



Mower Refreshed

Volume 1, Issue 1

November 2011

Mower Refreshed Living

Mower Refreshed bi-monthly e-Newsletter is a tool to connect you with the innovative, citizen driven work that is occurring in our county!

You'll be inspired by what is happening (maybe even in your backyard), to improve and build upon the wellness of our county by every day citizens like you and me.

Each e-Newsletter will feature:

County Connections Stories and pictures of individuals and groups throughout our county that are making the healthy choice the easier choice for themselves and others who work, play, live or learn in Mower County.

Mower Refreshed Living Encouragement for you to consider ways to live more refreshed and renewed in your day to day activities and relationships.

Refreshed Focus You'll receive updates on the progress and growth of the Mower Refreshed initiative that will keep us focused on how we each can practically impact the health and wellness of our communities.

Inspired Refreshments Quick reminders to motivate and inspire you to live your life well!

Wellness Events Calendar Listings of current county wide wellness events, activities and groups that promote healthy living lifestyles. Here's an opportunity to promote *your* walking group, a yoga class, a coat drive, gardening opportunities, or support groups that make the healthy choice easier!



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Refreshed Focus

As area leaders gathered for the initial launch of Mower Refreshed in September, it became even more apparent that going to the citizens, observing what is already working, and then building upon those successes is how sustainable change in wellness occurs.

This concept really isn't rocket science but is overlooked by most when seeking to improve health outcomes in

communities and the individuals that live there.

Mower Refreshed is an unconventional and uncharted movement to improve our county's overall well being.

We hope you will join this pioneering effort as we build county wide collaborations and relationships that will have positive impact on the health and vitality of Mower County and its citizens for generations to come!



Participants give feedback on Mower Refreshed at September 2nd Annual Health & Wellness Summit.

County Connections

Adams/Austin/Brownsdale/Corning/Dexter/Elkton/GrandMeadow/Johnsburg/Lansing/LeRoy/Lyle/Mapleview/Racine/RoseCreek/Sargeant/Taopi/Waltham

In the County Connections portion of the e-Newsletters you will read about citizens and groups that are making healthy options available to others throughout our county. In the launch issue however, we thought it might be helpful to hear what some seventy county citizens did on September 23, 2011 and how they inspired the continued movement behind Mower Refreshed.

HISTORY: In June of 2010, citizen leaders from Mower County and the communities within our county gathered at a wellness summit to learn about our county's health and what a grassroots approach to health might look like, focusing on health, not healthcare. Those who attended learned about the overall health of Mower County based on County Health Rankings www.countyhealthrankings.org, citizen interviewing, fieldwork by anthropologists, and research from Mower County United Way. We as a county were faced with four initial areas of concerns.

MOVING FORWARD: The research in hand, Mower Refreshed grew from an idea that citizens are the source of insight and energy to make wellness a natural part of our county's lifestyle. Leaving behind the "old school" approach of large programming or organizations telling us what we need to do to be healthier, Mower Refreshed is about going to individuals and groups that are already promoting wellness and then supporting them and building upon what is already successful.

At the second summit, held September 2011, participants saw how every day folks and organizations have begun collaborating to create an environment in our county that makes the healthy choice the easier choice with the support and structure of Mower Refreshed.

Since June of 2010 the four areas of concern developed into four goal groups. The groups shared at the summit how they were beginning to approach what the research had revealed with a citizen-driven focus.

GOAL GROUPS: The following four goal groups were developed out of the information from the research, interviewing, and fieldwork to consider how citizens might improve our county health ranking and the health of those who live, work, play and learn in Mower County: Healthier Choices, Mental Fitness, Workforce Wellness, and Community Connections.

Each of the initial four goal groups work together to connect folks in our county who are already focusing on topics that would fit into one of the goal groups and then support their work through sharing resources, energy, and inspiration. We look to duplicate some of the amazing ideas folks in our county have come up with, using collaboration and sharing resources with other towns, schools, workplaces, and faith communities in our county. You'll hear more about the group's efforts in future e-Newsletters.

A PROCESS: Like the Cedar River that meanders through our county, the process Mower Refreshed has taken in it's formation over the past year has been slow and steady but inspiring. The unexpected turns in the Cedar River mimic the processes of creating a grassroots structure like Mower Refreshed. We are going about enhancing health in ways that are organic and authentically citizen driven, making healthy changes for our day to day living more sustainable!



What is Mower Refreshed?

Mower Refreshed is a county wide wellness initiative creating and supporting collaboration throughout Mower County that make the healthy choice the easier choice for every citizen in our county.

Mower Refreshed Guiding Principles

- We seek to create and sustain a united approach to improving health and wellness in our community and surrounding area.
- We seek collaboration towards solutions with multiple stakeholders (e.g. schools, worksites, medical center) to improve community engagement and commitment focused on improving community health.
- We seek to prioritize evidence based efforts around the greatest community good that can be achieved through our available resources.

Coming Soon...
Collaboration with Riverland Community College. Mower Refreshed is joining energies with the participants in a Web Design course. The students will be involved in creating the home page for the upcoming **Mower Refreshed Web Site** due to launch in early 2012. Look for links on upcoming e-Newsletters!

Mower Refreshed Facebook is on the way!
This will be an excellent opportunity for our "county" community to share ideas, events, encouragement, and network surrounding health and wellness in our area. Start considering your ideas for Mower Refreshed facebook page and share them with us, this is YOUR county wellness

Inspired **Refreshment!**

“To insure good health: Eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.” -William Londen

Identity Revealed!



After feedback from citizens, legal counsel, and hours of brainstorming, the above logo was created to represent this unique effort of collaboration in our county and revealed at the September wellness summit!

Refreshing Calendar Events

Here's a spot to promote your walking group that welcomes others to join from your area, a wellness event/class in your community, food drives, or maybe a 5k! Send us information on your event/group that promotes more refreshed living and we'll pass on the word!

Opinions and ideas expressed at events listed do not necessarily reflect those of Mower Refreshed.

New Indoor Farmers Market @ Oak Park Mall, Austin. Now open Thursdays 4:00-7:00pm. Contact Heidi Harrabi at 507.433.2545

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. Sponsored by Prairie Vision.

Family Triathlon Fun Night. November 4th @ YMCA Austin 6:00-8:45pm. Free to Y members, \$15 non-member families. Contact Cindy Bowe at 507.433.1804

Minnesota Naturalist. November 7th @ JC Hormel Nature Center, Austin. Free. RSVP by November 5 @ 507.437.7519

Eat Bright-Yellow! Ages 4-6 yrs. Nov. 9th @ Austin Hy-Vee 4:00-5:15pm. \$8.00 Register at Austin Community Education, 507.433.0971 or www.austin.k12.mn.us

Junior Master Gardeners: Apple Dapple Event. November 12th, 1:00-3:00pm @ 4-H Building, Mower County Fairgrounds, Austin. Free! 3rd grade and up are invited. RSVP by Nov.4. Contact Jan Olson at 507.437.9552 or Patty Conradt, mpconradt@msn.com

Gentle Yoga. Starts Monday, November 14th @ First United Methodist Church. Tuesdays and Thursdays, starting Nov. 15th, 8:15-9:00am @ Our Saviors Lutheran Church, Austin. **Fitness Yoga Classes** 5:15-6:15pm and 6:30-7:30pm @ First United Methodist Church. All classes free. Donation of \$1.00 per class for "Imagine No Malaria" project is optional. Contact: Shari Mason at 507.433.7619

Chews To Be Healthy. Root vegetables. Adult cooking class observation style. Nov.17th 12:00-1:00pm @ Austin Hy-Vee. \$6.00. Register at www.austin.k12.mn.us or 507.433.0971.

Family Fun Night. November 19th @ YMCA Austin 6:00-8:45pm. Free to Y members, \$15 non-member families. Contact: Cindy Bowe 507.433.1804.
Next Family Fun Night: December 17th

Battle of the Holiday Bulge Bootcamp. November 21- December 23 @ YMCA Austin. M, W, F: 6:00-7:00am. \$35 members, \$85 non-members. Contact: Kristi Stasi at 507.433.1804

Eat Bright-Red! Ages 4-6 yrs. Dec. 7th @ Austin Hy-Vee 4:00-5:15pm. \$8.00. Register at Austin Community Education 507.433.0971 or www.austin.k12.mn.us

Chews to Be Healthy Beans. Adult cooking class observation style. Nov.17th 12:00-1:00pm @ Austin Hy-Vee. \$6.00. Register at 507.433.0971 or www.austin.k12.mn.us .

Don't forget to enjoy active living opportunities this season at **Lake Louise State Park and Hormel Nature Center...**
Mower County's amazing playgrounds!

Contact Us!

Contact us @ Mower Refreshed with your events, ideas, and how you or your group might collaborate with hundreds of other in Mower County! Want a guest speaker for your group to learn about Mower Refreshed? Have a story for "County Connections"? Connect with us!

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