



Your Health Matters

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

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What you need to know about coronavirus disease 2019 (COVID-19)?

COVID-19 is a respiratory illness that can spread from person to person. COVID-19 is spreading from person to person in parts of the United States. Risk of infection is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at: [CDC's webpage](#). The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases in the United States is available at: [CDC's webpage](#).

The virus that causes COVID-19 probably emerged from an animal source but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:

- Fever
- Cough
- shortness of breath

Severe complications from this virus may be that some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

People can help protect themselves from illness with everyday preventive actions:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer that at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should:

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often. There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

Source: www.cdc.gov/COVID19



Have a toothache and don't know what to do?

Why Does My Tooth Hurt?

- Tooth decay or a cavity – If it is bad enough, it can lead to a bacterial infection in the nerve of the tooth, which can cause an abscess
- Gum disease
- Teeth grinding
- Getting hit in the jaw or teeth while playing sports or other activities
- Sinus or ear infections
- Cracked tooth



What can I do to ease my tooth pain?

- Take an over-the-counter pain medication such as Advil or Tylenol
- Rinse with warm saltwater
- Gently floss your teeth to see if any food might be trapped there
- Apply a cold compress to the outside of the cheek to reduce swelling, especially if an injury is causing your pain.

Should I call my dentist?

See your dentist if your toothache lasts longer than a day. Contact your dentist immediately if you experience fever, difficulty breathing or swallowing, or swelling around the tooth or your cheek. Pain only when you bite, could signal a cracked tooth. Your dentist may prescribe pain medication or antibiotics to provide some relief and aid the healing process.



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.

FY20 Incentive Cards are available online at both www.ccmhg.com and the [CCMHG Facebook page](#)





The graphic features a light blue background. At the top left is the Cape Cod Municipal Health Group logo, which includes a silhouette of a seahorse and the text "Cape Cod Municipal Health Group". At the top right is the Good Health Gateway logo, featuring a heart with a leaf and the text "Good Health GATEWAY Diabetes Care Rewards Program". In the center, the year "2020" is written in large white font, followed by "LOADING..." in a smaller white font. Below this, the word "GOALS" is spelled out using wooden blocks, with a hand placing a block with an exclamation point. A white rectangular box highlights the word "GOALS". Below the graphic is a checklist of four items, each preceded by a checkmark icon.

2020 LOADING...

GOALS

- ✓ Be Happy and Healthy
- ✓ Join the Good Health Gateway® Diabetes Care Rewards Program
- ✓ Get Diabetes Care Support
- ✓ Enjoy Saving Hundreds of Dollars a Year with \$0 Copays

We help Cape Cod Municipal Health Group health plan members living with pre-diabetes or diabetes meet these goals.

The **Good Health Gateway** Diabetes Care Rewards Program help members manage their diabetes care well so they live happy, healthy, and productive lives.

Members who register for the program and meet the program requirements get \$0 copays on covered diabetes medications and supplies every month they are up to date on the program requirements. Members save an average of \$600 a year.

Participation in the Diabetes Care Rewards Program is free, voluntary and confidential. HIPAA privacy and security standards are used to ensure the protection of your healthcare information. None of your personal healthcare information will ever be shared with your employer or the Cape Cod Municipal Health Group

Call or go online to join today.
800.643.8028 | GoodHealthGateway.com

Wellness News

Wellness Portal

Remember your goal is to earn 100 points by June 30th! If you are one of the lucky members that has already reached 50 points by December 31st then you are in the running for one of four \$200 gift cards! The cards will be distributed this month! There are lots of ways to earn points by joining one of our wellness programs in person, completing a monthly challenge on Facebook, or completing an online wellness workshop on the [portal](#)! Everyone has a chance to reach that goal! When you reach that goal, you will receive a \$35 gift card and have the chance of winning our next raffle for one of four \$200 gift cards! **Remember to keep your address up to date with your employer to make sure you get your incentive right away!**

Biometric Screenings

Health Benefits Fairs have been scheduled in Chatham, Barnstable, Falmouth and at CC Tech! Be on the lookout for flyers announcing your dates! If you would like my team to come to your workplace contact Deanna at capecodhealthyconnections@gmail.com to schedule your screening today! Attendance at the screenings will earn you → **25 points on the wellness portal!**

Walking Programs

We will begin our lunchtime walking program in Dennis on April 7th for 8 weeks! We will meet at the Cape Cod Rail Trail parking, 505 Main Street at noon. If you are interested in joining register today! Come join retirees, employees, and my team for this super fun way to get moving and to earn wellness points. All ages and capabilities as well as strollers welcome. Attending an 8-week series without missing more than one class will earn you → **35 points on the wellness portal!** If you would like to host a walk in your town, please contact Deanna today!



Spring Steps Challenge

Our Spring Challenge takes place from April 6th – May 18th! To successfully complete this challenge, you will need to log 294,000 steps within 6 weeks, an average of 7,000 steps a day, using a pedometer, Fitbit® or other device to keep track of steps. Steps must be entered into ahealthyme wellness portal, either on the website, through the HealthyNow app, or through a connected Fitbit® device, to be counted toward the challenge goal. 7,000 steps is approximately 3.5 miles. If you are tracking miles you can convert using any online device and add the steps to the site. We had a great group for last year's challenge: 84 members on 22 teams! The successful completion of this program will earn you → **25 points on the wellness portal!**

Summer Steps Challenge

Our Summer Challenge takes place from July 20th to August 17th! To successfully complete this challenge, you will need to log **196,000** steps within the four weeks of the challenge. That is an average of 7,000 steps a day, using a pedometer, Fitbit® or other device to keep track of steps. Steps must be entered into ahealthyme wellness portal, either on the website, through the HealthyNow app, or through a connected Fitbit® device. You must make sure that all steps are entered by 11:59pm on August 19th. The successful completion of this program will earn you → **25 points on the wellness portal!**

Stress Reduction

On Friday, March 13th at the Provincetown Veterans Community Center we will be conducting our workshop The Path to Tranquility from 12:30–3:00. Hatha Yoga, a light meal, and guided meditation will fill the 2.5 hours. Register today: <https://signup.com/go/aBxepRW>

Beginning in April we will be conducting a beginner Pilates class all 5 Wednesday nights in from 5:15pm–6:15pm. There is a \$25 for the class. Please register: <https://signup.com/go/iELCxUM>

Monthly Challenges

These challenges are open to all CCMHG Members and their families as well as co-workers (although they are not able to receive points or prizes). This allows ALL MEMBERS to join in on the fun regardless of where you work or live!! All our challenges are varying and will be body, mind and spirit based. We have had a fabulous time with these challenges, and we are meeting more and more friends as the months progress. The community support is amazing, and it is so much fun to share! Please be sure to like and/or follow the [Cape Cod Municipal Health Group](#) on Facebook and follow #ccmhg on Instagram and watch your email for all the announcements! The successful completion of each challenge could win you some prizes but will also earn you → **25 points for the wellness portal!**

March Happiness Challenge

During March we are challenging members to complete several different “happiness” related tasks every day of the month. Some of the tasks include holding a door, complementing a co-worker, taking a quick “mind break” and walking for 10 minutes.

April 20 in 2020 Fitness Challenge

During April members will be challenged to complete 20 minutes of various exercises and/or sports (members choice) for 20 days of the month. This will accommodate ALL fitness levels!



May It's All About That Waist Challenge

During May members will be challenged to track healthy meals: 2 dinners, 3 lunches, and 3 breakfasts each week. In addition, they will also have to attend a live cooking demo or watch via Facebook live or watch our Supermarket Tour. We had a ton of fun with this challenge last year!

Coming UP in the next few months:

June Sleep Challenge

July Summer Selfie Challenge

August Flipping Fitness Challenge

September Lunchbox Challenge



Join us for at least one of these challenges! You won't regret it!!

Hot Topics

Tai chi: A gentle way to fight stress

If you're looking for a way to reduce stress, consider tai chi (TIE-CHEE). Tai chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Tai chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. In fact, because tai chi is a low-impact exercise, it may be especially suitable if you're an older adult who otherwise may not exercise. You may also find tai chi appealing because it's inexpensive and requires no special equipment.

The benefits of tai chi may include:

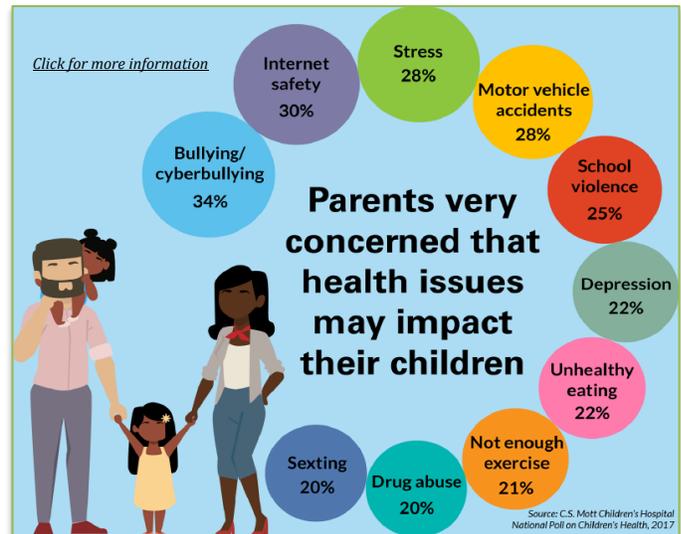
- Decreased stress, anxiety and depression
- Improved mood
- Improved aerobic capacity
- Increased energy and stamina
- Improved flexibility, balance and agility
- Improved muscle strength and definition

Some evidence indicates that tai chi may also help:

- Enhance quality of sleep
- Enhance the immune system
- Help lower blood pressure
- Improve joint pain
- Improve symptoms of congestive heart failure
- Improve overall well-being
- Reduce risk of falls in older adults

You can find tai chi classes in many communities today. A tai chi instructor can teach you specific positions and breathing techniques. An instructor can also teach you how to practice tai chi safely, especially if you have injuries, chronic conditions, or balance or coordination problems.

Source: [Mayo Clinic](https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/tai-chi/art-20056921)



CARDIO VS. WEIGHT TRAINING

One of the most common questions about exercise is this: Should I be doing cardio or weight training exercises?

The answer to this is: BOTH.

Cardiovascular training enhances your body's ability to utilize oxygen, while weight training enhances your body's ability to activate muscles (basically becoming stronger). Excelling at one does not necessarily mean you will be efficient in both. Just doing one form of exercise exclusively will prevent you from developing a balanced physique and cause you to lose out on the health benefits of both. Of course, something is better than nothing, so even if you can't fit both in on a regular basis, do what you can!

But isn't cardio better for weight loss since it burns more calories?

Cardio burns more calories throughout a workout than lifting weights does. This means that, most of the time, you will burn more calories doing 30 minutes of cardio than you would doing 30 minutes of weight training (this depends, of course, on the intensity of your workout). However, an important distinction lies in what happens after your workout. About 10 minutes after you have finished your cardio workout your body is no longer burning extra calories. On the other hand, a weight training workout will continue to burn calories throughout the entire day as your body rebuilds the small tears in your muscles (this is a good thing!).

So, if you only have 15 minutes or so and must pick one, go with weight-training. It'll rev up your metabolism for the rest of the day, essentially giving you more bang for your buck. Source: [Pace University](https://www.paceuniversity.edu/blog/2018/05/15/weight-training-vs-cardio/)

The Nutritional Value of Mushrooms

The many kinds of mushroom have varying compositions and nutritional profiles. From puffballs to truffles, they can range from everyday fare to a costly delicacy. People can buy them fresh, canned, or dried.

FOOD FOR THOUGHT

Mushrooms contain protein, vitamins, minerals, and antioxidants. These can have various health benefits. For example, antioxidants are chemicals that help the body eliminate free radicals. Free radicals are toxic byproducts of metabolism and other bodily processes. They can accumulate in the body, and if too many collect, oxidative stress can result. This can harm the body's cells and may lead to various health conditions. Among the antioxidant agents in mushrooms are selenium, vitamin C, and choline. The antioxidant content in mushrooms may help prevent lung, prostate, breast, and other types of cancer, according to the National Cancer Institute.

A cup of sliced, raw mushrooms provides almost 1 g of fiber. Dietary fiber may help manage a number of health conditions, including type 2 diabetes. The fiber, potassium, and vitamin C in mushrooms may contribute to cardiovascular health. Potassium can help regulate blood pressure and may decrease the risk of hypertension and cardiovascular disease. According to the American Heart Association's current guidelines, people should consume around 4,700 mg of potassium each day. Mushrooms appear on the AHA's list of foods that provide potassium.

Mushrooms are rich in B vitamins, such as: riboflavin, or B-2; folate, or B-9; thiamine, or B-1; pantothenic acid, or B-5; niacin, or B-3. B vitamins help the body get energy from food and form red blood cells. B vitamins are also important for a healthy brain. Mushrooms are also the only vegan, nonfortified dietary source of vitamin D. Several other minerals that may be difficult to obtain from a vegan diet — such as selenium, potassium, copper, iron, and phosphorus — are available in mushrooms. To read about more benefits visit: [Medical News Today](#)

Vegetarian Shepherd's Pie Recipe

2 tablespoons olive oil
 ¼ cup minced onions
 3 cloves minced garlic
 16 ounces fresh mushrooms, sliced
 6 carrots, peeled and chopped (about 2 cups)
 1 ½ tsp dried parsley
 2 tablespoons tomato paste
 2 tablespoons flour
 2 ¼ cups veggie broth
 1 teaspoon salt (more or less to taste)
 2 cups frozen peas
 6 potatoes (about 2 pounds)
 1/2 cup full fat Greek yogurt
 1/4 cup butter or olive oil
 salt to taste



Make the mashed potatoes: Peel the potatoes. Boil them until fork tender (you want them to mash easily). Drain, mash, and mix in yogurt and butter. Season to taste.

Make the veggies: In a large oven-safe pot, heat the oil over medium heat. Add onions and garlic and sauté until fragrant. Add mushrooms, carrots, and parsley. Sauté until carrots are softened. Approximately 8 – 10 minutes (I cook mine less because I like a firm carrot).

Make the gravy: Add tomato paste and flour to the pot and stir. Pour in ¼ cup of broth and scrape all the browned bits off the bottom of the pan. Cook for a minute or two. Slowly add the remaining broth, stirring it in until a gravy starts to form. Season with salt. Simmer over low heat to get it thickened even further.

Bake: Stir in the peas, spread the mashed potatoes on top, and bake for 15 minutes at 350. *I cut up a tbsp of butter and placed around the top of the potatoes. After 10 minutes I brushed it around with a pastry brush and then set oven to broil for the last 5. It gave a nice firmness to the top of the potatoes and a lovely flavor.

Serves 8: Per Serving: 259 calories; Total Fat: 10g; Carbs: 40g; Protein: 7g; Cholesterol: 1.9mg; Fiber: 6g; Potassium: 714 mg; Vitamin A: 168% RDA; Vitamin C: 44% RDA

Sleep Deprivation and Deficiency

Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety. The way you feel while you're awake depends in part on what happens while you're sleeping. During sleep, your body is working to support healthy brain function and maintain your physical health. In children and teens, sleep also helps support growth and development.

The Last Word

The damage from sleep deficiency can occur in an instant (such as a car crash), or it can harm you over time. Ongoing sleep deficiency can raise your risk for some chronic health problems. It also can affect how well you think, react, work, learn, and get along with others.

Sleep helps your brain work properly. While you're sleeping, your brain is preparing for the next day. It's forming new pathways to help you learn and remember information. Studies show that a good night's sleep improves learning. Whether you're learning math, how to play the piano, how to perfect your golf swing, or how to drive a car, sleep helps enhance your learning and problem-solving skills. Sleep also helps you pay attention, make decisions, and be creative.

Studies also show that sleep deficiency alters activity in some parts of the brain. If you're sleep deficient, you may have trouble making decisions, solving problems, controlling your emotions and behavior, and coping with change. Sleep deficiency also has been linked to depression, suicide, and risk-taking behavior. Children and teens who are sleep deficient may have problems getting along with others. They may feel angry and impulsive, have mood swings, feel sad or depressed, or lack motivation. They also may have problems paying attention, and they may get lower grades and feel stressed.

Sleep plays an important role in your physical health. For example, sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of [heart disease](#), kidney disease, [high blood pressure](#), diabetes, and [stroke](#).

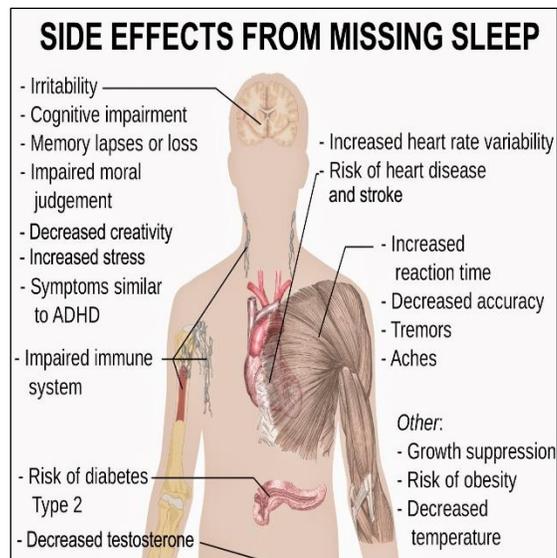
Sleep deficiency increases the risk of [obesity](#). One study of teenagers showed that with each hour of sleep lost, the odds of becoming obese went up. Sleep deficiency increases the risk of in other age groups as well. Sleep helps maintain a healthy balance of the hormones that make you feel hungry (ghrelin) or full (leptin). When you don't get enough sleep, your level of ghrelin goes up and your level of leptin goes down. This makes you feel hungrier than when you're well-rested.

Sleep affects how your body reacts to insulin, the hormone that controls your blood glucose (sugar) level. Sleep deficiency results in a higher than normal blood sugar level, which may increase your risk for diabetes.

Sleep supports healthy growth and development. Deep sleep triggers the body to release the hormone that promotes normal growth in children and teens. This hormone also boosts muscle mass and helps repair cells and tissues in children, teens, and adults. Sleep also plays a role in puberty and fertility.

Your immune system relies on sleep to stay healthy. This system defends your body against foreign or harmful substances. Ongoing sleep deficiency can change the way in which your immune system responds. For example, if you're sleep deficient, you may have trouble fighting common infections.

Getting enough quality sleep at the right times helps you function well throughout the day. People who are sleep deficient are less productive at work and school. They take longer to finish tasks, have a slower reaction time, and make more mistakes. After several nights of losing sleep—even a loss of just 1–2 hours per night—your ability to function suffers as if you haven't slept at all for a day or two.



Lack of sleep may lead to microsleep. Microsleep refers to brief moments of sleep that occur when you're normally awake. You can't control microsleep, and you might not be aware of it. Have you ever driven somewhere and then not remembered part of the trip? If so, you may have experienced microsleep. Microsleep can affect how you function. If you're listening to a lecture, you might miss some of the information or feel like you don't understand the point. In reality, though, you may have slept through part of the lecture and not been aware of it.

Some people aren't aware of the risks of sleep deficiency. In fact, they may not even realize that they're sleep deficient. Even with limited or poor-quality sleep, they may still think that they can function well. Drowsy drivers may feel capable of driving, yet studies show that sleep deficiency harms your driving ability as much as, or more than, being drunk. It's estimated that driver sleepiness is a factor in about 100,000 car accidents each year, resulting in about 1,500 deaths.

Sleep deficiency can affect people in all lines of work, including health care workers, pilots, students, lawyers, mechanics, and assembly line workers. As a result, sleep deficiency is not only harmful on a personal level, but it also can cause large-scale damage. For example, sleep deficiency has played a role in human errors linked to tragic accidents, such as nuclear reactor meltdowns, grounding of large ships, and aviation accidents. For tips on better sleep or to read this article in its entirety visit: [National Heart, Lung, and Blood Institute](http://www.nhlbi.nih.gov/health-topics/sleep)

Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

How?

Wet hands with clean, running water (warm or cold), turn off the tap, and apply soap.

Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

Rinse hands well under clean, running water.

Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH **CLEAN HANDS**

www.cdc.gov/handwashing

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, G&J, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

Keep Hands Clean

Prevent the Spread of Germs

PLAIN VS. Antibacterial

Studies have shown antibacterial soap does not offer more health benefits than plain soap. Plain soap is just as good for removing germs.

The Scrub Down

1 Wet hands with clean water	2 Lather your hands with soap, including the backs, under nails and between fingers
3 Scrub hands for at least 20 seconds, long enough to sing the "Happy Birthday" song twice	4 Rinse hands thoroughly
5 Dry hands with a clean towel or air dry	

What About Hand Sanitizer?

- When soap and water aren't available, use a hand sanitizer containing at least 60% alcohol
- Sanitizer can reduce the number of microbes on the skin, but it will not eliminate all types of germs
- Hands should not be visibly dirty or greasy; soap and water work better in this case
- Soap and water are still the best way to clean hands

Public Restroom Breakdown

10%	Skip hand washing all together
33%	Don't use soap at all when hand washing
5%	Wash their hands thoroughly enough to kill germs

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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 508-631-7263