

September 2013 Hanover Healthy Happenings

Welcome to the First edition of "Hanover Healthy Happenings", The Town of Hanover's new monthly Wellness Newsletter. We hope you enjoy the newsletter and would welcome your feedback on information to be included in future editions.

Employee Bulletin Board: Please check the employee break room bulletin board at Town Hall, or at your respective work locations, for updated wellness offerings and information.

Mosquitoes: The Board of Health and Town officials are working with Plymouth County Mosquito Control to increase spraying in targeted areas. Please take the following common-sense precautions to protect yourself and your loved ones: Wear long sleeves and pants when possible. Use insect repellents with DEET. Avoid water accumulating in outdoor containers. Restrict outdoor activities to daytime hours only.



Jimmy Fund Walk, Sunday, September 8: This is a fundraising event to benefit the Jimmy Fund and Dana Farber Cancer Institute. You can walk anywhere between 3 miles and 26.2 miles. Information on the walk is available in the employee break room at Town Hall. You can also register at <http://www.jimmyfundwalk.org/htmlcontent.asp?cid=636429>

Walking Group: For anyone interested in a little talking and some walking, we will be starting up a walking group on Tuesday afternoons at 4:15 p.m. at Forge Pond Park, beginning **September 17, 2013**. No need to sign up beforehand; just come to the Forge Pond Park on the Tuesday afternoons you can make it. Also, the Mayflower Municipal Health Group's Fall Walking challenge with surrounding Towns is beginning on **September 23**. You can record any miles you walk or run for the competition and prizes.

Zumba with Jen: Been wanting to try Zumba, well now is your chance with no obligation! Hanover's Jen Lloyd, will be offering a free Zumba class for all interested Town Hall employees on **Tuesday, September 12, at 4:20 p.m., at the Hanover Boys Club** located behind Town Hall. Please contact Audrey Barresi or Ann Lee if you are interested in attending, or sign-up on the sheet in the copy room. All you'll need is a water bottle, comfortable exercise clothes and sneakers.

YMCA SPOOKTACULAR 5K, Run/Walk & Kids' Fun Run, October 19th, 2013: YMCA Emilson Branch, Mill Street, Hanover. The Spooktacular 5K is a family friendly walk or run through the scenic roads of Hanover & Norwell! Kids ages 5-10 can participate in the FREE 1/2 mile Kids' Fun Run and youth and adults ages 11+ can register for the 5K as a runner or walker. Costumes are welcome, but not required!

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Hanover Newcomer's Club 4 Mile "Anchor" Road Race, Sunday,

October 6, 2013: Join other Town residents and employees for this 4 mile walk/ run. Kids fun run begins at 9:00 a.m. Race begins at 10:00 a.m. Register at www.active.com. The race begins at Cedar Elementary School, 265 Cedar Street. This run /walk. benefits the Hanover Foundation for Educational Enrichment.

We need your feedback on some possible future wellness activities:

1) Bowling: If anyone would be interested in meeting at the local bowling alley for some week night or Friday afternoon bowling, please let us know and we will set up a future date.

2) Weight Watchers: If anyone would be interested in having Weight Watchers hold a weekly meeting at Town Hall on a week night after work, please let us know and we can set something up for the future.

3) Recreation night(s): A night of basketball, or soccer at an indoor recreation facility.

Vending Machine:

Town Hall has a new vending machine with a selection of healthy snacks. The machine is located in the first floor alcove near the elevator.

Breast Cancer Awareness: October is breast cancer awareness month. Please check the employee break room for information on several fundraising events dedicated to breast cancer.

Recipe of the Month:

Easy Healthy Guacamole

Ingredients: 3 medium hass avocados, halved 1 lime, juiced 1/3 cup red onion, minced 1 small clove garlic, mashed 1 tbs. chopped cilantro kosher salt and fresh pepper, to taste

Place the pulp from the avocados in a medium bowl and **slightly mash** with a fork or a potato masher leaving some large chunks. **Add** lime juice, salt, pepper, cilantro, red onion, garlic and **mix thoroughly**. *If you are serving this at a later time, a great tip to keep the guacamole from turning brown is by placing the pit in the bowl with the guacamole and cover.*

All employees are encouraged to submit their favorite healthy recipes for future editions of the newsletter.

Healthy tip of the month: Eggplants are in season from August to October. One cup of cooked eggplant has just 35 calories and provides two grams of fiber. Eggplant also contains two dozen other nutrients, including heart healthy fatty acids.

Trivia question of the month:

What fruit is commonly mistaken for a vegetable, and considered one of the "super foods". Find out in our next issue?

Mayflower Municipal Health Group:

Don't forget to check the Mayflower Municipal Health Group's website at www.mmhg.org for additional wellness information and incentives.