



Your Health Matters

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

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U.S. commemorates 57th consecutive American Heart Month in February

It's February – American Heart Month – a time when the nation spotlights heart disease, the No. 1 killer of Americans. President Lyndon B. Johnson, among one of the millions of people in this country who has had a heart attack, issued the first proclamation in 1964. Since then, U.S. presidents have annually declared February American Heart Month.

Throughout the month, the American Heart Association's (AHA) "Heart to Heart: Why Losing One Woman Is Too Many" campaign will raise awareness about how 1 in 3 women are diagnosed with heart disease annually.

On Friday's of American Heart Month we wear red as part of the AHA's Go Red for Women initiative. Coast to coast, landmarks, news anchors and neighborhoods go red to raise awareness and support for the fight against heart disease. For more information on the event and other activities during the month, visit goredforwomen.org.

This year, the federally designated event is even more important due to the impact of the coronavirus on the public's heart health, including potential harmful effects on the heart and vascular system, according to recent research.

Also, during the COVID-19 pandemic, many people have delayed or avoided going to hospitals for heart attacks and strokes – netting poorer outcomes and prompting the AHA to create "Don't Die of Doubt," a national awareness campaign that reminds people that hospitals are the safest place to go when you have [symptoms](#). And while in lockdown, more people have engaged in unhealthy lifestyle behaviors, such as eating poorly, drinking more alcohol, and limiting physical activity, that can contribute to heart disease.

Meanwhile, heart disease continues to be the greatest health threat to Americans and is still the leading cause of death worldwide, according to the AHA's [Heart Disease and Stroke Statistics – 2021 Update](#).

The update, published in the association's flagship journal *Circulation*, reports that nearly 18.6 million people across the globe died of [cardiovascular disease](#) in 2019, the latest year for which worldwide statistics are calculated. That's a 17.1% increase over the past decade. And 523.2 million cases of cardiovascular disease were reported in 2019, a 26.6% increase over 2010.

During American Heart Month, the AHA and other organizations reinforce the importance of heart health, the need for more research and efforts to ensure that millions of people live longer and healthier.

In most cases, heart disease is preventable when people adopt a healthy lifestyle, which includes not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, getting at least 150 minutes of moderate-intensity physical activity a week, and getting regular checkups.



Maintaining good oral health at home during the COVID-19 pandemic

As communities continue to navigate the COVID-19 pandemic, Delta Dental is here to help Americans maintain good oral health at home. Check out Delta Dental's recommendations for at-home oral care that you can do in front of your own bathroom mirror!

Keep the gleam in your grin with the following dental health basics:

- ✓ Eat a balanced diet with plenty of fruits, vegetables, whole grains, and low-fat dairy products. Avoid foods high in sugar or starch — they tend to stick to your teeth. Drink plenty of water every day.
- ✓ Brush gently at least twice a day, with special attention to the gum line. Use a soft-bristled toothbrush and fluoride toothpaste.
- ✓ Floss at least once a day. You can also use an interdental cleaner—a special pick or brush you use between your teeth.
- ✓ Replace your toothbrush every three to four months, or earlier if the bristles are looking spread out and worn.
- ✓ Be aware of bad habits like ice chewing or crunching on hard snacks, using your teeth as a tool or to open packages, or grinding and clenching as these things can cause broken or chipped teeth.
- ✓ Wear a mouthguard if you are doing a sport or activity that could cause trauma to your face and jaw. Some activities, like mountain-biking, roller boarding or skating, allow you to keep your “social distance” but are safer with a helmet and mouthguard!



Fitness Benefit

Up to \$150 reimbursement per calendar year. Must be an active member of HPHC for at least 4 months and a member of any qualified health & fitness club for 4 consecutive months.

Once per calendar year, submitted by with all necessary receipts or proof of payment by March 31 of the following year.

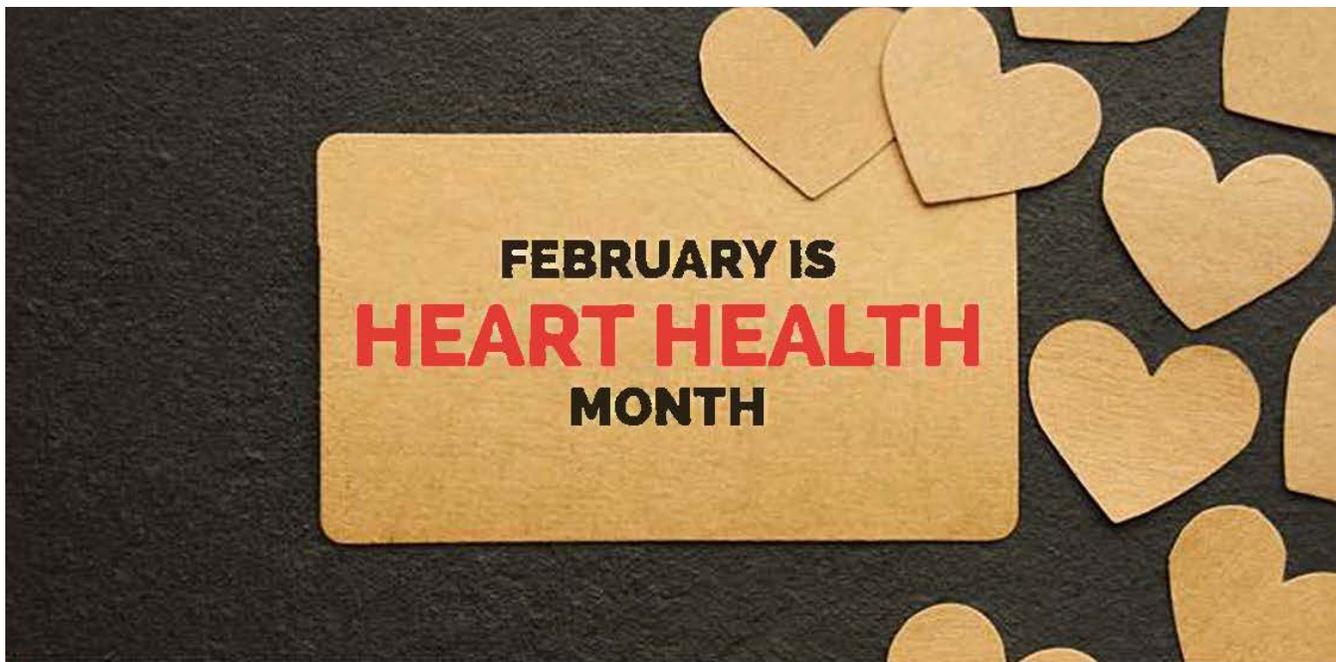
Submit your 2020 [form](#) now!

Fitness and Weight Loss Benefits

Up to \$150 reimbursement toward membership or exercise classes at a health club. [See plan details](#) and submit your 2020 [form](#) by March 31st!

Enroll in a qualified Weight Watchers or hospital-based weight loss program and receive up to \$150 per calendar year toward your program fees.

Submit your 2020 [form](#) by March 31st!



Wear Red on Fridays

Show your support to promote heart health!



Love Your Heart Engage in 30 minutes of exercise at least 5 days a week, eat a diet low in salt & fat, and avoid smoking.



Take Action Now

More than 80% of those with diabetes develop some form of heart or blood vessel disease. Have a heart-to-heart with your doctor to find out how to lower your risk.



Know Your Risk

American Diabetes Association Alert Day* is March 25. Be in the know & take their risk test at diabetes.org

If you or a loved one on your employer-sponsored health plan have pre-diabetes or diabetes, join the Diabetes Care Rewards Program to get support in managing your diabetes and rewards for meeting program requirements.



800.643.8028 | GoodHealthGateway.com

Wellness News

Couch to 5k Running Program

Our next program is beginning on March 16th and run for 9 weeks on Tuesday/Thursday evenings from 4:15 – 5:15 PM from Harwich Town Hall. This is an incremental run/walk program with a goal of participants running a complete 3.1 miles (5k) by the programs end. This will be a bright spot after a long winter! Remember races will be back - maybe not as soon as we would like, but they will be, and you will be ready!! If you are ready to commit [Sign Up today!](#) Upon successful completion you will earn → **35 wellness points!**

Wellness Portal

Congratulations to our four random winners of \$200 gift cards!!

| | |
|-------------------|-------------------------------------|
| Connie Jo Beer | Nauset Regional School District |
| Kayleen Rosato | Town of Orleans: Orleans Elementary |
| Susan Fraser | Town of Harwich |
| Deborah Pavlofsky | Town of Orleans: Orleans Elementary |

These members were part of the group of 80 members that earned at least 50 points by December 31st! Remember you still have time to earn your 100 points by June 30th and you might be chosen to receive a \$200 gift card in addition to earning \$35.00! Remember that there are several challenges that are based right on the [Wellness Portal](#) throughout the year such as the upcoming Spring Steps Challenge!

REMINDER: Keep your address up to date with your employer to make sure you get your incentive right away!

Walking Programs

We began our retiree, second/third shift worker walk in Yarmouth on Tuesday/Thursday mornings, 10:30 – 11:30 am at Peter Homer Park in Yarmouth. You are still welcome to join, just register or email capecodhealthyconnections@gmail.com and we will see you there! [Signup today.](#) All capabilities welcome. Strollers are also welcome. Attending this 8-week series without missing more than one class will earn you → **35 wellness points!**

Two locations, 8 weeks of walking!

We will be walking in **Yarmouth Port, meeting at Gray's Beach** every other Sunday morning at 9:00 am on March 7th, 21st and April 4th, 18th for approximately 4.25 miles. You must [pre-register](#) for the walks. If you make all 4 walks you will earn → **10 wellness points**



We will be walking in **Barnstable Village meeting at the Superior Court House** every other Sunday morning at 9:00 am on March 14th, 28th and April 11th, 25th for approximately 3.1 miles. You must [pre-register](#) for the walks. If you make all 4 walks you will earn → **10 wellness points**

Maintain Don't Gain

Our 2020 challenge looked a little different, but we had a highly successful, albeit smaller, group! Collectively they **LOST** 190.55 pounds!! That is amazing! The following members won these prizes:

| | | |
|--------------------------|----------------------|-------------------------------|
| Amy Gibson | Orleans Elementary | \$100 Marathon Sports GC |
| Justin Simoneau | Barnstable County | \$50 Dick's Sporting Goods GC |
| Mary Jane Aldrich-Moodie | Town of Oak Bluffs | \$50 Dick's Sporting Goods GC |
| Patti Machado | Town of Barnstable | Nutra Ninja |
| Mary Ellen Reed | Orleans Elementary | Hydro Flask Water Bottle |
| Sherry Prada | Town of Provincetown | \$35 Visa GC |
| Patricia Armstrong | Town of Yarmouth | \$35 Visa GC |
| Heidi McLaughlin | Town of Mashpee | Shock Athletic Fitness Kit |

Monthly Challenges!

Our Monthly challenges are Facebook based so that **ALL** members can have access to wellness points and programs. The successful completion of each challenge listed below could win you some prizes but will also earn you → **25 points for our member wellness portal!**

February Yoga Challenge

During February we challenge members to complete 15 days of yoga sessions (*so it's not too late to join*). In previous years we have offered free, in-person classes but this year we will be offering a few virtual classes instead (unless restrictions ease). You will be required to complete a log form and post to our closed [Yoga Challenge Facebook Group](#).

March Meatless Challenge

During March we challenge members to cut meat out of 21 of their meals during the month! We will be offering recipes, videos, and helpful links along the way! Members will be required to record their tasks, join our closed [March Meatless Challenge](#), and post during the month.

April Financial Wellness Challenge

During April we will challenge members to complete several different "financial" related tasks such as passing on a coffee and banking the difference, adding to savings, retirement, or college funds. Tasks associated with financial well-being. Members will be required to record their tasks, join our closed [Financial Wellness Challenge Group](#), and post during the month.

May Nutrition Challenge

During May we challenge members to complete several different "happiness" related tasks such as holding a door, complementing a co-worker, taking a quick "mind break" and walking for 10 minutes, etc. Members will be required to record their tasks, join our closed [Happiness Challenge Facebook Group](#), and post during the month.

Monthly Workshops!

We have been offering monthly virtual and very limited in-person (socially separated, masks on) workshops on various topics including mindfulness, sleep, breathing and stress reduction, and financial wellness to name a few. February we will be offering a virtual Yoga session, March we will be offering a nutrition workshop, April will be the third financial wellness workshop, May will be a workshop on happiness and June will be an emotional cleansing workshop. You can always see all the workshops we offer as well as any programs offered by following this [link to our CCMHG Programs](#). Hope to "see" you there!

BEWELL-MV

Martha's Vineyard Health & Wellness

CURRENT PROGRAMS

WINTER NUTRITION

Each month BeWell-MV draws member names to receive a CSA Share sponsored by CCMHG. February Registration for the Blind Drawing is NOW OPEN. Winter Nutrition Program is open to all MV members and is not tied to food equity. Please register by emailing or visiting our website: bewell-mv.com

TRAIN YOUR MIND, OPEN YOUR HEART, & STRENGTHEN YOUR BODY SERIES

Please join us Monday evenings for this comprehensive Holistic Tips & Tools Series. Monthly Focuses that include explore the mind~body connection. More information on our website: bewell-mv.com

MINDFUL MOVEMENT

for Postural Strength & Joint Healing

Based on traditional arts of Tai Chi and QiGong. Mindful Movement is a gentle meditation in motion. WEDNESDAYS @ 9:00AM



MINDFULNESS

Studies are proving the practice of Mindfulness is beneficial in all dimensions of Health & Wellness. The practice of being present and aware of the *here and now* allow us to put aside anxiety and worry. You need not light candles and contort yourself into a pretzel - you can practice mindfulness throughout the day.

Taking the time to slow down and enjoy your meal, savoring each flavor rather than gulping down something while sitting at your desk or standing over the sink will prove to be rewarding and beneficial to your overall health. Blocking out time to spend in quiet reflection or breath-work will allow you to recharge and train your body to relax when it's time to sleep. There are so many benefits to the practice of mindfulness and so many ways to explore what works for you.

CCMHG/BeWell-MV offer all kinds of initiatives that explore mindfulness and the benefits. Check out our Workshops & Programs page for information on our current Series and our Take A Minute page for independent, guided, and movement meditations.

---COMING IN MARCH---

Precision Nutrition Workshop Tune IN with Sheryl D'Agostino
Learn about the best approach to your individual nutritional needs & how to practice mindful nourishment with the Tune IN Workshop.

Learn more about Sheryl @ clubsherylfitness.com/nutrition

Level 2 Precision Nutrition Coach

ccmhgmwellness@gmail.com

Exciting News from Harvard Pilgrim Health Care and Tufts Health Plan!!

We are pleased to announce that the combination between Tufts Health Plan and Harvard Pilgrim Health Care has received all the necessary regulatory approvals and has officially closed. We are now one company. We are excited about the future, and the value our new organization will bring to you, our members, providers, and partners in the community. Your current Harvard Pilgrim plan will remain unchanged through the contract period. As a new company, we will remain a mission-driven nonprofit organization, unequivocally committed to serving our customers. Our combined Foundations are dedicated to corporate citizenship and will continue to proactively support the health and well-being of the diverse communities we have the privilege to serve.

Hot Topics

It's Just 15 Minutes!!

Did you know that incorporating just 15 minutes of moderate exercise, such as walking one mile per day, will burn up to 100 extra calories (assuming you don't eat the excess calories in your diet after)?

Burning 700 calories a week can equal 10 lbs. of weight loss over the course of a year not to mention the cardiovascular benefits you receive.

Brisk walking for 150 minutes per week is recommended by the [CDC](#) to reduce your health risks for heart disease, stroke, diabetes, and other conditions. Get Outside (or at least on that treadmill)!

Six reasons why drinking water may help you lose weight

1. Water is a natural appetite suppressant
2. Water increases calorie burning
3. Water helps to remove waste from the body
4. Drinking water can reduce overall liquid calorie intake
5. Water is necessary to burn fat
6. Water helps with workouts

Researchers are still unsure why drinking more water helps a person to lose weight, but many studies show some positive correlation between increased water consumption and weight loss. For the full article follow this link to [Medical News Today](#)

Helping Children Cope During COVID-19 Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Watch for behavior changes in your child not all children and teens respond to stress in the same way. Some changes to watch for include:

- Excessive crying or irritation in younger children.
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting).
- Excessive worry or sadness.
- Unhealthy eating or sleeping habits.
- Irritability and "acting out" behaviors in teens.
- Poor school performance or avoiding school.
- Difficulties with attention and concentration.
- Avoidance of activities enjoyed in the past.
- Unexplained headaches or body pain.
- Use of alcohol, tobacco, or other drugs.

Ways you can support your child:

- Reassure your child that they are safe. Let them know it is okay if they feel upset. Share with them how you deal with your stress so that they can learn from you how to cope with stress.
- Limit your family's exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.



Be Kind to your heart with beets!

By Kim Concra, Nutrition & Food Safety Specialist
Cape Cod Cooperative Extension

FOOD FOR THOUGHT

Nitrates in beet juice are associated with reducing blood pressure, so they can be especially helpful for those with hypertension. They also may give us more oxygen uptake by our muscles when we exercise, and we know that exercise is beneficial for cardiovascular health. This oxygen uptake helps us improve our performance in physical activity. Beets also help detoxify the liver!

Beets are rich in antioxidants which protect our blood vessels and contain betalain which can help with reducing inflammation. Other nutrients to note in beets are folate and other B vitamins, and minerals such as calcium, iron, magnesium, copper, zinc, and potassium.

How do we eat them? The greens are very nutritious and when steamed they are great with a bit of Italian dressing. Cooked beet can be used in risotto, soups and blended into bean dips like hummus to add color and nutrition. Grated beets are great added to carrots and apples as a slaw or added to a morning shake for some added color and nutrients.

In most cases everyone can eat beets or drink beet juice safely, however the nitrates in beetroot juice affect blood pressure. Anyone who has low blood pressure or is currently taking blood pressure medication should speak with a healthcare professional before adding beets or beetroot juice to their diet. Beets contain high levels of oxalates, which can cause kidney stones in people with a high risk of this condition. Follow this link for more delicious recipes at [new entry sustainable farming project](#)

Red Beet & White Bean Hummus

Recipe from weelicious.com

- 1 Medium Beet
- 1 15 Oz Can White Beans, rinsed and drained
- 1 Large Garlic Clove, unpeeled
- Juice of 1/2 Lemon (about 1/2 Tbsp)
- 1/4 Cup Olive Oil
- 1 Tsp Salt



1. Preheat oven to 400 degrees.
2. Wash beet well and place with garlic clove on a sheet of foil. Bring up sides of foil and fold to make a packet leaving room for heat to circulate inside the packet containing the beet and garlic.
3. Bake for 45 minutes or until beet is tender when poked with a knife.
4. Remove skin from the garlic and the beet (I use a zip lock bag on my hand and slip the skin off, so my hand doesn't turn red).
5. Place all the ingredients in a food processor and puree until smooth. Makes 3 cups.

Nutrition Per ½ cup serving: 154 calories; 1g saturated fat; 7g monounsaturated fat; 1g polyunsaturated fat; 178mg potassium, 15g carbohydrate; 5g fiber; 2g sugar; 5g protein

CCMHGCanarx

Stay healthy. Stay safe.

There has never been a better time to explore the CCMHGCANARX \$0 Copay prescription option. Eligible members receive select **brand name** maintenance medications — delivered direct to their door — at absolutely **no cost**.

SIMPLE. SAFE. FREE.

For over 16 years, **Cape Cod Municipal Health Group (CCMHG)** has offered the voluntary international CCMHGCANARX program as a safe and reliable alternative to the traditional methods of obtaining prescriptions.

Questions that always come up include: (1) “**Are the medications safe?**” and (2) “**How can medications be offered for FREE?**”. The answers: (1) **YES**, the medications are absolutely safe. Canarx guarantees participants will receive medications in the original manufacturers’ sealed packaging; dispensed and shipped directly from government-licensed pharmacies located in Canada, the United Kingdom and Australia*. (2) **Drug prices** in these countries — for the same medications that are dispensed here in the United States — **are significantly lower**. The savings allow plan sponsors to pay less for the medications and offer program participants a **\$0 Copay** (with shipping and handling included at no additional charge). CCMHGCANARX also provides a refill service to ensure members have a continuous supply of medication.

*All Tier-One countries acknowledged by the U.S. Congress as having licensing and safety standards at least as strong as the United States.

**To find out if a brand name maintenance medication is offered,
call Canarx directly at 1-866-893-6337.**

The CCMHGCANARX program is available to eligible Employees, non-Medicare eligible Retirees and Dependents enrolled in the BCBS and Harvard Pilgrim plans with the Cape Cod Municipal Health Group through the following:

| | |
|---|--|
| <i>Town of Barnstable</i> | <i>Nauset Regional School District</i> |
| <i>Barnstable County</i> | <i>Town of Orleans</i> |
| <i>Barnstable County Retirement Association</i> | <i>Town of Provincetown</i> |
| <i>Barnstable Fire District</i> | <i>Sandwich Water District</i> |
| <i>Bourne Recreation Authority</i> | <i>Town of Truro</i> |
| <i>Bourne Water District</i> | <i>Upper Cape Cod Regional Vocational Technical School</i> |
| <i>Town of Brewster</i> | <i>Veterans Services of Cape Cod</i> |
| <i>Buzzards Bay Water District</i> | <i>Town of Wellfleet</i> |
| <i>Cape Cod Collaborative</i> | <i>West Barnstable Fire District</i> |
| <i>Cape Cod Lighthouse Charter School</i> | <i>Town of Yarmouth</i> |
| <i>Cape Cod Light Compact</i> | <i>Town of Aquinnah</i> |
| <i>Cape Cod Regional Technical School</i> | <i>Town of Chilmark</i> |
| <i>Cape Cod Regional Transit Authority</i> | <i>County of Dukes County</i> |
| <i>Centerville Osterville Marston’s Mills Fire District</i> | <i>Town of Edgartown</i> |
| <i>Town of Chatham</i> | <i>Town of Gosnold</i> |
| <i>Cotuit Fire District</i> | <i>Martha’s Vineyard Charter School</i> |
| <i>Town of Dennis</i> | <i>Martha’s Vineyard Refuse</i> |
| <i>Dennis Water District</i> | <i>Martha’s Vineyard Commission</i> |
| <i>Dennis-Yarmouth Regional School District</i> | <i>Martha’s Vineyard Land Bank</i> |
| <i>Town of Eastham</i> | <i>Martha’s Vineyard Regional Transit Authority</i> |
| <i>Town of Falmouth</i> | <i>Martha’s Vineyard Regional School District</i> |
| <i>Town of Harwich</i> | <i>Town of Oak Bluffs</i> |
| <i>Hyannis Fire District</i> | <i>Oak Bluffs Water District</i> |
| <i>Town of Mashpee</i> | <i>Town of Tisbury</i> |
| <i>Mashpee Water District</i> | <i>Town of West Tisbury</i> |
| <i>Monomoy Regional School District</i> | <i>Upland Regional School District</i> |
| <i>North Sagamore Water District</i> | |

Helpful Canarx representatives are standing by to answer your questions.
1-866-893-6337



Visit the website for enrollment material, medication listing, video and FAQ.
www.CCMHGCANARX.com

January 2021

Why a Good Night's Sleep Matters

If you get shortchanged on shut eye, you might get moody, cranky, anxious, or depressed. You also might find it harder to think straight or to remember things. In the long run, lack of sleep can lead to conditions like obesity, high blood pressure, diabetes, and heart disease. So, it's well worth your while to figure out how to get some good quality, uninterrupted ZZZs. Here are some of the major reasons we can't shut our brains off:



The Last Word

Major Life Events: It's normal for something unusually stressful, like a recent car accident or losing your job, to wake you up during the night. These effects should fade as you come to terms with the situation. Talk to your doctor if your sleep problems stick around for a while after a serious life event. Medication and talk therapy might help.

Your Bedroom: Is it hot and stuffy? Does your bed have sinkholes the size of basketballs? Does your partner snore like a hippopotamus with a stuffy nose? Any of these things can interrupt your sleep. A doctor might help with snoring. After that, look for a place to sleep that's dark, quiet, safe, comfortable, and cool -- 60 to 67 F is just about right.

Alcohol: It might make you sleepy at first, but drinking alcohol can wake you up soon afterward, sometimes repeatedly. It disrupts the important REM stage of sleep, and it could interfere with your breathing. It also makes you pee more, which typically means you have to get up to go to the bathroom more often. For a better night's sleep, avoid drinking alcohol in the late afternoon and evening before bed.

Late-Night Eating: The later you eat that foot-long chili dog with extra onions and a side of fries, the more likely it is to interrupt your sleep later. For a more restful night, try a lighter dinner with less fat and salt and fewer calories -- like grilled chicken and vegetables. Eat it earlier in the evening so it has time to digest. If you are hungry later, snack lightly on easy-to-digest foods like toast or yogurt.

Anxiety and Depression: If everyday events worry you more than they should, you may have some form of anxiety disorder. This kind of worrying can interrupt your sleep. People with bipolar disorder and other mood disorders can also have problems with sleep, including waking in the middle of the night. Talk to your doctor to get the right treatment for you.

Medical Problems: Arthritis and back pain can wake you up. Allergies and asthma might interfere with your breathing at night. Parkinson's disease can cause body movements that disrupt your shut eye. Alzheimer's agitates some people during normal sleeping hours. When you treat your illness, you might improve your sleep problems as well.

Digital Devices: Too much of any artificial light after the sun goes down can mess up your sleep. But blue light from your smartphone, laptop, and other electronics is especially bad because it can lower your melatonin levels. Specialized glasses or screens filter out the light, and some devices have "night shift" settings that help remove it. The best solution is to put the electronics down as early at night as possible.

Napping: A 20-minute nap in the middle of the day can help sharpen your attention and motor skills, especially if you're feeling tired. But naps in the late afternoon or evening can make it harder to stay asleep at night. That can lead to an unhealthy cycle that disrupts your normal sleep routine and leaves you craving another nap the next day.

Source: [WebMD](#).

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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