

Re•freshed

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

Refreshed Living: The Power of Play



Take time to observe children you encounter and their unique ability to be present, their talent to take simple ideas and create playful attitudes, seeing the opportunity for an adventure.

There is a natural disposition to curiosity and playful adventure that many of us lose somewhere along the line, the natural ability to find adventure in what we now may view as mundane. The everyday tasks and human interactions.

Many factors impact our losing touch with play but the recognition of seeing life as being filled with inconveniences rather than adventures means it may be time to purposefully reintroduce play. Reconsidering the untapped novelty in even the simplest tasks or interactions with others may offer a new view that promotes a more playful attitude.

Work and life demands may convince us that play is optional or only for the unfocused yet research confirms over and over again how engaging in play impacts our overall wellness.

Consider how you might rekindle a bit of play, especially playing outside, into your life as the summer months unfold before us. Rightly consider the power of play!



County Connections: Destination Brownsdale!

Recently on a warm summer night in Brownsdale a group of about fifteen community members of all ages gathered in the local community center to explore what wellness in their community might look like.

Sharing a light meal together, the group started by identifying what they saw as the top three health concerns in Brownsdale and surrounding communities. Like the County Conversation: Destination LeRoy in April, Brownsdale participants expressed: obesity, stress and drugs/ alcohol as top contenders.

This new conversational outreach to communities is facilitated by coordinators of Mower Refreshed (Sandy Anderson) and the Mower County Statewide Health Program (Karissa Studier) as they collaborate their resources to discover how to best support Mower County communities in growing wellness efforts inspired by the citizens and the assets the community members identify to build upon.

Conversations don't settle on the "problems" for long, participants are guided to begin discussing together the

assets present in their community and creating a visual of all the resources they do have. The group discussed what they envision a healthy Brownsdale looking like, feeling like, what they wanted more of. The Brownsdale group discovered quickly that though the community has experienced some recent losses of businesses, they have an abundance of assets that can be utilized to grow more of what they identified to create a culture of wellness in Brownsdale.

Common themes between County Conversations are surfacing that will be valuable to creating support for smaller communities in Mower County and build collaborations within and between the communities. Mayo Clinic Health System and Mower County Public Health will continue to reach out through Mower Refreshed and Mower County Statewide Health Program to host County Conversations throughout the county, building on-going relationships and supporting community members in making healthy choices easier in the communities they live, work, play and learn in. Next stop...Lyle, MN!



2014 Mower Refreshed Team Meetings

Healthier Choices

2nd Thursday of each month: Jan-Nov
4 to 5 p.m. – Austin YMCA

Mental Fitness

3rd Thursday of each month: Jan-Nov
12:30 to 1:30 p.m. – Mower County Justice
Center, 2nd Floor

Workforce Wellness

1st Thursday of each month: Jan-Nov
Noon to 1 p.m. – Town Center Conference
Room, Austin

Latinos Saludables

2nd Monday of each month: Jan-Nov
5 to 6:30 p.m. - Riverland Community
College, Austin | Parent Center (West
Building)

More information?

connect@MowerRefreshed.org

The Power of Play

You swiftly leap into the air, safely clearing the growing lava-filled rift by only a hair. The heat of the lava radiates toward you as you only narrowly escape its ominous reach. You rush to your friend who has slipped into the treacherous molten rock and pull her to safety; you both continue on your quest to escape the rapidly-approaching Tyrannosaurus Rex.

This story may elicit some of your own memories of playing a common childhood game called “hot lava.” “Hot lava” illustrates the thrill of the fantasy world that children may explore through play; it also demonstrates the state of mind elicited by play—a state of mind that invites creativity and mental growth.

Research shows that the impact of play carries a lot of value for both children and adults. In the busy state of our current culture and the desire to continually work to “get ahead,” play sometimes lands a reputation as wasted time and energy. In reality, play offers a variety of benefits to both children and adults. Adults who play tend to have better memory, more cognitive capacity, and more happiness. Children use play as an avenue for exploring the world we as adults can learn from.

Play complements the skills and activities of daily living; it builds mental fitness and supports success in other areas of life. Finding the balance between work and play is key in cultivating the undeniable benefits of both; to completely remove one or the other is to compromise one’s true potential. That is the power of play.

Resources:

1. <http://www.psychologytoday.com/articles/199907/the-power-play>
2. <http://www.zerotothree.org/child-development/play/power-of-play-learning.html>

Play...

- fosters active learning and plays a crucial role in brain development.
- makes us happier
- temporarily liberates our minds from the stressors of life
- creates an ability to revel in the joy of the present moment
- offers a great opportunity to build relationships
- stimulates the creativity of the mind
- challenges the brain’s natural flexibility
- burns calories
- builds stronger families

Looking for new ways to play in your community? Hit up a local lake, river, pond, or swimming pool and splash around! Get a game of catch or kickball going at your next gathering! Go through your art supplies and create something new with items you already have! Host a game night with your neighbors or family! The possibilities are endless and don’t have to cost a thing—use your imagination, have fun and improve your health in the process!

Lieah Van Gompel, University Stevens Point | Health
Promotion Professional

Sunburn: Lifestyle & Home Remedies
Sunscreen Smarts: What’s your SPF IQ?

Collaborate: Statewide Health Improvement Program (SHIP)

Step out of the office and enjoy lunch with like-minded professionals. Return to work encouraged and inspired! Refreshed Lunch & Learns will take place every other month on the second Wednesday

When:

Wednesday, July 16, 2014 from Noon to 1 p.m.

Statewide Health Improvement Program (SHIP): Assisting Area Worksites Towards Wellness.

Learn about SHIP strategies that provide practical resources for your organization in the quest to improve local employee health and wellness.

Guest Facilitator: Karissa Studier, RN | Mower County Statewide Health Program Coordinator

Donations encouraged. Lunch sponsored by Mower County Statewide Health Program Coordinator



[Click here for printable PDF flyer](#)

Where:

Town Center Conference Room, Austin, MN

Register:

Email: connect@MowerRefreshed.org

Call: 507.434.1039

Can't attend but want to stay connected on topics? Let us know at www.connect@MowerRefreshed.org and you'll receive by a bi-monthly email containing the Lunch & Learn Top Thoughts.

(e)NGAGE | QUIP | MPOWER

Eat Refreshed:

Learn How to Play in your Kitchen

I think we are all encouraged by the idea of equal rights for men and women. It only makes sense that we can all contribute to society in ways that can complement each other. However, there is no doubt that the effects of this cultural shift on family structure and gender roles has drastically affected our view of family meals, food preparation skills, and our availability to make home-cooked meals regularly. We have, effectively, gone from being the 1950's housewife who made home-cooked meals every night for her family to being the working woman who often struggles to balance her role of homemaker and provider.

Additionally, family meals used to be an opportunity for social interaction where the family could gather around the table and enjoy quality time together. Now days, meals and meal preparation are viewed more as a daily chore. As a result, we often use more convenience foods and short cuts to make this chore less intrusive. The outcome of such shortcuts has led to an overall reduction in the quality of our meals or lack of family meals all-together.

Research from several studies has shown how important family meals are to our health. They have also found that when our ability to prepare meals declines, body mass index (BMI), blood pressure and weight are often affected. Conversely, with improvements in these skills, our health factors can all improve! So let's get out there and start cooking! Make sure to start slowly. Sometimes we have the tendency to take on too much too fast. Start by adding one new cooking technique at a time. You can always add on more skills as you become more and more comfortable in the kitchen. Start slow and keep practicing! After all, practice makes perfect!

Cooking challenge:

- Make improving your meal preparation skills a priority this month.
- Learn to cook one new meal per week over the next month!
- Try to choose recipes that will challenge your abilities in the kitchen so you can further your understanding of how to make varying types of foods.
- Opt for recipes that fit the amount of time you have available for cooking a meal.
- Make sure you select recipes that will be enjoyed and well-accepted by your family.
- Consider using recipes that will incorporate more new foods into your meals.
- Make it a family affair. Kids are more likely to try something new if they have had a hand in helping to prepare it.

[Click here to see "2014 Food Revolution: Cooking with kids Cookbook"](#)



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.

An adventure is
only an inconvenience
rightly considered. An
inconvenience is only
an adventure wrongly
considered.

— G.K. Chesterton



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.

Re•freshed

Healthier
Choices

Mental
Fitness

Workforce
Wellness

Latinos
Saludables

Wellness Wednesdays

Get a simple reminder to live well every Wednesday with a wellness tip and fresh, healthy recipe to test out at home. Click here to subscribe and experience a midweek boost that keeps the focus on health where you live, work, play and learn.

Want a little more from Wellness Wednesdays? LIKE US on Facebook and watch the newsfeed for random Wednesday gift away challenges!

Ways to connect with Mower Refreshed

Email: connect@MowerRefreshed.org

Web: www.MowerRefreshed.org

Phone: 507.434.1039

Twitter: @MowerRefreshed

Facebook: www.facebook.com/mowerrefreshed

Youtube: www.youtube.com/mowerrefreshed

Sandy Anderson
Mower Refreshed Coordinator

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