



Your Health Matters

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

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Holiday Edition and Happy 20th YHM!!

This is our first ever Holiday Edition of YHM and our 20th Issue!! Thank you for being with me for the past five years! Wow, how the time has flown! Inside this edition you will find seasonally appropriate articles and recipes. Lots going on in the CCMHG Wellness programs too! Hope you enjoy this edition!



It's supposed to be the season of joy, but for those people who go into the holidays already stressed out from their hectic and overscheduled lives, the holiday season can feel like more and more piling on. Just when you think nothing else can possibly fit on your to-do list, the holidays come along! With parties, shopping, house guests, and family get-togethers, the demands of the holidays turn some people into outright grinchers. Did you know that 63% of people struggle to eat healthy and 44% don't get enough sleep over the holidays? Travelling also attributes to "burnout" both in and out of the workplace according to a recent survey by Virgin Pulse. Fortunately, there are many things you can do to keep your holiday spirit alive from pacing yourself to eating healthier. Here are some tips to keep you healthier, wealthier and wise! Happy Holidays!!

1) Pick your priorities! Most people can't do everything they wish they could do during the holidays, so you need to examine what is most important to you and let go of the rest. Take 15 to 20 minutes and make a list of what you'd like to do this season and then pare it down to what is most meaningful and important for you.

2) Pace yourself! Holiday sales and blow-outs at this time of year make it tempting to run out and get those bargains just be sure to pace yourself. The most stressful thing you can do is to wait until the last minute to get all of your shopping done, but year after year, people do it. Don't be one of those people.

3) Shop online! If the crowds stress you out, avoid them. In this day and age, there is no need to stress out standing in a line that goes around the building. Just open up your laptop in the comfort of your home and enjoy a nice cup of tea while searching for those perfect gifts. ([Continued on last page](#))

In this issue:

Happy 20th YHM!

Health Providers News

Wellness News

Maintain Don't Gain

NEW! Winter Walking Program!! Indoors!!

Hot Topics

Kids and Holiday Stress

Healthier Holiday Recipes

The Last Word

Happy Holidays!!





To Floss or Not to Floss...That is the Question

The primary cause of tooth decay, periodontal (gum) disease and halitosis (bad breath) is failure to remove plaque (a sticky mixture of bacteria, food, and debris) from the tooth surface. The surest way to do so is to routinely brush and floss teeth. Dental floss should be used at least once a day for two to three minutes.

While a toothbrush is effective in cleaning the biting, front and back surfaces of a tooth, the bristles cannot adequately clean between the teeth (interproximally or interdentially). Dental floss is the best means to remove plaque from these difficult areas.

Floss, which is like a fine string, is available in a variety of forms - unwaxed or waxed, flavored or unflavored and regular or wide (dental tape). These specifications give the floss different characteristics. For example, waxed floss may be easier to slide through tight teeth or restoration contacts, while unwaxed floss will spread out its fibers during use for greater tooth contact.

Dental floss should be used at least once a day for two to three minutes. It is important to be consistent, starting in the same place and working your way around the dental arch so as not to miss any spots.

For individuals who have fixed restorations, floss threaders may be used to get the floss under the contacts of the bridge. Pre-threaded floss holders are available for people who lack dexterity or for those caregivers who are flossing someone else's teeth. While there are many types of interdental cleaners, dental floss remains the best choice for relatively healthy mouths. If you need some help with your flossing technique, ask your dental hygienist at your next visit. Depending on the condition of your mouth, he or she may suggest some other home care ideas.



***ARE YOU READY TO QUIT SMOKING IN THE
NEW YEAR? DO YOU KNOW THE BENEFIT
FOR HEALTH PROVIDER OFFERS?***



If you're ready to quit smoking **Blue Cross Blue Shield** Living Healthy Smoke FreeSM program can help. Enroll in our multi-session telephone counseling service* with experienced counselors who will help you set a date and prepare for quitting, and give you helpful advice and support along the way. Not quite ready to quit but want to be? You can get educational materials to help you get in the mood. Massachusetts residents, call: 1-800-TRY-TO-STOP (1-800-879-8678).

Most Blue Cross Blue Shield of Massachusetts pharmacy plans cover nicotine replacement products (like the patch and gum) and Zyban. To use your pharmacy benefit for smoking cessation products (including over-the-counter aids), ask your doctor for a prescription.**

Harvard Pilgrim Health Care QuitSmart[®] is everything you need to quit smoking cigarettes. Save 18% off one of the most effective, self-help quit smoking programs available! What's included in the QuitSmart Kit? A QuitSmart Stop Smoking Guidebook; a QuitSmart Hypnosis CD; and a QuitSmart Cigarette Substitute.

Visit www.quitsmart.com and enter the code "HPHC" under Voucher. Then, click on recalculate to see your savings of 18%. You also can call 888-737-6278 to order. Be sure to mention you're a Harvard Pilgrim member to receive your discounted kit. The Kit is available in English and Spanish.

Health/Pharmacy Benefit

Cape Cod Municipal Health Group

Diabetes Control: We Can Help



Out-of-control blood sugars can lead to problems every day. These problems can occur within minutes if your blood sugars are too low.

If blood sugars are uncontrolled over days and years, it can lead to long-term problems such as damaged blood vessels in the heart, eyes, and kidneys, as well as nerve damage.

By joining the **Good Health Gateway**[®] Diabetes Care Rewards Program, we can help you take steps to keep your blood sugar levels under control so you feel better and prevent health problems now and in the future.

The program requires that you have basic diabetes care exams and labs on a routine basis, typically once a year. Having these exams and labs ensures that your doctor will be able to help you determine when and how often you should be checking your blood sugar level.

Checking your blood sugar level regularly helps you and your doctor make changes to your diabetes management plan as needed.

The program is voluntary and confidential. HIPAA privacy and security standards are used to ensure the security of your health care information.

As an added bonus, once you meet the program requirements, you'll get covered diabetes medications and supplies at no cost to you!

That's right, \$0 co-pays.

Join today for better health and \$0 co-pays.

Call (800) 643-8028
or register online at
GoodHealthGateway.com



Wellness News



Maintain Don't Gain Holiday Challenge

Its time!!! Our challenge is off to a great start with our weigh-ins doubling this year already!! I know that this years program will be even more successful than last years! The program runs the six weeks from Thanksgiving through New Years Day!

During the six weeks of the Holiday season you will receive emails with discount coupons, tips and strategies to avoid weigh gain, and healthy recipes. We will also be providing weekly walks at the Hyannis Youth and Community Center every Tuesday night beginning November 24th from 4:15pm – 6:15pm. You can drop in any time that is convenient to you and we will be there! Burn a few calories and kick up those endorphins before heading out shopping!! Reduce Stress!

For those of you that complete the challenge and do not gain more than two pounds you will be entered into a random drawing for prizes including **GARMIN vívofit® fitness bands, Withings WS-50 Smart Body Analyzer Scale, Whole Foods Goody Bags, two weeks UNLIMITED Yoga at the Yoga Center of CC, a two hour Tour or Rental from ECotourz,** and many more!! So please grab a co-worker and get ready to be fit and healthy over the Holiday season! I'll see you soon for your weigh-in and I hope to see you on the nice indoor, temperature-controlled track as well.

Remember you must weigh-in and out to be eligible for prizes! A list of weigh-in locations and dates was distributed to employers and is also listed on our facebook page. A last-minute weigh-in will be held at the Youth Center on 11/24/15 from 4:15-6:15!

Couch to 5k Running Program

We had a fabulous group of 11 that wrapped up our Brewster program! Most ran two races together: Yarmouth Seaside Festival 5k and the Chatham Nun Run. Many will be joining me at the Andrea Holden 5k on November 28th in Dennis and the Hyannis Jolly Jaunt on December on December 6th!! Please join me in running either or both of those races by joining team Cape Cod 5k Runners! I hope to see you there!! Our next program will take place beginning March 15th in Barnstable. Stay tuned for more information in this newsletter, on Facebook and/or on Twitter!! ***As with all physical fitness programs: You must discuss this program with your doctor prior to start!***



New!! Winter Walking

Ok, so let's hope we will not have as rough of a winter as we did last year! That being said January and February are pretty cold out and often times our sidewalks, bike paths, and roadways are covered in snow and do not make for good walking conditions! The Hyannis Youth and Community Center has once again generously opened their doors and allowed CCMHG members use of their indoor track! Join us on Wednesday nights 4:15-6:15 (drop in anytime) and Saturday mornings 7am – 9am from January 6th – February 27th!!

Biometric Screenings

We have already completed ½ of our Senior Health Benefits Fairs and while the numbers may have been a little lower than in previous years, retirees were very happy to see us and very thankful for services provided. We have scheduled screenings in Wellfleet, Orleans, and Cotuit FD. I have a limited number I can schedule and the program is first come, first serve so if you would like to see us come to your town/district/school contact me as soon as you can! If you have not done this before, maybe this is the year!

Our list of services includes blood pressure; pulse; weight; waist measurement; Body mass index; cholesterol (hdl & total – non-fasting test); glucose; UV skin damage assessment; and hearing screenings. Contact me at capecodhealthyconnections@gmail.com or 508-631-7263 to schedule your event!

Programs on Martha's Vineyard



Maintain Don't Gain Holiday Challenge

Starts November 24th and ends January 5th! Participants will receive weekly emails with healthy recipes, encouraging messages, tips and strategies for exercise, stress management and adopting or maintaining healthy behaviors. Every week you show participation, your name will be entered into a raffle to win a variety of prizes that will be drawn at the end of the challenge.

There is also a grand prize for the person who maintains their weight closest to their starting weight or even better loses weight during the Holidays.

Mandatory Weigh-Ins will be at the Dukes County Administration building #9 Airport RD Sunday November 22nd @ 8am-10am & Tuesday November 24th 4pm-8pm. If you cannot make any of these times to weigh in please contact your wellness consult to figure out a more convenient time for you.



The Challenge

Join the challenge to get fit and healthy! A new online program for municipal health group members that provides monthly challenges to get and stay active! Participate for one month or all six, you choose! Create personal goals while watching your co-workers' progress! The challenge begins November 1st. Choose your activity: walk, run, or bike your way into health! Track your daily, weekly, and monthly activity in a new, user-friendly program! Weekly personalized emails to track your activity and achievements! Monthly prizes for participation! A six-month grand prize for the most logged activity!

For more information on MV programs contact Krystle Rose, MV Wellness Coordinator at krystlearose@gmail.com or (401) 623-6006 or www.ccmghmarthasvineyard.com

Hot Topics

Cycling is about **conquering a steep climb** so you can experience **the high of flying downhill**—**not working off a turkey dinner**. Let's change the conversation.

#GuiltFreeFitness

WomensHealth



no no Yoga



Not Just For Christmas
(Downward-facing Dog)



**KEEP
CALM
AND
GIVE
THANKS**

46 million

Number of turkeys consumed at Thanksgiving. That works out to almost 3 pounds of poultry per person who partakes in the feast, according to statistics from the National Turkey Federation. Turkey consumption has nearly doubled over the past 25 years. Per-person turkey consumption is currently 16.4 pounds per year, compared with 8.3 pounds per year in 1975.

Now if we could just do something about the 30 or so that are in my front yard.....

Kids can suffer stress during holidays, too!

Dr. Geraldine Feria, Wanatah-based member of the Porter Physician Group, said the holidays can be overstimulating for kids, with a large number of parties, guests and overscheduling they might have to deal with. "There are a lot of things kids have to process, and on top of that, most of the time they're out of their usual schedule," she said. "They sleep later because they got home later, or their diet is off and they might have excess sugar and excess people who they have to meet and interact with."

Different age groups have different ways of exhibiting signs of stress. Babies may manifest this as crying more than normal, not sleeping well or sleeping too much, and not feeding well. For toddlers and preschoolers, the symptoms can be a little different. Some of the ways they may manifest their stress is becoming more argumentative and having more tantrums, not sleeping well and physical complaints such as a tummy ache.

Most importantly lead by example. If you look like you're tense, anxious or stressed-out, that translates to the kids. Find your own center and calm yourself. If you can get through the holidays calmly, they will be calm, too! For full article: YourFamily.com

Food for thought

Food, food and more food! Here are some lighter recipes to enjoy around your holiday table this season so you won't be busting at the seams!



Sage Roasted Turkey Breast by ohsweetbasil.com

Ingredients

3lb Boneless Turkey Breast, thawed
4 Sage Leaves, fresh
1 Tablespoon Thyme, chopped, fresh
Olive Oil
1 Teaspoon Kosher Salt
1/4 Teaspoon Black Pepper

Low fat, low sodium

Instructions: Place the turkey breast on a flat surface and gently lift the skin to expose the breast. Sprinkle evenly with the salt, pepper, thyme and the sage leaves. Place the skin back down and drizzle with olive oil. Bake about 2 1/2 hours at 325°. Allow the turkey to rest for 15 minutes before slicing.



Sage Roasted Turkey Breast
ohsweetbasil.com

Quinoa Stuffing by GIMMESOMEOVEN.com



Ingredients:

1 butternut squash, peeled, seeded, and cubed
1 red onion, peeled and diced
3-5 cloves garlic, with peel still on
1 Tbsp. vegetable or canola oil (or any high-heat oil)
salt and pepper
1 1/2 cups quinoa, rinsed
3 cups chicken broth, vegetable broth, or water
zest of one orange
2 cups roughly-chopped fresh spinach
2/3 cup dried cranberries
1/2 cup shelled pistachios

5g Fiber
8g Protein
129% Vitamin A
27% Vitamin C
11% Calcium
24% Iron

Directions: Preheat oven to 425 degrees F. Line a baking sheet with aluminum foil. In a large mixing bowl, toss butternut squash, onion, and garlic cloves (with peel still on) until they are evenly coated with oil. Spread then out in an even layer on the prepared baking sheet. Season generously with salt and pepper. Roast for 30 minutes, or until soft and cooked and the edges begin to slightly brown. Remove and set aside. Discard the garlic peels. Meanwhile, stir together quinoa, broth (or water), and orange zest, and cook according to package instructions. When cooked, set aside. Add the cooked veggies, quinoa, spinach, cranberries and pistachios to a large mixing bowl, and gently toss to combine. Serve warm.

Holidays don't have to be all or nothing. Add lots of fruits and vegetables to your table! You will be surprised how quickly they will get gobbled up!

Apple Cranberry Walnut Salad by lecremedelacrumb.com

Ingredients

6 cups salad (combination of arugula and baby spinach, any spring green mix will do)

1 red apple

1 green apple

1 cup walnuts, roughly chopped

½ cup crumbled feta cheese

½ cup dried cranberries

dressing

1 cup apple juice

4 tablespoons apple cider vinegar

2 tablespoons honey

scant ½ teaspoon salt

¼ teaspoon black pepper

¼ cup oil

Only 299 calories!
Without dressing = 184 calories!
You choose!



Instructions: Core and chop apples (thin slices or 1 inch chunks). Toss lettuce, apples, walnuts, feta, and cranberries together in a large bowl. Whisk together all dressing ingredients. Toss with salad immediately before serving. Enjoy!

Skinny Strawberry Raspberry Cheesecake Trifle by jeannetteshealthyliving.com

Ingredients

2 cups non-fat or low-fat cottage cheese

2 cups powdered sugar

1 cup non-fat or low-fat sour cream

2 teaspoons vanilla extract

½ teaspoon almond extract

1 cup whipping cream

1 teaspoon vanilla extract

1 tablespoon sugar

1 Angel Food cake, cut into 1" cubes

1 quart fresh strawberries, sliced

1 quart fresh raspberries

2 tablespoons sugar

3 tablespoons amaretto

fresh raspberries, for garnish



**Each serving is
 about 40% lower in
 calories and has 75%
 less fat than
 traditional recipe!**

Directions: Place cottage cheese in food processor and process until smooth. Add powdered sugar, sour cream, vanilla and almond extracts and process until mixed well. Beat whipping cream until light peaks form. Add 1 teaspoon vanilla extract and 1 tablespoon sugar. Continue to beat until stiff peaks form. Fold whipped cream into cottage cheese mixture. Add cake cubes and gently fold together until cake pieces are coated with cottage cheese mixture. Mix strawberries, raspberries, 2 tablespoons sugar and amaretto together. Place a layer of strawberries and raspberries in the bottom of a trifle bowl. Top with a layer of cake mixture. Add another layer of berries, then another layer of cake mixture. End with a layer of berries.

Holiday Edition and Happy 20th YHM!!

Continued....



The Last Word

4. **Don't overcommit yourself!** Commit to attend *some* social events, but why push yourself to attend them all? Instead, schedule some time for you to wind down and relax.

5. **Delegate, delegate, delegate!** Doing everything yourself puts you on the fast track to burnout. So, especially during this hustling, bustling season, don't be shy about delegating. If you know a specific gift you want to get and you know a friend or family member will be near or in that particular store, ask that person to pick it up for you. The same applies to hosting holiday parties. Ask for help from family members in picking up some of the supplies or groceries you need. This will give you more time to slow down and prepare what you need to prepare inside the house without rushing around.

6. **Be realistic in your expectations!** When you expect perfection in your holiday preparations, expect a lot of added and unnecessary stress and fatigue as well. If you're planning to host a party, do you really need to prepare a major feast? Why not share the load by making the event a pot luck? Most holiday guests feel compelled to bring something anyway, so why not let them bring a dish?

7. **Sleep. Obvious?** It's a simple equation: sleep = more energy. You won't feel energized if you are tired. So don't let the craziness of the season cause you to sacrifice sleep. While it's normal during the holidays to have more on your to-do list than usual, that shouldn't result in sleep dropping off your to-do list. In fact, it should be at the top! The best way to combat fatigue is to maintain a consistent sleep-wake schedule. Sleep is restorative. It's the time when your body replenishes itself at a cellular level and repairs itself from the damage of mental stress, physical strain, infection, sun exposure, and pollutants. Without enough sleep, your mind and body will not function as well as they could, which makes you less productive!

So, slow down. Take in all the lovely sights and sounds that are traditional for this time of year ... the lights, the carols, the sleigh rides, the cinnamon, the chestnuts, the turkey and all of the other things that make the holidays special. Make sure to relax and share quality time with family and friends. If you give yourself the time to rejuvenate during the holidays, you'll be ready to take on the challenges of the New Year with renewed energy. *Source: [PsychologyToday](#)*

A sincere thank you from everyone at Cape Cod Healthy Connections for your support of this publication! Please enjoy a safe, happy, and healthy holiday season! Whatever you choose to celebrate we hope you are surrounded by those that make you happiest!

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 or 508-631-7263.