

Re•freshed

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

Refreshed Living: Discovering the WHY in your priorities

Prioritizing how to spend time, money and energy is a skill needed for individuals and organizations. Purely reacting to what comes our way creates a sense of chaos and exhaustion. Consider that where the action (or inactivity) is occurring tends to, but not always, reveal our true priorities.



For Mower Refreshed, setting priorities has been a fluid journey due to the grassroots foundation of the movement and because of its very nature; it's a movement and not program. Setting priorities for us has meant having to make difficult choices on where to spend time, money and energy to best achieve the overarching goal of making healthy

living easier and more accessible in Mower County. Asking ourselves "Why?" on a regular basis helps us stay the course. Simon Sinek in his book "Start with Why" has been a great reminder that intentionally pausing to remind yourself of the WHY is time, money and energy well spent.

Last winter, three years into the fluid development of Mower Refreshed, volunteers identified a framework that spoke to the WHY in a simple manner:

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We understood the WHAT; making healthy choices easier and more accessible. We understood the HOW; through collaborating with community partners and growing innovative ideas from community members. We've been described by community members as a "wellness co-op." We could have probably told you the WHY but it was difficult to express in an "elevator conversation."

Making it a priority to pause and explore the question of "Why?" we (*volunteers, community partners, Mayo Clinic Health System*) are putting time, energy and money into this wellness movement was a turning point. Why are we doing what we do?

To engage, equip and empower people to live well.

Intrigued by the concept of why? Explore Simon Sinek's work and go beyond the what you do and how you do it to the core...why you do it. You'll tap into energy and purpose that grows more of the good!

Growing the good together,
Sandy

Mower Refreshed
Making healthy choices a priority



County Connections:

Oct. 8th – International walk & bike to school day

It is no secret that physical activity is incredibly important to our overall health. People who are physically active tend to live longer and have lower risks of chronic diseases. Current recommendations are that adults should get at least 150 minutes of activity each week. And children should get 60 minutes of play a day.

According to the Minnesota Department of Health, only 40-50% of students nationwide are physically active for 30 minutes 5 days a week. The physical activity does not need to be vigorous and can be incorporated into our everyday lives quite easily. One way to do this is for students to walk, bike or skate to school.

The Mower County Statewide Health Improvement Program (SHIP) in collaboration with Vision 2020 is helping to boost student's physical activity by raising awareness of walking and biking to school. October 8th, 2014 is International walk and bike to school day, so playing off that we are encouraging students throughout Mower County to walk and bike to school. Through

the Safe Routes to School initiative with Austin Public Schools there will be suggested route maps available for all of the elementary, intermediate, and middle schools. These route maps help to identify where crossing guards and sidewalks are available as well as give great tips for student pedestrian safety.

There are countless research studies that correlate the positive attributes of physical activity and student success, including; improving cognitive and coping skills and decreasing behaviors. This is a great opportunity to get students physically active and contribute to the success of students on October 8th!

For more information on how your school district might engage with the Safe Routes to School initiative, contact:

Karissa Studier
SHIP Coordinator
Mower County Health & Human Services
507-437-9740 or 507-440-6898
karissas@co.mower.mn.us



2014 Mower Refreshed Team Meetings

Healthier Choices

4th Wednesday of each month: Jan-Nov
Noon to 1 p.m. – Perkins, Austin

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
3:30 to 4:30 p.m. - The Welcome Center

More information?

connect@MowerRefreshed.org

Fresh Focus: Meet our volunteers of the month



A big thanks to Kathy Green and John Brown (colorful combo huh?!), members of the Workforce Wellness team who engaged and equipped employees with resources on living well at the 2nd Annual Employee Health Fair at Quality Pork Processors in Austin, MN.

Harvest 5K: Saturday, Nov. 8

This new chip timed 5K is centered on empowering our county food shelves to offer nutritious food and engaging participants in active living before holiday feasting! Participants give a small fee to run/walk and donate a recommended healthy food item, receiving a long sleeve t-shirt and water bottle. All funds raised and food collected will be donated to Mower County food shelves.



Not too late for your organization to sponsor! Contact us at connect@MowerRefreshed.org or 507.434.1039. Look for more info to come at www.MowerRefreshed.org and our Facebook page.

Collaborate: Increase Productivity and Wellness

Refreshed Lunch & Learns are about developing networks and strategies that make sense to not only promote wellness programming but to shift the worksite environments to foster a wellness culture that naturally engages employers and employees in well-living.

It's this shift in thought and policies that make health and wellness a part of every conversation/decision. It changes the question from "What can we do to motivate people to _____" to "How can we create conditions/environments in the workplace where people will be self-motivated to _____."

Refreshed Lunch & Learns will take place every other month on the second Wednesday

When:

Wednesday, September 17, 2014 from Noon to 1 p.m.

Understanding Adverse Childhood Experiences and the Impact on Profit: Connecting the Pieces to Build a Stronger Workforce and Increase Productivity

Facilitator: Sandy Anderson, Community Health & Wellness Coordinator, Mayo Clinic Health System–Albert Lea and Austin

Lunch Sponsor: Mayo Clinic Health System–Albert Lea and Austin & Mower Refreshed, lunch from Coffeehouse on Main

Where:

Town Center Conference Room (Lower Level), 329 N Main Street, Austin, MN

Register:

Email: connect@MowerRefreshed.org

Call: 507.434.1039

Adverse Childhood Experiences (ACEs) have a direct impact on your business and the level of productivity, absenteeism and presenteeism. Human resource professionals and business leaders are encouraged to join us for a free lunch and walk away with specific steps in beginning the vital conversations on how to build a stronger workforce physically and mentally; with the outcome of decreasing healthcare costs and increasing employee effectiveness.



[Click here for printable PDF flyer](#)



Eat Refreshed: Know your risk

No matter what disease we are talking about, prevention is the best medicine! I cannot tell you how many times, I have seen patients in my office for a new diagnosis of diabetes or heart disease. Nine times out of ten they had warning signs that they were headed for disaster. Some of them took precautions and some did not. Imagine how much better your life would be if you were able to keep yourself healthy, reduce your costs in medications and medical visits and improve your quality of life as you age.

Most of our chronic diseases are preventable... if you know your risk! Believe it or not, risk for chronic disease is something we can actually calculate these days. They are very easy, can be completed from the privacy of your own home computer and take only minutes to finish. Most of these tests can calculate your risk simply by asking some basic health information. Some examples of questions you may be asked on a health assessment tool may include:

- Age
- Gender
- Ethnicity
- Height, weight and BMI
- Family history of disease
- Lab values (if you know them)
- Blood pressure (if you know it)
- Lifestyle habits (Nutrition, exercise, alcohol and smoking habits)

Listed below are a few disease risk calculators that may be helpful resources. I would recommend starting with any diseases you know run in your family. This will help you to narrow your focus and make the most important changes first! For example, if you mother and grandparents all developed diabetes, you may want to consider your risk by taking the diabetes risk assessment. These tests often also give recommendations at the end for how you can reduce your risk factors.

Risk Assessment Tools

- Heart Disease Risk Calculator:
<http://www.mayoclinic.org/heart-disease-risk>
- Diabetes Risk Calculator:
<http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/>
- Breast Cancer Risk Calculator:
<http://www.cancer.gov/bcrisktool/>
- Colorectal Cancer Risk Calculator:
<http://www.cancer.gov/colorectalcancerrisk/>
- Skin Cancer Risk Calculator:
<http://www.cancer.gov/melanomarishtool/>



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.

Action expresses
priorities.

— Gandhi

Upcoming Refreshment

Wednesday, Sept. 17: Refreshed Lunch & Learn

12-1pm | Town Center Conference Room (Below Coffeehouse on Main)

Tuesday, Sept. 23: Refreshed Kids Launch • Well-living School Assemblies

Look for more information to come on a test model of monthly interactive school assemblies that Mower Refreshed and Mower County Statewide Health Improvement Program (SHIP) are partnering with to bring to I.J. Holton Intermediate School in Austin. Local community members will offer inspiration,

encouragement and hope on wellness topics to 5th and 6th students while providing teaching staff a monthly opportunity for team building.

Could this work to engage and empower students while their teachers are equipped? We sense a great adventure ahead!



Wednesday, Oct. 1: Refreshed Dining Launch

Refreshed Dining truly is a grassroots effort to increase access to and awareness of healthier options when dining out in Mower County. Community members of all ages throughout Mower County were surveyed regarding their needs and preferences when dining out. Information provided helped us better understand their experiences and desires when spending money on a meal. Their responses and the Community Health Needs Assessment completed by Mayo Clinic Health System through Mower Refreshed in 2013 (which reveal obesity as one of the top three concerns community members had in Mower County), along with the National Restaurant Association confirming that we are spending more of our food budget for dining out than ever before provided the stimulus to innovate with local health professionals and restaurant owners.

This initiative doesn't mean taking choices away but focusing on the good that is already

present and growing more of it. It's about focusing on making the healthy choices both easier to order, and more appealing, at a fair price. The team of community members, together with restaurant owners' feedback, created criteria to be named a Refreshed Dining location. Sustainability and sensibility were essential and the group determined that meeting five of the eight criteria would get a restaurant started. The intent is that as the restaurant receives positive feedback (and additional business) from the consumers, they will seek to meet all eight criteria (which we need to mention, some of them already meet). Restaurants that apply and are given Refreshed Dining status will receive a window cling to inform the consumer they are entering a Refreshed Dining location and bookmark size brochures which provide dining tips and the criteria for Refreshed Dining locations. Refreshed Dining will equip and empower the participating county-wide restaurants with

on-going support, training, free marketing, and possibly nutritional consults to build business strategies that grow healthy options.

You may be thinking chain restaurants would have a difficult time with this. Yes, there may be some extra challenges for them but we need to let you know one of our early adopters is a chain...you'll have to wait and see which restaurant this is! Stay tuned for the reveal of the criteria and charter restaurants jumping on board to make it easier and more accessible to dine out and eat well in Mower County.

Here's a sneak peek at a yummy pb and j on whole wheat at one of our Refreshed Dining early adopters. Can you identify the location?



Sunday, Oct. 12: Latinos Saludables Community Conversation

Focus: Diabetes Prevention
12:30-2pm | Queen of Angels, Austin, MN

Partnering with the Mower County SHIP and YMCA of Austin, Mower Refreshed's Latinos Saludables team is hosting a bi-lingual



interactive conversation over lunch on preventing diabetes through active living and nutrition. (photo courtesy of our friends at The Family Dinner Project)

Saturday, Nov. 8: 1st Annual Harvest 5K, Austin, MN

Mower Refreshed Guiding Principles

- **Engage** multiple community stakeholders in creating a culture of wellness in Mower County.
- **Equip** community groups and individuals to intentionally create conditions that foster healthy environments: making the healthy choices easier and more accessible.
- **Empower** community groups and individuals to positively impact their personal health and wellness through behaviors and attitudes.

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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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