Mayflower Municipal Health Group

Beneficial Wellness Newsletter

ISSUE 13 WINTER 2016

HOT TOPICS:

Follow us on Facebook & Twitter

~Get motivated to take control of your health and sign up for a FREE MMHG Wellness Seminar. Upcoming topics include:
***Heart Health**
***The Importance of Sleep**
***Mindfulness**
***Setting up a Healthy Kitchen**
(See inside for details)

~MMHG Spring Walking Challenge begins April 25th- stay tuned for more info!

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What's your Healthy Vision for the Future?

A Special Message from Thomas Hawkins MD, Blue Cross Blue Shield of Massachusetts

What's your vision for retirement? Chasing grandkids around, golfing, fishing, hiking? You can make it happen—you are in control of your healthy future.

Municipal workers look forward to many active years in retirement. However, if you carry chronic conditions such as obesity or poorly controlled diabetes, or unhealthy habits such as smoking, your chances of disability increase and your lifespan could be reduced. Your retirement funds could also take a significant hit due to unforeseen health care costs as a result of an unhealthy lifestyle.

Average lifespans have declined for the first time in US history in some segments, partly due to the obesity/diabetes epidemic. It doesn't have to be that way, and it's never too late to make a difference. 15-30 percent of those who suffer from obesity and who are pre-diabetic will convert to diabetes within three to five years if they don't change their lifestyle.

However, for many people that can be avoided by losing five to seven percent of your body weight. Diabetics who have better control of glucose and blood pressure reduce their risk of heart

attacks or kidney failure by 15-30 percent. Even for longtime smokers, the risk of dying from smoking-related causes drops significantly within just a few years of giving up tobacco. You have to decide what's important to you in the long run.

You may be asking yourself 'how do I start?' Everyone at some point has tried to do something to help better their health. But what's important is that you learn from those attempts to improve your chances. If you approach changing your lifestyle with a very clear, long term goal with proven methods, it can be easier.

A method that works for many folks is to either get help from a professional, or seek out a friend who has made the change themselves. They can help you identify your own obstacles and plan for potential setbacks. So talk to your doctor or your friend and ask questions.

You can also log onto health sites such as AHealthyMe.com, and read more about your options or reach out to one of our customer service representatives to find out what programs are available to you.

By identifying your issues you are taking the first – and most important step – to a better, longer, more healthy retirement.

By Thomas Hawkins MD, Senior Medical Director, Population Health, BCBSMA

The Mayflower Municipal Health Group is committed to the wellness of our members.

Visit our website at www.mmhg.org (click on the wellness tab) for a listing of the many wellness opportunities available to you.

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 **Be**neficial **Well**ness **News**letter. With medical costs continuing to rise, consumers are challenged more than ever to make informed decisions about their healthcare.*

You Can Take Control of your Healthy Future. Here's How:

- Maintain a healthy weight. Ask your doctor what weight's healthy for you.
- Get moving. Experts recommend at least 30 minutes of exercise (e.g., brisk walking) five days a week.
- Eat a healthy diet of mostly vegetables and fruits. Choose whole grains, lean proteins, low fat dairy, healthy oils and nuts.
- Get a good night's sleep. Aim to get about 7-9 hours of sleep each night.
- If you drink alcohol, drink less. Experts recommend men have no more than two alcoholic drinks a day, and women have no more than one.
- If you smoke, make a plan to quit. Ask your doctor if you need help.
- Adopt healthy coping skills for stressful situations.

Get Motivated! MMHG members can participate in a variety of wellness programs to help reach healthy goals:

~FREE regional seminars in topics like heart health, sleep, nutrition, stress management and more.

~Healthy cooking demos.

~Spring and Fall walking challenges and other fun programs like the "Maintain Don't Gain" and "Passport to Wellness" challenges that help motivate you to eat healthier, exercise more, and stress less— and win prizes!

~Special programs like the 6 week Mindfulness Series, Nutrition Support Group & FREE yoga classes.

~Worksite flu clinics.

~The MMHG Beneficial Wellness Newsletter (read back issues at www.mmhg.org).

~Wellness grant program for MMHG member units (worksite Zumba classes, "biggest loser" contests, employee gardens).

~Worksite biometric screenings like blood pressure and glucose screening.

~Fitness and Weight Loss reimbursements & gym discounts.

Learn more at www.mmhg.org

What wellness programs would you like to see? Email us at wellness@mmhg.org

FREE Wellness Seminar

"Heart Smarts 101"

Hanson Town Hall
542 Liberty Street
Wednesday, April 6, 2016
5:00– 6:00 PM

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

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

MMHG regional seminars are FREE and open to MMHG member unit employees, retirees and their spouses. Register by sending email to: wellness@mmhg.org or call 774-773-9306

BCBSMA Members:

Why you should "Take the Call" when the Case Manager Calls!

Did you know the BCBSMA case management program helps people with chronic conditions, serious illnesses, injuries or complex medical and behavioral health needs gain access to a nurse that can support and encourage you to take control of your health? Your nurse case manager will partner with you to:

- Set goals, address barriers to care.
- Develop a road map towards improved health.
- Help you better understand your health, treatment options, and doctor's treatment plan.
- Provide you with the resources you need to make informed decisions about your health care.
- Share local resources that may offer additional assistance.
- Inform you on how to manage your health day to day.
- Coordinate care with your health care team and caregivers.

Attention: Retired members enrolled in Medex III or HPHC Medicare Enhance Medicare supplement plans:

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

Online Cost Estimators Available:

As a health care consumer, you can use this website to get the link to compare the cost and quality of various health care services at facilities near you.

Cost and Quality website:

www.getthedealoncare.org

FREE Wellness Seminar

"Dreaming of a Better Night's Sleep"

Town of Rockland COA
317 Plain St Rockland
Monday
March 14, 2016
5:30 PM– 6:30 PM

Research shows that insufficient sleep can lead to long-term health issues, including the development of chronic diseases and depression. Learn how to make sound sleep habits a priority and learn techniques that will help you fall and stay asleep at night.

Register by sending email to: wellness@mmhg.org or call 774-773-9306

-Community Matters-

MMHG MEMBERS!

What is your town or school doing to support a culture that improves the health / wellbeing of your community?

We'd love to share your story in our next newsletter. Send an email to wellness@mmhg.org

Spring Forward– Surviving Daylight Savings

Content Source: "Your Guide to Healthy Sleep" by National Institutes of Health.

Daylight Saving Time begins on March 13th, when we set the clock ahead one hour. This small change often causes us to feel "tired" and "out of sorts" for several days, while we adapt to a new sleeping schedule. For parents of young children that one hour change can be a real challenge!

Here are a few tips to help you and your family cope with the time change:

Gradually transition by going to bed earlier in 10-15 minute increments, beginning several days before it's time to change the clocks. This can work particularly well with young children.

Go for an early morning walk on the Sunday morning when Daylight Savings begins, and soak in the sunshine. Sunlight helps the body's internal biological clock reset. Daily exercise can also help you sleep better.

Take a short nap (20 minutes) in the afternoon, If you feel sleepy- just not too close to bedtime. Try and go to sleep at night, and wake up in the morning at the same times everyday.

Why Sleep is Important

Adequate sleep, like good nutrition and regular physical activity is vital to one's well being. During sleep, the brain is hard at work forming the pathways necessary for learning and creating memories and new insights. Without enough sleep, it's more difficult to focus and pay attention or respond quickly.

A lack of sleep may even cause mood problems. Most people report being irritable, if not downright unhappy, when they lack sleep. Also, growing evidence shows that a chronic lack of sleep increases your risk of obesity, diabetes, cardiovascular disease, and infections.

How Much Sleep is Enough?

Sleep needs vary from person to person. **Newborns** sleep between 16-18 hours a day, while **children in pre-school** need 10-13 hours of sleep. **School age children** and **adolescents** require 9-11 hours of sleep each day, while **teenagers** do best with 8-10 hours. It is recommended that **adults** sleep between 7-9 hours each day.

More Sleep Tips

Avoid caffeine and alcohol close to bedtime. Finish consuming at least 2-3 hours before you go to sleep.

Turn your bedroom into a sanctuary. Sleep on a comfortable mattress and create a dark, cool, quiet environment.

Establish a relaxing bedtime routine. Take a warm bath, listen to soft music or meditate.

If you can't sleep– Get up and go into another room and do something relaxing until you feel tired (avoid computers and smartphones).

Recent Scientific studies have shown that Mindfulness can improve sleep. For a free guided meditation "Body Scan for Sleep" from the UCLA Mindful Awareness Research Center go to: http://marc.ucla.edu/body.cfm?id=22

Seek help-If your sleep problems are persistent, tell your doctor or a sleep professional.

Community Matters— The "Healthy Hanover Show"

The "Healthy Hanover Show", produced for Hanover Community Access Television, motivates Hanover residents to embrace a healthy lifestyle by focusing on local wellness resources and events.

The TV show, is co-hosted by Town of Hanover Wellness Coordinator Audrey Barresi, and wellness professionals Susan Glover and Julianne McLaughlin. Episodes are taped in front of a live audience, and include an interview with an inspiring Hanover resident living a healthy lifestyle. The show also features local business owners, healthy cooking segments, and exercise demonstrations.

The tone of the show is upbeat — encouraging community members to take advantage of local wellness opportunities and to try something new. It also introduces community members to local causes, such as the ALS Knights, an organization developed by Hanover resident Kevin Gosnell, a recent guest on the show, who has turned his own experience with the disease ALS into an inspiring and powerful success story.

Find out more about the "Healthy Hanover Show" on their Facebook page. (www.facebook.com/TheHealthyHanoverShow), where you can also find links to past episodes.

The "Healthy Hanover Show" co-hosts participating in a local road race.

Solve the MMHG Puzzle

"The Benefits of Yoga"

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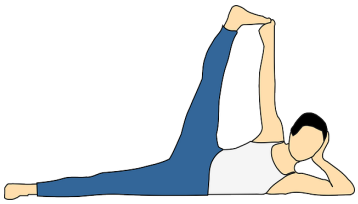
CLARITY
CONCENTRATION
ENERGY
FLEXIBILITY
FOCUS
HARMONY
RELAXATION
STRENGTH
VITALITY



Solve and return the completed puzzle to us no later than April 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 Debra Pettigrew from Wareham. Debra won a wellness goody bag for solving the "Wonderful Winter Squashes" word scramble puzzle in the fall newsletter!

Important Reminder for MMHG Members:

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

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

More Reasons to Try Yoga

~Great for all levels & abilities

~Brings the mind, body, & breath together

~Perfects your posture

~Prevents cartilage & joint breakdown

~Protects your spine

~Improves your bone health

~Increases your blood flow

~It's good for your heart

Makes you happier & helps manage stress!

FREE Regional Yoga Classes for MMHG Members!

Did you resolve to be more active in 2016? Maybe try a new kind of exercise? Always wanted to give yoga a try? We're offering our members the chance to sign up for 6 weeks of introductory yoga classes— *for free!*

We're scheduling 6 different series of 6 classes to be held in each of the following towns: Abington, Hingham (SSEC), Hull, Kingston, Norwell, and West Bridgewater on various weeknights. Classes will start at 5:00 PM beginning the week of March 14th. **For the complete schedule and program flyer with registration information go to www.mmhg.org and click on the wellness tab or call 774-773-9306. Space is limited, register today!**

The introductory course will give you the opportunity to learn the basics and is appropriate for men and women of all ages, and most fitness levels. All you need to bring to class is a yoga mat, (Walmart and Target have inexpensive ones), and a water bottle. You'll also want to wear comfy exercise clothes and to arrive a few minutes early before the first class to sign in and complete a fitness waiver form. **Always check with your health care provider when beginning a new exercise program.**

Programs are brought to you by the Mayflower Municipal Health Group (MMHG) in collaboration with the hosting MMHG member unit, the So Shore YMCA, Dancing Crow Yoga Teacher's Collaborative, and Maha Yoga Center. Classes are FREE to all employees, retirees & spouses of MMHG member units. Remember, space is limited– so register today!

Eating Healthy with Grain Bowls

Does the thought of preparing healthy and nutritionally complete meals day in and day out seem boring, repetitive and bland? Why not simplify the process and prepare delicious and healthy "one bowl meals" using a variety of whole grains, vegetables and protein sources?

Creating your grain bowl

Here's your chance to get creative and have fun. Grab a bowl and start with a 1/2 cup of cooked grains, add a cup of veggies, and top with a small amount of protein. Easy! The best bowls have a balanced combination of flavors and textures. Adding a little sauce and other garnishes to your bowl can boost flavor. HINT: Leftovers work perfectly in grain bowls.

Choosing your grain

Stock your pantry with a variety of whole grains– brown rice is good, but try different grains too, like quinoa, farro, and barley. Prepare a few different grains on Sunday afternoon to use during the week. (1 cup dried = 4- 1/2 cup servings).

Choosing your vegetables

Sauté, roast, steam, grill, or leave your vegetables fresh and crisp. Always try and incorporate leafy greens into your bowl. Adding a variety of colorful vegetables to your bowl not only looks nice, it is more nutritious. Boost flavor by preparing veggies with healthy oils (like olive or coconut), garlic, herbs, and spices.

Choosing your protein

Consider plant based protein sources like nuts, beans, lentils, and tempeh. Grill, sauté, stir-fry, poach, and roast seafood, poultry, beef and other meats. A simple fried egg on top of your grain bowl can be delicious!

Choosing your garnish

Add small amounts of sauces and garnishes to give your bowl more personality and depth. Use flavors that complement the ingredients in your bowl. Mix together soy sauce, sesame oil, garlic and ginger for an easy sauce. Add salsa, pickled chilies, or toasted pumpkin seeds. A little pesto can be delicious— so can a drizzle of vinegar, a squirt of citrus, or a dash of hot sauce.

Here are a few seasonal grain bowl suggestions:

* Farro + Butternut Squash + Mushrooms + Spinach + Tofu + Peanut Sauce
* Wheat Berries + Broccoli + Kale + Shrimp Sesame Oil + Pickled Ginger
* Brown Rice + Cabbage + Carrots + Boneless Chicken Breast + Cranberry Sauce
* Red Quinoa + Sweet Potatoes + Swiss Chard + Black Beans + Salsa

"Mix and Match" Grain Bowl Ingredient Ideas:

Whole grains 1 serving = 1/2 cup cooked Try red or white quinoa, brown or wild rice, buckwheat, millet, and amaranth (gluten free). You can also choose wheat berries, farro, kamut, spelt, freekeh, and barley. TIP: Add 1 T Olive Oil or Coconut Oil to grains for flavor and nutrition.

Winter Seasonal Vegetables 1 serving = 1 cup cooked or raw veggies. Look for butternut squash, mushrooms, cabbage, broccoli, spinach, kale, Brussel sprouts, turnips, onions, sweet potatoes, beets, and carrots.

Protein Options 1 serving= 1/2 cup of cooked chickpeas, black beans, lentils, tofu, or tempeh. 1 egg, Fish (6 oz), shellfish (6 oz), pasture raised chicken (4 oz), grass fed beef (3 oz).

Garnishes Chopped nuts, seeds, pesto, citrus, vinegar, pickles, chilies, soy sauce etc….

FREE Nutrition Series

'Creating a Healthy Kitchen'

~with Registered Dietician Nicole Cormier of Delicious Living Nutrition

All programs are scheduled from 6:00 PM– 7:00 PM

Thursday, April 7th
Abington Town Hall
500 Gliniewicz Way
Abington MA 02351

Tuesday, May 3rd
West Bridgewater COA
97 West Center Street
West Bridgewater MA 02379

Monday, June 6th
Plymouth County Retirement Association
10 Cordage Park, Suite 234,
Plymouth MA 02360

A nutrient dense, well-stocked pantry is a must for a healthy lifestyle; it will support you to cook intuitively and to choose complete nutritious meals.

Topics include: grains, vegetables, fruit, protein, spices + appliances. There will also be a healthy recipe prepared at each class.

This workshop will help you redesign your pantry and stock it with everything you need to make clean eating a daily practice!

MMHG regional seminars are FREE and open to MMHG member unit employees, retirees and their spouses. Register by sending email to: wellness@mmhg.org or call 774-773-9306.

Can Living in the Moment Improve your Health?

Content Source: NIH News in Health

At some point in your life, someone probably told you: "Enjoy every moment. Life is short." Maybe you've smiled and rolled your eyes at this well-intentioned relative or co-worker. But the fact is, there's something to it. Trying to enjoy each moment may actually be good for your health.

The idea is called mindfulness. This ancient practice is about being completely aware of what's happening in the present—of all that's going on inside and all that's happening around you. It means not living your life on "autopilot." Instead, you experience life as it unfolds moment to moment, good and bad, and without judgment or preconceived notions.

"Many of us go through our lives without really being present in the moment," says Dr. Margaret Chesney of the University of California, San Francisco. She's studying how mindfulness affects health. "What is valuable about mindfulness is that it is accessible and can be helpful to so many people."

Studies suggest that mindfulness practices may help people manage stress, cope better with serious illness and reduce anxiety and depression. Many people who practice mindfulness report an increased ability to relax, a greater enthusiasm for life and improved self-esteem.

One NIH-supported study found a link between mindfulness meditation and measurable changes in the brain regions involved in memory, learning and emotion.

A major benefit of mindfulness is that it encourages you to pay attention to your thoughts, your actions and your body. For example, studies have shown that mindfulness can help people achieve and maintain a healthy weight. "It is so common for people to watch TV and eat snack food out of the box without really attending to how much they are eating," says Chesney. "With mindful eating, you eat when you're hungry, focus on each bite, enjoy your food more and stop when you're full."

Finding time for mindfulness in our culture, however, can be a challenge. We tend to place great value on how much we can do at once and how fast. Still, being more mindful is within anyone's reach.

You can practice mindfulness throughout the day, even while answering e-mails, sitting in traffic or waiting in line. All you have to do is become more aware—of your breath, of your feet on the ground, of your fingers typing, of the people and voices around you.

Chesney notes that as people start to learn how to be more mindful, it's common and normal to realize how much your mind races and focuses on the past and future. You can just notice those thoughts and then return to the present moment. It is these little, regular steps that add up and start to create a more mindful, healthy life.

Being Mindful

The concept of mindfulness is simple, but becoming a more mindful person requires commitment and practice. Here are some tips to help you get started:

Take some deep breaths. Breathe in through your nose to a count of 4, hold for 1 second and then exhale through the mouth to a count of 5. Repeat often.

Enjoy a stroll. As you walk, notice your breath and the sights and sounds around you. As thoughts and worries enter your mind, note them but then return to the present.

Practice mindful eating. Be aware of taste, textures and flavors in each bite, and listen to your body when you are hungry and full.

Find mindfulness resources in your local community, including yoga and meditation classes, mindfulness-based stress reduction programs and books.

FREE 6 WEEK COURSE

Exploring the Practice of Mindfulness

Hingham Town Hall- 210 Central St.
Wednesdays May 4, 11, 18, 25 June 1, 8
5:30 PM

This multi-week course offers close study in a variety of mindfulness-based topics, including basic practices like the body scan and sitting meditation, as well as walking meditation, gentle stretching, and mindful communication. By the time the course ends, participants will feel prepared to practically integrate a variety of mindfulness practices into their daily lives.

FREE to employees and retirees of MMHG member units and their spouses. Space is limited to 25 people. Participants must commit to attending all 6 courses. Call 774-773-9306 or email wellness@mmhg.org for information.

Take Advantage of a South Shore YMCA Membership Special & Open House!

Mayflower Municipal Health Group member unit employees and retirees can now get **the joiner's fee waived (up to a $150 value)** on a membership at the South Shore YMCA (Hanover & Quincy YMCA locations). Membership categories include Household, Adult, Young Adult, Junior, and Senior.

Membership includes 100 group exercise and 30 indoor cycling classes per week, full access to the Health and Wellness Center (featuring state of the art Cardiovascular & Strength equipment and Free Weights). Family and Open Swim, Lap Swim, weekday Water Aerobics Classes and much more.

Family activities include free babysitting for household members, Youth Zone Activity Center, kids fitness classes, arts and education programs, and Sky Trail Explorer Indoor Ropes Course. Members receive priority registration and discounts for all programs including swimming lessons, camp and birthday parties.

There are also specialized programs for seniors including strength and flexibility exercise classes, senior tennis programs, Arthritis Foundation water classes, medically based programs and a social group.

To join, or learn more about the benefits of becoming a South Shore YMCA member, contact Laurie Fournier, Senior Director of Member Service, at 781-829-8585 ext. 8269 or lfournier@ssymca.org.

To waive the joiners fee when signing up for a membership, show your MMHG Blue Cross Blue Shield or Harvard Pilgrim ID Card (or letter from your benefit coordinator confirming that you are an employee of a MMHG member unit.) at the time of registration.

South Shore YMCA Open House

for MMHG Member Unit Employees

Wednesday
March 16. 2016
5:00– 7:00 PM

Have a tour! See the new Sky Trail! Connect with Y staff to answer any questions you may have!

Hanover YMCA
Emilson Branch
75 Mill Street
Hanover, MA 02339

Did You Know?

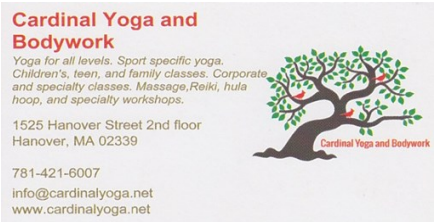
Your Blue Cross Blue Shield of Massachusetts or Harvard Pilgrim health plan can save you up to $150 annually in qualified health club membership fees or for fitness classes taken at a qualified health club.

For more information on your fitness benefit and weight loss benefits and discounts visit www.mmhg.org and click on the wellness tab.

Wow! Check out these Exclusive offers for MMHG members.

See back page for more local fitness coupons!

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.



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

Mayflower Municipal Health Group

P.O. Box 3390
Plymouth, MA 02361

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MAYFLOWER MUNICIPAL HEALTH GROUP CONSISTS OF THE FOLLOWING GOVERNMENTAL UNITS:

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