



Your Health Matters

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

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Life's Little Questions offer Big Brain Benefits

In a recent study, older adults who had a strong sense of purpose in their lives were significantly less likely to develop Alzheimer's disease or cognitive impairment over the long haul.



What does having a purpose in life got to do with the price of eggs? Well, for one, it means that your actions and choices are guided by specific goals and desires. For another, it makes you more wired to look for meaning in personal events and experiences. Researchers think it may help positively alter immune-system functioning in a way that benefits your heart and blood vessels. And that's good for your noggin.

Lots of things can add purpose and meaning to your life, whether it's setting certain career goal, choosing to be more in the moment in your everyday life, or striving to be a good parent, spouse, or friend. In the recent study, orienting one's life around a personal philosophy or goal meant people were 2.4 times less likely to develop Alzheimer's disease. Mild cognitive impairment -- which is sometimes a precursor to Alzheimer's -- was less likely among purpose-driven folks, too.

Are you making plans for the future? Is there something that you're actively trying to achieve? Does your life have meaning? A resounding yes to these questions could mean you get more time on earth to accomplish things. Having a purpose in life was so helpful in the study that it even appeared to improve the longevity of people with depression, disabilities, chronic medical conditions, or financial difficulties.

Having a purpose in life can boost your emotional well-being -- which in turn may lower the risk for chronic disease. Stay young, active, and driven with these additional live-longer habits:

- Know your numbers, cholesterol, bp, etc. Talk with your doctor regularly!
- Sitting all day may take a bite out of your personal timeline. Move it!
- You might live longer if you indulge a few frivolous whims. Enjoy!
- Foods high in vitamins C and E may lengthen your life. And are yummy too!

Source: [ShareCare](#)

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Summertime Safety

Summer is typically a relaxing time of year, but just because you're taking it easy in the sunshine doesn't mean you can ease up on oral health care. In fact, there are a few things you should be even more vigilant about in the summer.



Slather on SPF - And we don't just mean your arms and legs. To help prevent oral cancer, make sure your lips are protected from the sun's harmful UV rays by using a lip balm that contains sunscreen. SPF 15 or higher is ideal, and don't forget to reapply!



Tame the treats -As tempting as it is to cool off with popsicles and ice cream, make those sweet treats a once-in-a-while habit, not a daily occurrence. When you do have sugary snacks, try to eat them with meals. Chewing other food stimulates saliva glands, and extra saliva helps wash sticky food debris from teeth.

Drink up - Stay hydrated, but make sure you're doing it the right way. Water and milk are your best bets for keeping cool *and* keeping your teeth healthy. Not only do sports drinks and sodas contain acids that erode tooth enamel, the caffeine in most soft drinks has been linked to dry mouth. If dry mouth is a problem for you, try to avoid summer sangria and other seemingly refreshing alcoholic beverages – alcohol can also be a cause of dry mouth.

Keep teeth safe during sports - Whether you're waterskiing or swimming laps, if there's a chance that your teeth could be injured, you should be wearing a mouthguard. Donning a mouthguard can not only protect your teeth, but also reduces the risk for jaw fractures and lacerated and bruised lips and cheeks. Other summer activities that should involve a mouthguard include volleyball, baseball, water polo, surfing and bicycling. *Source: [Delta Dental](#)*



[Harvard Pilgrim](#) members did you know that these services were at your fingertips on the [HPConnect for Members Page](#) at HPHC? Find out information about your coverage, claims, costs, update your member account, locate wellness savings available, and use interactive tools to manage your health. Under your coverage you can find up to date information on:

- Activity Summary
- Claims
- Providers
- Authorizations
- Deductible Tracker
- 3-Tier Drug Look-up
- Benefits & Eligibility
- Order ID Cards
- 4-Tier Drug Look-up
- My Plan Documents
- Select a PCP

Get Vaccinated At Your Local Pharmacy

Members 18 years of age and older with pharmacy benefits can now walk into a participating Express Scripts to receive many preventive immunizations on the spot at no additional cost. Members that have Access Blue, HMO, PPO, POS, Indemnity, Medex, and Managed Blue for Seniors plans that include pharmacy benefits can get vaccinated for:



- Chicken pox
- Diphtheria, tetanus, whooping cough
- Hepatitis A
- Measles, mumps, rubella
- Polio
- Pneumonia
- Hepatitis B
- Shingles (age 60 or older)
- HPV
- Influenza
- Meningitis

There is no prescription required. Simply contact your Express Scripts pharmacy to confirm if they have a pharmacist available to administer vaccines. To check your pharmacy benefits log into [Member Central](#).

Wellness News

Brown Bag Lecture Series

This new program was met with rave reviews! There are two series which discuss **Family Health and Nutrition** and **Stress Reduction**. If you or your employer are interested please let me know – we are scheduling now for Fall 2013.



Biometric Screenings

Screenings were fabulous this year once again! We screened 320 members at 17 different locations! Great numbers! It is time to start planning for next year and I need you to know that the screenings are scheduled on a first come basis. If you have not participated yet maybe this will be your year and if you participated and your numbers were a little less than desirable, maybe we'll skip a year! Call or email anytime to start scheduling!!

Couch to 5k

Yes, you read that right! The CCMHG recognizes the importance of exercise and would like to encourage its members to get off the couch and start running! With this program you will meet 2x/week for 9 weeks of interval training that will guide you on a journey to run 3.1 miles!! If you are interested in taking part in this fabulous program please ask your employer to contact me to work out the details. This program would take place before the work day, during a lunch hour, or at the end of the work day. Only two locations will be able to host this program – one in the Fall and one in the Spring so call now!! ***You must discuss this program with your doctor (as with all physical exercise programs) prior to start!***

5k Walk it Off

With the similar goals as the C25K this program is very basic and easy for anyone. Sometimes the hardest part is getting up and moving and 3.1 miles can seem daunting to some. This will be a perfect start to help those individuals towards a goal of fitness and healthy lifestyles. We will meet 2x/week for 6 weeks and work on increasing mileage at each session beginning with ½ mile and working our way towards a full 3.1 miles!! If you are interested in taking part in this fabulous program please ask your employer to contact me to work out the details. This program would take place before the work day, during a lunch hour, or at the end of the work day. Only two locations will be able to host this program – one in the Fall and one in the Spring so call now!! ***You must discuss this program with your doctor (as with all physical exercise programs) prior to start.***



Healthy Me Program

Are you ready to take the steps towards a healthier lifestyle? Do you need to cut back on calories? Lose a few pounds? Learn some healthier recipes? Exercise more? This 8 week program is geared to motivate individuals to take charge of their lives and become healthier! We will meet 2x/week for the 8 weeks and during these meetings we will work to achieve your health goals by trying out new recipes, working on strength and endurance, walking, discussing our weight loss/health concerns, and participating in weekly weigh-ins! Members will also meet for 10 monthly follow-up

support meetings (with weigh-ins and healthy recipes to sample). Members cost for this program is \$10.00 per person. This money will be collected and held to be awarded to the participant that attains the greatest percentage of weight loss at the end of this year long program! This program would take place during the employee lunch hour. Only two locations will be able to host this program. Call now if you are interested. As with all CCMHG programs its first come basis! Call soon! ☺

and a little more...

Walking Works Spring Walking Challenge

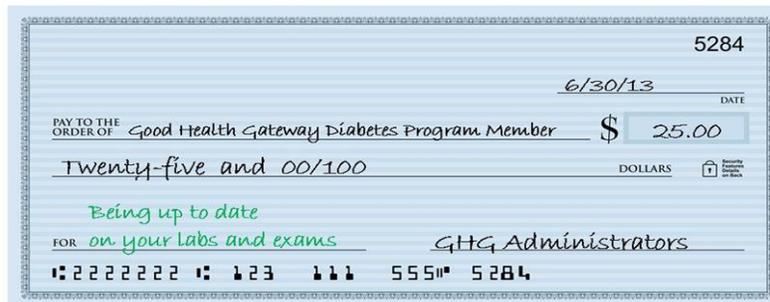
This Challenge was a great success! We had 348 members that participated by tracking/logging their miles/exercise and a whopping 246 members (on average) logged in each week. We maintained an average of 71% active users throughout the program!!! I am super proud of how active you all were!!!

Our lucky winners are:

Beverly Haley, DYRSD Administration, won the BodyMedia CORE Armband
 Cindy Proc, Town of Barnstable, BWB Elementary, won the NIKE+ FUELBAND
 Samantha Buron, DYRSD, LCM Elementary, won a blue iPod Shuffle
 Priscilla Bellerose, DYRSD, MES Elementary, won a silver iPod Shuffle
 Peter Wack, Town of Sandwich Police Department, won a blue iPod Shuffle
 Carol Mahedy, DYRSD, Administration, won a silver iPod Shuffle

This could be yours.
 No gimmicks. No kidding.

Good Health Gateway®
 Diabetes Care Rewards Program



How?

The **Good Health Gateway** Diabetes Care Rewards Program will now be holding a **Monthly Drawing** to reward members for staying up to date on their diabetes labs and exams for the months of June, July, and August 2013.

- 20 members' names will be drawn at the end of each of these months to receive a **\$25 Bonus**.

What do you need to do?

Be up to date on all of your diabetes labs and exams by the end of the month. Each month you remain up to date on your labs and exam, your name will be entered into the drawing for a **\$25 Bonus** check for that month.

There are two ways to check your lab and exam status:

Call our HelpLine Advocates at (800) 643-8028 OR Go online at www.GoodHealthGateway.com

Taking care of your health is important, so this is our way of saying GREAT JOB!
Keep up the good work.

Hot Topics

↓ **2,300 mg**

You need less than 2,300 mg of sodium in your daily diet -- the amount in one teaspoon of table salt. Test your salt smarts at WebMD



Don't be fooled by the label: People eat more of a meal if they think it's a small serving, regardless of its actual size, finds a new study from Cornell University. Researchers served everyone in the study the same amount of spaghetti, but told some eaters their serving was "regular," and others that it was "double size." People who thought they were given a larger portion left 10 times as much food on their plates as those who thought they got a smaller serving. In fact, the larger portion group ate 63 percent fewer calories. To help estimate serving size go to MensHealth.

One Reason to Deactivate Facebook (or at least give it a rest): A recent study shows that Facebook users (especially females) feel more body conscious by looking at friends' online photos. More than half of the 600 study participants said that looking at others' online albums left them wishing for the same body or weight as the person pictured -- creating more negative feelings than a fashion magazine might stir up. The study added that younger users were more likely to develop eating disorders because of the pressures of social networks. Other studies have proven that younger Facebook users are even open to increased narcissism, aggressive behavior and sleeping problems. Source: Mashable.com

What's the Best Fuel Before a Workout?

If 15 minutes before

Medium banana

- Carbs: fuel to burn
- Potassium: replenishes electrolytes lost by sweating; gets blood flowing to your heart

If 30 minutes before

1 Tbsp. peanut butter + medium banana

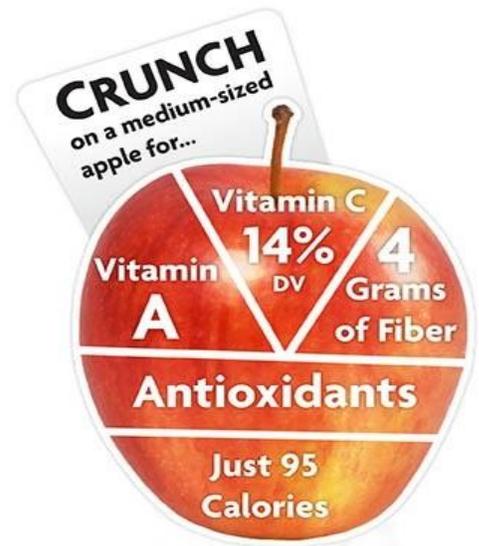
- Niacin: helps convert the banana's carbs into energy
- Healthy fat, protein: keeps blood sugar from spiking

If 60 minutes before

1 slice multigrain bread + 1 Tbsp. peanut butter + medium banana

- Complex carbs: slower to digest, providing fuel for longer workouts

Source: *Tufts Health Plan Well Summer 2013*



Is Your Child a Quitter? A new study shows that 73 % of the 50 million children who play youth sports quit before they turn 13. When do you push your child and when do you let them do what they want?

The age of your child is important in deciding whether to let your kid quit. A 4-year-old signed up for soccer or baseball may not yet be emotionally and behaviorally ready to take turns, and deal with letdowns and disappointments, says Fran Walfish, a family psychotherapist in Los Angeles. "If this is the case, you should tell your youngster, 'We're not ready yet, we'll try again next season,'" she says. On the other hand, a 9-year-old with a habit of starting and quitting may need a push to stick it out to the end. "Parents need to help their kids face, sometimes, doing things they don't want to because they are bored, challenged, or struggling," Walfish says. These older children need to learn to follow through with their promises. For full article: TodayMoms

Food for thought...



Why We Love Greek Yogurt by Fitness Magazine

It's Packed with protein: A typical 6 ounce carton of plain nonfat Greek yogurt contains 17 or 18 grams, or about as much as half a package of tofu. The same amount of regular yogurt contains around 9 grams, so it won't keep you full as long!



It's Low in carbs: Greek yogurt has about 7 grams per serving as opposed to 122 in the standard type. It also tends to have a third less sugar.

It's not just for eating out of the carton: The velvety texture and tangy taste of Greek yogurt make it a smart stand in for mayo in tuna and pasta salads and for sour cream in dips, mashed potatoes, and baked goods!

It swings both ways: Pinkberry will debut fresh, not frozen, Greek yogurt in January 2013 and will offer this treat nationwide by April. Although you get a slightly larger serving, it contains 15 fewer grams of sugar than an order of the chains fro-yo. Plus it has a clean, neutral taste that works with sweet and savory toppings! [Find out which Greek yogurts made Fitness Magazine's Best of 2013!](#)

Peach and Heirloom Tomato Salad

Adapted Recipe from Foodily.com

Ingredients

- 1 large ripe peach
- 3-4 small heirloom tomatoes, preferably different colors
- 1/2 pounds green beans, ends trimmed
- 1/4 cup basil leaves, cut into thin strips
- 1 small shallot
- 2 tablespoons champagne vinegar
- 1 tablespoon lemon juice, freshly squeezed
- 4 tablespoons olive oil
- Kosher salt and freshly ground black pepper

Instructions

For the salad: Bring a medium pot of salted water to boil. Add the green beans and allow to cook until slightly tender but with some personality, about 4 minutes. Scoop them into a large bowl of ice water. Once they are cool, drain well. (The salad can be made one day ahead. Wrap them in a clean kitchen towel and refrigerate.) Cut the peach in half and remove the pit. Cut into thin slices and add to a salad bowl. Cut one of the tomatoes into thin slices and cut the others into wedges; add to the bowl. Add the basil and drizzle with dressing.

For the dressing: Finely mince the shallot. Place in a bowl or in a glass jar with a lid. Pour in the vinegar and the lemon juice. Add a large pinch of salt and a few grinds of pepper. Mix well. Drizzle in the olive oil and whisk or shake well. Taste and adjust seasoning as needed.

Nutritional Information: Makes 2 servings. 343 Calories; 28.8g Carbohydrates; 0mg Cholesterol; 27.3g Fat; 3.6 Saturated Fat; 29.4mg Sodium; 5.7g Protein; 10.4g sugars



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The Do's and Don'ts of Summer Fun

DO outsmart the bugs. Wear light-colored, breathable clothing—you'll be less attractive to bees, which like bright colors. Light colors also make it easier to spot ticks. If you're planning to be outside for an extended time, spray your clothes, not your skin, with a bug repellent that contains DEET. If you are stung or plagued with insect bites, ice the swollen area, says Meredith Barbour, MD, a family physician at Duke Primary Care Brier Creek. An over-the-counter antihistamine will help reduce the swelling and the itching.

DON'T ignore your body's warning signs. If a sting or a bite is serious, your body will let you know fairly quickly. Hives, facial swelling, or trouble breathing may signal a severe allergic reaction and require immediate medical care. If you know you're prone to a severe allergic reaction, carry an EpiPen. If you develop a rash or a fever after a tick bite, see your health care practitioner, as it may be a sign of Rocky Mountain spotted fever or Lyme disease.

DO eat seasonal produce. Visit your local farmers market or grow your own. "Fresh fruits and vegetables add color to meals, taste better, and are loaded with vitamins and nutrients," says Brinkley Sugg, RN, FNP, a family nurse practitioner at Duke Primary Care Morrisville. Meet the daily-recommended five servings of fruits and vegetables by adding berries to salads, grilling pineapple and summer squash, and snacking on watermelon.

DON'T grill meats over high heat. Studies suggest it breaks down muscle proteins in meat and creates a cancer-causing substance, which can jump-start the cancer development process, Barbour says.

DO know the air-quality index. Air pollutants are measured via a color-coded, daily air-quality index. "High levels can cause breathing problems for people with asthma, lung disease, or heart problems," Sugg says. When the air-quality index causes concern, individuals at risk should spend more time indoors and limit strenuous activity.

DON'T think you can beat the heat. Whether you're exercising outdoors or enjoying time with family and friends', staying hydrated is important. Heat exhaustion occurs when the body loses excessive amounts of water and salt through sweat. If you feel overheated or experience headache, dizziness, nausea, or cramps, Barbour says stop what you are doing. Move into the shade or cool off in an air-conditioned building or car. Drink cool nonalcoholic beverages, take a cool shower or spray yourself with cool water. Apply a cold compress to your neck or armpits.



DO protect your eyes from the sun. The sun's harmful ultraviolet rays can cause cataracts, macular degeneration, and abnormal growths. "Once the damage starts, there's no way to stop it," Sugg says. Never look directly into the sun, and protect your eyes by wearing a hat and sunglasses whenever you are outdoors. Opt for eyewear that blocks 98 to 99 percent of UVA and UVB rays.

DON'T choose the wrong sunscreen. Some contain questionable ingredients that have sparked health concerns. For example, oxybenzone may interfere with hormones. Nanoscale zinc and titanium oxides have been linked to potential reproductive and developmental effects. Pregnant women should avoid sunscreens that contain retinyl palmitate. When choosing a sunscreen, a sun protection factor (SPF) around 30 is sufficient. Apply frequently, according to directions. (Recently, the FDA announced it is investigating potential risks associated with spray sunscreens, including inhalation risks. For this reason, Sugg recommends against spraying sunscreen on children. Instead, spray your hands first, then rub on the sunscreen liberally.) Source: [Duke Medicine](#)

***The Last
Word***

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