

# Mayflower Municipal Health Group

## Wellness Newsletter

ISSUE 1

WINTER, 2013

### HOT TOPICS:

#### • **NAME THIS NEWSLETTER CONTEST:**

Name this Newsletter and win a Wellness Goody Bag and honorable mention in our next issue.

Email your entry to [wellness@mmhg.org](mailto:wellness@mmhg.org) and use subject "Name this Newsletter contest."

- Participants in the 2012 MMHG Fall Walking Program logged a total of 10,000 miles!

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## Welcome! Wellness at Work

### A Welcome Message from the Wellness Committee Co-Chairs

The Mayflower Municipal Health Group (MMHG) believes that wellness initiatives are an effective way to improve employee health and combat rising health care costs. Increased physical activity, healthy eating, avoiding tobacco and managing stress are important steps in lowering the risk of chronic diseases like type 2 diabetes, heart disease, obesity and cancer. Encouraging members to seek regular preventative care and recommended screenings also creates better health.

The MMHG is committed to helping members get healthier by working in conjunction with the MMHG Wellness Committee, Blue Cross Blue Shield, and Harvard Pilgrim Health Care to offer a wide array of wellness initiatives.



topics and offer health screenings like blood pressure, back screenings, and flu shot clinics for employees.

- Special incentive based initiatives – Members can participate in programs like our walking challenges and win prizes!

We sincerely hope that you like the programs offered through your governmental unit. Research shows that wellness programs can reduce health care costs. This means less money spent on your health care premiums, more money in your pocket, and a healthier you!

*~Wellness Committee Co-chairs:  
Maureen Adams (West Bridgewater)  
Linda Cole (Halifax)*

The MMHG Wellness Committee consists of representatives from participating governmental units. Future MMHG quarterly newsletters will be available online or sign up to receive the newsletter via email at [www.mmhg.org](http://www.mmhg.org) and click on wellness tab.

Our successful programs include:

- Wellness Grants– Member units can apply for grants to help subsidize worksite wellness initiatives like yoga or Zumba classes.
- Seminars and Screenings– Member units can host worksite seminars on a variety of health related

## Resolve to Improve your Health in 2013!

Want to eat healthier and get more exercise in 2013? Take advantage of the following programs offered by Blue Cross Blue Shield and Harvard Pilgrim.

1. **Online Health Assessment – Get started!** Take the confidential health questionnaire for recommendations, links to healthy resources, and more.

2. **Fitness Benefit- Get moving!** Eligible members can receive \$150 reimbursement for joining a gym.

3. **Weight Loss Benefit and Discounts- Get motivated!** Blue Cross offers a \$150 Weight Loss Benefit and Harvard Pilgrim offers discounts to members who participate in an eligible weight loss program.

You may also want to think about starting a walking group for motivation and joining our Spring and Fall Walking Programs to win some great prizes. Visit [www.mmhg.org](http://www.mmhg.org) for more details.

 Like us on Facebook

 Follow us on Twitter

## MinuteClinic— Quick Convenient Care



It's Sunday morning and you wake up with a sore throat and a fever and your primary care provider's office is closed. What should you do?

Before heading to the emergency room why not try the CVS Minute Clinic? Blue Cross Blue Shield and Harvard Pilgrim members can stop into the MinuteClinic for a host of simple medical treatments, usually for the normal copayment and without any need for a referral.

There are over 20 MinuteClinic locations in Eastern Massachusetts with convenient evening, weekend, and holiday hours. Whether it's nasal congestion, athlete's foot, poison ivy or you just want a flu shot the MinuteClinic offers quick convenient care. For more information and a list of MinuteClinic locations visit:

[www.minuteclinic.com](http://www.minuteclinic.com) or  
[www.mmhg.org](http://www.mmhg.org).

### Blue Care Line

Blue Cross Blue Shield members can call the Blue Care Line at **888-247-2583** and talk to a registered nurse about health questions 24 hours a day, 7 days a week. The nurse can help assess symptoms and advise the best course of action, whether to call your doctor, go to the emergency room, or administer home treatment. This service is free and completely confidential.

*Mayflower  
Municipal Health  
Group eligible  
subscribers can  
receive a \$50 gift  
card for having a  
colonoscopy in  
2013!*

## Colonoscopy Screening Incentive

According to the Centers for Disease Control, Colorectal Cancer is the second leading cause of cancer related deaths in the United States and the third most common cancer in men and women. Colonoscopy screenings can save lives by detecting precancerous polyps, so they can be removed before they turn into cancer. A Colonoscopy screening is recommended for adults age 50 and

over and for anyone who may be at a higher than average risk for colorectal cancer.

The Mayflower Municipal Health Group is excited to announce that eligible subscribers can receive a **\$50 gift card** for having a colonoscopy in 2013!

The incentive is available to Blue Cross Blue Shield and Harvard Pilgrim subscribers

age 50 and over or high risk and enrolled in non-Medicare plans.

Eligible subscribers will receive a telephone call and postcard with details about the program. Visit [www.mmhg.org](http://www.mmhg.org) (What's New) to see a copy of the postcard.

Early detection is the key and that's when treatment works best. Over 50 and putting it off? Don't delay- have a colonoscopy this year!



Hull employees at "Boot Camp"- offered with the support of a MMHG Wellness Grant

## Spotlight: Town of Hull Employee Wellness

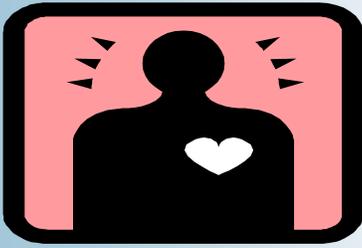
Town of Hull public health nurses Joyce Sullivan and Robin Killeen are committed to good health in their community. As MMHG Wellness Coordinators they are also mindful of the health of their coworkers. "Over the past five years we have given greater emphasis to the health and wellness of employees" says Hull Health Director Joyce Sullivan. "If

employees feel better it makes for a better more productive work environment with decreased employee absences." Wellness programs like the MMHG Fall Walking Challenge can also improve workplace morale. "The walking program was very successful" adds Sullivan, "employees were encouraging each other and feeling a little team spirit!"

Robin Killeen agrees the programs have a positive impact. "Along with the popular boot camp class, we also offer a monthly chair acupressure clinic and a weekly Chinese meridian stretching class."

Sullivan and Killeen also encourage employees to get out into the community and participate in healthy local events like the Town of Hull Board of Health's "Turkey Stroll" held in November and First Day Walk/Hike on New Year's Day.

# February is Heart Health Month



According to the American Heart Association a heart healthy lifestyle is your best defense against heart disease and stroke. By following these 8 simple steps you can reduce your risk for heart disease, heart attack and stroke.

## 8 Steps to a Healthier Heart

1. **Stop Smoking**
2. **Choose Good Nutrition**
3. **Reduce Blood Cholesterol**
4. **Lower High Blood Pressure**
5. **Be Physically Active Everyday**
6. **Aim for a Healthy Weight**
7. **Manage Diabetes**
8. **Limit Alcohol**

The Mayflower Municipal Health Group is committed to helping its members understand the importance of following a heart healthy lifestyle. During the month of February, the MMHG's Wellness Program will partner with participating member units to focus on cardiovascular health with informational outreach, special promotions, and free screenings.

Visit our website [www.mmhg.org](http://www.mmhg.org) for more details. We are also on Facebook and Twitter!

## Take a Hike— and Enjoy Better Health!

**“No one knows, till he tries, how easily a habit of walking is acquired.” - Thomas Jefferson**

Walking is a safe, low impact exercise suitable for all ages. According to the Weight Control Information Network <http://win.nidk.nih.gov/> walking may:

- Give you more energy and stamina and lift your mood
- Tone your muscles and strengthen your bones
- Increase the number of calories your body uses
- Lower your risk of health problems, like high blood pressure and cholesterol, heart disease and type 2 diabetes
- Give you an opportunity to actively socialize with friends and family

Experts recommend that adults get at least 150 minutes each week of moderately intense physical activity. Walking briskly for 30 minutes, 5 days a week is a great way to reach that goal and become more physically fit.

Still need motivation? Start a walking group with co-workers, organize family weekend walks at fun locations, use a pedometer and count your steps to better health!

### Family Friendly Local Walking Destinations:

1. **Cape Cod Canal**
2. **Hull Peninsula**
3. **Boston Freedom Trail.**

**Visit us on Facebook and share your local walking hot spot!**

## Eating Well this Winter

Eating healthy during the winter months can be a challenge. The short, cold days can lead us to choose heavier, calorie laden foods instead of the lighter choices we make during the warmer months. Here are 4 ways to eat healthier when it's cold outside:

1. Drink plenty of water. Herbal teas, such as mint, are a warm way to stay hydrated too!
2. Try a steaming bowl of oatmeal— hearty and heart healthy with fat free milk and dried fruit, nuts and cinnamon.
3. Choose seasonal produce like cabbage, carrots, leeks, cauliflower, kale, oranges, and tangerines. Don't forget frozen vegetables and fruits!
4. Learn to love legumes. Beans and lentils are fiber rich and satisfying— add to soups, stews and casseroles. Try the Minestrone soup recipe on page 4. Delicious!



**For a listing of local Winter Farmer's Markets visit our website at [www.mmhg.org](http://www.mmhg.org)**



# Mayflower Municipal Health Group

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MAYFLOWER MUNICIPAL HEALTH GROUP INCLUDES 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 ~



## ~Minestrone Soup Recipe~

### Ingredients

- 2 cans (14 1/2 oz) of reduced sodium beef broth
- 1 can (14 1/2 oz) diced tomatoes
- 1 can (15 1/2 oz) cannellini beans, rinsed and drained
- 1 cup diced potatoes
- 1 cup chopped green cabbage
- 1 cup chopped carrots
- 1 cup sliced zucchini
- 1/4 cup chopped onion
- 3/4 cup sliced green beans
- 1 celery stalk, chopped
- 3/4 cup water
- 2 tablespoons olive oil
- 1 garlic clove, minced
- 1/2 teaspoon dried basil leaves
- 1/4 teaspoon dried rosemary
- 1 teaspoon parsley
- Grated parmesan cheese (optional)



### Directions:

- 1) Combine all ingredients except cannellini beans and cheese in slow cooker, mix well.
- 2) Cover and cook on LOW 5-6 hours in slow cooker.
- 3) Add cannellini beans. Cover and cook on LOW 1 hour or until vegetables are tender.
- 4) Garnish with cheese if desired

Prep Time: 15 minutes

Cook Time: 5-6 hours or until veggies are tender

Serves: 8-10

*Nutrition Facts per serving: 143 calories, 4 grams fat, 5 grams of fiber, 6.5 grams protein*