

Re•freshed

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



Mower Refreshed Living

Simply described, best practice is a term used to identify methods, processes, or activities that have shown to be most effective in achieving desired goals/outcomes.

It's a common approach used in business, research, education and medicine as companies and organizations seek to become more efficient and effective when resources may be scarce.

Best practice can also be a tool for individuals to reflect on what methods, processes, activities are shown to be most effective in helping to reach desired *personal* health goals/outcomes.

As individual as each person is, our personal best practices will be just as unique. Creating new habits that result in health benefits of some sort (weight loss, increase family time, build resistance to stress) are typically offered to us in packages that often are one size fits all.

Research and common sense from many of our Mower Refreshed partners, encourage the concept of creating our *personal* best practices: identifying what *our* roadblocks are and addressing them with methods, processes or activities that are most effective for us as individuals in achieving our personal desired goals/outcomes.

Healthy weight loss for example will have common practices that are proven effective, best practices...decreasing calories and increasing physical activity, looking at food as fuel and then making our calorie intake sensible to develop lifestyle changes. The approach to our lifestyle changes however will be a *personal* best practice: where and how we exercise based on our resources and physical ability, what food we bring into our home or choices made when dining out. These are examples of methods or activities to reach our desired goals, in this case, healthy weight loss.

Take time this spring to consider developing your *personal* best practice: the methods, processes, activities and relationships that are most effective in encouraging you to live well and then practice!



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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.



County Connections

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

Best Practices for Wellness in the Workplace



L to R: Scot Ramsey (co-leader Workforce Wellness), Geoff Smith, (IBI Data) Sherry Anderson, (IBI Data), Sandy Anderson (Mower Refreshed Coordinator) not pictured Sandy Forstner (co-leader Workforce Wellness)

Mower Refreshed was honored to announce the first **Austin Area Refreshed Business of the Year (RBY) to IBI Data of Brownsdale!** Part of IBI Data's story involves intentionally defining the company not only by what it does but also by what it values. Resourcefulness and teamwork have created an atmosphere where a wellness focus becomes a part of the everyday culture in the work environment.

Mower Refreshed looks to collaborate with businesses in all our greater county communities to acknowledge and celebrate businesses that are taking steps to promote healthy work environments.

Discovering innovative ways to take on health promotion and the ideas shared by other businesses in our county will change the culture and focus in the workplace: health, not just health care.



Sherry Anderson accepts award on behalf of IBI Data .

Area businesses have begun that process of sharing ideas that are fueling this shift in the culture, these steps have inspired the development of **Mower County Workforce Wellness Best Practices**. The best practices area employers develop will provide businesses of all sizes in our county a place to share and also consider implementing ideas that make sense for their specific work environment.

The unique benefit of creating best practices for our county is that it creates a 'community' to share what has been effective and why it worked for businesses in our area. Transparency of successes and struggles will offer timesaving insight for the business "community" as a whole. The ability to connect with local people when exploring an idea that another business has found successful to promote healthy living, creates a sense of team as we work together to improve productivity and reduce health costs...benefiting us all in Mower County and beyond.

Mower County Workforce Wellness Best Practices will feature programs that local businesses are utilizing and easy to implement ideas that encourage employees to improve their health. The best practices will be a "living document," always expanding and growing as county businesses share ideas.



To see the early development of best practices in our county visit www.MowerRefreshed.org and click on Workforce Wellness. Consider sending us your ideas to grow the best practice resource.

Often it's the simple, low/no cost ideas that you are doing that have amazing impact. No idea is too small or insignificant...if it's working in your business it may be what another business needs to jump start culture change in their work environment.

Refreshed Focus

Drive Refreshed

Take 5 and be present behind the wheel

www.MowerRefreshed.org

Citizens in Mower County have been gearing up for awhile now to launch a unique initiative to **promote safe driving in Mower County**.

Drive Refreshed is the creative work of citizens and organizations collaborating to develop practical efforts that promote safe driving in Mower County based on solution-focused strategies. These strategies encourage drivers to “be present” behind the wheel.

Mower Refreshed, Towards Zero Deaths, Safe Community Collation, Austin Area Drug Task Force, Parenting Resource Center and Riverland Community College Nursing Students are **working together** to grow the citizen efforts that will focus on:

- Reducing the amount of citations in Mower County
- Reducing the amount of accidents related to unsafe driving practices

This effort will take time and patience as we educate and equip drivers to think differently when getting behind the wheel. Creating a new culture that focuses on **being present behind the wheel**, pausing when putting the key in the ignition to consider where the driver is going or focusing on reasons to make it a safe drive.

Drive Refreshed and the growing number of collaborating partners will provide educational and interactive tools on the Mower Refreshed website, events, guest speakers and connect directly with area driving schools and high schools, reaching out to **teen drivers and their parents**.

Our partners will also connect with **parents with young children** in making an intentional plan to deal with distractions when driving with kids in the car because distractions will occur!

Driving under the influence contributes significantly to our roadway dangers. Creating tools and collaborating with our county-wide law enforcement will be an important part of the success in reducing the amount of accidents related to unsafe driving, specifically when drugs or alcohol are involved.

You have an opportunity to partner with us in raising awareness and creating a **shift in the culture of driving**...internally motivating people to **make every drive a safe drive**.

April 18th is the launch date and will be an on-going effort. Contact us if you have questions or ideas. Consider how you might get involved and resources to share as we team together to make every drive safe one!



Parenting Resource Center

Austin Area Drug Task Force

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.

“You are never too old to
set another goal or
dream a new dream.”

-C.S. Lewis

Refreshing News

New Co-Chair for Mower Refreshed Steering Committee Announced



We're excited to have Jill Hart join our grassroots efforts as co-chair of the Mower Refreshed Steering Committee! Jill will join Lisa Kocer in leading the committee.

Jill is a physical therapist and the Director of Rehabilitation Services at Mayo Clinic Health System Albert Lea & Austin, on the Austin campus and has worked there for 22 years. Jill states that her role is a good fit with Mower Refreshed as rehab staff are already involved with the goal groups. She's excited to be part of the Steering Committee and is looking forward to collaborating with Mower County residents to improve health and wellness. Welcome Jill!

WELLNESS WEDNESDAY e-blast: A MidWeek Reminder to Live Well!

April brings not only showers that remind us of spring, it brings a new e-tool to remind us to keep taking steps that create healthy habits.

Every Wednesday be encouraged that those steps make a difference!

WELLNESS WEDNESDAY e-blast will feature:

- **A quick wellness tip/quote to encourage living well**
- **Link to the Wellness Wednesday question of the week (weekly sponsor and prize listed)**
- **An easy healthy snack or meal recipe from our partners**

Check out the new website...

Get Moving Mower : Find out what run, walk, ski, bike events are happening in Mower County January-December along with where to engage in active living through out the county.

Event Calendar: A one stop wellness focused event calendar: Citizens/organizations /businesses can post community events that support and promote healthy living.

Resources: Connect with activities, communities, schools, organizations, clubs, healthy living and more.

Refreshed Spotlight: Be encouraged by stories of everyday people who are making healthy choices easier for others or have an inspiring story about living well. Share with us people and organizations who are making a difference in our county!

THERE'S ROOM AT THE TABLES!

Healthier Choices: 3rd Wednesday of each month. 12-1pm | Gymocha

Mental Fitness: 4th Thursday of each month. 12:30-1:30pm |Mower County Justice Center

Workforce Wellness: 1st Friday of each month. 7-8am | Austin Chamber Board Room |Town Center

Community Connections: 2nd Thursday of each month | Gymocha

Mower County Schools:

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 Playgrounds

Hormel Nature Center. www.hormelnaturecenter.org

Lake Louise State Park www.dnr.state.mn.us/state_parks/lake_louise/index.html

Connect with Us!

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