



Your Health Matters

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

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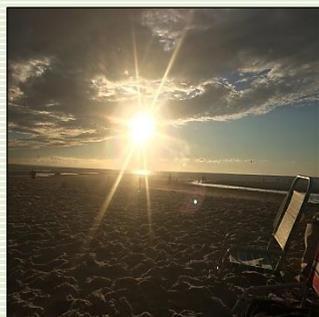
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The Risk of Catching Rays

We live on Cape Cod! Our life is a beach and it feels good to lounge in the sunshine, but it can hurt your health in the long run. Over the years, too much time outdoors can put you at risk for wrinkles, age spots, scaly patches called actinic keratosis, and skin cancer.

A tan may look nice, but that golden color is due to an injury to the top layer of your skin. When you soak up the sun's ultraviolet rays, it speeds up the aging of your skin and raises your risk of skin cancer. To prevent damage, use a "broad spectrum" sunscreen that is SPF 30 or higher.

There's no guesswork about whether you've got a sunburn. Your skin turns red, it feels hot to the touch, and you may have some mild pain. It's called a first-degree burn when it affects only the outer layer of your skin. To get some relief from pain, take aspirin or ibuprofen. Try a cold compress, or apply some moisturizing cream or aloe. A second-degree sunburn damages deep layers of your skin and nerve endings. It's usually more painful and takes longer to heal. You may have redness and swelling. If blisters form, don't break them. They might get infected.

The sun's rays can make you look old. Ultraviolet light in daylight damages the fibers in your skin called elastin. When that happens, it begins to sag and stretch and we know that leads to wrinkles. Too much sun causes some areas to appear darker, while others lighter. It can also make permanent changes in small blood vessels, which gives you a reddish look in places.

Age spots are those pesky brown or gray areas and aren't really caused by aging. You get them from being out in the daylight. They often appear on your face, hands, and chest. Bleaching creams, acid peels, Retin-A products, and light treatments can make them less obvious. They don't harm your health, but check with your doctor to make sure they're not something more serious, like skin cancer.

The best way to avoid sunburn, wrinkles, skin cancer, and other damage is to stay out of the daylight, especially between 10 a.m. and 2 p.m., when the sun's rays are strongest. If you need to be outside, use sunscreen, wear a hat and sunglasses, and cover up your skin with clothing. For more information about cataracts, skin cancers and diseases caused by the sun visit WebMD.



keeping you covered: know your score

Do you have a couple of minutes? Great! You have all the time you need to receive a free oral health report for yourself or your children to share with your dentist.

Delta Dental's free online risk assessment tool, myDentalScore, asks a series of questions about topics such as family history and current health status and habits. Your answers to these questions will help determine your oral health risk, including risk for tooth decay, gum disease and oral cancer. You will receive an easy-to-understand assessment based on your answers that can be printed and shared with your dentist at your next visit. Your dentist can discuss the results with you in detail and come up with a plan that's customized to your specific needs.

From gum disease to tooth decay, oral health problems are more common than you may think. myDentalScore helps identify risk factors, so you can take preventive action and avoid problems before they become serious.



Ready to get your score? Visit mydentalscore.com/deltadental.

Mind the Moment



Harvard Pilgrim
HealthCare



Harvard Pilgrim's Mind the Moment program encourages people to be fully aware in the present. This is called mindfulness, and it helps you tap into your own strength to manage stress, increase focus and stay healthy. [Stream and download meditations at HPHC](#)

What are the benefits of practicing mindfulness?

The benefits are numerous. Studies have shown that people who regularly practice mindfulness have experienced.

- Improved health and overall quality of life
- Reduction in anxiety and depression
- Increased concentration and A stronger ability to cope more effectively with stress in daily life

Health benefits include enhanced immune function, improved blood pressure and healthier cardiac functioning. Studies also show people who practice mindfulness have increased motivation to make lifestyle changes, decreased perception of pain and increased ability to tolerate pain.

Using MRI images, researchers can actually see changes in the areas of the brain related to fear, anxiety and self-regulation, in people who practice mindfulness regularly. MRI imaging also shows that the cerebral cortex (a part of the brain that is critical in decision making and memory) thickens as a result of meditation. And studies suggest that meditation may protect against age-related thinning of the cerebral cortex.

Meet the MYBLUE Member App



BlueCross.
BlueShield

Blue365.

The simple, secure, and convenient way to manage your health care. Use the app to:

- Access an interactive ID card, and email a copy to your doctor
- Find nearby doctors, dentists, and hospitals
- Review recent claims, doctor visits, prescriptions, and more

The MyBlue Member App is not available for members with Federal Employee Program (FEP), Blue Benefit Administrators (BBA), ancillary only, Medicare Advantage or standalone Part D plans, or those with standalone dental, vision, or wellness coverage.

Available On:





**Get
\$0 Copays**

Save **money** on your prescriptions.
Improve your **health** and **well being**.

Good Health Gateway®
Diabetes Care Rewards Program

Sponsored by the
**Cape Cod Municipal
Health Group**

Get \$0 copays on diabetes medications and supplies when you have recommended labs and exams to help you and your doctor manage your condition.

These programs are voluntary and confidential and are offered at NO COST TO YOU.

GoodHealthGateway.com

HIPAA privacy and security standards are used to ensure the security of your health care information.

Wellness News

Couch to 5k Running Program

Our newest program begins on August 16th and meets at CC Regional Technical High School Tuesday and Thursday evenings at 4:00pm. If you would like to join we are just into week one so it will be easy to adjust and hop in!! Come join us!! ***As with all physical fitness programs: You must discuss this program with your doctor prior to start!***

We are looking for a unit that would like to host our next program. I have some in mind but if you would like to please contact me ASAP! We will plan for spring 2017!

Summer Step Challenge and Beach Walks

Our Challenge has started and we have many energetic members that are logging in those steps (at least 3 miles or 6000 steps/day)! Our weekly beach walks will wrap up on August 17th at Nauset Light Beach in Eastham. It's a gorgeous area – bring the family and join us at 6:00pm!! We won't regret it!!

Monday Night Bike Rides

We have been having a wonderful time with lots of members on Monday nights! We meet at different locations through August 29th! Come join us at 5:15pm. All locations and miles covered are listed on [CC Healthy Connections calendar](#) or contact me for more information! All you need is a bike, some water and a helmet to have a great time!! These rides will wrap up on August 29th!



Biometric Screenings

We are already filling up quickly for this fiscal year! We have scheduled schools and towns as well as Health Benefits Fairs for the spring already!! Feel free to contact me capecodhealthyconnections@gmail.com or Mary Casali mcasalicchc@gmail.com and we'll get you inked in! The dates are booked on a first come, first fill basis and the number of screenings are limited to 15 for this fiscal year! Employers if you have not taken advantage of this fabulous program you should. Our nurses are referring employees for follow-ups all the time. We have discovered issues with UV exposure, hearing loss, high cholesterol, high blood pressure and pre-diabetes!! **We also are adding an eye screening into the mix this year!**

Walking Programs

We are continuing with our wonderful retiree/second/third/spouse walking groups on Tuesday and Thursday mornings in Yarmouth! We will be meeting on Tuesday mornings at Bayberry golf course beginning August 30th and at The Cultural Center on Thursday mornings at 9:00am. Tuesdays we walk along the shaded bike path and Thursdays we walk along scenic bass river. Both will be between 2-3 miles in length. All are welcome and encouraged to join. Walk at your own pace with some great company and burn some calories along the way! Be sure to contact me capecodhealthyconnections@gmail.com if you plan on joining us.

Spring Walking Challenge

We had a fabulous time with our challenge this year! 17 teams with 136 participants collectively “walked” 22,000 miles!! To put that in perspective that mileage is the distance from Provincetown to San Diego, CA round-trip 3 ½ times!! That is a lot of mileage!! Great job everyone! The prizes and winners are as follows:

Perfect Scale Pro Digital Body Weight Scale w/Bluetooth - Susan Fraser, Town of Harwich

Garmin Vivofit Fitness Band w/Heart Rate Monitor - Marie Buckner, Town of Sandwich

Garmin Vivofit Fitness Band w/Heart Rate Monitor - Carolyn Carey, Town of Harwich

5lb. Kettle Bells - Ellen DeMello, Mashpee Schools

Stability Ball - Jacquelyn Fay, Town of Barnstable

Stability Ball - Mary Crimmins, Mashpee Schools

BodyFit Compact Textured Foot Roller - Jennifer Berry, Town of Mashpee

BodyFit Compact Textured Foot Roller - Laura Scroggins, Town of Barnstable

RBX Weighted Jumprope - Sue Merrill, Mattacheese Marvels

RBX Weighted Jumprope - Shauna Baacke - Mattacheese Marvels

Nathan LightBender - Karen Metell, Town of Falmouth

Nathan LightBender - Greta McCue, Mashpee Schools

Cooling Towel - Tara Way, Town of Barnstable

Cooling Towel - Heidi Anderson-Walsh, Sandwich Schools

BodyFit Therapeutic Hand Renewal Kit - Paula Champagne, Town of Harwich

BodyFit Therapeutic Hand Renewal Kit - Sandy Boudreau Dennis Yarmouth RSD



Maintain Don't Gain Challenge

I know it's so early to be thinking about the Holidays (notice I didn't put it in bold in the title) but our weigh-ins will be taking place prior to our next publication so please be on the lookout for our flyer, Facebook posts, and twitter feeds telling you when and where to go to be weighed in!

Last year we added 89 more members than in 2014 so I am hoping we might find a few new members to help us top our 328 in 2015! Remember that the goal of this program is to “maintain” your weight within two pounds, however our members last year (once again) managed to lose 285.5 pounds over the five weeks!! You really are an amazing group of individuals!

Last year we also had a first – the entire staff West Barnstable Fire District weighed in! They did an amazing job!! I'm hoping they may have set the bar and I'm encouraging other employers, fire districts, water districts, and schools, to join them and maybe even add a little friendly completion to this already popular program!! Let me know!!!

The Challenge will run from Thanksgiving Day through New Year's Day and we will be walking two times/week at the Hyannis Youth and Community Center on Tuesday and Thursday nights 4:15-6:15 so please mark your calendars and plan on joining us for at least one night of walking!!

Hot Topics





Diets You Should Never Try



5 OF 9

Apple Cider Vinegar Diet

Some people say they sip a bit before meals to curb their appetite and burn fat, but there's little proof it works. It's mostly harmless, but it could stop insulin and some blood pressure meds from working like they should. Plus, all that acid can be bad for your throat.

Benefits of Cilantro



Anti-oxidant
 Anti-stress
 Treats Anxiety
 Anti-inflammatory
 Anti-bacterial
 Anti-fungal
 Aids in detox
 Aids in weight loss
 Maintains cardiovascular health
 Helps dissolve cholesterol build up in the arteries
 Lowers blood pressure
 Regulates blood sugar
 Facilitates restful Sleep
 Aids digestion
 Promotes healthy liver function
 Relieves gastrointestinal problems
 Prevents conjunctivitis
 Improves oral health
 Natural deodorant
 Strengthens the bones

*"You don't need a silver fork to eat good food."
Paul Prudhomme*

Sharing the Road with a School Bus According to research by the National Safety Council, most of the children who lose their lives in bus-related incidents are 4 to 7 years old, and they're walking. They are hit by the bus, or by a motorist illegally passing a stopped bus.

Flashing red lights signal that all traffic in both directions must **stop** immediately.

Take part in the Cape Cod Municipal Health Group Incentive Program!

Make regular preventive health screenings a priority in your life and earn an incentive. Cape Cod Municipal Health Group subscribers and spouses can earn an incentive for completing the appropriate, recommended preventive screenings:

- **Health Screening:** Subscribers and spouses who have a cholesterol and blood pressure screening at their doctor's office will be eligible for a chance to win one of 300 \$50 American Express Gift Cheques.
- **Mammogram:** Women subscribers and spouses age 40 and over (or recommended by a physician) who have a mammogram will receive a \$25 American Express Gift Cheque.
- **Colonoscopy:** Subscribers and spouses age 50 and over (or recommended by a physician) who have a colonoscopy will receive a \$50 American Express Gift Cheque.

Your participation in the incentive program is completely confidential. Your employer will not be notified if you do or do not participate.

Food for thought

Filling Food to Speed Weight Loss

If you want to feel full all day on less food, focus on these eating strategies:

- ❖ Get enough lean protein and fiber. A study of 22 men who changed the amount of protein in their diets for 18-day periods showed that those who ate the least protein were the most likely to report being hungry. "Protein is the number one thing to help you feel full," says Emily Banes, RD, clinical dietitian at Houston Northwest Medical Center. "The second thing is fiber."
- ❖ Eat a rainbow of fruits and vegetables. Researchers tracked the weight-loss success of 71 obese women between 20 and 60 years of age on a low-fat diet. Half of the women were also told to increase their fruit and vegetable intake. At the end of one year, both groups of women had lost weight, but the women who ate the most fruits and veggies reported the greatest weight loss and were less likely to say they felt hungry on any given day.
- ❖ Sip soup. Adding two low-calorie soups to your diet every day could stave off hunger pangs and keep you satisfied longer. Choose soups that are broth-based, not cream-based, to reduce the calorie count; also look for soups that are low in sodium. Consider chunky, pureed vegetable soups, as they have been shown to produce the most lasting full feeling.
- ❖ Eat whole grains. A serving of whole grains will stick with you longer than a serving of refined wheat bread or any other refined flour product, for that matter.
- ❖ Pick "airy" snacks. If you must snack and you don't have a piece of fruit or a veggie tray on hand, choose the snack food that has more air in it — think cheese puffs instead of potato chips, rice cakes instead of cookies. You will feel just as full as you would if you ate the same serving size of another snack, but you will consume fewer calories on average. *Source: [everydayHealth](#)*



Heart Healthy Quinoa Salad

By [Cape Cod Healthy Connections](#)

Ingredients:

2 cups cooked Quinoa	
1 cup cooked red lentils (do not overcook)	
2 cans black beans, rinsed and drained	
1 can garbanzo beans, rinsed and drained	
2 cups red grapes, halved	
¾ cup cucumber, diced	
¾ cup red bell pepper, chopped	
½ cup shallots, minced	½ cup scallions, sliced
3 tbsp. cilantro, chopped	3 tbsp. parsley, chopped
3 tbsp. basil, chopped	1/4 cup olive oil
3 tbsp. rice vinegar	3 tbsp. apple cider vinegar
1 tbsp. lime juice	2tbsp. flax seed
Salt and pepper to taste	



Directions: Cook quinoa and lentils according to package directions and allow cooling in fridge. While quinoa and lentils are cooling prepare vegetables, grapes and spices and combine in large bowl. Rinse beans, add to bowl and combine. Add cooled quinoa and lentils to bowl and combine. Stir in olive oil, vinegars and lime juice so entire mixture is coated. Sprinkle with flax seed and combine. Season with salt and pepper to taste.

Servings: approx. 10; Per Serving: 401 calories; Fat 9g; Saturated 1g; Mono 5g; Poly 2g; Cholesterol 0g; Sodium 83mg; Carb 65g; Fiber 14g; Sugars 6g; Protein 17g; Vitamin A 29%; Vitamin C 55%, Iron 39%

Staying optimistic in a turbulent time

There is good news in the world today, though it may not seem like it. Public violence and tumultuous world politics, amid a divisive national election and bleak environmental news – all splashed through ever-present media – have many people so rattled that they miss out on the good things happening around them.

At times like these, it is especially important to keep perspective, said Dayle Lawrence, MSW, LICSW, who just marked 10 years as director of clinical services, overseeing the two Cape Cod Healthcare outpatient behavioral health clinics.

Lawrence, who has lived on the Cape since she was 10, turns to nature as a nurturing wellspring when the world feels burdensome. “When I go outside to unwind, I try to still my mind and really just see what is in front of me,” she said.

Megan Amsler of Falmouth is in a unique position to witness the emotional effects of issues such as climate change. Amsler is executive director of Cape & Islands Self-Reliance Corporation in Cataumet, a nonprofit organization that educates and empowers residents to make wise choices about energy use. The agency offers a heat and power co-op and energy-related training, consulting, and education. “People are feeling increasingly stressed and anxious about a whole host of issues, from climate change to political change,” she said. Lawrence offered five tips for keeping bad news in perspective, while Amsler described how she applies some of the wisdom in her life:

Connect with Nature: “Connecting with nature is great for de-stressing and taking care of yourself,” Lawrence said. Our region’s natural beauty – a patchwork of beaches, woods, fields, and open sky – can be very nurturing, she said.

Amsler agreed that it’s essential to appreciate the beauty of the simple things. “We live in a magical place surrounded by water, trees, meadows of wildflowers, sunsets, moonrises, and beautiful night skies filled with fireflies and stars,” she said. “I find that it is very beneficial to be outside to unwind. I tell the buzzing thoughts in my head to ‘be quiet and leave me alone for now.’ There are so many things that can inspire and feed our soul right in front of us.”



Limit Exposure to News: While staying informed is important, Lawrence said exposure to news cycles should be limited. “Watching news events over and over can be very traumatizing, especially for people who have trauma in their histories,” she said. It can be especially negative for children, “who may develop questions about their own safety in the world.” At bedtime, take a break from disturbing news. “Before bed, you should be settling down and calming yourself,” Lawrence said.

Find Your Own Toolkit to Unplug: Identify tools that help you relax. Lawrence relaxes with a good novel or spends time with her three grandchildren. For others, the answer may be meditation or music, reading, or a walk on the beach. It’s important to know what helps you calm your thoughts, she said. Almost 50% of Americans turn to music to help them feel better, she adds. “Be thoughtful about it,” she said. “Disconnect from electronics and just be with yourself.” And be thoughtful about what you commit to, she added.

Be Grateful: Being in the present moment and recognizing the people and things that enrich your life can change the way you look at things – and even change brain chemistry – Lawrence said. “It’s a way of turning off what you’re thinking about,” she said. “Negative attitudes are self-propelling.” If you find yourself obsessing about events, clearly picture a mental stop sign. Then think of something you’re grateful for and name it, Lawrence said. “Say it out loud.”

Amsler reviews her gratitude list before bed. “I make a list of 10 things – or perhaps only five, if I am struggling and in a dark space in my head – I am grateful for. With every breath, I tell myself, ‘out with the bad and in with the good.’ I feel gratitude and peacefulness wash over me.” She says this technique – conscious gratitude plus breath work – also helps with physical pain.

The Last Word

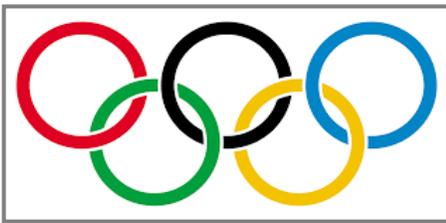


Don't Isolate: Recognize the importance of staying connected with positive people and not isolating, Lawrence said. "Spend time with people whose company you enjoy, and laugh. Call a friend, or meet a friend for coffee."

If you find you're unable to stop obsessing or that negative thoughts are limiting your daily function, make an appointment with your doctor, Lawrence said. "Prolonged anxiety or consistent worry — especially when it prevents you from participating in things you previously found enjoyable and nurturing — can be a sign of a deeper problem," she said. "When this happens, it's important to seek professional help."

Source: [OneCapeHealthNews](#)

Olympic Life Lessons—10 Reasons to Watch the Olympics with Your Children



The 2016 Rio Olympics are underway. The very best athletes in the world have descended upon the city for their chance at Olympic gold.

Tune in to any of these events, either online or via traditional television networks, and just try not to be inspired by the stories of these athletes. They are each so unique in his or her own right, but each drives home similar ideals of strength, perseverance, work ethic, emotional fortitude, and sacrifice.

From a more macro perspective is the equally inspiring realization that the world comes together for these Olympic Games and celebrates this opportunity and accomplishment as one. Especially in 2016, the Olympics sits in stark contrast to the headlines that have dominated the year's front pages.

Life lessons and inspiration abound in these games and they present a fantastic opportunity to instill some rather important lessons in your kids. Here are ten reasons to watch the Olympics as a family:

- ✓ **Not Everyone Gets a Medal**
- ✓ **Perseverance Is a Requisite to Achievement**
- ✓ **Excellence Requires Hard Work**
- ✓ **Support From Coaches and Parents Is Precious**
- ✓ **It Takes Bravery to Step Into the Arena**
- ✓ **Excellence Should Be Celebrated Believe in Yourself**
- ✓ **Set Goals**
- ✓ **The World Comes Together**
- ✓ **It's Fun**



The Rio Olympic Games run through August 21st! For the awesome full article: [Epoch Times](#)

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 capecodhealthyconnections@gmail.com or 508-631-7263.