halifax ~ Hanover ~ Hanson ~ Hingham ~ Hull ~  
~Kingston ~ Marshfield ~ Norfolk County ~ North River Collaborative ~ Norwell ~ Onset Fire District ~ Pembroke ~ Plympton ~ Plymouth County ~  
~Plymouth County Retirement Association ~ Rochester ~ Rockland ~ Scituate ~ Silver Lake Regional School District ~ Southeastern Regional Transit  
Authority ~ South Shore Educational Collaborative ~ South Shore Regional Emergency Communication Center ~ South Shore Regional School District ~  
Southfield Redevelopment Authority ~ Wareham ~ Wareham Fire District ~ Water Works (Abington-Rockland) ~ West Bridgewater ~ Whitman ~  
Whitman-Hanson Regional School District ~



Like us on Facebook



Follow us on Twitter

### LIVE.LIFE.BELIEVE. FITNESS CENTER

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

## ONE WEEK TRIAL

**For all Mayflower Municipal Health Group Members**

Limit - One per member - Please Print To Redeem

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



Small Group Personal Training

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

170 Bedford Street Abington, MA

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



### Free 14-Day Family Trial Membership

### Mayflower Municipal Health Group

Includes two adults and their children under age 22.

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

16 Aldrin Rd. Plymouth, MA

[www.plymouthfitness.com](http://www.plymouthfitness.com) 508-746-7448



**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](http://www.anytimefitness.com) (781) 585-0444