

Welcome to the second 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.



In the Pink! October is Breast Cancer Awareness month. We would like to invite all employees to wear pink on Fridays during the month of October! Please stop by the employee break room at Town Hall for information regarding breast cancer awareness activities in this area.

Open House: The Town of Hanover will be hosting an open house for all employees and members of the community on Wednesday, October 16, from 12:30 p.m. to 5:00 p.m. at Town Hall. Please stop by the Board of Selectmen's table that day and pick up some literature on some optional supplemental individual insurance and retirement savings programs.

Employee Flu Clinics: The Hanover Board of Health in conjunction with the Hanover Visiting Nurse Association has scheduled their annual public flu clinics to be held at the Hanover Senior Center located at 665 Center Street on Friday, October 4, 2013 from 9:00 a.m. to 11:30 a.m., and Wednesday October 9, 2013, from 4:00 p.m. to 7:30 p.m. All persons seeking a flu shot are asked to present their insurance cards. Short sleeves are recommended. Town of Hanover employees are welcome to

attend these clinics. If you are unable to attend one of the scheduled clinics, please contact the VNA at 781-826-4971 to schedule an appointment.

Parks & Recreation: Have you been wanting to take up a new hobby or leisure activity. The following class is available through Parks and Recreation:

Understanding Basic Digital Photography - Are you new to DSLR Photography? Are your pictures coming out blurry, too bright, too dark? Would you like to learn more about composition and lighting? Learn how to freeze motion or get blurry backgrounds. From composition to shutter speed, aperture & ISO, this course is designed as an all-encompassing introduction to DSLR Photography for newbies.

Instructor: Photographer Maura Longueil

When: Tuesday 11/5 and Thursday 11/7
Where: Abbey Knoll Studio (144 Broadway)
Time: 7pm-9pm
Cost: \$60
Registration:
www.hanoverparkandrec.com

Walking Group: For anyone interested in a little talking and some walking with fellow employees, the walking group meets on Tuesday afternoons at 4:15 p.m. at Forge Pond Park. The Mayflower Municipal Health Group's Fall Walking challenge with surrounding Towns began on **September 23**. There is still time to register for the Fall Walking Challenge. **Goodie bags** will be given to all employees who log at least 20

miles during the challenge. Spouses are also eligible to participate in the program and win prizes.

If you prefer another form of activity, you can still participate in the challenge! one mile of walking equals these estimated exercise equivalents:

- 1 mile of jogging
- 1/4 mile of swimming
- 4 miles of cycling
- 2 miles of in-line or ice skating
- 15 minutes of basketball, soccer, or hockey
- 20 minutes of aerobics
- 15 minutes of racquetball or squash
- 20 minutes of singles tennis

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.

First Annual Hanover 5k Turkey Trot, Thursday, November 28, 2013. Race will begin at 7:30 a.m. at the Hanover Middle School. Proceeds to benefit the Hanover High Sports Boosters. Register on-line at www.hanoverturkeytrot.com.

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.

Healthy tip of the month: Substitute olive oil instead of butter when making breads or muffins, scrambled eggs, frying meats, etc.

Recipe for Black Bean Brownies:

You will need 1 Box Ghiradelli Dark Chocolate Brownie Mix, and (1) 15 ounce can of black beans.

Drain and rinse beans. Place back in can, then fill can with water. Dump can in blender or food processor and puree. In a mixing bowl, mix together dry brownie mix with pureed beans. Pour the mixture in pan prepared per back of brownie mix. Be sure the mix is poured as evenly as possible. Bake in oven according to directions on the brownie mix.

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

Trivia question of the month:

The answer to last month's trivia quiz, What fruit is commonly mistaken for a vegetable, and considered one of the "super foods" is **Avocado**.

This month's question is how many calories on average can you burn during 30 minutes of leaf raking?