

November 2013 Hanover Healthy Happenings

Welcome to the third 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.

Share your favorite fitness activity:

If you don't mind sharing, we would love to hear about your favorite fitness activities and include them in an upcoming issue of this wellness newsletter.

Hot cider: During the month of November, we will have hot cider available in the employee break room at Town Hall on Wednesday evenings from 4:00 p.m. to 7:00 p.m. If you have a favorite hot cider recipe, or accompanying snack, that you would be willing to prepare and share, please bring it in on a Wednesday. Employees at other Town buildings are encouraged to offer cider at their respective locations, or stop by Town Hall.

Free Holiday Nutrition Seminar: As part of our wellness initiatives, we would like to offer a free 1 hour seminar on a Wednesday evening about hidden sugars in our daily diets. Before we schedule a date in December, we wanted to gauge the level of employee interest. Please call Audrey Barresi or Ann Lee at X1084, if you would be interested in this seminar.

Start A Healthy Habit: The great American Smokeout: Each year, on the third Thursday of November, the American Cancer Society marks the Great American Smokeout. The EAP is there to help you find the resources you

need to make the commitment to a healthy non-smoking lifestyle. You can call them for assistance at 800-451-1834.

MMHG Maintain Don't Gain Holiday

Challenge: Starting November 25, this is a 6 week challenge to not gain weight during the holiday season through healthy eating, physical activity and stress management. For more information contact Audrey or Ann in the Board of Selectmen's office.

Council on Aging:

The Council On Aging offers several exercise classes at the Senior Center through-out the week. Yoga: Monday at 8:30 a.m. and Wednesday at 9:30 a.m. (\$4.00). Arthritis Exercise: Monday and Friday at 10:00 a.m. (free), and Stretch and Relax: Monday and Friday at 11:30 a.m. (\$4.00).

For more information visit the Activities Link on the Council on Aging's webpage. A list of daily activities is posted.

MMHG Fall Walking Challenge:

Great job! to all employees who participated in the Mayflower Health Group's Fall Challenge. The Town of Hanover had 22 participants, logged in an impressive 1,908.17 miles, and came in **2nd** out of 22 participating teams.



First Annual Hanover 5k Turkey

Trot, Thursday, November 28, 2013. The race will begin at 7:30 a.m. at the Hanover Middle School. Proceeds to benefit the Hanover High Sports

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Boosters. Register on-line at www.hanoverturkeytrot.com.

Recipe for Roasted Pumpkin Seeds:

Ingredients: 1 medium pumpkin, 4 cups water, 1 tablespoon extra-virgin olive oil. Preheat oven to 250 degrees. Cut off top 3 to 4 inches of pumpkin then scoop out seeds onto a clean work surface. Discard stringy fiber from seeds along with any seeds that are split or cracked, then transfer to a strainer and rinse well. In a medium pot, bring water to a boil. Add seeds, reduce heat and boil gently for 10 minutes. Drain well, then transfer to a paper towel-lined sheet tray and pat dry. Transfer seeds to a medium bowl, toss with oil and spread out in a single layer on a large baking sheet. Roast seeds, stirring every 10 minutes or so, until just crisp and golden brown, about 1 hour total. (They will become crispier as they cool.) Set seeds aside to cool, then shell or eat whole. For spicy pumpkin seeds add such spices as cinnamon, cloves, ginger or brown sugar to the olive oil before roasting.



Ice Skating is a great indoor and outdoor individual or family winter activity. The Rockland Ice Rink, 599 Summer Street, offers skating lessons, public skating, and public hockey throughout the week. Information on these events is available on their website at www.rocklandrink.com.

The **outdoor skating rinks** at the Boston Common Frog Pond, Boston, Lars Anderson Park in Brookline, and the Providence Rink at the Bank of America City Center in Providence will be opening in mid-November. All rinks offer refreshments and skate rentals.

Trivia question of the month:

The answer to last month's trivia quiz, how many calories on average can you burn during 30 minutes of leaf raking? The average person will burn about 120 calories raking leaves for a half hour.

This month's question is what traditional thanksgiving food has antioxidants to keep you healthy?

Save the Date:

December 19 – Town Hall Holiday Party at Quan's Kitchen, 871 Washington Street, 5:00 p.m. – 10:00 p.m. Cost is \$12.00 per person. A cash bar will be available. Please respond to Audrey or Ann at X1084

Wellness Coordinators:

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