

Re•freshed

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

Refreshed Living: Culture and the wellness movement

Culture is significant to the wellness movement of Mower Refreshed. Exploring the cultures present in our communities and taking time to listen to perceptions and assumptions they may hold have created valuable opportunities to learn and effectively engage community members.

Relationship is foundational to culture and climate. The efforts and partnerships grown out of Mower Refreshed

people groups found in our communities; schools, faith communities, businesses or organizations that naturally develop unique “cultures”. The culture of a school or worksite has a foundational influence on the climate, especially the climate of wellness for those who are a part of that group. Collaborating with ethnic groups as well as a culture defined by age, organization, worksite, etc. offers us insight to how the cultural beliefs and attitudes impact the physical and relational climates.



look to equip and empower individuals and organizations to better understand the role they play in improving personal health and the wellness of the communities in Mower County. Engaging community members provides essential co-learning about cultures, leading to practical approaches and innovative solutions to empowering healthier living options that make sense for that group.

Culture can be viewed through the ethnic groups we are partnering with such as the LatinoSaludables team and also

When it comes to fostering a culture of wellness where we live, work, learn and play, consider with us how we might individually and collectively encourage healthier climates through the decisions, policies and environments we create.

Mower
Refreshed
Making healthy choices a priority



County Connections

LatinoSaludables is comprised of a truly diverse group of community members working to make healthier choices easier for the Latino community in Mower County. This energetic Mower Refreshed team meets monthly to discuss innovative solutions to root challenges faced by the Latino population in Mower County.



Currently, the group's efforts are focused on addressing stress, a prevalent thread woven through each of the top health concerns identified by the team. With this, they are in the process of creating a "TAKE5" toolkit adapted to bring meaningful engagement to the Latino community.

After the toolkit is completed, LatinoSaludables team members will be trained to deliver the information in an empowering way. Team members are sharing ideas about TAKE5 and learning what ways we can better partner the Latino community, Mower Refreshed is working toward creating a more inclusive and engaged Mower County.

This unique team consists of community members from all walks of life looking to improve the health of the Latino community in Mower County. Meetings generally consist of anywhere to 10-25 people of all races, genders, ages, and socioeconomic and education levels. Additionally, representation from a variety of Latino countries is common. The diverse composition of this group offers a broad spectrum of perspectives, leading to powerful energy and creative thinking. Beyond the development within the team, this energy helps to build the community of Mower County by creating an inclusive environment focused on wellness.

—Lieah Van Gompel, Mower Refreshed Intern | UW Stevens Point.

Taste of Nations

Join us and many of our community partners at the 5th Annual Taste of Nations

Saturday, April 26th | 11am-2pm
Oak Park Mall | Austin, Minnesota

This is a unique opportunity to experience an amazing variety of foods from the countries represented in the Mower County area. Stop by the Mower Refreshed table and celebrate the growing culture of wellness in our communities!

For more information: <https://www.facebook.com/austintasteofnations>

What students think can make their schools healthier:

Here's a sample of what 9th grade students from Grand Meadow, Leroy-Ostrander, and Southland High Schools think can help make their schools healthier! School climate, how the schools looks and feels (physically and relationally) was a central theme...hope you are inspired with us to consider how to support the students and staff in creating a culture of wellness where they learn and work!

- Have cleaner restrooms
- Healthy school lunches and better quality salad bar
- More opportunity for physical movement in the school day
- Longer classes
- Better working water fountains
- Avoid drugs
- More health classes
- Longer recess for younger students
- More fruit and vegetable options at lunch
- Make recycling easier
- Talk to us more about healthy relationships
- Put healthy food and beverages in the vending machines
- Put hand sanitizer in the hallways/ encourage washing hands more
- Be respectful to everyone, not just your friends
- More/longer gym classes
- Make hallways feel and look more inviting
- More organized interactions in lunch
- More after school groups that are not sports
- Promote making healthier choices in creative ways

2014 Mower Refreshed Team Meetings

Healthier Choices

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

Workforce Wellness

2nd Wednesday of each month: Jan-Nov
8 to 9 a.m. – Austin Chamber Boardroom

LatinoSaludables

2nd Monday of each month: Jan-Nov
5 to 6 p.m. - Mower Refreshed Office

Mental Fitness

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

More information?

connect@MowerRefreshed.org

Fresh Focus: Meet our volunteer of the month



Geme Alvarado (left) and Sally Garry (right) have provided the LatinoSaludables team with strong leadership as the group's efforts have expanded. These two volunteers come with a great deal of experience in connecting with the Latino population in the Mower County area and a passion for wellness. Geme's work at the Parenting Resource Center and Sally's background in social services and nursing provide a valuable balance as they equip and coach new leaders. Thank you for sharing your talents and energy!

Eat Refreshed: Latino Food Culture

Austin is teaming with diversity as we welcome other cultures from around the world to work in our local job market. In light of our local Hispanic/Latino influence, it seems appropriate honor some of their food cultural practices and traditions.

The Hispanic culture is one of family, food and flavor! Heritage is an invaluable concept to them as they hold their elders in high regards and emphasize the importance of passing down recipes and traditions from generation to generation. Additionally, the Latin American culture values family togetherness which emphasizes team work rather than individual responsibility and independence.

This means that they thrive in arenas where they have their family support. It is because of these core values that their traditional cuisine is still consumed today all over the United States.

So much so that some of their traditional dishes like tacos, enchiladas and tamales have integrated into our American cuisine as family meal favorites. Consider making the next family a flavorful classic from this cultural powerhouse. Follow the links below for tasty traditional recipes with a healthy twist!

- [Catalan Sauteed Polenta & Butter Beans:](http://www.eatingwell.com/recipes/catalan_sauteed_polenta_butter_beans.html)
http://www.eatingwell.com/recipes/catalan_sauteed_polenta_butter_beans.html
- [Squash, Black Bean & Goat Cheese Tamales:](http://www.eatingwell.com/recipes/squash_black_bean_goat_cheese_tamales.html)
http://www.eatingwell.com/recipes/squash_black_bean_goat_cheese_tamales.html
- [Steak Fajitas:](http://www.thelatinkitchen.com/recipe/chef-lalas-steak-fajitas)
<http://www.thelatinkitchen.com/recipe/chef-lalas-steak-fajitas>



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.

Refreshed Business of the Year: *and the winners are...*

Mower Refreshed continues its commitment to collaborating with businesses and organizations county-wide that seek to foster environments that promote well living by awarding two organizations the 2013 Refreshed Business of the Year: Pacelli School (under 100 employees) and Cooperative Resource Center, Inc (over 100 employees). Both organizations align with the framework that hallmarks Mower Refreshed: Engage Equip Empower. The nomination committee identified specifically that the integration of wellness into the everyday work environment was a key component in selecting the two recipients. The ideas and efforts described in the applications were innovative, sustainable, and have the potential to be adopted by other companies and schools; a part of the developing best practices for workforce wellness in Mower County. All the nominations received by the selection committee were inspiring and an encouraging sign that wellness at work is growing in Mower County!



Jen Stenzel, Nancy Morrison, Natalie Fugleberg



Mary Holtorf, Laura Marreel, Jim Hamburge

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.

(e)NGAGE | QUIP | MPOWER

Healthier
Choices

Mental
Fitness

Workforce
Wellness

Latino-
Saludables

Wellness Wednesdays

Get a simple reminder to live well every Wednesday, enjoy a fresh recipe and share your ideas on health and wellness. Click here to subscribe and make every Wednesday well'r!

Each month a random Wellness Wednesday e-blast will feature a gift-a-way from county sponsors. Click Share it, submit your response to the question and you automatically will be entered in the drawing!

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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