



Your Health Matters

**CCMHG – Your Town, County, District,
Authority Working together for your health**

Written by Deanna L. Desroches, Director, CC Healthy Connections, LLC

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Bloom Where You're Planted: Embracing the Energy of Spring!



Ah, spring! That magical time of year when the world awakens from its winter slumber, and a sense of renewal fills the air. The days are longer, the sun shines brighter, and nature bursts forth in a symphony of colors. It's the perfect time to shake off the winter blues and embrace the revitalizing energy of spring!

Just as the flowers push through the soil and the trees sprout fresh leaves, we too can experience a personal renaissance. This season invites us to shed what no longer serves us and cultivate new growth in our lives. So, how can we harness the vibrant energy of spring for our well-being?

Spring Clean Your Mind and Body:

- **Declutter:** Just like you might spring clean your home, take time to declutter your mind. Journaling, meditation, or simply spending time in nature can help clear mental cobwebs.
- **Nourish with Fresh Foods:** Embrace the bounty of spring produce! Think of leafy greens, asparagus, berries, and radishes. These vibrant foods provide essential nutrients and energy.
- **Hydrate, Hydrate, Hydrate:** As the weather warms, our bodies need more hydration. Carry a water bottle with you and infuse your water with fruits like lemon or cucumber for a refreshing boost.

Get Moving and Embrace the Outdoors:

- **Outdoor Activities:** Take advantage of the pleasant weather by engaging in outdoor activities. Go for a walk, hike, bike ride, or try gardening.
- **Sunlight Exposure:** Sunlight is a natural mood booster and helps your body produce Vitamin D. Aim for at least 15-20 minutes of sun exposure daily, but don't forget the sunscreen!
- **Reconnect with Nature:** Spend time in parks, gardens, or forests. The sights, sounds, and smells of nature have a calming and grounding effect.

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Improve Your Health Through Better Nutrition

Looking to lose weight, prevent or manage a health condition, or make better food choices? Harvard Pilgrim has partnered with Good Measures to offer their Healthy Weight program to help you manage weight in a nutrition-focused way to help you reach your goals.

Get personalized support to:

- Learn how different foods and nutrients affect your health
- Build new habits that help you sustain better health
- Fit healthy eating into your schedule and budget
- Help prevent or better manage conditions such as high blood pressure, type 2 diabetes and heart disease and avoid disease related complications
- Find easy ways to incorporate physical activity into your daily routine

What's included:

- Coaching by your own registered dietitian – check in by phone or app messaging
- Access to the Good Measures app with personalized food recommendations, online classes, articles and tips, goal and food tracking
- Fun challenges with prizes

Learn more and sign up at harvardpilgrim.goodmeasures.com or call 800-407-0399

THE SUPPORT YOU NEED, JUST A FEW CLICKS AWAY

Nothing should stand between you and your emotional, psychological, or social well-being. Finding a therapist or psychiatrist who's a good fit is important. Use MyBlue to:



FIND MENTAL HEALTH PROVIDERS

Explore in-person and virtual mental health care options for adults and children with providers currently accepting new patients.



ACCESS TOOLS AND RESOURCES

Get help addressing mental health needs with tools and resources like Team Blue, who can help you find the care you need.



GET STARTED

To see your mental health options, scan the QR code, or sign in to MyBlue or create an account.

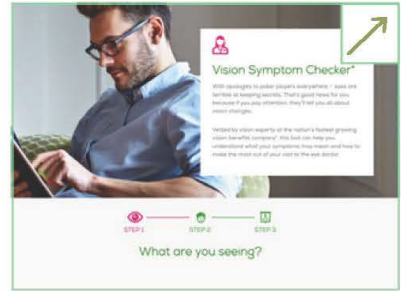
Talk to Team Blue

We can assess your mental health needs and match you with available in-network providers. Call 1-888-389-7764, Monday through Friday, 8:30 a.m. to 4:30 p.m. ET.

May

Celebrating Healthy Vision Month

EYE SITE ON Wellness



A look at your overall health

You have your annual physicals. You see your dentist regularly. You've got this healthcare thing down. But is seeing your eye doctor on that list? It should be.

Vision issues to monitor in your 40s, 50s, 60s and beyond

With each passing year, we gain more memories and more wisdom. (We hope.) But as we grow older, our bodies change too, including our eyes and vision. This process is natural, but it's important to stay aware of age-related vision changes to keep our sight and health on-track.

Vision symptom checker

Are your eyes acting up? This tool can help you understand what your symptoms could mean so you can make the most of your eye exam.

June

Eye care is for everyone

EYE SITE ON Wellness



Men, vision health, and the big 5

5 of the most common men's health issues can also impact vision. Learn how these diseases can damage eyesight and what can be done to avoid them.

Women and vision: Keeping an eye on your health

Women are more likely than men to develop many common but serious eye diseases. Knowing what to look for and maintaining a healthy lifestyle can give your eyes a fighting chance.

Video: Family eye care

In this video about family eye care, Dr. Ryan Smedley talks about how to best care for your child's eye health.



HELLO,
Spring

Take advantage of the milder temperatures to go outside for walks or any other activity you enjoy outdoors.

Whatever you do, your feet will carry you through it all so it's important that you take care of them especially if you have any type of diabetes.

Use the tips below to keep the spring in your step.



Limit going barefoot as this can increase risk of injury to your feet. Wear well-fitting shoes appropriate for the activity you are engaging in.



Stay hydrated to minimize any foot swelling caused by warmer temperatures.



Check your feet daily for cuts, redness, swelling, sores, and blisters, and have your doctor examine your feet at least once a year.



Enroll in the Good Health Gateway® Diabetes Care Rewards Program and be rewarded with \$0 copays on covered diabetes medications and supplies for staying on top of your foot exam and other diabetes care activities.



Enroll Today!

800.643.8028 Hablamos español
GoodHealthGateway.com



The Good Health Gateway Diabetes Care Rewards Program is a voluntary and confidential service for employees and their families enrolled in our health plan who are living with any type of diabetes.

Wellness News

Reiki & Sound Healing - Yarmouth



April 4, 2025 5:30 – 7:00 PM

Cape Light Compact, 261 Whites Path, South Yarmouth

Relax and enjoy this evening with a beautiful crystal bowl sound bath and individual Reiki healing. Reiki is a hands-on healing modality that offers gentle clearing, shifting, and uplifting of your energy. Reiki means "universal life energy." Offered by Reiki Master Teacher Kristine Callahan and Kelly Ragucci of Cape Cod Healing Transformations. [REGISTER NOW](#)

Gentle Yoga - Harwich



April 7, 2025 5:30 – 6:30 PM

204 Municipal Arts Building – Library – 204 Sisson Rd, Harwich

Join Samantha for a gentle yoga experience with stretching, gentle mobility, and breathwork to help you release and relax. While decreasing the risk of injury, yoga is great for mental well-being and lymphatic and digestive health.

[REGISTER NOW](#)

Retirement Planning Workshop – Hybrid/Yarmouth



April 8, 2025 5:30

Cape Light Compact, 261 Whites Path, South Yarmouth

Join us for this workshop if you are planning on retiring in the next five years. Susy Holmes, Director, Barnstable County Retirement will be leading this information session to help you navigate your course. Topics to be discussed include retirement age, self-service portal, salary, creditable service, buying back service, Military Service, timelines for retirement planning, retirement options, and post-retirement questions. [REGISTER NOW](#)

Fraud Prevention – Hyannis



April 8, 2025 5:15 – 6:15 PM

Cape Cod 5 Headquarters, 1500 Iyannough Rd, Hyannis

Join our friends from Cape Cod 5 for this awesome workshop which was designed specifically for Cape Cod Municipal Health Group members! During this workshop we will discuss current and trending scams, methods that fraudsters employ, and best practices to protect yourself and your loved ones. [REGISTER NOW](#)

Pilates - Yarmouth



April 11, 2025 5:30 – 7:00 PM

Cape Light Compact, 261 Whites Path, South Yarmouth

This unique class merges the dynamic principles of High-Intensity Interval Training (HIIT) with the focused and controlled movement techniques of Pilates, creating a comprehensive workout experience designed to significantly boost your heart rate, effectively tone your muscles, and profoundly strengthen your core. Annie Giannetti will be your guide in this wonderful practice. Annie Giannetti will be guiding you in this wonderful practice. [REGISTER NOW](#)

Strength Training for Active Older Adults – Yarmouth – NEW CLASS!

April 17, 2025 10:45 AM – 11:35 AM

MSFTS, 24 Easy St, Yarmouth Port,

Join Kaylin at MSFTS gym for a 50-minute full body workout that will challenge your level of strength and conditioning. You will start with a warmup and rotate through a series of exercises targeting your major muscle groups then cool down with general stretching. This workout is suitable for all fitness levels and allows you to workout at your own pace. You are stronger than you think you are! Kaylin can work with you around any injuries, ailments, or pain. [REGISTER NOW](#)

Foam Rolling – Harwich – NEW CLASS!

April 17, 2025 5:30 PM – 6:30 PM

204 Municipal Arts Building, 204 Sisson Rd, Harwich

Join us for this rejuvenating experience and discover the benefits of foam rolling! The benefits of Foam Rolling include improved flexibility, reduction in muscle soreness, enhanced blood circulation, relieved tension in fascia, added relaxation. What to Expect: guided techniques for effective foam rolling with a focus on major muscle groups, time for personal exploration and adjustment, and tips for maintaining flexibility and mobility. [REGISTER NOW](#)

CCMHG Wellness Portal FY25

Are you not on our new portal yet? What are you waiting for? Hop on over to your personalized [CCMHG Wellness Portal](#)! If you are a retiree or Harvard Pilgrim member, please complete this [FORM](#) (if you haven't already) so we can upload you manually.

Our next challenge is the Go the Distance Challenge! The goal of the Go the Distance challenge is to increase the distance you walk each day by logging an average of 7,000 steps. The final milestone is 210,000 steps in 30 days! Enrollment begins April 7th, and the challenge starts April 21st!

Participants who complete the challenge will be entered to win a \$50 Marathon Sports gift Card!

Martha's Vineyard Members

Are you up to date with all the programming happening on island? Follow this link to [Be Well MV](#) to be up to date with your programming. Please contact [Triva Emery](#) with any island specific questions.

CCMHG REGIONAL

BENEFITS FAIR



FROM 2:00 PM
UNTIL 6:00 PM

THURSDAY APRIL 10, 2025

**CAPE LIGHT COMPACT
261 WHITE'S PATH, YARMOUTH**

CCMHG Members come and talk with Health and Benefit Plan Representatives. Learn about the new Wellness Incentives, new EyeMed benefits and enhanced Dental Benefits! Enjoy a healthy treat from our County Nutritionist.

If you'd like to take part in a health screening while you are here: blood pressure, pulse, glucose, cholesterol (non-fasting) bone density, and/or ultraviolet skin assessments please select a ticket for the time that best suits you!

Enjoy this regional event created for you and your family!

PRE-REGISTRATION REQUIRED!

SIGN UP HERE



capecodhealthyconnections@gmail.com



Hot Topics

Sprouts for Spring

The world awakens earlier, and life sprouts all around us now. Accept spring's invitation to lighten up by cleaning out your pantry, your fridge, and your eating habits. Choosing the season's young greens will give you the nutrient density (a high concentration of vitamins, minerals, and phytonutrients, per calorie) to make the most of the lengthening days and allow you to feel the energy of fresh local food.

Reconnecting with raw foods this season ensures that you get the most phyto nutrition to keep your body's systems operating properly. Phytonutrients have a wide variety of benefits, from cardio protection, to antivirals, to antibacterials, and more. Cooking and processing often decreases phytonutrient activity, so having some raw fruits and vegetables in your diet ensures their phytonutrient potency.

While colorful fruits and vegetables are phytonutrient superstars, legumes, nuts, seeds, and beans also pack a punch. Follow the flow of the season and awaken your own growth and renewal.

Source: [Kripalu Center for Yoga & Health](#)

Re-Awaken those Fitness Goals

Spring is a great time to get back into exercising. You can take advantage of the warmer weather and longer days to get outside and enjoy nature.

Tips for spring fitness:

- ❖ Start slowly: Begin with an easy walking schedule or stretching routine.
- ❖ Set goals: Set specific goals, like walking a certain number of steps or building strength.
- ❖ Plan your meals: Fuel your workouts with a diet that complements your goals.
- ❖ Mix up your routine: Try something new if you're bored with your usual workouts.
- ❖ Consider the power of community: A group class or regular meet-up can help you stay motivated and accountable.
- ❖ Be patient: It can take time to get back into shape, especially if you've been inactive for a long time.

Source: [HenryFordHealth.com](#)

Embracing the Energy of Spring!

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Cultivate Growth and Renewal:

- **Set New Intentions:** Spring is a time for new beginnings. Reflect on your goals and set intentions for personal growth.
- **Try Something New:** Embrace the spirit of renewal by trying a new hobby, learning a new skill, or exploring a new place.
- **Practice Self-Care:** Prioritize self-care activities that nourish your mind, body, and spirit. This could include yoga, massage, reading, or spending time with loved ones.

Embrace the Joy of the Season:

- **Mindful Moments:** Take time to appreciate the beauty of spring. Notice the blooming flowers, the singing birds, and the gentle breeze.
- **Connect with Others:** Spring is a social season. Plan picnics, barbecues, or outdoor gatherings with friends and family.
 - **Celebrate the Season:** Engage in activities that bring you joy and celebrate the arrival of spring. Spring is a reminder that even after the darkest winter, new life and growth are always possible. Looking for accountability and community to support you and help you get moving this Spring? Check out our upcoming programs and sign up for our email list to be in-the-know about events and classes! Let's embrace this season of renewal and bloom where we're planted! Sources: [UCDavis.edu](#), [promisecare.com](#)

Quinoa is a Superfood!

Quinoa is considered a superfood due to its high nutritional value, particularly its complete protein content, fiber, and various vitamins and minerals, making it a versatile and healthy addition to a balanced diet. Higher in protein than any other grain, quinoa is so nutritious that NASA has used it to feed astronauts on long-term space missions.

Health Benefits: Unlike most plant-based foods, quinoa is a complete protein, which means it contains all of the essential amino acids. Amino acids are the building blocks of the proteins that make up your muscles, bones, skin, and blood. The nine classified as “essential” must be obtained from food daily — your body cannot produce or store them — and quinoa provides all nine.

Disease Prevention: The USDA recommends that at least half of the grains you eat be whole grains like quinoa. Refined grains have been stripped of most of the fiber, iron, and vitamins present in the whole grain. Including whole grains in your diet can help lower your risk of diabetes, heart disease, and cancer.

Digestive Health: Quinoa is a great source of fiber. Fiber can prevent or treat constipation and may lower your risk of intestinal cancers. It also helps you feel full longer, so it may help with weight loss.

Heart Health: Maintaining a healthy weight is important for heart health. The fiber in quinoa helps with cholesterol and blood sugar levels, lowering your risk of diabetes and heart disease. Quinoa is rich in antioxidants, which can prevent damage to your heart and other organs. A diet high in antioxidants has been linked with a decreased risk of heart disease. *Source: [WebMD](#)*

FOOD FOR THOUGHT

Quinoa Arugula Salad with Pineapple

Servings: 6 cups

Ingredients

2 cups cooked quinoa
2 cups chopped pineapple
1 bell pepper deseeded and chopped
2 cups baby arugula loosely packed

For the dressing:

¼ cup olive oil
¼ cup fresh mint chopped
2 limes juiced
1 tablespoon honey



Instructions: Prepare quinoa according to package directions to yield 2 cups cooked. Reserve 2 cups cooked quinoa for the salad and store any leftover in the fridge for other uses.

While the quinoa is cooking, chop the pineapple and bell pepper. Whisk together the olive oil, mint, lime juice, and honey.

Combine the cooked quinoa, pineapple, bell pepper, and arugula in a large bowl. Pour in the dressing and mix until well combined. Add salt, more arugula, or any of the other ingredients to taste.

Keep in the fridge until you are ready to serve. If you don't mind the quinoa slightly warm, you can serve right away.

Nutrition: Serving: 1cup | Calories: 203 | Carbs: 26g | Protein: 4g | Fat: 10g | Sat Fat: 1g | Sodium: 9mg | Fiber: 3g | Sugar: 10g | Vit A: 902IU | Vit C: 60mg | Calcium: 40mg | Iron: 1mg

Strengthening Bonds and Boosting Health: The Power of Couples' Wellness

The Last Word

In today's fast-paced world, maintaining a healthy relationship and individual well-being can be challenging. However, couples who engage in wellness programs and classes together often reap significant rewards, strengthening their bond and improving their overall health.

Shared Experiences and Enhanced Connection - Participating in activities like yoga, meditation, fitness classes, or cooking workshops creates shared experiences that foster deeper connection. "Couples who engage in shared activities often report increased feelings of intimacy and connection," says Dr. Jane Smith, a relationship therapist. "These shared experiences create a sense of 'we-ness' that strengthens the relationship."

- **Increased Communication:** Wellness activities often encourage communication, whether it's supporting each other through a challenging workout or discussing healthy eating habits.
- **Shared Goals:** Working towards common wellness goals, such as improving fitness or reducing stress, creates a sense of teamwork and mutual support.
- **Quality Time:** Dedicated time spent together in a wellness setting provides an opportunity to disconnect from daily stressors and focus on each other.



Improved Physical and Mental Health - Wellness programs offer a range of benefits for both physical and mental health, which can positively impact a relationship.

- **Reduced Stress:** Activities like yoga, meditation, and mindfulness exercises can significantly reduce stress levels, leading to a calmer and more harmonious relationship.
- **Increased Fitness:** Engaging in fitness classes together can motivate couples to stay active, leading to improved cardiovascular health, strength, and energy levels.
- **Healthier Habits:** Cooking and nutrition workshops can help couples adopt healthier eating habits, leading to improved overall health and well-being.
- **Enhanced Mood:** Physical activity and stress reduction techniques can boost mood and reduce symptoms of anxiety and depression, creating a more positive and supportive relationship environment.

Mutual Support and Motivation - Having a partner to support you on your wellness journey can be incredibly motivating.

- **Accountability:** Couples can hold each other accountable for their wellness goals, making it more likely that they will stick to their routines.
- **Encouragement:** Partners can provide encouragement and support during challenging times, helping each other overcome obstacles.
- **Shared Motivation:** Working towards common goals together can create a sense of shared motivation and commitment. Sources: [Mayo Clinic](#); [APA](#); [Harvard Health](#)

Your Health Matters is a quarterly publication for municipal employees and family members of the Cape Cod Municipal Health Group. All questions and correspondence should be directed to Deanna L. Desroches, Health & Wellness Consultant, Cape Cod Healthy Connections, LLC
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