

# Re•freshed

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

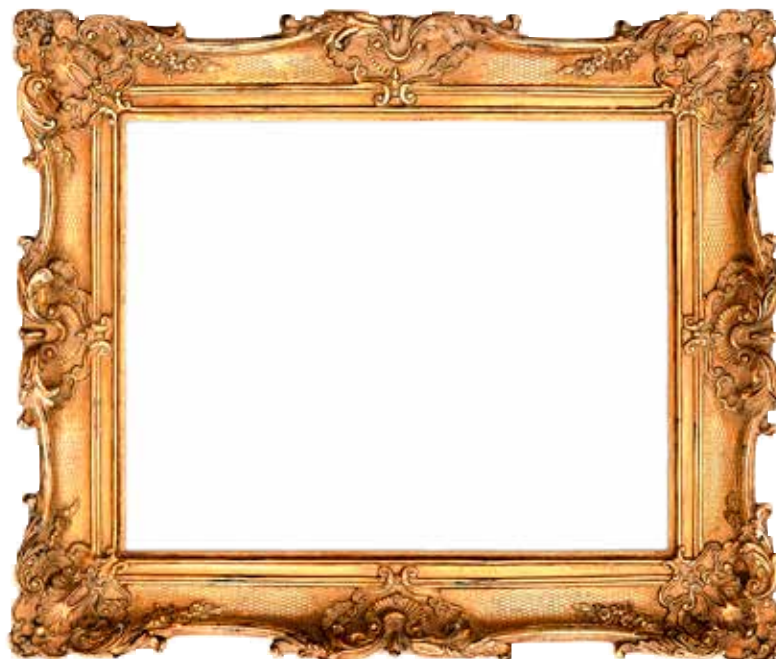
## Refreshed Living: Reframing is central to wellness

How you and I frame experiences or circumstances has a direct impact on our personal wellness and the outcomes, good, bad, or otherwise. Why is the “art” of reframing worth your time to explore? The health of our communities depends on it.

The individual choices of how we frame situations in a community add up to a larger sum that reflects what is valued and the direction that community will inevitably move. In regards to health and wellness I'd like to share an example of how the reframing of an individual's behavior impacted not only his own health but those of his tenants who he rented apartments to. It communicates how the single reframe impacts the sum outcome.

This person had been coached that he needed to change his behavior in regards to tobacco use due to related health complications it was causing his body. The provider shared an analogy with the landlord that reframed the impact of smoking to his body: “Imagine a tenant (tobacco) whom you had to pay to live in your house (body). Imagine that

you paid them to be there while they soiled your furniture, wrecked your carpets, damaged the walls and roof... Would you call that a good deal for you?” (Mark Tyrell)



The act of choosing to positively reframe our individual behaviors offers more effective motivation to grow environments that promote and encourage overall community health.

Consider with me how taking time to personally reframe could create wellness where you live, work, play, and learn!  
—Sandy



# County Connections: What is SHIP?

The Statewide Health Improvement Program (SHIP) of Mower County is available to help members of our communities make the healthy choice the easy choice. SHIP is a program through the Minnesota Department of Health that works to prevent chronic disease by using strategies that have demonstrated effectiveness based on research and proven best practices. Currently, we have some opportunities available in worksites and in communities throughout the county. SHIP is able to help by providing resources, technical assistance, training, and/or mini-grant funding for projects that help to increase access to healthy foods and physical activity opportunities, and reduce the amount of tobacco use/exposure.

**Community:** We encourage creative ideas and are interested in projects that promote long-lasting and sustainable change. One way to encourage active transportation, for instance, is to increase the amount of bike racks in communities. Increasing bike racks encourages people to ride their bikes and include more physical activity in their daily routines. Another way to stimulate healthy communities is through community gardens. If you are interested in starting a garden in your area, SHIP is able to help.

Please visit this link to learn more about the SHIP Community Strategy:  
<http://www.health.state.mn.us/divs/oshii/ship/strategies.html>

**Worksite Wellness:** Wellness in the worksite is important for not only the employees, but the employer as well. Comprehensive worksite wellness



programs have been estimated to return from \$3 to \$6 for every \$1 spent. Focusing on the areas of healthy eating, physical activity, reducing tobacco use/exposure and offering breastfeeding support are great ways to support employees' health at work.

To read some SHIP worksite wellness success stories, please visit:  
<http://www.health.state.mn.us/divs/oshii/ship/strategies.html>

If you are interested in some of the opportunities listed, for more information please contact:

Karissa Studier, SHIP Coordinator  
507-437-9740 or 507-440-6898  
[karissas@co.mower.mn.us](mailto:karissas@co.mower.mn.us)



# Upcoming Refreshment

## Farm to table freshness: Local food vendors



Each year we get excited to feature local food vendors in and around Mower County, it's a sign that spring is arriving and fresh food options will abound in the coming months! This year we took time to connect with area markets, formal community supported agriculture farms (CSAs), and smaller local farmers making healthy, nutrient-rich choices easier for us all.

The extensive commitment it takes to grow fresh produce is motivated out of a love for the land, desire to improve the health of the people they serve, and offering an

opportunity for consumers to know where and how the food they are eating is grown. This list of available produce varies from vendor to vendor so check them all out! The common threads you'll discover are fresh, healthy,

and delicious veggies, fruits, poultry and meat! Visit the websites and Facebook pages to learn more about who, where, and how to connect your table to these amazing farms!



- **Austin Area Farmers Market**  
[www.eatfreshaustin.com](http://www.eatfreshaustin.com)  
[www.facebook.com/austinfarmersmarket](http://www.facebook.com/austinfarmersmarket)
- **Dobbins Creek Farm** | 507-567-2009  
[www.dobbinscreekfarm.weebly.com](http://www.dobbinscreekfarm.weebly.com)  
[www.facebook.com/DobbinsCreekFarm](http://www.facebook.com/DobbinsCreekFarm)
- **Earth Dance Farm (CSA)** | 507-378-4252  
[www.earthdancefarm.net](http://www.earthdancefarm.net)  
[www.facebook.com/#!/pages/Earth-Dance-Farm/100317814298?fref=ts](http://www.facebook.com/#!/pages/Earth-Dance-Farm/100317814298?fref=ts)
- **Farmer John's Pumpkin Patch** | 507-437-2642  
[www.farmerjohnspumpkinpatch.com](http://www.farmerjohnspumpkinpatch.com)
- **Farmer's Market Place, LLC** | 507-438-3956  
[www.facebook.com/farmersmarketplacellc](http://www.facebook.com/farmersmarketplacellc)
- **Hilltop Greenhouse & Farm (CSA)** | 507-889-3271  
[www.hilltopgreenhouse.com](http://www.hilltopgreenhouse.com)
- **Oak Knoll Farm (CSA)** | 507-402-7637  
[oakknollfarms@yahoo.com](mailto:oakknollfarms@yahoo.com)  
[www.facebook.com/pages/Oak-Knoll-Farm/107077162717139](http://www.facebook.com/pages/Oak-Knoll-Farm/107077162717139)

## Gentle yoga classes: A time for calm, rest and renewal

Do you desire to relax, stretch and strengthen your body, breathe deeper, or cope with everyday stressors better? Yoga may help you. Classes will offer you a refreshing space in a busy life. Intended for all levels from beginner to expert, this class will focus on gentle poses and breathing technique. Benefits of yoga include:

- Reducing stress
- Stretching and strengthening muscles
- Improving posture and balance
- Quieting the mind

### **Thursdays, 5:30 to 6:30 p.m., Feb. 19–July 30**

Rehabilitation Services, Lower Level  
Mayo Clinic Health System, Austin campus  
1000 First Drive NW, Austin

Classes are free and open to Mayo Clinic Health System patients. Space is limited. Registration required one week prior to class date(s) you would like to attend. Register by calling 507-434-1664 or email [hagan.elizabeth@mayo.edu](mailto:hagan.elizabeth@mayo.edu).

Wear comfortable clothing, mats are provided but you may choose to bring a blanket or towel.

*\*Please note: This is a 6 month pilot, feedback from participants will be sought to further these opportunities.*

# Collaborate: Life & Work: Achieving improved balance and professional/personal outcomes through effective strategies



This three part series is presented by Christy Tryhus. She is a certified trainer/speaker, coach and author. Her clients often refer to her as the Chaos Reduction Expert. Learn more about Christy here: [sthttp://christytryhus.com/](http://christytryhus.com/)

[Click here for the 2015 Schedule](#)



The three part series will delve into the following topics:

- **Mastering Busy: Time management that works** | Mar. 18, 2015  
Develop a balance between home and work that creates a life and calendars that are enjoyed and not just tolerated. This lunch will explore moving beyond procrastination to implementing steps that increase life balancing.
- **Mastering Busy: Work life balance** | April 15, 2015  
Better understand the power of yes and no, how to use these two small words to create sustainable success professionally and personally. Specific strategies will be explored on how to implement self-care so life balance is more possible.
- **Customer Service from the Inside Out** | May 20, 2015  
It's difficult to have truly excellent external customer service without excellent internal customer service. Explore ways to strengthen your internal customer service and how that can assist your organization with increasing employee retention, job satisfaction, and profits.

**When:** Wednesday, April 15, 2015 from Noon to 1 p.m

**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](mailto:connect@MowerRefreshed.org) or Call: 507.434.1664

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# Eat Refreshed:

## How to Fit Healthy Eating into your Budget



For many people, one of the biggest barriers to eating a balanced, healthy diet is money. Especially for those of us on fixed incomes, affording foods that will help our health can be tricky sometimes. In the past, we have talked about how making a weekly menu and creating a grocery list can help to prevent buying unneeded items and stretch your dollar further. Listed below are a few more suggestions for how to get more from each trip to the grocery store.

1. **Read the weekly ads/coupons** – It may not seem like clipping a coupon that saves you 50 cents will really help you afford more groceries but each coupon adds up.
2. **Check for generic brands** – Typically name brand items cost more. Be sure to check for store name brands to help cut costs.
3. **Scan the whole shelf for sales and discounted items** – Don't fall for all the marketing tricks that grocery stores use to get you to buy more expensive items. For example, a lot of times, the higher priced items are at eye level so make sure to check the top and bottom shelves for other good deals.
4. **Buy foods that are "in season"** – Buying foods that aren't in season can cost you more due to shipping costs of getting them from somewhere else. Take the time of year into account and buy what is local for that season.
5. **Consider using canned fruits or veggies** – While fresh and frozen are the best options for fruits and vegetables, canned produce can help to create balance so that you can have quality food all week long.
6. **Stock up on sale items** – If you have the freezer space, consider stocking up on items that are on sale. For example, frozen veggies (without sauces) often go on sale for 10 for \$10. If this is the case, buy 10 and store them for later!
7. **Buy the dry versions of rice, pasta, beans and cereals** – Often times, the convenience version of these items are more expensive. While buying dry beans and making them yourself can take a little longer, it costs a lot less.
8. **Buy family-size or value pack options** – Sometimes it can be difficult to plan a meal for one or two people. But if you consider the value of buying the larger sized items and storing what you don't use, you can save money in the long run.
9. **Drink water instead of sodas** – This is good suggestion for improving your overall health or achieving weight loss, but it is also an important suggestion for improving your pocket book as sodas are often quite spendy.
10. **Choose the checkout aisle without the candy** - How often have you been checking out and your kids spot a yummy treat they just cannot live without. Save yourself the money and the struggle by choosing an aisle without those options.



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.

"The art of being wise is the art of knowing what to overlook."

– William Jones

# Refreshed Business: Healthy living where we work

Mower Refreshed has been focused in 2015 on further expanding and developing pilot programs that are showing promise in promoting healthy living where we work, play, and learn. The annual Refreshed Business of the Year Awards (RBYA) is just one of those pilots that have formed into a specific strategy to engage local worksites in wellness promotion.

This year we expanded our collaborative sponsors to include Mower County's Statewide Health Improvements Program (SHIP) along with the charter sponsors: Austin Area Chamber of Commerce, Mayo Clinic Health System Albert Lea & Austin (MCHS), and Mower Refreshed (MR). This growing sponsorship has increased our ability to connect and support the wellness efforts of the annual recipients of this unique award.

The 2014 RBYA recipients were announced at the annual chamber awards banquet this past month. Award winner for under 100 employees was I.J. Holton Intermediate School and for over 100 employees Hormel Foods Corporation. A couple of common themes between these organizations were:

- *Simple steps taken to engage employees in wellness through a variety of ways that make healthy choices easier while at work, accommodating both employees who would describe their personalities as introverts or extroverts*
- *Implementation of no cost or low cost initiatives that make healthy choices easier in the cafeteria, meetings, or through practical policies.*

The award recipients will be sharing stories of implementation and success in the upcoming 2015-16 Refreshed e-Newsletters and through other media venues. Our purpose is to inspire best wellness practices at work locally and ideas on ways to integrate wellness efforts into other organizations

to increase productivity, decrease absenteeism and presenteeism. Overall as we partner with area businesses our goal is to improved overall health of the local workforce so healthcare costs decrease for both the employer and employees.

## Hormel Foods Corporation



Hillary Hanson (Supervisor of Health Management) & Mike Kadrie (Corporate Manger of Health & Welfare)

## I.J Holton/Austin Public Schools



L to R: Karissa Studier (SHIP Coordinator), Jean McDermott (IJ Holton Principle), Sandy Anderson (MCHS/Mower Refreshed Coordinator), Angie Taylor, Lynn Hemann ( IJ Holton Associate Principle), Rebecca Veldman, Farin Sandoz, David Krenz (APS Superintendent), Angie Goetz (School Board Member)

*Refreshed Business of the Year is sponsored by Austin Area Chamber of Commerce, Mayo Clinic Health System and SHIP: Statewide Health Improvement Program.*

Re•freshed  
Business of the Year

Enjoy snapshots from the 2014 Refreshed Business of the Year recipients in our e-newsletters over the next twelve months!

## I.J Holton Intermediate School



While play is crucial for a child's development, it is also beneficial for people of all ages. Play can add joy to life, relieve stress, supercharge learning, and connect you to others and the world around you. Play can also make work more productive and pleasurable. At IJ Holton, both the students and their teachers are able to tap into opportunities to play. As incentives for good behavior and academic achievement, we work to provide healthy

rewards. Play fits the bill perfectly. Whether it is a game of dodge ball with your classmates or a game of kick ball in the snow with your teachers, play has benefits for young and old alike! Play is fun and can trigger the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain. Find YOUR opportunity to play today!

## Hormel Foods

"The wellness program at Hormel Foods provides a multitude of opportunities for employees to make health and wellness a priority," said Hilary Hanson, supervisor of health management at Hormel Foods. "We aim to create a culture of wellness with our different programs and resources for employees to utilize and participate in."

There are many different company programs to support total wellness in the communities Hormel Foods operates in.

Some of the healthy options employees have while at work include healthy food options in the café, on-site workout facilities, LifeClinic kiosks with free health management estimates for measuring blood pressure and weight, smoke-free workplaces at all locations and

extensive recycling programs.

The company also has a number of programs and reimbursements for employees such as a fitness center reimbursement program, free flu vaccines each year for employees, discounted rates and reimbursements for the weight watchers program and free smoking cessation products.

Hormel Foods supports community philanthropic efforts and partners with local organizations such as the Salvation Army, Habitat for Humanity, American Red Cross and the United Way, and will continue to partner with these organizations to add value to the communities it operates in.

# 2015 Mower Refreshed Team Meetings

## Healthier Choices

4th Wednesday of each month: Jan-Nov  
Noon to 1 p.m. – 408 4th Street NW

## Mental Fitness

3rd Thursday of each month: Jan-Nov  
12:30 to 1:30 p.m. – 408 4th Street NW

## Workforce Wellness

1st Thursday of each month: Jan-Nov  
Noon to 1 p.m. – 408 4th Street NW

## Latinos Saludables

2nd Monday of each month: Jan-Nov  
3:30 to 4:30 p.m. - 408 4th Street NW

## More information?

[connect@MowerRefreshed.org](mailto:connect@MowerRefreshed.org)



## We've Moved!

On Feb. 10th the Mower Refreshed office moved to the 408 Building at 408 4th St NW. All team meetings are now located at the new office address except the the Leadership Collaborative which will remain at Knowlton Board Room at Mayo Clinic Health System in Austin.

## 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!



### **3B Eatery and Catering Co.**

401 1st Street | Lyle, MN 55953  
507-325-9966  
[www.3beateryandcatering.com](http://www.3beateryandcatering.com)

### **The Brickhouse Coffeehouse**

412 3rd Ave NE | Austin, MN 55912  
507-433-1939  
[www.brickhousecoffeehouse.com](http://www.brickhousecoffeehouse.com)

### **Coffeehouse on Main**

329 N Main St | Austin, MN 55912  
507-433-1200  
[www.coffeehouseonmain.com](http://www.coffeehouseonmain.com)

### **Perkins Restaurant & Bakery**

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

### **Steve's Pizza**

421 N Main St. | Austin, MN 55912  
507-437-3249  
<http://www.pizzaaustinmn.com/>



# 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.

(e)NGAGE | QUIP | MPOWER

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](mailto:connect@MowerRefreshed.org)

**Web:** [www.MowerRefreshed.org](http://www.MowerRefreshed.org)

**Phone:** 507.434.1039

**Twitter:** @MowerRefreshed

**Facebook:** [www.facebook.com/mowerrefreshed](http://www.facebook.com/mowerrefreshed)

**Youtube:** [www.youtube.com/mowerrefreshed](http://www.youtube.com/mowerrefreshed)



Sandy Anderson  
Mower Refreshed Coordinator

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