

# Re•freshed

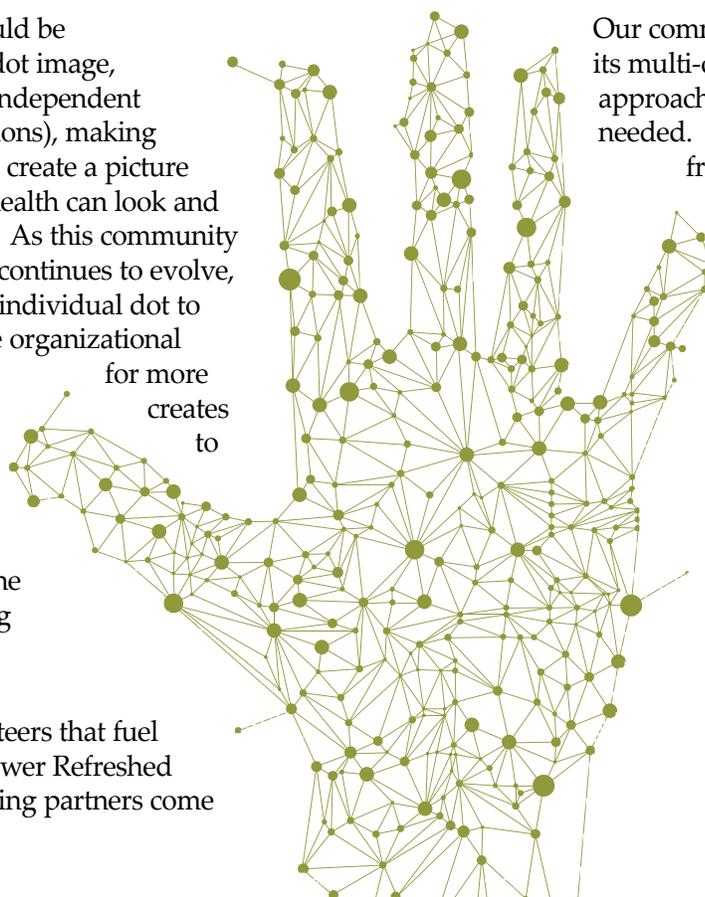
V. Give new strength or energy to [ **Mower County** ]; reinvigorate.

## Refreshed Living: Connecting

Remember dot to dots? Especially the ones with 15 or less dots that made it easy to see the image that would be produced once the dots were connected with your number 2 lead pencil? Then came the more advance dot to dots, with numbers significant enough that you couldn't visualize what the final picture would be until a majority of the connections were made correctly.

and go as life commitments allows, each leaving their line, that may fade but doesn't erase, a line that connected two dots, which then connected to other dots, that will connect the countless dots yet to come. We don't see the complete picture yet but the growing numbers of dots being connected reveal hope in this complex opportunity to grow healthy individuals, organizations, and communities.

Community wellness could be compared with a dot to dot image, drawing a line between independent marks (people/organizations), making connections over time, to create a picture of what wholeness and health can look and feel like in a community. As this community engagement experiment continues to evolve, we are learning how the individual dot to dot is as important as the organizational ones. Sure, it makes slow progress but it sustained commitment the cause: engaging, equipping, and empowering people to live well, even when the direct line of volunteering fades a little.



for more  
creates  
to

Our community dot to dot is not one dimension, its multi-dimensional which means multiple approaches, solutions, and people are needed. Consider how you or a representative from your business or organization might engage with one of the four Mower Refreshed teams to connect resources, explore ideas, and expand promising efforts.

There's always room at the table!  
—Sandy

The wide range of volunteers that fuel the work coming out Mower Refreshed teams and our collaborating partners come

**Mower**  
**Refreshed**  
Making healthy choices a priority



# County Connections: Connecting farm to table



Le Roy is a very active community and is always looking for new ideas to bring to its residents. Starting a farmers' market is that next big idea! The team for this market consists of several dedicated community members who are passionate about making this idea a reality and have been organizing since April 2015.

This new farmers market vision is to be a "producers" market, which means everything sold should be homegrown or homemade by the vendor. This is a great way to increase access to fresh, local fruits and vegetables to this area of our county. The Le Roy Farmers Market is also completely tobacco free, so you can breathe refreshed as you shop.

Interested vendors can sign up to sell for the entire market season or just on a weekly basis. If you are interested in joining Le Roy's Farmers Market please email [leroyfarmersmarket15@gmail.com](mailto:leroyfarmersmarket15@gmail.com) or call Dave Perkins at 507-273-5815 to get signed up.

Some startup funds for this project have been provided by the Le Roy Commercial Club, Senior Citizens, Lions Club, and Mower County Statewide

Health Improvement Program (SHIP). Thanks to the committee members who are working hard to make this idea successful and encouraging healthy choices.

We hope to see you at the market!

## Le Roy Farmers' Market

Thursdays starting June 11

4 to 7 p.m.

105 E. Main Street

Le Roy, MN



For more information on the Le Roy Farmers' Market visit:

- [www.facebook.com/leroymarket](http://www.facebook.com/leroymarket)
- [www.farmersmarket.leroymn.com/](http://www.farmersmarket.leroymn.com/)

# 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](https://www.facebook.com/austinfarmersmarket)
- Dobbins Creek Farm | 507-567-2009  
[www.dobbinscreekfarm.weebly.com](http://www.dobbinscreekfarm.weebly.com)  
[www.facebook.com/DobbinsCreekFarm](https://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?ref=ts](https://www.facebook.com/#!/pages/Earth-Dance-Farm/100317814298?ref=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](https://www.facebook.com/farmersmarketplacellc)
- Hilltop Greenhouse & Farm (CSA) | 507-889-3271  
[www.hilltopgreenhouse.com](http://www.hilltopgreenhouse.com)
- LeRoy Farmer's Market  
[www.farmersmarket.leroymn.com](http://www.farmersmarket.leroymn.com)
- Oak Knoll Farm (CSA) | 507-402-7637  
[oakknollfarms@yahoo.com](mailto:oakknollfarms@yahoo.com)  
[www.facebook.com/pages/Oak-Knoll-Farm/107077162717139](https://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.*

## Volunteer Spotlight. Peter Roehl



Peter Roehl is currently employed as a School Psychologist Intern at Austin Public Schools. Here's what Peter had to say about his involvement in a collaborative video production focused on building resilient communities: "Video work is by no means "point and click" and often can take several hours per minute of footage. When I was approached to piece together a video on resiliency I felt I could help the cause. I wanted to use my talents in creating a project that would engage the community in a meaningful way.

## Volunteer Spotlight. Sarah Studley

Hello, I'm Sarah Studley, the summer intern for Mower Refreshed. I'm an Undergraduate Dietetics student with a Spanish minor at the University of Wisconsin -Stout. I'm originally from Austin MN, and I graduated from Austin High in 2013.

While I'm at Mower Refreshed this summer I will be mainly working with the Healthier Choices team on the Refreshed Dining Initiative as well as planning a pilot cooking class for families to come together in the kitchen, with the purpose of growing kid's healthy cooking skills. I'm passionate about finding ways for people to be healthier, and I love anything that has to do with food. I'm excited to be with Mower Refreshed this summer, and to be working on improving and expanding the Mower Refreshed movement!



# Eat Refreshed:

## Making the Connection - One Meal at a Time

While we are all interested in how we can make better food choices for OUR health, we can also consider how our food (and food packaging) choices connect to the health of the ENVIRONMENT. As spring arrives and we are all excited to get out and enjoy the great outdoors, here are a few tips and tricks for choosing environmentally friendly options at the grocery store each week.

1. **Use reusable grocery bags** – This seems like a simple idea but we still have to remember to bring the bags with us.
2. **Look for products with minimal or recyclable packaging** – When purchasing an item, take the packaging into consideration. No packaging is best but if packaging is unavoidable, choose items that have the recycle symbol code 1 or 2 as these are accepted by the [Mower County Recycling Center](#).
3. **Purchase a reusable water bottle** – Plastic water bottles contribute a large amount waste each year. Consider purchasing a reusable water bottle to help prevent unnecessary usage of packaging materials.
4. **Choose local produce** – By purchasing items that are grown locally by area farmers, you are not only supporting the local economy, you are also reducing the use of gas to transport products across the country.
5. **Choose vegetarian meals more often** – Meat is one of the most expensive and environmentally taxing food items to manufacture. Support a heart healthy diet by choosing vegetarian meals more often to help balance the cost of meat production.
6. **Know the endangered fish** – When choosing fish, be sure to choose ones that are not at risk for extinction. ([Check out the Sustainable Seafood for the best eco-friendly options.](#))
7. **Choose other excellent sources of calcium** – Milk and cheese production is linked to high rates of greenhouse gas emissions. Give the atmosphere a break and choose other calcium rich food sources.
8. **Choose cloth napkins, real plates, bowls and utensils** – Avoid throwing away paper and plastic products by using washable serving items.
9. **Try composting** – Composting is a great way to turn leftovers into nutrient-dense fertilizer for your landscaping!
10. **Offer planned-overs** –When we consider how much energy it takes to cook a meal, we can reduce this usage by making a one or two double batches each week and have leftovers or planned-overs.



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.

"Believing that the dots will connect down the road will give you the confidence to follow your heart, even when it finds you off the well-worn path."

– Steve Jobs

# Upcoming Refreshments: Save-the-date!

## Shooting Star Trail Ride

Save the date for Prairie Vision's 17th Annual Shooting Star Trail Bike Ride on Saturday, June 27, 2015. Ride begins and ends at Trail Head in LeRoy, Minn. located 2 blocks north of Highway 56.

Registration begins at 630 a.m. with ride start at 7 a.m. for Century riders and 8:30 a.m. for all other riders.

A great opportunity to ride with family and friends through Prairie Visions country. The communities of LeRoy, Taopi, Adams and Rose Creek are working together to host the 17th Annual Event. This ride covers flat terrain, wild flowers, oak savannah, tall grass prairie, corn & soybean fields, small towns and country life. Checkpoints are in the rural towns of LeRoy, Taopi and Adams are a part of the route. The 20 & 40 mile rides are on bike trail only. Organizers have chosen rural blacktop roads for you to enjoy. Excellent rest stops with food & water are provided. All routes are fully supported and some are patrolled with motorcycles and all are fully supported with sag wagon.

Ride choices include: 20 & 40 mile Exerciser, 50 mile workout, 62 mile Farm & City Challenger and Century Ride.

Mary Nelson will host the 4 mile fun ride (no entry fee) for ages 12 and younger or 70 and older.

For more information call 507-433-7571 (Rydjor Bike Shop), 507-324-5119 (Sharon Jacobson) or 507-324-5707 (Patty White, LeRoy City Office).

Make checks payable to: Shooting Star Trail Bike Ride

Cut out and mail entry form at the right to:  
Wendell Sprung, P.O. Box 63, Rose Creek, MN 55970

*Please note: Family entry includes up to 4 shirts*

## Shooting Star Trail Ride Registration Form

*One per rider*

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

ZIP Code \_\_\_\_\_

Email \_\_\_\_\_

**Circle T-shirt Size:** (Poly-Prop-Add \$5)

\_\_\_\_S \_\_\_\_M \_\_\_\_LG \_\_\_\_XL \_\_\_\_XXL

**Entry Fee:**

\_\_\_\_\_ \$18 Single: Register before June 14, 2015

\_\_\_\_\_ \$20 Single: Register after June 14, 2015

\_\_\_\_\_ \$45 Family: Register before June 14, 2015

\_\_\_\_\_ \$50 Family: Register after June 14, 2015

**Circle Ride Choice:**

20 mi. 40 mi. 50 mi. 62 mi. Century Ride

*Liability Release: I am entering this event at my own risk. In signing this release for myself (or named entrant when entrant is younger than 18 years), I understand this release and agree to absolve all sponsors, organizers and associated entities of all blame for any injury, harm or loss or inconvenience suffered as a result of taking part in the Shooting Star Trail Bike Ride. I agree to wear a helmet at all times and obey all Minnesota Traffic Laws. I also give permission for the free use of my name and or pictures in any telecast, broadcast or any other account of this event.*

\_\_\_\_\_  
*Signature of Applicant*

## I.J Holton Intermediate School

Every month, the students of IJ Holton School gather together as grade-level groups - that would be 350+ students per venue - to hear from a community group on a wellness topic.

Students hear from two community groups during each Mower Refreshed Assembly. The two presentations are separated by a twenty minute movement break. While the students are learning about all things wellness, the students' teachers are away working with their grade level colleagues.

Finding time for teachers to collaborate and plan before and after the school day is difficult, as most teachers work with students or facilitate after school programs when the school day ends. Finding time to collaborate and plan with colleagues during the student day takes some creative planning and Mower Refreshed Assemblies have given the teachers at IJ Holton this opportunity. Teachers get much needed time to work with their teams. Students are involved in developmentally appropriate wellness activities.

It is a win-win situation for all involved.

THANK YOU to ALL the community partners who have given of their time to share their expertise with our IJ Holton students. Both our students and teachers have benefited from your generosity of time. Please consider having your group or organization join the IJ Holton students for a wellness adventure next school year!

*Photos at right: Mower County Statewide Health Improvement Project and Vision 2020's Bike & Trail Committee interact with student's on bike safety.*



# 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

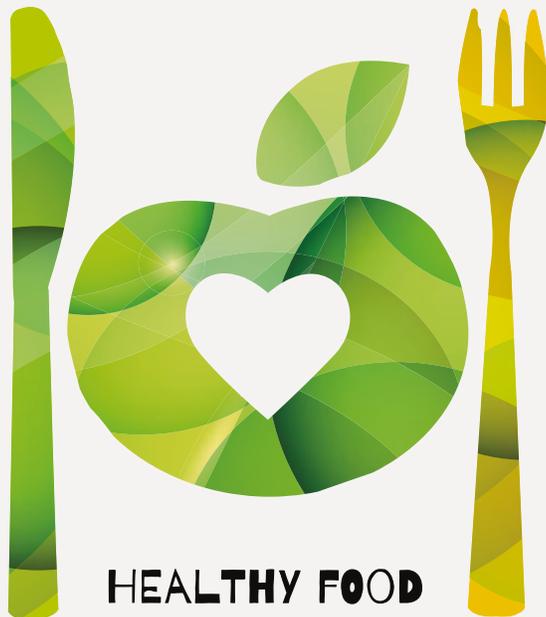
2nd Monday of each month: Jan-Nov  
3:30 to 4:30 p.m. - 408 4th Street NW

## More information?

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

## 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)

### **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  
Mayo Clinic Health System

To unsubscribe, email [connect@mowerrefreshed.org](mailto:connect@mowerrefreshed.org)