



# Your Health Matters

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

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

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## **It's Summer! Remember to Practice Summer Sun Safety!**

It is Summer on Cape Cod and finally we are showing our faces and getting out to soak up some well-deserved Vitamin D! I, for one, cannot wait but don't be too quick and forget the sunscreen!

We have this love/hate relationship with the sun and although we love its warmth we are easily burned, both figurately and literally! Did you know that 30% of CCMHG members reported only *SOMETIMES* wearing sunscreen while 12% reported *NEVER* wearing it!!

The surgeon general notes that approximately one in three Americans get sunburned every year, and that takes a toll. A mere five sunburns double your risk of melanoma, per the Skin Cancer Foundation, so covering up is a must. It doesn't matter if you swear that you never burn. The true effects of your burn may not be felt until much later in life. Everyone—*regardless of age, gender, or race*—should use sunscreen to combat the sun's ultraviolet rays.

To maximize your protection, look for broad-spectrum sunscreen (which protects against both UVA and UVB rays) that is water-resistant and has an SPF 30 rating or higher. Use it every single day that you plan to stay outside for 15 minutes or more. UV rays can surprise you with a burn on both cloudy and 80-degree days and elements like sand and water can reflect the sun's rays and increase its impact.

Apply the sunscreen fifteen minutes before you go outside so your skin can absorb it and reapply every ninety minutes (if you are wet or sweating) to two hours. If you choose a spray sunscreen, make sure to apply it evenly—it's more difficult to get full coverage with sprays. A lot of parents use spray sunscreen, it has been my experience that **children end up with burns**. I tend to recommend the tried-and-true cream as you can see the areas you have missed. Did you know that some sunscreens even have color now so parents cannot miss a spot!

Another method of blocking the sun is to simply put a barrier between it and your skin. Some easy ways to do this are staying in the shade as much as possible, wearing sunglasses and a wide-brimmed hat, and UV protectant clothing.

You can believe you have done everything right but still experience heat strain or stroke. It is important if you experience any of these, get out of the sun:

- Painful muscle spasms usually in the legs or abdomen
- No sweating
- Goosebumps
- Headache
- Clamminess, pale skin
- Dizziness or disorientation

Finally, please do not forget to stay hydrated!! If you are thirsty, you are already dehydrated! Have a great, happy, and healthy summer!



**93% of Americans plan to visit the dentist in 2021**

*This World Oral Health Day, Delta Dental applauds the efforts of Americans for making oral health a priority*

In recognition of World Oral Health Day this past March 20<sup>th</sup>, Delta Dental published new survey findings on American's oral health behaviors during the COVID-19 pandemic:

- 90% believe that during the pandemic, maintaining oral health is essential to protecting their overall health
- 72% are paying closer attention to their oral care habits at home as a result of COVID-19
- 93% plan to visit the dentist in 2021

"The findings show that people are focused on their oral health and recognize the integral role it plays in their overall health. With so many reporting that they plan to visit the dentist in 2021 and high levels of commitment to oral health habits at home, we are optimistic this will contribute to continued improved overall health in Massachusetts and across the country," said Dennis Leonard, president & CEO, Delta Dental of Massachusetts. "Delta Dental applauds these efforts to make oral health a priority amid the pandemic."



## 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:

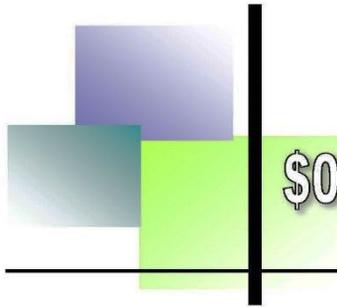
- Health Screening: Subscribers and spouses who have a cholesterol and blood pressure screening at their doctor's office will be eligible for a chance to win one of 300 **\$50 American Express Gift Cheques**.
- Mammogram: Women subscribers and spouses age 40 and over (or recommended by a physician) who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

*Don't wait to submit your FY21 Postcard!*

*All Postcards must be postmarked by July 6<sup>th</sup> to be processed!*

*FY22 Postcards will be mailed directly to your home in July and are also available on Facebook and at [www.ccmhg.com](http://www.ccmhg.com)*



# CCMHGCanarx

## \$0 Copays - Brand Name Medications

CCMHGCanarx is a voluntary international mail order drug program offered to eligible employees, non-Medicare eligible retirees and dependents enrolled in select health plans with the Cape Cod Municipal Health Group (CCMHG).

- ✓ Save \$300 to \$660 annually per prescription. (When compared to current 90-day copays.)
- ✓ FREE shipping and handling to members.
- ✓ 200+ Brand Name maintenance medications available.
- ✓ Worry-free refills - we call you!
- ✓ Enroll anytime!

Call 1-866-893-6337 and ask the Canarx representative if your medication is available at NO COST!



[www.CCMHGCanarx.com](http://www.CCMHGCanarx.com)



## TAKE CHARGE OF YOUR DIABETES

Join the Diabetes Care Rewards Program at [GoodHealthGateway.com](http://GoodHealthGateway.com) to Live Well and Get Rewards.



**Get Diabetes Care Reminders**  
to see your doctors for important diabetes labs and exams



**Get \$0 Copays**  
on most diabetes medications and supplies



**Join Today**  
800.643.8028 | *Hablamos español.*  
[GoodHealthGateway.com](http://GoodHealthGateway.com)

Scan the QR code with your smartphone camera to learn more.



The Good Health Gateway® Diabetes Care Rewards Program is a private and confidential service provided by the Cape Cod Municipal Health Group for employees and their families enrolled in a Cape Cod Municipal Health Group health plan who are living with pre-diabetes or any type of diabetes.

# Wellness News

## Couch to 5k Running Program

Our Harwich program just wrapped up with some awesome people! Looking forward to our Fall program which will begin on September 7<sup>th</sup> location TBD! (If you'd like us to come to you, please reach out to Deanna [capecodhealthyconnections@gmail.com](mailto:capecodhealthyconnections@gmail.com) to set up a program at your worksite! Members that attend this 9-week program without missing more than one class will earn → **35 wellness points!**



## Walking Programs

If you would like to coordinate a program, we are available to walk with a group of your employees, just contact Deanna [capecodhealthyconnections@gmail.com](mailto:capecodhealthyconnections@gmail.com) to set up a program at your worksite! Remember if you host a program and members attend this 8-week series without missing more than one class, they will earn → **35 wellness points!**

Be on the lookout for our Sunday morning **Fall Hiking Series** across Cape Cod. We will be hosting 8 weeks of Sunday morning walks. We had a great group that joined us last Fall. Hope to see you in 2021!!



## Summer Hydration Challenge (NEW)



Our Summer Challenge is a little different this year where members will be tasked with drinking and logging at least 64 ounces of carbonated, mineral, or plain water per day, an average of four days per week, for the duration of the challenge, (a total of 16 days over the course of the four-week challenge). Consumed servings of water can will be logged on the [Wellness Portal](#) by using either the Water Tracker or the Water Log. This will be a nice way to “Rethink our Drinks” this summer. The challenge takes place from July 19<sup>th</sup> – August 16<sup>th</sup>.

## Monthly Challenges!

Our challenges are Facebook based so that **ALL** members can have access to wellness points and programs. The successful completion of each challenge will earn you → **25 wellness points!**

## July Summer Selfie Challenge

During July members can participate in at least 16 days of selfie taking and posting! This challenge is open to interpretation so go crazy and be creative! Join the [Summer Selfie Group](#) now to take part in the fun!

## August Flipping Fitness Challenge

During August we challenge members to add some exercise into their daily routine! To complete this challenge, members will choose a fitness level (Beginner, Intermediate, or Advanced) that best suits their level of fitness and then complete a series of fitness related tasks. Members are required to join the [Flipping Fitness Group](#) and post during the month.

## September Air 1000 Challenge

During September we challenge members to get outside for 1000 minutes (equates to 33 minutes/day) of activity!! Running, walking, basketball, playing with kids, swimming – it all counts!! Members will be required to join the [Air 1000 Facebook Group](#), and post during the month.

## Monthly Workshops!

We have been offering monthly hybrid workshops on various topics including mindfulness, sleep, stress reduction, and financial wellness to name a few. These workshops will continue throughout the next year and we are incredibly happy to be offering more options like emotional healing and retirement counseling.

Our July 21<sup>st</sup> workshop will be part four in our **Financial Wellness** series brought to us by Cape Cod 5 Bank. The wealth management team will be explaining the steps you should take 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. We are adding the finishing touches on this workshop so stay tuned for more information coming your way in the next few weeks. You can always see all the workshops we offer as well as any programs offered by following this [link to our CCMHG Programs](#).

## Martha's Vineyard Members!

### Did you know about the WALK & TALK BOOK CLUB?

Leave the screens and get outside. In partnership with the Vineyard Haven Public Library, BeWell-MV invites you to join us for WALK & TALK BOOK CLUB. April through September, Walk & Talk will focus on a specific subject each month.

Meeting one Thursday + one Saturday month - join one or both. It's a new kind of Book Club! You don't have to read an assigned book - explore on your own and share what we've learned. Walks begin on time at 11:00 AM. Please follow all state COVID protocols.

Want to learn more? Email to register: [ccmhgmwvwellness@gmail.com](mailto:ccmhgmwvwellness@gmail.com) or [amcdonough@clamsnet.org](mailto:amcdonough@clamsnet.org)



## CCMHG Wellness Portal FY21 and FY22

Have you finished all your workshops so you will receive your 100 points and \$35 gift card? If you missed out in FY21 than FY22 is your year to hop on over to your personalized [CCMHG Wellness Portal](#)! There are lots of opportunities to earn wellness points and that means money in your pocket!

Don't forget to complete your annual Health Assessment starting July 1<sup>st</sup>. If you complete one before August 31<sup>st</sup> not only will you receive 25 wellness points, but you will also receive a \$25 gift card!

**Coming this Fall: Be on the lookout for these exciting fall happenings:**

**Pilates; Yoga; Fall Prevention Workshop; Cyber Security/Fraud Workshop; Chair Yoga, Fruit and Veggie Challenge; Learn to Play Tennis; Learn to Play Pickleball and so much more!**

# Hot Topics

## Are YOU Anxious About Returning to Work/Life?

After more than a year of working remotely, some employees have concerns about returning to the office and the life that the COVID-19 pandemic abruptly changed.

As COVID vaccines become increasingly available, many are experiencing return-to-work anxiety and stress when contemplating returning to their desks as well as how to navigate the un-masked world outside.

Do you know who to talk with about how to cope with your anxiety so you can be calmed and manage your daily stress? CCMHG provides lots of CONFIDENTIAL options:

**HPHC: Optum Behavioral Health: 888-777-4742**  
**BCBS Mental/Behavioral Health: 888-389-7764**  
**TUFTS: Behavioral Health Services: 800-701-9000**  
**Mytelemedicine: 800-611-5601**

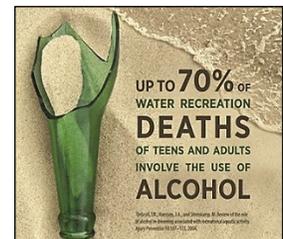
## Risky Drinking Can Put a Chill on Your Summer Fun

Drinking impairs both physical and mental abilities, and it also decreases inhibitions. Reduced inhibitions from drinking may affect a person's ability to take the precautions needed to be mindful of how much alcohol you're consuming. For those who choose to drink below are additional issues to watch out for when participating in summer activities:

- Alcohol impairs judgement and increases risk-taking with swimmers
- Alcohol consumption contributes to 19% of boating deaths
- Driving while impaired on unfamiliar vacation roads is a deadly combo
- Heat plus alcohol can lead to dehydration or heat stroke
- People who drink while celebrating in the sun are less likely to wear sunscreen

Be safe and if you are serving alcoholic drinks be sure to include a variety of healthy food and snack choices as well as designating drivers and calling taxis.

Have a safe and happy summer!



## How to Beat That Workout Slump: 5 Tips to Rejuvenate Your Motivation

For those of us that follow a periodized training plan year-round, we normally hit the outside workouts in April and are now several months into our building and peaking season, if not nearing the end. Waking up still a little sore from that last workout, needing to snooze that alarm a few times, and feeling ravenous and maybe a bit crankier than usual are all signs that you have been training hard. And while the finish line may be in sight, it's impossible to feel ready to rock every workout. Here are ways you can revitalize your energy and start feeling really good again right now!

**Tip #1:** Take two to three days completely off training. Yes, you read that correctly. "Won't I lose fitness?" No! You can hit your training hard, and stick to your diet plan perfectly, but if you don't apply that same diligence to your rest, you will run out of gas. Keep in mind that this doesn't mean it's time to clean out the garage, pull stumps out of the yard, or rotate the tires on your car – it's time to relax. So please take two to three days off and rest up. You will come back recharged.

**Tip #2:** Add more Omega 3s to your diet by eating cold water wild-caught salmon and other fish. The Omega 3's help reduce inflammation, and they can really boost your brain activity and help clear up some of that mid-day brain fog and slump that happens. When you are less brain-fuzzed, you'll have more energy for your next workout.

**Tip #3:** Keep at least five to six hours between workouts. While there are great benefits to completing a brick workout once a week, stacking workouts on three or four other days often leads to mediocre results. If you absolutely must stack two workouts, keep them short and the quality high. Otherwise, respect the purpose and desired adaptation for each workout, and complete them with enough time for your body to recover in between.

**Tip #4:** Take naps. They can be 20-minute cat naps, or full blown two-to-three-hour sack outs on the weekends. During the week, a quick cat nap after lunch can completely recharge your brain, giving you more energy and making you ready for the rest of the day. It may take a few tries to get used to taking naps, but your work and workout productivity will start to soar with this new practice. If naps end up affecting your nightly sleep, then try taking them earlier in the day or investigating why you're not sleeping soundly. It could be a sign of chronic overtraining.

**Tip #5:** Complete two to five minutes of meditation. Athletes benefit from daily meditation because it helps improve your focus, and aids in visualization of goal attainment. Those who meditate proclaim the powers of it are extraordinary for their brains, so how can you get those benefits without sitting for 20 minutes twice a day?

### 10 Essential Food Safety Tips for Outdoor Cooking

Outdoor picnics and beach BBQs are part of any summer, but as the mercury rises, so too does the number of food poisoning cases. In fact, for every degree warmer, the rate of food poisoning increases. It's far from doom and gloom, however — there's plenty you can do to reduce or eliminate your risk.

**Wash your hands:** Before handling food, make sure your hands are squeaky clean. Wash them with warm water and soap if available, or at least a hand sanitizer. Remember to re-wash your hands after handling raw meats.

**Use your cooler:** Transport perishable foods like salads, dips, and cheeses in a cooler filled with ice and/or cooler packs. Place raw meat in sealed containers at the bottom so their juices are separated from other foods.

**Cool food first:** Avoid packing warm food in coolers. If you're taking cooked food for a picnic or BBQ, cook it the day before and chill it in the fridge overnight.

**Don't cross paths:** Prepare raw foods, like steak and chicken, with separate utensils and chopping boards from those you use to make ready-to-eat foods like salads or desserts. Use a separate clean tray to serve cooked meat -- not the tray the raw meat was prepared on.

**Cook like a pro:** Ensure frozen meat is completely defrosted before you put it on the grill. When cooking, turn the meat regularly and move it around the hot plate to make sure it cooks evenly. Steak can be pink in the middle if the outside is seared. Keep cooked meat hot by setting it to the side of the grill.

**Check the temperature:** Cook sausages and burger patties all the way through, with no visible pink in the middle. If you have a food thermometer, your target temperature is 75°C in the center.

**Keep cold food cold:** Store cold foods below 5°C. Keep the lid of your cooler closed, opening it as few times as possible.

**Keep hot food hot:** Keep hot foods above 60°C. Food is in the 'temperature danger zone' when it's between 5-60°C, meaning bacteria can very quickly multiply and become dangerous.

**Watch the clock:** Two hours is the maximum timeframe food can be left out of the fridge if you plan to take it home to eat another time. If you are not taking it home, four hours is your goal with perishables.

**Safe handling of leftovers:** Take leftover food home quickly in insulated containers. You should place hot food in the refrigerator as soon as steam stops rising. Don't leave seafood in temperature danger zone for longer than necessary.

**Common food poisoning culprits: Poultry, eggs, fresh produce, soft cheeses, and deli meats.**

**Food for thought:** Food poisoning can affect anyone, but some people are more susceptible than others. Pregnant women, young children and the elderly should be especially careful. *Source: [Healthy Food Guide](#)*

#### **Lasagna Caprese Roll Ups**

Recipe from [BigOven](#)

8 lasagna noodles; uncooked  
 14 oz Mozzarella cheese; freshly shredded/ divided  
 3/4 cups ricotta cheese  
 1 large egg  
 1/3 cups Parmesan cheese; fresh and finely shredded  
 3-4 medium Roma tomatoes; thinly sliced  
 1/4 cups basil; freshly chopped  
 1 cup marinara sauce



Preheat oven to 350°. Cook pasta according to directions. Drain pasta (do not rinse with water) and align lasagna noodles in a single layer on a large sheet of wax paper. In a large mixing bowl, whisk together ricotta cheese and egg white until well blended. Stir in Parmesan cheese. Mix in 12 oz of the mozzarella cheese and season with black pepper to taste. Spread 1/4 cup of cheese mixture onto each lasagna noodle. Then add 3 slices of tomato on top of the cheese mixture. Sprinkle with a little fresh basil over the top. Tightly roll lasagna noodles to the opposite end. Repeat process with all the lasagna noodles. Spread 1/2 cup of marinara sauce in the bottom of a 9x13 baking dish. Align the lasagna roll ups, seam side down in the dish. Top each roll up with 2-3 tablespoons of marinara sauce, making sure to cover all the edges. Sprinkle with remaining shredded Mozzarella cheese. Bake in the preheated oven for 30 minutes. Remove from oven and serve roll ups with more chopped basil.

Nutrition Per Serving: 333 calories; 8g saturated fat; 3g monounsaturated fat; 1g polyunsaturated fat; 562mg sodium; 227mg potassium, 30g carbohydrate; 4g fiber; 4g sugar; 21g protein; 30% Vitamin A; 83% Calcium; 12% Iron; 13% Vitamin C

## ***What is Vaping? Everything You Need to Know***

***Vaping was designed to be addictive. Vaping manufacturers knowingly put you at risk.***

### ***The Last Word***

A "vape," or electronic cigarette, is a device that heats up a liquid to create a vapor you inhale. Some types of vaping devices include pens, e-cigarettes (like JUUL), and hookahs. While vaping appears to be a healthier alternative to smoking cigarettes, there are still many health risks involved. While many of these products typically feature a liquid containing one-third-to-half the nicotine found in a cigarette—for example, one 5% strength JUUL pod is designed to replace an entire pack of cigarettes in nicotine strength—vaping users still face many health and safety risks. Nicotine, a stimulant which can harm the developing adolescent brain is found in many e-cigarettes, though not always listed on the label, according to a recent CDC study.

The use of nicotine in developing adolescent brains can harm parts that control:

- Learning
- Mood
- Attention
- Impulse control



Nicotine use affects how the synapses—connections between brain cells—are formed. Regular usage in adolescence can also increase the risk for future addiction to cigarettes and other drugs. Other than nicotine, vaping liquid and subsequent vapor may include other harmful substances including:

- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead
- Flavorings such as diacetyl, a chemical linked to lung disease
- Volatile organic compounds
- Ultra-fine particles that can be inhaled deep into the lungs

**According to 2018 National Youth Tobacco Survey (NYTS), 3.6 million children in middle school and high school use e-cigarettes. Use, defined by at least once per day over the past 30 days, has increased 78 percent from 11.7 to 20.8 percent in 2018.**

**The rise of e-cigarette use among middle school and high school students has resulted in an increase in overall tobacco use by 38 percent in high school students and 29 percent among middle schoolers.** For the full article follow this link to: [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*  
[capecodhealthyconnections@gmail.com](mailto:capecodhealthyconnections@gmail.com) 508-631-7263