

Mower Refreshed Living

At some point most of us have heard “You’re capable of more than that”. We may have even spoken it or at the very least thought it about another person. Thomas Edison reminds us **”If we did all the things we are capable of, we would literally astound ourselves.”**

The County Connections feature story in this issue reinforces that no matter our age or even our perceived lack of resources we are capable of astounding acts that can positively impact those around us.

Mower Refreshed is about considering what we just might be capable of, especially as we grow collaborations and work together to create healthy options and opportunities in the communities of Mower County.

I sense that Edison’s intention wasn’t that we compare our abilities or skills to another person, but that we pause to consider what our own talents, interests, resources are and take steps to use them for the good of others.

I’m continually astounded as I learn what folks of all ages are accomplishing and dreaming about when it comes to living well in their workplaces, homes, schools and faith communities. It’s these citizen-inspired ideas that fuel the movement of Mower Refreshed. They push us to think outside the box about our own capabilities and how we could be literally astounded at the potential Mower County holds in making healthy options the norm for every citizen.



Inside this Issue

Mower Refreshed Living	1
What is Mower Refreshed?	1
County Connections	2
Refreshed Focus	3
Focus on Four	3
Contact Us!	3
Refreshing Calendar Events	4

What is Mower Refreshed?

- A county wide movement that inspires and ignites individuals and groups to promote health not healthcare.
- An effort that seeks to change the culture surrounding wellness, supporting the healthy choices becoming the easier choice for every citizen.
- A connecting point for citizen-driven wellness ideas and efforts to collaborate with one another, share resources, and experience opportunity to network with others in the county.



County Connections

Adams/Austin/Brownsdale/Corning/Dexter/Elkton/Grand Meadow/Johnsburg/Lansing/LeRoy/Lyle/Mapleview/Racine/Rose Creek/Sargeant/Taopi/



Gerald (L) and Marlo (R)

For Gerald Meirs, coordinator of the Southland Faith Food Shelf, and the twenty some volunteers at the food shelf, it's not always about offering choices as much as offering a practical lifeline when tough choices have to be made by area families.

The past eleven years this food shelf has grown from serving six families on a regular basis to over fifty. Serving for these volunteers means collecting food and funds, boxing the goods and delivering them to those in need every two weeks. Monday mornings at Little Cedar Lutheran Church are busy with volunteers making sure the needs are met for the families they serve while Monday evenings the families can pick up their groceries at the church after work.



The food shelf collaborates with area churches and organizations like the American Legion in Adams, firefighters in Dexter, area farmers (who donate fresh meat/eggs) and individuals who donate groceries and fresh produce.

What makes the Southland Faith Food Shelf unique?

Resourcefulness: This spring will mean once again that volunteers will plant extra seeds in their gardens to harvest fresh foods for the food shelf. This simple act cost very little in terms of seeds but reaps a generous and healthy harvest for those who need the assistance of the food shelf. Planting extra seeds to share garden produce is termed "**garden gleaning**" but the volunteers would say it's just the right thing to do and makes good economic sense. Could this be an inspired idea to impact the health of our county, duplicated in other communities? A truly *grassroots* concept!

Sustainability: The food shelf gives opportunity for those who have benefited from the shelf to become donors when their life circumstances improve. This healthy cycle of receiving and then returning to give builds sustainably for the food shelf. Families who have been given assistance understand the value of receiving the bags of groceries every two weeks...the choice between paying for utilities, buying tires for the car, putting gas in the tank to get to work or purchasing groceries becomes a bit easier with the gift of food from the Southland Faith Food Shelf.



As citizens who donate to a local food shelf we have a choice as to *what* we donate, thinking about the nutritional value of what we give and the opportunity it offers for those in need to have a healthy choice when often nutritional choices are the least of their concerns. As we promote **Minnesota Food Share Month** in March, consider what we are all capable of, astounding ourselves and others as we share our resources and talents.



Shelves are depleted as bags are filled.

Gerald has been retired for over nineteen years now yet he states "even in retirement a person can get too busy" His advice on balancing life: "Don't be so busy you neglect your family." As Mower Refreshed builds "communities" across the county we are reminded by Gerald to not neglect our "family." Inspired to respond See contact information for our county's food shelves under **Refreshing Events** on page four.

Refreshed Focus

The four focus areas of Mower Refreshed continue to grow in networks and collaborations. Organizations and individual citizens who have an interest in the efforts of the groups are rallying ideas that make the healthy choice just a little more easy for all of us.

Creating venues to inform citizens about Mower Refreshed and all the health efforts it supports is keeping volunteers busy.

Mower Refreshed Facebook page is now live and features a growing number of photo albums of events and programs Mower Refreshed supports as well as a Gratitude Photo Album that give opportunity for us to all share a word or picture describing what we are grateful for. Look for “Wellness Wednesdays” on Facebook in the future. The Facebook page is an opportunity for citizens to engage in conversations, share photos of active living and offer encouraging ideas on wellness. Check out www.facebook.com/mowerrefreshed and “Like Us”!

Mower Refreshed Video production is underway to provide a short informational clip on “What is Mower Refreshed”. This project currently involves over 30 citizens of all ages and backgrounds, promoting wellness in daily living.

Mower Refreshed Website is also in progress, www.mowerrefreshed.org is now under construction. Collaborations with Riverland Community College (RCC) and individual volunteers will create a county-wide connecting point for activities, organizations and resources focused on wellness and healthy lifestyle ideas for those who live and work in Mower County and those who visit us.



Brenda Mandt, Kay Gunderson, daughter Paige, and Sandy Anderson

The home page design is based on Kay Gunderson’s submission through her Riverland Web Design Course. Kay’s design was chosen from out of sixteen amazing entries presented to us by Brenda Mandt, instructor of the on-line course at RCC. Another example of the grassroots approach this wellness movement seeks to build upon.

Mower Refreshed Connect Teams are being developed in each high school in the county. Our hope is to have students connecting us with what is happening to make health a priority in their schools and communities. This is a energized generation and we want to engage them in Mower Refreshed to learn from them and their experiences.

Contact Mower Refreshed and let us know about your events, ideas about wellness, photographs of active living in our county. Share a story for “County Connections” of a person or group that is making the healthy choice easier for others!

getrefreshed@mowerrefreshed.org

Sandy Anderson, Mower Refreshed Coordinator
1000 First Drive NW | Austin, MN 55912 | 507.434.1039



Check out Mower Refreshed Facebook page and “Like Us”
Share your ideas and photos on healthy living!

Focus on Four

Healthier Choices:

Developing sustainable strategies that encourage the population of Mower county to make healthier choices.

Mental Fitness:

To increase resilience when dealing with stress and anxiety.

Workforce Wellness:

To create a healthier and more productive workforce.

Community Connections:

To connect Mower County citizens to services, events, organizations and resources that promote healthy living.

Inspired Refreshment!
Do what you can, where you are, with what you have.
-Teddy Roosevelt

Refreshing Calendar Events

Opinions and ideas expressed at events listed do not necessarily reflect those of Mower Refreshed nor is Mower Refreshed held liable for events/activities listed.

Shooting Star Trail is now complete from Rose Creek to LeRoy! Your journey can start at the Rose Peddler in Rose Creek. Winter fun...FREE rental of snowshoes to use on the Shooting Star Trail available at Rose Peddler. Bike, stroll, run or rollerblade! Sponsored by Prairie Vision www.prairievisions.org

Sola Fide Observatory March 17 and 31 Keith Snyder and other volunteers will assist the public in viewing the stars and planets. Opportunity to slow down and practice some mental fitness! For more information and directions call the JC Hormel Nature Center @ 507-437-7519.

Strong Women, Strong Bones A non-aerobic exercise class. M W F 10-10:45am at United Methodist Church in Dexter. Contact: Linda Johnson @ 507-440-1225

Junior Master Gardeners Seed Start Event. Saturday, April 14, 1:00-3:00pm @ 4-H Building, Mower County Fairgrounds in Austin. Free! Grades 3 and up welcome. RSVP by April 9 to U of M Extension, 507-437-9552

willPower&grace with HardCORE. Pilates, yoga and boot camp combination with pure core abs workout. Southland High School, Adams. 7:05-8:15pm. For more information and registration contact Lacey Jech @ 507-440-5782 or ljech66@hotmail.com

willPower&grace Pilates, yoga and boot camp combination. Southland High School, Adams. Wednesdays 5:00-6:00pm. For more information and registration contact Lacey Jech @ 507-440-5782 or ljech66@hotmail.com

Silver Sneakers Classes Focus is muscular strength and range of movement. Tuesday and Thursdays 8:30-9:30am and 4:30-5:30pm @ Mower County Senior Center Free through some insurances and \$2.00 for Senior Center Members. More classes coming! Contact Brigette Gorman for more info @ 507-433-1939

Pumped Up KICKS Cardio kickboxing. Southland High School, Adams. Mondays 6:30-7:00pm. For more information and registration contact Lacey Jech @ 507-440-5782 or ljech66@hotmail.com

Zumba Latin-based dance workout. Southland Elementary School, Rose Creek. Wednesdays 6:30-7:20pm. For more information and registration contact Lacey Jech @ 507-440-5782 or ljech66@hotmail.com

Gentle Fitness Class. A gentle exercise program designed with those with arthritis in mind. Volunteer instructors (Pat Utz, Ilene Evans & Jan Soltau) are trained by Arthritis Foundation. Tuesday and Thursdays 11:15-11:45am at the Community Center in LeRoy. For more information: Pat Utz @ 507-324-5388

Tobacco Cessation Support Group Wednesdays from 5:00-6:00pm @ Mayo Clinic Health System Austin. For more info call 507-434-1429. No fee for group.

Kids Cooking Classes. Sponsored by Hy-Vee of Austin. Check out www.hy-vee.com or www.austin.k12.mn.us/clc/ for more information on classes and dates.

Gentle Yoga Mondays 3:30-4:15pm @ First Congregational Church in Austin. No charge for class. Chairs used, no yoga mat required. Contact Shari Mason at 507-433-7619 for more information.

Fitness Yoga Mondays 5:45-6:30pm @ First Congregational Church in Austin. No charge for this class. Yoga mat is recommended. Contact Shari Mason at 507-433-7619 for more information.

Austin Area YMCA. Check their web site to get the latest on classes and dates.

Childbirth Education Classes. Childbirth preparation classes are now offered by Mayo Clinic Health System Austin. Four, 3 hour classes from 6-9pm are now offered for women in their third trimester and their support person by health professionals at MCHS Austin. Classes are free of charge. For the next class series and to register visit mayoclinichealthsystem.org and click on Minnesota, Austin, Classes/Events or call 507-434-1380.

Infant Passenger Safety Classes. For next classes offering visit mayoclinichealthsystem.org and click on Minnesota, Austin, Classes/Events or call 507-434-1380.

Visit our Mower County's school websites for activities and events through the schools, Community Education and Early Childhood programs:

Austin: www.austin.k12.mn.us

Austin: Pacelli Catholic: www.pacellischools.org

Grand Meadow: www.gm.k12.mn.us

LeRoy: www.leroy.k12.mn.us

Lyle: www.lyle.k12.mn.us

Riverland Community College: www.riverland.edu

Southland-Adams: www.isd500.k12.mn.us

Mower County's Area Food Shelves

Adams: Southland Faith Food Shelf: 507-582-3194

Austin: Salvation Army: 507-437-4566

Grand Meadow: Faith Community Food Shelf: 507-754-5593

LeRoy: LeRoy Area Food Shelf: 507-440-3942

Lyle: Our Saviors Lutheran: 507-325-2524

Connect with us at:

GetRefreshed@MowerRefreshed.org

www.facebook.com/mowerrefreshed

Mower County's Playgrounds

Hormel Nature Center. <http://www.hormelnaturecenter.org> For trail condition updates www.skinnyski.com

Lake Louise State Park http://www.dnr.state.mn.us/state_parks/lake_louise/index.html (Page 1 Photo: Trails @ Lake Louise)