

Re•freshed

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

Refreshed Living: *Using the right ingredients*

Holiday baking requires specific ingredients. Identifying and using the right ingredients for creating bake goods or an innovative idea can make all the difference to the outcome. We've discovered that hope is a necessary ingredient for innovation. When the efforts of the Mower Refreshed teams were recently described as "hope aspiring strategies" it was not only a kind compliment but reminded me of what the vision of authentic community engagement is for us, inspiring hope in not only our county but beyond. Our vision isn't to become the healthiest county or state in the nation but to create strategies that can be used to inspire every community to explore how they can grow wellness with human innovation, especially when few financial resources are available.

Our county, or community is only as healthy as the counties that surround us, we impact one another. When we are sharing with transparency and not competing to be the healthiest, we create environments that make healthy living easier on both sides of the map lines. This is essential since with technology and travel, the lines on the map between our counties and states are irrelevant when creating a healthier nation.

Three hope inspiring strategies that continue to drive our efforts to keep exploring and to be transparent with lessons learned are based on the framework our volunteers identified: engage, equip, and empower.

- Engaging in creating innovative solutions that make sense for our communities.
- Equipping our partners and ourselves with relevant tools to impact the health concerns the community members identified in our 2013 Community Health Needs Assessment. <http://mowerrefreshed.org/wp-content/uploads/2013/01/2013-MCHS-Austin-CHNA-FINAL.pdf>
- Empowering to grow more of the good in organizations, businesses, faith communities, and schools. Offering encouragement to explore through building on the strengths present and creating wellness pilots that show promise.

We believe that our communities already have what they need to grow environments that can positively impact population health outcomes. As we learned, aspiring hope is a key ingredient to fuel the fire. Look around your community, that ingredient of hope is already present and may be waiting for you to inspire others.

Aspiring with you,
Sandy

Mower
Refreshed
Making healthy choices a priority





County Connections: Harvest 5K Run/Walk

On a cold morning, an amazing group of volunteers rallied to set up Mower Refreshed's first Harvest 5K Run/Walk on Nov. 8! The purpose of the Harvest 5K was to raise funds for our food shelves county-wide to purchase healthy food and to encourage us all to donate healthy food options for our area food shelves, making healthy food available for our most vulnerable community members.

Postcards are now available that list donation ideas and contact information for all the Mower County food shelves. If you'd like cards for your organization or faith community to distribute contact us at www.connect@MowerRefreshed.org

Special thanks to the sponsors and partners who made the event possible and the participants who make the event a new tradition in Mower County!

Partners:

- Mayo Clinic Health System
- The Salvation Army of Austin
- YMCA of Austin

Sponsors:

- Austin Electric, Inc
- Bollingberg Chiropractic
- Culligan
- Games People Play
- HyVee
- Kurt S. Potach DDS & Richard L. Mitchell, DDS
- Schieck Dental
- Wellness 1st Chiropractic



2015 Mower Refreshed Team Meetings

Healthier Choices

4th Wednesday of each month: Jan-Nov
Noon to 1 p.m. – 510 2nd Street NW

Mental Fitness

3rd Thursday of each month: Jan-Nov
12:30 to 1:30 p.m. – 510 2nd Street NW

Workforce Wellness

1st Thursday of each month: Jan-Nov
Noon to 1 p.m. – 510 2nd Street NW

Latinos Saludables

2nd Monday of each month: Jan-Nov
3:30 to 4:30 p.m. - 510 2nd Street NW

More information?

connect@MowerRefreshed.org

Fresh Focus: Meet our volunteer of the month

Huge thanks to Mark Bjorlie from our Healthier Choices Team for coordinating the first Harvest 5K Walk/Run November 8th! Thank you Mark for sharing your extensive knowledge and guiding us through our first 5K! Your commitment to community wellness is amazing!



In Memory:

Dr. Richard Schindler
Feb. 23, 1942 – Oct. 18, 2014



Dr. Schindler was committed to creating hope. He showed so many how to offer kindness and encouragement in simple acts and words, inspiring us to be better, to grow more of the good in our communities and families. Thank you Dick for leading the way in what authentic community engagement looks and feels like, for cheering us on to engage, equip and empower people to live well. We will miss you at the table.

Refreshed Dining: Now at restaurants near you!

The following locations have committed to at least 5 of the 8 criteria set for Refreshed Dining. Look for the Refreshed Dining window cling and tell them thanks for making healthy options easier!

Coffeehouse on Main

329 N Main St | Austin, MN 55912
507-433-1200
www.coffeehouseonmain.com

Perkins Restaurant & Bakery

701 17th Ave NW | Austin, MN 55912
507-433-6720

The Brickhouse Coffeehouse

412 3rd Ave NE | Austin, MN 55912
507-433-1939
www.brickhousecoffeehouse.com

Collaborate: The Benefits of Understanding and “Bridging” Personality Differences in the Workplace

The Myers Briggs Type Indicator (MBTI) is one of the most popular and respected personality tests used in businesses today. People often leave trainings with a great deal of interesting information yet they aren't clear how to use the new knowledge to make positive changes in their own lives and at work. If you are a business leader, manager, HR professional or a person who would like to learn more about creating and maintaining positive change in the workplace, plan on joining us for lunch on the dates listed below. (Prior knowledge of MBTI/personality is not required)

The three part series will delve into the following topics:

- **Bridging** | Did you miss this topic in November?
Click here to view presentation powerpoint!

- **How Personality Affects Communication** | Jan. 21 2015
Dive deeper into understanding how personality can impact Communication and how to “bridge” the gaps.

- **The Impact of Personality on Conflict** | Feb. 2015
Explore how personality can impact Conflict and how to “bridge” the gaps.

When:

Wednesday, Jan. 21, 2015 from Noon to 1 p.m.

How Personality Affects Communication

Facilitator: Julie Brunner, Licensed Professional Counselor and Board Certified Coach.

Where:

Hormel Historic Home, 208 4th Ave. NW, Austin, MN

Register / Cost: \$1 (donated to the United Way backpack program to provide healthy food options for children county-wide)

Email: connect@MowerRefreshed.org

Call: 507.434.1664



(e)NGAGE | QUIP | MPOWER

Eat Refreshed: Have Family Meals Year Round – Not Just on Holidays

Holidays are a special time when many families get together to share a meal and other holiday traditions. However, not all families have regular family meals the rest of the year. In fact, surveys show that more and more families are moving away from structured and deliberate meal times and tend to snack or graze more frequently. As a dietitian, this is concerning because there are so many benefits to eating meals together at the table...with the TV off.

Listed below are a few examples of the benefits found in regular family meals (five or more per week):

- **Nutritional Status:**

Data from the National Health and Nutrition Examination Survey (NHANES) shows that people who have three regular meals per day and snack in-between when needed, have superior dietary quality (higher protein, calcium, iron, folate, fiber and vitamins A, C, E and B6 content of meals) than those who skip meals or report only having one or two meals daily.

- **Overall Health Status:**

Research shows that regular meal patterns also support improved long-term health benefits that work for the prevention of chronic diseases including diabetes, heart disease and obesity. Family meal health benefits include: weight maintenance, lower LDL cholesterol and total cholesterol, and better insulin control.

- **Emotional Well-Being:**

Children who are engaged in family meals are found to do better socially and emotionally. Family meals promote strong self-esteem, balanced psychological adjustment to changes and self-motivation towards goals. Family meals also have been shown to reduce behavioral issues, rates of depression and incidence of eating disorders in adolescents.

- **Mental Fitness:**

Regular family meals are also connected to a child's mental health as research shows that family meals are the strongest predictor (regardless of child's age, sex, race and ethnicity) of higher grade-point averages, better achievement scores and academic success.

- **Development of Life-long Eating Patterns:**

Families that have structured family meals throughout a child's younger years in addition to adolescent years are providing their child with skills that will follow them into adulthood. Studies show that teens who come from homes with regular family meals are more likely to provide regular, structured meals for themselves after leaving home that are higher in nutritional quality.



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 you do today is shaped by what you believe about tomorrow.

– Timothy Keller

Live Refreshed: Diabetes Prevention Program



Jill Wagner, YMCA

The YMCA of Austin's Diabetes Prevention Program is an evidence-based program designed to reduce the burden of type 2 diabetes and improve overall health. The program is a group-based, supportive lifestyle intervention for adults at

high risk of developing diabetes and has been shown to reduce the incidence of diabetes by 58% overall and by 71% in adults over 60. "The Center for Disease Control reports 89 million U.S. adults have

prediabetes, but only 11 million are aware of it," said Jill Wagner, YMCA's Diabetes Prevention Program Coordinator. The year long program begins with 16 weekly sessions followed by 8 monthly sessions. The cost is less than \$36/month. Financial assistance is available for those in need. To find out if you qualify, call Jill Wagner or Kristi Stasi at 433-1804. Classes begin in January. Take charge of your health today!



Re-freshed Business of the Year

Nominations are now being taken for the 2014 Refreshed Business of the Year. This year Mower County Statewide Health Improvement Program is joining the Austin Area Chamber of Commerce and Mower Refreshed to award two organizations (one under 100 and one over 100 employees) who are striving to create cultures of wellness in the work environment through engaging, equipping and empowering their workforce.

Refreshed Business of the Year Awards were created to inspire all organizations regardless of size and resources, to be intentional about wellness at work, seeking to increase productivity, decrease absenteeism and presenteeism, and decrease health care costs. Impacting the health of the of workforce impacts the wellness of our communities.

Nominations will close January 30th and the awards will be given at the Chambers' Annual Meeting & Awards Ceremony at the Holiday Inn and Austin Conference Center on February 26, 2015. [Click here to download the 2014 nomination form.](#)

Award recipients will receive:

- Artistic glass award to display
- 2 complimentary tickets to the awards ceremony courtesy of Mayo Clinic Health Systems Albert Lea & Austin
- Professional consultant on ways to expand the current wellness efforts, capitalizing on the organizations strengths.
- Featured articles and stories on their business throughout 2015 on the impact the wellness initiatives are having.



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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