



Your Health Matters

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

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

**Volume 47
January 2025**

Small but Mighty: Nixing Big Resolutions for Small Routine Changes



We have made a resolution in the past like approximately 44 percent of Americans, chances are we also had the experience of failing to keep it.

One of the most popular resolutions for many of us is centered around weight or diet. Losing weight or eating healthier seem to be somewhere near the top for many of us, and can also be the most intimidating goals to reach.

Instead of saying you are going to lose weight, focus on what you are going to add to your life. You can make a commitment to increasing the number of vegetables you eat every day. Get focused on what you are going to eat more of, rather than what you are taking away. Bonus: small goals like getting more sleep or eating more vegetables can also be easily tracked.

The fitness app Strava claims to have pinpointed the day in mid-January, nicknamed "[Quitter's Day](#)," when people are most likely to slacken their effort to exercise more. This study emphasizes the importance of remaining flexible in pursuit of your goal.

Remember that any behavioral change journey is not linear; and everyone's path will be different. Anything that disrupts your routine can interfere with progress toward a goal. In some cases, those are unexpected negative events like a serious health condition or being thrust into a caregiver role. But even exciting, positive things, like traveling, moving, or having your child join a new sports team, can potentially disrupt your momentum, too.

The key to flexibility is overcoming black-and-white or all-or-nothing thinking. Say your goal is to work out for 60 minutes every day. Then you miss several days in a row due to a busy work schedule and family commitments. It's easy to think, 'I'll start fresh at the gym next week,' but in the meantime do nothing.

At times where you have deviated from your short-term goals, it's important to refocus on what you can do right now to continue moving forward. When you are at your child's sports event, you can get up and take a lap around the field or do some bodyweight exercises instead of sitting. That's what's exciting about wellness: We can always, at any given moment and amidst whatever is transpiring in our lives, explore new ways to flourish.

Source: [HealthyWomen](#)

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CANARX
Simple. Safe. Smart.

\$0 COPAY PROGRAM!

SAVE ON YOUR PRESCRIPTION MEDICATIONS!

Get ready to save some money on your prescription medications this year with CANARX. Our exclusive mail order program was designed for eligible employees, non-Medicare retirees, and dependents covered on the Cape Cod Municipal Health Group's (CCMHG) health plan.

By signing up for CANARX you get the benefit of having your brand name medications shipped in the manufacturer's sealed packaging direct to your door. The best part? **YOU PAY NOTHING!** That's right - CANARX helps lower the cost of the medications for your health plan and CCMHG passes those savings onto you! Enroll online today and start saving!

1-866-893-6337 | www.canarx.com | WebID: CCMHG



ENROLL TODAY & START SAVING!

Receive a one-time **\$25 AMAZON GIFT CARD** for enrolling in the CANARX program with a qualifying prescription for a **90-day supply** with 3 refills! Offer available to new program members only.



Don't Forget to submit your fitness reimbursement from 2024!

If you are a current Harvard Pilgrim member and have been a member for at least four months and have paid fees for at least four months in 2024 to a qualified fitness facility for membership or fitness class subscription you are eligible for \$150 individual or \$300 family reimbursement.

Follow this [LINK](#) to easily submit your reimbursement online.

You must submit your reimbursement request by March 31st!

Don't Forget to submit your fitness reimbursement from 2024!

If you are a current Blue Cross Blue Shield member and have paid fees for health club memberships in 2024 to a qualified fitness facility for membership or fitness class subscription you are eligible for up to a \$300 reimbursement.

Follow this [LINK](#) to easily submit your reimbursement online.

You must submit your reimbursement request by March 31st!

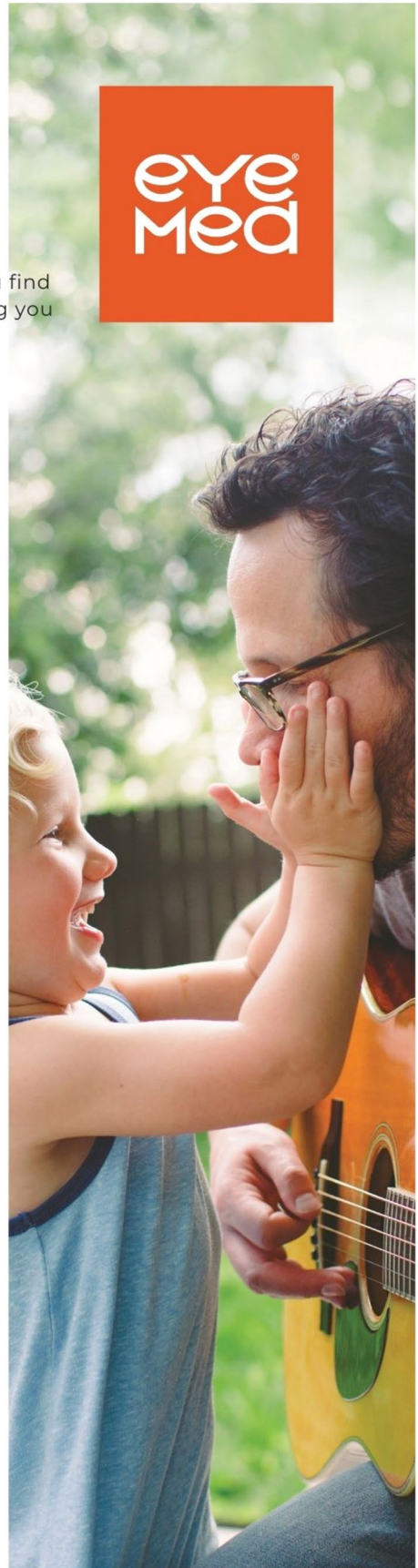
MEMBERSHIP PERKS: PERSONAL GUIDANCE

Know-how and show-how

SUPPORT WHEREVER YOU ARE, WHATEVER YOU'RE DOING

Eye care is an experience. From the day you enroll to the day you find your favorite frames, we'll be part of it. Guiding. Advising. Helping you make the most of your vision benefits.

We go out of our way to make your benefits easy to understand — and even easier to experience.



MAKING LIFE EASIER EVERY DAY



WELCOME KIT You've probably already seen your Welcome Kit in the mail. It'll give you a head start with benefit details, the 10 closest eye doctors and your ID card.



VISION AIDS Get guidance from the vision experts at eyesiteonwellness.com. Plus learn how to maximize your benefits and get special offers when you sign up for inSIGHTS.



MEMBER APP Our member app is like a personal assistant. Login with 1 touch. Find an eye doctor. Pull up your prescription or ID card anytime (or store it in your Wallet).*



TEXT ALERTS Get updates and reminders, tips to maximize your benefits and extra ways to save money — right to your mobile device. Call 844.873.7853 to opt in. Be sure to have your 9-digit Member ID handy.



CALL CENTER Get live help from one of America's highest-rated call centers. Our call center resolves 99.4% of issues during the first call.



MEMBER WEB Manage your vision benefits, find an eye doctor, print ID cards, get special offers and more on eyemed.com.

SEE THE GOOD STUFF

Register on eyemed.com or grab the member app (App Store or Google Play) now



*Touch ID, Face ID and Apple Wallet features available only on iPhones

This information is available broadly and is not plan or state specific. Offers are not valid in the state of Texas.







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STAYING HEALTHY

During the Holidays



- 
Prioritize Self-Care
 Take care of yourself to avoid feeling overwhelmed during the holidays.
- 
Bring a Healthy Dish to Share
 Make a healthy version of your favorite recipe to share with your family and friends.
- 
Think About Your Drink
 Choose zero-calorie or low calorie drinks over sugary beverages.
- 
Avoid Skipping Meals
 This can lead to blood glucose dips and lead to overeating when you do eat, which can cause your blood glucose to spike.
- 
Move After the Meal
 Moving after a meal can help keep blood glucose levels stable and manageable.
- 
Enroll in the Diabetes Program
 Get free access to support any time you need it and earn valuable rewards that help with diabetes management.



Chipotle Crackle Cookies

Ingredients

- 2 large eggs, room temperature
- 1 cup sugar
- 1/4 cup canola oil
- 2 teaspoons vanilla extract
- 2 oz. unsweetened chocolate, melted and cooled
- 1 cup all-purpose flour
- 1 tablespoon toasted wheat germ
- 3/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1/8 teaspoon ground chipotle pepper
- 1/4 cup miniature semisweet chocolate chips
- 1/3 cup confectioners' sugar

Nutrition Facts
 1 cookie: 85 calories, 4g fat (1g saturated fat), 14mg cholesterol, 35mg sodium, 13g carbohydrate (9g sugars, 1g fiber), 1g protein.
 Diabetic Exchanges: 1 starch, 1/2 fat



Directions

In a large bowl, beat eggs, sugar, oil and vanilla until combined. Add melted chocolate. Combine flour, wheat germ, baking powder, salt and chipotle pepper. Gradually add to egg mixture and mix well. Fold in chocolate chips. Cover and refrigerate for 2 hours.

Preheat oven to 350°. Place confectioners' sugar in a small bowl. Scoop dough using a 1-in. scoop; roll balls in confectioners' sugar. Place 2 in. apart on baking sheets coated with cooking spray. Bake 8-10 minutes or until set. Remove to wire racks to cool.

The **Good Health Gateway®** Diabetes Care Reward Program is available to our health plan members living with any type of diabetes. Participation is voluntary and confidential.



Enroll Today!

800.643.8028 Hablamos español. | GoodHealthGateway.com

Wellness News

New to You Clothing Swap



January 13, 2025 5:30 – 7:00 PM

Cape Light Compact, 261 Whites Path, South Yarmouth

Join us for a fun gathering and a seasonal wardrobe refresh! Snack and sip while you swap some pieces to help boost your closet appeal without breaking the bank!

[REGISTER NOW](#)

Your Financial Health in 2025



January 14, 2025 5:15 – 6:00 PM

Cape Cod 5 Headquarters, 1500 Iyannough Rd, Hyannis

Join us on the every other Tuesday (5 total classes) where we will be taking a step-by-step approach to working on healthy budgeting habits, learning about personal finance best practices, and basic financial literacy. Program led by Jim Curran, Financial Know-How Program Manager, from Cape Cod 5. [REGISTER NOW](#)

Pilates - Yarmouth



January 17, 2025 – March 28, 2025 5:30 – 6:30 PM

Cape Light Compact, 261 Whites Path, South Yarmouth

This unique class infuses movement modalities of HIIT and Pilates to lift your heart rate, tone muscle, and strengthen your core. With guided instruction and carefully curated music we move together one beat, one breath, one exercise at a time. We end the 60-minute class with a deep stretch and restorative cool down.

Annie Giannetti will be guide in this wonderful practice. [REGISTER NOW](#)

Estate Planning



January 21, 2025 5:30 – 7:00 PM

Cape Cod 5 Headquarters, 1500 Iyannough Rd, Hyannis

Our panel, including Kristen Perkins, VP, Wealth Management Officer and Jim Curran, Financial Know-How Program Manager will be discussing steps to best prepare your financial affairs for end of life. Topics will include legal documents such as wills and trusts, guidance on choosing professional advisors, verifying beneficiaries, and an organizational to-do list. [REGISTER NOW](#)

Dancing Through the Decades



January 22, 2025 5:30 – 7:00 PM

Cape Light Compact, 261 Whites Path, South Yarmouth

Jacky will be guiding you on this journey through the decades of dance! The 2000's, 1990's, 1980's, and the 1970's! Dance to some of your favorite artists like Pink, Michael Jackson, NSYNC, The Bee Gees, Fleetwood Mac, and many more! You choose one or all to dance the night away with us! [REGISTER NOW](#)

Mindful Stretching



January 27, 2025 5:30 PM

Cape Light Compact, 261 Whites Path, South Yarmouth

Olivia Miller, OHM Works, will present this workshop. Based on the newly-released Stretch and Breathe Deck, Mindful Stretching will help relieve tight muscles, increase flexibility, improve circulation and mobility, and release tension. We'll also focus on using breath to promote awareness of physical sensation, calm an active mind and release anxiety. [REGISTER NOW](#)

Thriving not Just Surviving



February 3, 2025 5:30 – 7:00 PM

Cape Light Compact, 261 Whites Path, South Yarmouth

In this Thriving Not Just Surviving Workshop you will discover ways to change your perspective and the way you live your life to develop skills to foster resilience. Both good and bad things happen every day to everyone. This is living. This is life. Learn how positivity, perspective, and hope can truly change your life. [REGISTER NOW](#)

Pound Unplugged



February 7, 2025 5:30 – 7:00 PM

Cape Light Compact, 261 Whites Path, South Yarmouth

This rock and reset class structure blends 30 minutes of high-intensity training and a challenging mat workout to build strength inside and out, followed by rhythmic breathing, restorative stretching, mindfulness and meditation. The high-intensity portion uses music to connect with guests, which releases and boosts neurochemicals.

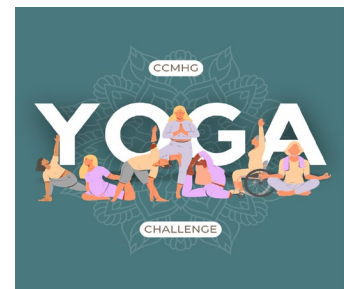
Martha's Vineyard Members

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.

Have you heard the news? Monthly Challenges are BACK!



We're so excited to be bringing back our monthly Facebook Challenges! Join our private Facebook groups for community challenges that will keep you engaged, supported, and informed!



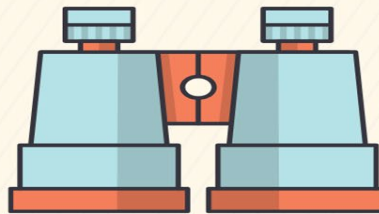
CCMHG Wellness Portal FY25

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 Save for the Future Challenge! The goal of the Save for the Future challenge is to encourage healthy money management habits by taking small, simple steps to improve our financial fitness, no matter the age or income bracket. Enrollment begins January 13th, and the challenge starts January 27th!

All participants who complete the challenge will be entered to win a \$50 gift Card!

BE ON THE LOOKOUT!



CCMHG IMPROVING YOUR NUMBERS

Join us for this interactive program geared towards helping you improve your numbers!

Each week you will weigh in and your metrics will be recorded on Fitdays app (on your phone) and you will choose what you would like to improve. You will see the following metrics: Heart Rate, Cardiac Index, Weight, BMI, Body Fat, Muscle Rate, Fat-free Body Weight, Subcutaneous Fat, Visceral Fat, Body Water, Skeletal Muscle, Muscle Mass, Bone Mass, Protein, Basal Metabolic Rate, and Body Age. All are important for a healthy life. This is not a weight loss program.

During the course of this program, you will learn: all calories are not equal, about calories in vs. calories out, what associative eating is, how to read food labels, what are food plans and what are the differences, how physical activity can improve your health, and how beverages affect your health.

There will be a healthy snack provided at each session along with recipes. We will also provide a strength training segment to each class.

Hot Topics

Seasonal Effective Disorder

Many people go through short periods when they feel sad or unlike their usual selves. Sometimes, these mood changes begin and end when the seasons change. Many people feel "down" or have the "winter blues" when the days get shorter in the fall and winter and feel better in the spring when longer daylight hours return. Symptoms of Seasonal Effective Disorder can include:

- Persistent sad, anxious, or "empty" mood most of the day, nearly every day, for at least 2 weeks
- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration, or restlessness
- Decreased energy, fatigue, or feeling slowed down
- Difficulty concentrating, remembering, or making decisions
- Oversleeping (hypersomnia)
- Overeating, particularly with a craving for carbohydrates, leading to weight gain
- Social withdrawal (feeling like "hibernating")

Both serotonin and melatonin help maintain the body's daily rhythm tied to the seasonal night-day cycle. In people with SAD, changes in serotonin and melatonin disrupt normal daily rhythms. As a result, they can no longer adjust to seasonal changes in day length, leading to sleep, mood, and behavior changes.

Source: [National Institute of Mental Health](#)

How Can Parents & Educators Help?

If your child or teen is diagnosed with SAD, start by talking about it. Ask your doctor how you can be supportive. You also can:

- Encourage your child to get plenty of exercise, especially outdoors.
- Spend time together in ways that don't require much energy, like watching a movie.
- Be patient because it may take time for symptoms to improve.
- Help organize homework. You can also ask teachers for extra time for assignments.
- Try to serve lots of whole grains (like whole-wheat bread, brown rice, and oatmeal), vegetables, and fruit. Limit less healthy things like white bread, sugary snacks, and soda.
- Have your child go to bed and get up at the same time each day to get the most daytime light.

If your child or teen has SAD, explain that it's seasonal. So even though it could happen each year, there are things that help if it does. Talk about how SAD will get better, even though it may seem hard right now.

Source: [Nemours Kids Health](#)

Treatments and Help with SAD

Thankfully, as the name suggests, SAD is seasonal and should go away as the year progresses. But you do not have to wait for winter's end to find relief. Consider adding some of these steps into your daily routine to improve your mood:

- Spend time outside to get ample vitamin D
- Rearrange office or house furniture to maximize sun exposure through windows
- Resist eating unhealthy food
- Eat foods rich in vitamin D (salmon, eggs, tuna, etc.)
- Take vitamin D supplements
- Keep a journal to document and manage negative thoughts and feelings
- Ask your primary care provider about using a lightbox



Light therapy is another useful treatment option for SAD. These specialized light boxes replicate outdoor light, and when used appropriately, are believed to cause a chemical reaction in the brain that can lift your overall mood. Light therapy is not recommended for everyone, so it is important to talk to your primary care provider before trying it at home.

SAD can mimic other medical conditions like hypothyroidism or diabetes, so it is important to discuss your symptoms with your primary care provider to ensure there are no underlying causes. They can prescribe medications to increase your serotonin levels or recommend a therapeutic route like cognitive behavioral therapy to help you identify and change negative thoughts that contribute to your overall mood. Source: [US Dept of Veterans Affairs](#)

Good Mood Food: Top 5 Foods for Mental Health

FOOD FOR THOUGHT

Did you know that the food you eat can affect your mental health? The food we eat has a significant impact on our overall mood and emotions. Some food contains compounds that can chemically influence our feelings in a positive way. These foods not only contribute to our physical health but also contain nutrients that have been scientifically proven to promote good mental health. They can even stimulate the production of neurotransmitters, which play a vital role in our brain function and mental health. So, the choices we make about our diet can have a profound effect on both our physical and mental wellness. When we feel good, it motivates us to take care of ourselves, and it all begins with the food that we choose to nourish our bodies.

1. Eggs

Eggs are a staple in many fridges, and for good reason. They are affordable, versatile, and packed with nutrients that can positively impact our mood. The egg yolk, in particular, is rich in choline, specific amino acids, and vitamin D, all of which contribute to the production of neurotransmitters that improve mood. So, don't discard the egg yolk – it's a valuable part of the egg that offers numerous benefits for improved mental health.

2. Salmon

Salmon, a popular fatty fish, is packed with beneficial nutrients. It is a rich source of omega 3 fatty acid and vitamin D, both of which have been repeatedly shown to reduce anxiety and depression symptoms. A 3.5 oz serving of wild salmon provides an impressive 124% of the daily value for vitamin D. Salmon also contains vitamin B12 and the amino acid tryptophan, which aid in the production of brain chemicals associated with a positive mood. An affordable and convenient option is canned wild salmon, which is just as good as fresh. You can add it to pasta, salads, or soups to create a flavorful and nutrient-dense meal.

3. Bell peppers

A single bell pepper provides approximately 169% of the recommended daily intake (RDI) for vitamin C- this makes it an exceptional source of this essential nutrient. Food abundant in vitamin C can stimulate the production of endorphins, which you may have heard of as the "feel-good" hormones released during intense physical activity or when you eat your favorite comfort food. Moreover, during the peak cold and flu season, consuming vitamin C-rich foods like bell peppers not only enhances mood but also supports the immune system.

4. Dark chocolate

Indulging in chocolate can surely bring pure pleasure and lift your mood, thanks to its indulgent taste. Dark chocolate and cacao contain amino acids that stimulate the production of endorphins and serotonin, which boost mental health. Serotonin levels rise with higher cacao content, making darker chocolate (70% or higher) or raw cacao is especially effective in enhancing mood.

5. Yogurt

About 90% of the receptors for the "happy hormone" serotonin are found in the gut, making the gut-brain connection a crucial aspect of our emotional well-being. Yogurt, being one of the best sources of probiotics, offers a myriad of benefits by supporting a diverse and thriving microbiome. Opting for Greek yogurt with its higher protein content compared to regular yogurt ensures an additional nutritional boost, while sprinkling chia seeds on your yogurt not only increases your intake of omega-3 fatty acids but also provides gut-friendly fiber, both of which play essential roles in promoting digestive health and helping to boost mental health.

Final Thoughts on the Top Foods for Mental Health

The food we eat can significantly impact our mental health. Nutrient-rich food including fatty fish, chia seeds, berries, dark leafy greens, yogurt, and avocados offer various benefits for brain health, neurotransmitter function, and mood regulation. However, a well-rounded approach that includes a healthy diet, regular physical activity, sufficient sleep, and stress management is key to better mental health. For personalized clinical nutrition guidance on choosing the best good mood food for you, consult with a registered dietitian.

Source: Culinahealth.com

BREAKFAST SALMON FRITATA

4 SERVINGS
NUTRIENT PACKED
MAKE & TAKE

Ingredients:

- 6 eggs
- 6 ounces salmon, canned
- 1 small onion
- 1 cup zucchini
- 1 cup red bell pepper
- 1 cup crumbled feta cheese
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon granulated garlic
- 1 teaspoon, Herbs De Provence

Directions:

1. Chop vegetables.
2. Pre-heat pan with 1 tbsp olive oil.
3. Add chopped bell pepper, onion, and zucchini to pan. Top with salt, pepper, garlic, and herbs. Sauté five minutes until tender, stirring occasionally.
4. Break apart the salmon with fork, and add to vegetables, mixing well.
5. Top with beaten eggs. Top with lid and lower heat to medium-low. Cook five minutes.
6. Add shredded cheese over egg mixture. Cover and cook another three minutes.
7. Serve in slices with plain greek yogurt, avocado, and/or chopped green onion.

11.5.2024

Breakfast Salmon Fritata

Nutrition Facts	
Serving Size 4.0	
Amount Per Serving	
Calories 223	
% Daily Value *	
Total Fat 12g	24%
Total Protein 1g	2%
Total Carbohydrate 1g	2%
Total Fat 12g	24%
Total Protein 1g	2%
Total Carbohydrate 1g	2%
Total Fat 12g	24%
Total Protein 1g	2%
Total Carbohydrate 1g	2%
Total Fat 12g	24%
Total Protein 1g	2%
Total Carbohydrate 1g	2%

Source: LucisHersels.com

Greetings from the Wellness Committee

Wait, we have a Wellness Committee? Who are they? What do they do? How do they fit into Cape Cod Municipal Health Group (CCMHG)? And while we are at it, what is the difference between CCMHG and Cape Cod Healthy Connections?

Whether you are a new, seasoned employee, or a retiree we thought a refresher on who we are and what we do would be timely given the fantastic growth in our programming and platform the past decade.

CCMHG is a self-funded group formed in 1987 of 53 governmental units on Cape Cod and Martha's Vineyard. Self-funded means the employer funds the entire cost of all health services covered by the plans for its current and retired employees. In 2023 we had approx. 11,500 subscribers (20k members) resulting in \$1.46m in claims. Advice from our plan administrator on how to stabilize spiraling costs in early 2000 indicated health care costs were not going down therefore, prevention and wellness could be key to the long-range fiscal plan. In 2002, CCMHG hired Deanna Desroches, Director, Cape Cod Healthy Connections to work with the Wellness Committee (advisory to the CCMHG Steering Committee) to develop wellness and prevention plans for our membership. Martha's Vineyard shares some of these services but in addition currently works with Triva Emery, Be Well MV, for local programming.

Enough stats and history! We started with very successful programs - remember smoking cessation and the Health Improvement Plan better known as HIP - but only reached small groups. How we have grown in the past decade!! Advances in technology, communication and interacting directly with members has led to greater participation. The Your Health Matters Newsletter and ahealthyme platform initiated in 2014. Cancer



Screening Incentives and direct mailings keep us all engaged. Recently, we have brought our on-site programs across the Cape and hope to add Truro this spring. Where else do you find employees having access to so many wellness and prevention programs? In FY24, 2,817 members participated in 105 events on the mainland. From pickleball, golf, walking, running, stand up paddleboard, and fly fishing to Pilates, dance, dance, and more dance; to yoga, meditation, mindfulness; and yes, to financial planning, self-defense, and cooking classes because we are treating the whole person. There is something for everyone, and it keeps growing. This is a major success story!

You Indirectly Fund This!! All our programming is free or low cost. CCMHG has allocated \$391,000 for FY25. Of that, \$89,000 is returned to our members in the form of prizes, rewards for reaching goals, and cancer screening incentives. Prevention and employee wellness is that important to us.

So.... are you getting the most out of your benefit plan? Did you join the ahealthyme platform to track events, participate in challenges, connect with other members, and become eligible for prizes? Have you participated in one of our onsite programs? If not, make 2025 the year that you try us on for size. Because with the CCMHG- "Your Health Matters."

Maggie Downey, CAO, Cape Light Compact

Meggan Eldredge, Assistant Town Administrator, Harwich

Paula Champagne, Retired Health Director, Harwich

Wellness Committee

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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The Last Word