



# WELLNESS WORKS

## *around the state*

MAINE MUNICIPAL EMPLOYEES HEALTH TRUST

SPRING 2013

### Moving? Don't Forget To Let Us Know!

Just a quick reminder to all Health Trust participants – please be sure to provide us with your new address if you move. That's the only way we can make sure that you receive mailings from the Health Trust, including your insurance ID cards, updated Summary Plan Description booklets (scheduled to be mailed this summer), and, of course – your *Wellness Works* newsletter!

You may find a Change of Address form on the Health Trust's website, at [www.mmeht.org](http://www.mmeht.org). Click on the link for Brochures and Forms, then click on the Change of Address form. Print the form and fill in all relevant information, then sign and either mail it to the Health Trust at 60 Community Drive, Augusta, ME 04330, or fax it to us at 207-624-0166.

"To be a great champion you must believe you are the best. If you're not, pretend you are."

~ Muhammad Ali



### Expanded Women's Preventive Benefits Under MMEHT Plans

The Affordable Care Act (ACA) – the health insurance reform legislation passed by Congress and signed into law by President Obama on March 23, 2010 – helps to encourage preventive care and make it accessible by requiring health plans to cover certain preventive services with no cost share for in-network providers. Screenings and other services are generally covered as Preventive Care for adults and children with no current signs or symptoms of a medical condition.

While the ACA already covered women's preventive health care – such as mammograms, screenings for cervical cancer, prenatal care, and other services – additional preventive care regulations were recently issued for women. These regulations, known as Women's Preventive, became effective under Health Trust plans on January 1, 2013.

These new regulations included coverage for the following Women's Preventive Services:

- Well Woman Visits
- Screening for Gestational Diabetes
- Human Papillomavirus (HPV) Testing
- Counseling for Sexually Transmitted Infections
- Counseling and Screening for Human Immunodeficiency Virus (HIV)
- Breastfeeding Support, Supplies, and Counseling
- Contraceptives and Counseling
- Screening and Counseling for Interpersonal and Domestic Violence

There are specific guidelines regarding what types of services are covered under each of these categories, and when services will be covered at 100%. For more information on any of these benefits, please call Health Trust Member Services at 1-800-852-8300 Monday through Friday, 8:00 a.m. to 4:30 p.m.

### Spring 2013

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# Telephonic Diabetes Education and Support Program

Since 2009, the Maine Municipal Employees Health Trust has offered eligible Health Trust members the opportunity to participate in the Telephonic Diabetes Education and Support Program (TDES). The TDES program can help you manage your diabetes and improve your health, while also helping to save money!

Highlights of the program include:

- 12 months of pharmacy copay waivers for specified diabetes medications and diabetes supplies, as long as you actively participate in the TDES program.
- One year of information and support for your personal needs and interests in diabetes self-care.
- Your choice of hospital-based diabetes education programs.
- 12 monthly appointments: the first one is in person and the rest are by phone.
- A manual with information on self-care for diabetes and preventing complications.

The Health Trust, Anthem and MCD Public Health all work together to offer you the TDES program. It's voluntary, confidential, and easy to sign up. We invite you to join this program in 2013! For questions or additional information, please go online to [www.tdes.me](http://www.tdes.me). Or contact the TDES Project Coordinator at [tdes@mcdph.org](mailto:tdes@mcdph.org) or call (207) 622-7566 ext 252.

**TDES Graduates:** We have good news for you! You are invited to continue your good work by enrolling in the new follow-up program **TDES<sup>2</sup>** (*Telephonic Diabetes Education and Support to the Second Power!*). **TDES<sup>2</sup>** offers you four to six telephone contacts with experienced and certified diabetes educators who have advanced training in supporting self-management. You will work with your educator to set your personal health goals and to develop successful action plans for continued success. An added bonus: the benefit of pharmacy copay waivers for diabetes medication and supplies is offered to those who participate in this program! For more information contact by email [tdes@mcdph.org](mailto:tdes@mcdph.org) or phone 622-7566 ext. 252.

## American Cancer Society Guidelines for the Early Detection of Cancer

The American Cancer Society recommends these screening guidelines for most adults.

### Breast cancer

- Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health
- Clinical breast exam (CBE) about every 3 years for women in their 20s and 30s and every year for women 40 and over

### Colorectal cancer and polyps

- Beginning at age 50, both men and women should follow one of these testing schedules:

#### Tests that find polyps and cancer

- Flexible sigmoidoscopy every 5 years, or
- Colonoscopy every 10 years, or
- Double-contrast barium enema every 5 years, or
- CT colonography (virtual colonoscopy) every 5 years

### Prostate cancer

Starting at age 50, men should talk to a doctor about the pros and cons of testing so they can decide if testing is the right choice for them. If they are African American or have a father or brother who had prostate cancer before age 65, men should have this talk with a doctor starting at age 45.

*Talk with your doctor about any additional screenings you may need based on your health history.*

## Good News in the Fight Against Cancer

### Death Rates Drop 20% in Two Decades

Early detection and better treatment options are being hailed for a reduction of over 20% in the death rates for cancer. The four major cancer sites (breast, prostate, colorectal and lung) are seeing an even more dramatic decline in rates. Death rates have dropped by more than 30% for colorectal cancer, breast cancer in women, and lung cancer in men, and by more than 40% for prostate cancer. This means that from 1991 to 2009, 1.2 million lives were spared, including 152,900 lives in 2009 alone. There are several factors that may be driving these drops. These factors include less smoking for lung cancer, and earlier detection and better treatments for colorectal, breast, and prostate cancers. Proof positive that prevention and early detection are crucial to better health! Have you had your preventive exams yet?

Source: WebMD Health News, 2013

# Fall Prevention in Older Adults

Falls are a common and often serious health event among older adults and may lead to moderate or severe injuries, depending on the cause. According to the Centers for Disease Control and Prevention, about 33 percent of adults age 65 and older fall every year, and falls are the number one cause of injury related deaths in this age group. Falls are also the leading cause of non fatal injuries and hospital admissions in older individuals. Fractures, dislocations, soft tissue injuries and head wounds are among the most common fall related injuries.

Elderly individuals are more likely to fall if they possess or encounter one or more fall inducing risk factors such as environmental hazards, accidents, balance disorders, arthritis related pain, certain medications, acute illness, visual disorders, cognitive impairments and postural hypotension (light headed feeling that occurs after shifting from a lying to a sitting or standing position). Osteoporosis, insufficient physical activity, and various indoor and outdoor hazards may be the most significant factors causing falls in the elderly.

Osteoporosis is a health condition characterized by bones that become increasingly porous, which means that the bones of an affected individual are less resistant to stress and more likely to fracture, a particularly common occurrence among women with this problem. Hormonal changes, vitamin D and calcium deficiency and reduced physical activity are the most significant causes of osteoporosis. In some cases, brittle bones may fracture after a fall occurs, while in other cases a bone, especially a hip bone, may break when stressed and cause the fall. Some of the best ways to prevent osteoporosis, and osteoporosis related falls, include consuming adequate calcium-containing food or beverages such as milk, cheese, yogurt, fish, broccoli, collards and almonds, as well as getting a sufficient amount of vitamin D and performing regular bouts of weight bearing activity.

A significant number of falls in the elderly are caused by environmental hazards around the home. Tripping over objects on the floor is perhaps the most common, and often preventable, environmental hazard causing falls in older adults. Inadequate lighting, weak or wobbly furniture and loose rugs also cause numerous falls in the home. Consider mounting grab bars in key areas in your home to provide easy to reach support for elderly residents or guests. Other helpful prevention tips to reduce falls inside the home include adding nonskid mats to bathtubs, reducing clutter, getting rid of throw rugs, replacing oversized furniture and other household objects with smaller versions and using color changes to highlight variations in surface levels or types.

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## The Benefits of Flossing

Flossing, like drinking enough water, quitting smoking and getting a sufficient amount of exercise each week, can be a challenging health habit to develop, though it is worth your time and effort. The act of flossing may help prevent tooth decay and gum disease and it leaves your teeth feeling clean and healthy. Flossing allows you to reach the areas that a toothbrush alone cannot reach. It also removes bacteria and food particles from between your teeth, which helps prevent the accumulation of tartar, an encrustation on your teeth consisting of hardened dental plaque. Brushing and flossing can eliminate the plaque from which tartar forms; though once tartar forms, it must be removed with special tools during a visit with your dentist.

Flossing every day is a simple way to improve your oral health. Flossing, especially when performed in combination with tooth brushing, may help prevent gum disease, also known as periodontal disease or gingivitis. Flossing helps minimize gum bleeding, which is a key indicator of gum disease. Flossing also helps prevent dental cavities and bad breath.

Here are a few general flossing technique tips to help you get the most out of this important health practice: Break off an 18-20 inch strand of floss and wrap it around your middle fingers, leaving an inch or two of open floss. Gently tug on your floss strand with both fingers to ensure that it will not slip during flossing. Then use a gentle rubbing motion to maneuver the floss into the space between your teeth, being careful not to snap the floss into your gums, which could cause gum irritation or bleeding. Once the floss contacts your gum line, gently rub the sides of each tooth with an up and down motion as you move away from your gum line. Repeat this process on all your teeth, remembering to floss the back side of your last tooth as well.

Flossing is an important health aid that helps minimize cavities, bad breath and even protects against heart disease. Floss every day and protect your gum health.

*Reference: Journal of Dental Hygiene*

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## Enjoy Some Eggs!

For many years, eggs had a bad reputation as cholesterol bombs. Many mainstream nutritionists and doctors led people to believe that eating even a single egg was likely to plug your arteries right there at the dining table, killing you instantly. Fortunately for egg-lovers everywhere, this is far from the truth. Eggs do contain a fair amount of cholesterol. But the real story is a little more complicated. We now know that a regular size chicken egg has about 210-240 mg of cholesterol each. So is that a lot or a little? Well, it really depends. For most people, that's nothing to be concerned about. The recommended daily cholesterol intake for a healthy person is significantly more than what you find in a standard egg.

*(Continued on page 4)*

## There's an App for That!

The Surgeon General's Healthy App Challenge has resulted in our *Wellness Works* staff discovering (and becoming slightly obsessed with) the Fooducate app. Fooducate is a free mobile app (Android, iPhone) that empowers supermarket shoppers to make healthy choices effortlessly. The app enables consumers to automatically scan the barcodes of food products, and instantly see how nutritious they really are – knowledge that is leading to changes in their purchase decisions. Fooducate's scientific algorithms generate a letter grade (A, B, C, or D) for each product scanned, along with brief explanations and warnings about nutrients and ingredients. Users are just one click away from viewing similar, but healthier alternatives. The Fooducate app has been downloaded over 1 million times and has been used to scan over 10 million products so far. Fooducate also offers daily tips, tracking of your foods and healthy recipes. We encourage you to try it out on a few of your favorite food items...you may be surprised!

### What's an app?

Those of you who may be a little behind the technology curve may be wondering what an app is. "App" is short for application and is basically software that can be loaded onto your mobile phone, iPad, or other electronic device, that allows you to play games or expand the function of your device for additional purposes. There are billions of apps out there and they cover every imaginable topic area... some allow you to track your runs, others log your food and still others use your sleep patterns to wake you up at an easier stage of sleep.

## Ten More Reasons to Quit

A recent study published in the *New England Journal of Medicine* concluded that smokers die, on average, about a decade earlier than non-smokers. Is that cigarette really worth TEN years of your life? There is good news to be found in this same study...people who quit before the age of 40 are most likely to regain most of those ten years and live a longer life! All is not lost for those of you over 40 either! Smokers who quit from their mid-40s to mid-50s gain about six years back and those who quit later than 50, but before 65, gained about four years of life back.

Want to kick the habit for good? Check out Anthem EAP's Live Tobacco Free program. No matter how long you've used tobacco, Anthem's Live Tobacco Free program can help. The program offers a powerful blend of online support and one-on-one coaching. Together they can help you break your tobacco habit for good. Like all Anthem EAP programs, Live Tobacco Free is available to all active employees of a Health Trust sponsored group and their household members. Call 1-800-647-9195 or visit the website at [anthemEAP.com](http://anthemEAP.com). Your Login ID is **mmeht**.

And don't forget – your Health Trust health insurance provides benefits for tobacco cessation as well. Whether you are covered under one of the POS plans or one of the PPO plans, smoking cessation education programs are covered at 100% in-network. In-network physician follow-up visits are covered at 100% after the applicable office visit copay, and tobacco cessation medications prescribed by an in-network physician (such as Zyban, gum, patches, and nasal spray) are covered at 100% after the applicable pharmacy copay. Please contact the Health Trust at 1-800-852-8300 for more information about your health insurance benefits.

### *(Enjoy Some Eggs! Continued from page 3)*

If you are otherwise healthy and have few risk factors for cardiovascular disease, there is no reason why you shouldn't be able to have yourself a three-egg omelet. An overwhelming percentage of a person's total cholesterol is actually made by the body, not consumed in food. That's the big "secret" involving cholesterol - for most people, total cholesterol is more a function of your genetics than your diet. However, for some people who have a predisposition to high cholesterol, particularly the LDL cholesterol, there is sufficient evidence that dietary cholesterol should be watched and limited - at least to a reasonable extent. That's not to say that you should never have an egg if you have a high LDL, you should just take care to limit your intake.

There are actually many healthy aspects to an egg. Eggs are high in omega-3 fatty acids and have high protein content. These are nutritional elements that are very important to having a healthy diet. How you prepare the egg can be a significant factor in how healthy it is. Frying an egg in a gallon of butter (I'm looking at you, Mom), is not the best way to make a healthy egg. As with all things, the best tip involving eggs and cholesterol is to eat them in moderation. A few eggs every now and then are not going to have a significant impact on your cholesterol. A healthy balanced diet requires that a person consume some cholesterol, and that includes eggs. So round up the chickens, find yourself a healthy, tasty egg recipe, and enjoy your eggs without guilt.

# Belly Fat in Men: Why Weight Loss Matters

Belly fat is nothing to joke about. Find out what causes belly fat, the health risks it poses for men and what you can do to lose the extra pounds. If you're carrying a few extra pounds, you're not alone. But this is one case where following the crowd isn't a good idea. Carrying extra weight, especially belly fat, can be risky.

People who gain belly fat are at greater risk of serious health problems, even death, than are people who accumulate fat in other areas, and men are more likely than women to gain weight around the waist. Regardless of your overall weight, having a large amount of belly fat increases your risk of: heart disease, high blood pressure, stroke, some types of cancer, type 2 diabetes, insulin resistance, high triglycerides, low levels of high-density lipoprotein (HDL), or "good," cholesterol, metabolic syndrome, and sleep apnea.

Your waist size is a good indicator of whether you have too much belly fat. Although measurements that compare your hip and waist circumference (waist-to-hip ratio) or compare your height and weight (body mass index) are more precise, your waist size alone can give you a good estimate. For most men, the risk factors for heart disease and other diseases increase with a waist size greater than 40 inches (102 centimeters). To measure your waist: Place a tape measure around your bare abdomen just above your hipbone, pull the tape measure until it fits snugly around you but doesn't push into your skin, make sure the tape measure is level all the way around, relax, exhale and measure your waist; no sucking in your belly!

As you age, you lose muscle, especially if you're not physically active. Muscle loss can slow the rate at which your body burns calories. In turn, if you don't limit your calories or increase your physical activity, you may gain weight. Your genes can affect your chances of being overweight or obese, as well as where you carry extra fat on your body. For most men, however, the problem likely has more to do with lifestyle than inherited traits.

Drinking excess alcohol can cause you to gain belly fat — the "beer belly." However, beer alone isn't to blame. Drinking too much alcohol of any kind can increase belly fat, although some research suggests wine may be an exception. If you drink alcohol, do so only in moderation. The less you drink, the fewer calories you'll consume and the less likely you'll be to gain belly fat.

Whether you're trying to lose belly fat or trim fat from another part of your body, weight-loss basics remain the same: **Reduce calories.** Slim down your portion sizes. Replace your usual fare with healthy foods that contain fewer calories. At restaurants, share with your buddies — or eat half your meal and take the rest home for another day. **Increase physical activity.** For most healthy adults, the Department of Health and Human Services recommends 150 minutes a week of moderate aerobic activity or 75 minutes of vigorous aerobic activity, in addition to strength training. You may need to do more to lose weight and keep it off. If you can't set aside time for longer workouts, try shorter spurts of activity throughout the day. Start with a walk after dinner or a game of catch with your kids. After you shed excess pounds, maintain your weight loss with a healthy diet and regular physical activity.

Sit-ups help make your abdominal muscles stronger, but spot exercises alone won't specifically reduce belly fat. The best way to shrink your waist size is to lower your total body fat through healthy eating and regular physical activity. Remember, you can lose belly fat — it just takes patience and effort. In fact, shedding even a few extra pounds can help you feel better and lower your risk of health problems.

Reference: [www.mayoclinic.com](http://www.mayoclinic.com)

## How to Cook Those Beans

Beans should be a staple in everyone's diet. They are nutritious, versatile and inexpensive. Dried beans are much cheaper than canned beans, and they don't have added salt. But they do take a bit of preparation. Here's a little chart that will help you to navigate the world of dried beans.

### Step One:

All beans (except lentils and split peas) require overnight soaking prior to cooking. Put them in a bowl with lots of water (at least 2-3 inches above the beans), cover and put them in the fridge. Soaking beans helps to disperse starches that can make you gassy, so don't skip the overnight soaking!

### Step Two:

Once the beans have been well-soaked, drain the soaking water and place the beans, along with fresh, cold water (about 3 cups to each 1 cup of beans) in a pot. Cover with a lid, and bring the beans to a boil. Once boiling, reduce to a simmer and cook with the pot's lid askew so that steam can escape. Refer to the cooking times for various beans to the right. (Note that 1 cup of dried beans = about 3 cups of cooked beans).



Source: [www.veganmainstream.com](http://www.veganmainstream.com)

### Cooking Times:

Black Beans: 1 hour  
Kidney Beans: 1 hour  
Adzuki Beans: 1 hour  
Chickpeas (Garbanzo Beans): 1.5 hours  
Navy Beans (White Beans): 1-1.5 hours  
Pinto Beans: 1.5 hours

### 5 Reasons to Eat Beans:

1. They are full of vitamins and minerals, like calcium, copper, zinc, iron, potassium and B vitamins.
2. They are high in fiber – both soluble and insoluble (you need both).
3. They have lots of protein.
4. They help to stabilize your blood sugar, which helps to prevent diabetes.
5. They help your heart by lowering LDL cholesterol and may reduce the risk of colon cancer.

## Xtreme Eating – Diner Beware!

The Center for Science in the Public Interest recently released their list of some of the biggest, eye-popping, belly-bursting foods on the restaurant circuit. Eating out at a restaurant can be an enjoyable (and dare we say even healthy) treat, but unfortunately many of the meals served in restaurants today are loaded with calories, fat and sugar. Even the savvy diner needs to be aware of these extreme dining options. (Luckily for us here in Maine these restaurants are not on every corner – yet!)

- Despite healthy ingredients like mushrooms, arugula, and tomatoes, the Bistro Shrimp Pasta from the Cheesecake Factory has more calories (3,120) than any other entree on the menu. It even has more calories than the cheesecake. Loads of butter and cream in the sauce deliver 89 grams of saturated fat.
- The Bacon Cheddar Double from Johnny Rockets has 1,770 calories, more than three McDonald's Quarter Pounders with cheese. It also packs 50 grams of saturated fat and 2,380 milligrams of sodium
- Country-Fried Steak & Eggs from IHOP packs almost a full day's worth of calories and fat right into breakfast – 1,760 calories

There are some things you can do to keep the calories down next time you dine out. Try some of these tips from David Katz, MD, MPH, Director of the Yale Prevention Research Center:

- Stick to water at the table, rather than soda or some other caloric beverage.
- Fill up with a green salad to start. Ask for oil and vinegar or vinaigrette dressing on the side.
- Look for dishes that are grilled, broiled, or baked.
- Keep sauces, which can contain surprising amounts of fat and calories, on the side and use them sparingly.
- Split the entree.
- Do some detective work. Look up the nutrition information online and decide what you're going to order before you get to the restaurant.

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## Need More Energy? Skip the Energy Drinks.

Many people are trying to replace a good night's sleep with a shot or guzzle of one of the popular energy drinks flooding the store shelves. However, many do not know that this could be dangerous to their health. In recent days, energy drinks have been labeled a "rising public health problem" in the US, as youth consumption of the high-caffeine beverages has doubled the number of people seeking related emergency medical treatment.

A new US government survey estimated that between 2007 and 2011, the number of emergency hospital visits connected to the chemical-loaded and high-caffeine drinks increased from 10,000 to 20,000. Sales of energy-boosting beverages, frequently targeted at students overburdened with work, have been rising steadily. In 2011 alone, the sales volume for such energy drinks rose by nearly 17 percent, according to Beverage Digest.

Many emergency patients admitted for heart attacks, anxiety, and irregular heartbeats have admitted to using energy drinks prior to their hospitalization, according to physicians. The government report labeled the over-consumption of these beverages as a "*rising public health problem*," and suggested they may cause seizures, nervousness and raised heart rates.

The doubling of patients being admitted to hospital for emergency medical treatment has occurred alongside a rise in the availability, promotion and distribution of the products, specifically in places aimed at youth consumption such as college campuses. A recent survey conducted by the Substance Abuse and Mental Health Services Administration found that people between 18 and 25 years of age were the most common age group seeking such emergency treatment.

With the growing popularity of energy drinks, many parents have become concerned about how much caffeine their kids are getting. The American Academy of Pediatrics recommends that adolescents get no more than 100 mg of caffeine a day. Younger children shouldn't drink caffeinated beverages on a regular basis. An 8-ounce cup of coffee has about 100 mg of caffeine, whereas a can of energy drink may have more than 270 mg of caffeine!

The best way to increase your energy? Get a good night's sleep. Pulling an all-nighter or trying to push through fatigue will only end up causing you to become more fatigued.

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## Stretch Your Grocery Budget

Looking for a way to save money and still make sure your family is getting a nutritious meal? Try doubling the vegetables in your recipes and on your plate. This will make dishes like casseroles and soups stretch a little further and provide a nutritious boost to your dinner. Simply adding more vegetables to your dinner plate will fill you up and mean you will eat less of the more costly food items- like meat and poultry. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for more simple and nutritious ways to save money!



# Retiring Well!

Once our members leave their place of employment, it isn't often that our staff get to see them again. However, every once in a while we are fortunate enough to stay in contact with retirees who continue to use our *Wellness Works* programming. Lyle LaPlante of Jay is one of these very special retirees who is staying focused on wellness long after his working days are done. Lyle retired from the Jay Highway Department back in 1997, after having driven a Town truck for 23 years. He didn't just kick back and relax in his retirement – on the contrary, he may have become even more active!

Lyle is a dedicated volunteer Firefighter for the Town of Jay and even earned the "Volunteer of the Year" award a few years ago. On any given day, you will see his truck parked at the station, where he is hard at work doing routine maintenance or just "taking care of what needs to be done." Lyle is also involved in the town Grange, which awarded him the "Citizenship" award recently. He also tends to the flower gardens in the median strips in North Jay as a community beautification project. In his "spare" time, Lyle joins the Town employees for wellness classes and participates in their wellness activities, like a pedometer walking program and hiking in area parks.

Lyle is a dedicated husband and caregiver to his wife of 60 years, Doris, who keeps him on his toes and is the love of his life. Together they have raised five children and are now blessed with fourteen grandchildren and five great-grandchildren. Lyle loves to talk about his family and is always eager to tell you what all the kids are up to. It isn't every day that you meet a man so dedicated to his community and family and we are honored that Lyle continues to pursue wellness in his retirement. When we asked him why he stays involved with the wellness program, he answered with a true bit of Yankee wisdom, "(Wellness) keeps me going so I don't get so darn fat sitting around the house! It makes me feel better to keep moving and I may not know what I am doing, but I keep moving!" Our hats go off to Lyle LaPlante, a retiree who is staying well!



Picture Courtesy of Lisa Bryant

If you are a retiree, you are always welcome to join *Wellness Works* when we do a program at your previous employer. Just be sure to contact them and let them know you are interested in staying involved in the *Wellness Works* Program!



## *Hummus goes South of the Border!*

Minutes to Prepare: 5

Minutes to Cook: 5

Number of Servings: 8

### Ingredients:

1 1/2 t olive oil

3 1/2 cups black beans (cooked)

1 small onion, diced

1/2 green pepper, diced

3 cloves garlic, minced

2 T ground cumin

1/4 c vegetable broth

2 T chopped fresh cilantro

## Black Bean "Hummus"

### Directions:

Drain and rinse black beans if using canned.

Place olive oil in skillet set over medium-high heat. Add onions, peppers, and garlic and saute about three minutes, until vegetables are fragrant and starting to brown slightly. Add cumin, stir well, reduce heat to medium and cook another two minutes.

Place beans in food processor and pulse several times. Add vegetable mixture and pulse a few more times. Add vegetable broth in small batches to thin the dip to the desired consistency. Garnish with chopped cilantro. Serve immediately or store in refrigerator for up to 10 days.

Spread this on bread or tortillas or dip carrots and celery into it for a healthy snack!

Makes eight 1/2-cup servings.

### Nutritional Info:

Servings Per Recipe: 8

- Amount Per Serving 1/2 cup
- Calories: 122.7
- Total Fat: 1.6 g
- Cholesterol: 0.0 mg
- Sodium: 8.4 mg
- Total Carbs: 20.9 g
- Dietary Fiber: 7.1 g
- Protein: 7.3 g



## WELLNESS WORKS

Maine Municipal Employees Health Trust  
60 Community Drive  
Augusta, ME 04330

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[www.mmeht.org](http://www.mmeht.org)

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### Newsletter Search Contest

Do you want a chance to win a *Wellness Works* gym bag? Take a few minutes and answer the following questions (all answers can be found in articles in this newsletter). Send the answers along with your name, address and phone number to: *Wellness Works*, 60 Community Drive, Augusta, Maine 04330. You can also e-mail your answers to us at: **wellness@memun.org**. Entries must be received by April 15, 2013. One winner will be drawn at random.

Congratulations to John Lacombe, an employee from the Winslow Fire Department, who won the Fall Newsletter Search Contest!

Your name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

Employer (or former employer, if you are a retiree): \_\_\_\_\_

1. How often should you floss your teeth? \_\_\_\_\_

2. List three reasons why you should eat beans: \_\_\_\_\_  
\_\_\_\_\_

3. What is the name of the App that helps shoppers make health food choices? \_\_\_\_\_  
\_\_\_\_\_

4. What website can you visit to create healthy budget friendly meals? \_\_\_\_\_  
\_\_\_\_\_

