

# Re•freshed

V. Give new strength or energy to [ **Mower County** ]; reinvigorate.

## Refreshed Living: The importance of family dinners

I remember hearing my mother's voice from the back porch calling my siblings and me home for the family dinner. Kids in the neighborhood of all ages, playing together would scatter home to sit down and eat a meal that recharged them to get back outside to play kick the can or maybe an intense game of hide and seek before being called home for bedtime.

Though this may have been fairly common in the past, the family dinner has taken a hit in our culture that thrives on efficiency, on communication that often involves tapping buttons rather than face to face exchanges. The conversations that do occur face to face can be what I call "sound bites," just enough information shared between two people to get the kids to the next practice, recital or state what bill

needs to be paid asap!

The family dinner that seems so outdated actually impacted health outcomes for past generations and Mower Refreshed is teaming with Mayo Clinic Health System, the Family Dinner Project and local organizations to revive the art of family dinners. The simplicity of eating a meal together isn't that simple, it takes intention and commitment. It also take support and encouragement in a culture that pushes back on families to over-extend themselves, leaving the dinner hour up for grabs.



Check out Refreshing News in this issue to learn more about the Family Dinner Project and how you, faith communities, service organizations, neighborhoods and your family can be a part of strengthening the dinner tables in Mower County to build healthier communities and individuals!

## Wellness Wednesdays

Get a simple reminder to live well every Wednesday. Enjoy a fresh recipe and a chance to win great prizes from local sponsors! Click here to subscribe and make every Wednesday well'r!

**Mower**  
**Refreshed**  
Making healthy choices a priority



## County Connections: Sue Severson

A local inspiration and true example of what it means to make a healthy lifestyle change, Sue Severson has lost 50 pounds in the last year, simply by eating right and exercising more.

Her biggest motivator? Her 4-year-old granddaughter, Mari. After previously undergoing double knee replacement, Sue was having a hard time getting up and down from the floor in order to play with Mari. She knew she needed to make a change and was willing to make it happen. She hopes to leave the legacy for her daughter and granddaughter that investing in one's own health is a practical way to show the people you care about just how much you love them.

A key aspect for Sue's success was having three major supporters behind her. **Mayo Clinic Health System** provided Sue with her medical health status, education on healthy weight loss and development of a personal fitness plan. In the **workplace**, Sue stated that by being surrounded by people, especially leaders, who "walk the walk," along with their encouraging words, she felt inspired every day. Sue is a law enforcement clerk dispatcher in Mower County, she credits her co-workers for creating a team environment that encourages wellness. Lastly, Sue's

employer offers a discounted membership to the **YMCA of Austin** based on her use of the facility, which directly impacts her motivation to be active.

"It's a whole new way of life where I feel good, and I feel better about myself; I have more confidence," says Severson.

Sue is 15 pounds away from her initial weight-loss goal, but how she feels now outweighs the visual number. "I don't worry about the number on the scale; it's not important like it used to be." What keeps her fueled to make healthy lifestyle changes is the idea that you're only given one life, and she wants to live it well; be healthy, feel good, and live longer.

Sue's experience aligns with the local research that Mower Refreshed is based on. After having gone through it herself, Sue can empathize with people who struggle with trying to get weight off and keep it off. Her best advice for those in a similar situation is, "You've got to keep making baby steps and not get down about what other people say; don't get discouraged."



*This month's County Connections was submitted by Rachel Holst, Mower Refreshed Intern. Rachel is a student at University Of MN, pursuing a Bachelors of Science degree in Health & Wellness.*

# Sharing Your Expertise: Tips from Mower Refreshed readers



## What are ways to motivate people to make every drive a safe one?

- Knowing friends who have lost their lives because they weren't driving defensively or another person was not driving properly breaks my heart...this motivates me to drive safely and obey all the laws of the road – PU
- Taking the 55 & Alive class through AARP...you learn about strategies for safe driving – MB

## What is your go to breakfast food?

- My most favorite breakfast is Greek yogurt with fresh fruit and granola...yum! A great power boost to start your day – MM
- My go to breakfast is a cooked old fashion oatmeal with raisins and dash of cinnamon – MB
- Egg white omelette with salsa – AB



## What activities could you exchange for watching TV this week?

- Trailing riding, canoeing, hiking, gardening, swimming... there are soooo soooo many things to do instead of watch TV – CK
  - Because I don't have a TV I'm spending less time of Facebook. Rather than killing 5 minutes here and there with FB I'm making more of a point to go for short walks. not only refreshing for my body, but my mind as well – AA
- Play outside, read books, play board games, cook together, go to a museum, take a walk, make a craft – AB
  - Get outside! Take a nice long walk or bike ride. Mower County has a wonderful black topped trail system – MP
  - Go to the Nature Center to hike around. Nature can be much more entertaining than the TV – EC



# Refreshing News: The Family Dinner Project

Mower Refreshed is about building creative collaborations to address health concerns at a grassroots levels, this time we are literally talking grassroots...engaging community members in sharing meals with a bigger purpose in their backyards, parks, churches, schools, homes or just maybe the soccer field!

*"Over the past 15 years researchers have confirmed what parents have known for a long time: sharing a family meal is good for the spirit, the brain and the health of all family members. Recent studies link regular family dinners with many behaviors that parents pray for: lower rates of substance abuse, teen pregnancy and depression, as well as higher grade-point averages and self-esteem. Studies also indicate that dinner conversation is a more potent vocabulary-booster than reading, and the stories told around the kitchen table help our children build resilience. The icing on the cake is that regular family meals also lower the rates of obesity and eating disorders in children and adolescents." – The Family Dinner Project*

A team of area organizations and individuals are gearing up to sponsor the "train the trainer" workshop that will provide participants with the resources and information to grow the practice of family dinners in our communities. The team of folks planning the event are focusing on individual families in a household sitting down to a meal but are thinking outside the box on what "family dinners" could look like: sports teams, neighborhoods reaching

out to new neighbors, small groups of people gathering together to make a meal together.

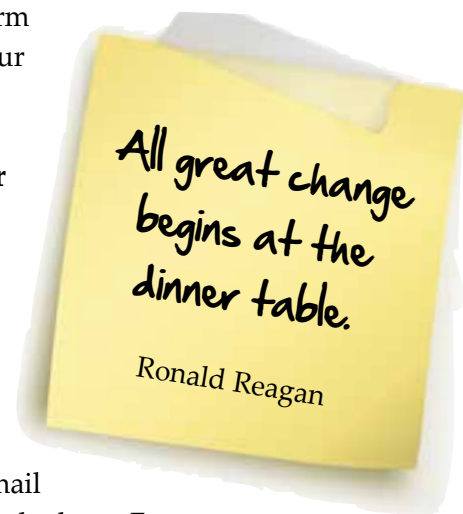
The Family Dinner Project (FDP) provides relaxed settings to better understand the health benefits of a shared meal, inspire ideas to create dinner on a budget and intentionally connect people. The FDP staff will work with area community members to consider how to raise awareness and then how to engage "families" in sharing meals together, building a sense of connectedness that could impact long term health outcomes in our county.

## The Family Dinner Project 2-day Workshop\*

July 10 & July 11  
9 a.m. to 12 p.m.  
YMCA of Austin

To register or for more information, email [connect@MowerRefreshed.org](mailto:connect@MowerRefreshed.org). For more information on the Family Dinner Project (FDP) visit [www.familydinnerproject.org](http://www.familydinnerproject.org).

\*Workshop sponsored by Mayo Clinic's Center for Innovation.



# Refreshed Destination: 2013 Mower County Fair

Mower Refreshed is heading back to the fair this August with more opportunities to engage in wellness fun! Refreshed Destination will have a large tent open 11 a.m. to 6 p.m. on Wednesday, August 7 through Friday, August 9. The tent will feature healthy snacks and water, try-it classes (pilates, zumba, yoga, zumbatonics...) open space to play, information on Mower Refreshed (the work we are doing and how citizen can get involved) and county-wide partners who are promoting healthy living ideas/options in our communities. Want to get Involved?

## Be a Sponsor!

Businesses and organizations are able to sponsor the tent at various levels and receive advertising at the fair, on our website and Facebook.

## Have a Table!

Organizations that are interested in having a table in the tent connect with us by July 1, 2013 for criteria and details. There is a small fee for the three days our tent will be featured.

## Volunteer to Play!

Sign up to play for specific time frames and get a Mower Refreshed t-shirt. Great way to be a part of promoting healthy living in Mower County!

# Eat Refreshed: Attention all parents!

Last month, we looked at how to build a meal pattern. To recap, we discussed making eating a priority for the whole family (not just the kids), taking a closer look at your routine to decide when your family meals would be, planning ahead for variability in your schedule and the importance of including scheduled snacks. If you have done these things, you are off to a great start towards creating a healthy environment for both parents as well as children.

Now that we have determine what times are appropriate for meals and snacks and when we need to plan ahead for food outside of our normal routines, we can talk about what goes into the meals. For this, I will refer you to MyPlate. We no longer have dietary recommendations based on the food guide pyramid but rather a standard format for meals using a plate! Myplate gives us a flexible structure for each meal and snack.



As a parent, you have the responsibility to choose what goes into each meal and snack. Listed below are some recommendations for how best to plan for growing families:

- Be consistent with the veggies. Kids may make a fuss about them but they are important. Set a 'one bite rule' that encourages the kids to at least try 'one bite' of everything offered. Enough times of them trying 'one bite' and they will learn to like a variety of vegetables. *(Be careful not to force them to eat the whole portion as this will not help your cause.)*
- Make sure there is at least one item on the table that everyone likes so the family feels safe trying new foods. This does not mean catering to individual people. You are the parent and you get to choose the foods are present at the table.
- Enjoy the seasons. Choosing produce from your current season keeps menu planning simple and also provides a good schedule for introducing new foods to your kids.
- Make the meals and snacks complete by including foods from all the food categories: carbohydrate, protein and fat. For example, offer apples with peanut butter as a snack. The apple is a carbohydrate and the peanut butter is both protein and fat.
- Start simple and grow as you become more comfortable. Menu planning doesn't have to be complicated. Choose main courses your family enjoys and add more complicated items as you grow in your skill.



Heather Plizga MS, RD, LD  
Mayo Clinic Health System

## To make an appointment

- Check your insurance coverage to see if it covers nutrition counseling before making your appointment. The number for inquiries is located on the back of your insurance card.
- Many times, insurance companies need a physician referral to cover services. If that's the case, at your next primary care visit, be sure to mention that you have nutrition questions and you'd like to see a dietitian.
- If you have further scheduling questions, call the appointment line at (507) 433-8758.

# What is Mower Refreshed?

- A county wide movement that inspires and ignites individuals and groups to promote healthy living.
- 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.

## There's Room at the Tables!

*(contact us to confirm meeting times)*

### Healthier Choices

Developing sustainable strategies that encourage the population of Mower County to make healthier choices. Meets monthly on the 3rd Wednesday from Noon to 1 p.m. at Gymocha.

### Mental Fitness

To increase resilience when dealing with stress and anxiety. Meets monthly on the 4th Thursday from 12:30 to 1:30 p.m. at the Mower County Justice Center.

### Workforce Wellness

To create a healthier and more productive workforce. Meets monthly on the 1st Friday from 7 to 8 a.m. at the Austin Chamber Board

### Community Connections

To connect Mower County citizens to services, events, organizations and resources that promote healthy living. Meets monthly on the 2nd Thursday from Noon to 1 p.m. at Gymocha.

## Ways to connect with Mower Refreshed

**Email:** [connect@MowerRefreshed.org](mailto:connect@MowerRefreshed.org)

**Web:** [www.MowerRefreshed.org](http://www.MowerRefreshed.org)

**Phone:** 507.434.1039

**Twitter:** @MowerRefreshed

**Facebook:** [www.facebook.com/mowerrefreshed](http://www.facebook.com/mowerrefreshed)

**Youtube:** [www.youtube.com/mowerrefreshed](http://www.youtube.com/mowerrefreshed)



Sandy Anderson  
Mower Refreshed Coordinator