



Volume 1 Issue 4 May/June 2012

Mower Refreshed Living

55909, 55918, 55926, 55933, 55950, 55953, 55970, 55973, 55977, 55982, 55951, 55912, 55936, 55967...

Our zip codes have historically been a system for our mail to reach us but who knew it could directly impact our health?

“Our zip code is more powerful than our genetic code when it comes to our health. Indeed, the conditions we face day in, day out, where we live, learn, work and play; have a greater impact on our health and life expectancy than our medical conditions and the health care we receive.” RWJ Foundation.

Mower Refreshed and it’s partners recognize each of the Mower County zip codes as essential in the effort to improve the health and wellness of our citizens.

Each zip code represents unique talents, resources, opportunities and challenges. Some codes direct us to smaller communities whose neighborhoods are made up of surrounding farmland and those who work the land and raise livestock. Other codes lead us to midsize communities that are home to local schools, faith communities, commerce and service organizations. Still others have developed into destinations that provide a larger variety of resources to citizens who work, live and learn there. Bottom line, every zip code mutually benefits from one another.

All of these zip codes and the citizens they represent **are essential as we collaborate efforts and resources** to not only increase our life expectancy but improve the quality of life for ourselves and the generations to come.

Mower Refreshed is committed to **supporting the efforts that make healthy choices easier at every zip code** in our county. Connecting and communicating the healthy opportunities that your zip code is already providing or dreams of developing is the fuel that powers Mower Refreshed. Consider the power of **our “zip codes” collaborating...** that’s **Mower Refreshed!**

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What is Mower Refreshed?

- A county wide movement that inspires and ignites individuals and groups to promote health not healthcare.
- 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.



County Connections

Adams/Austin/Brownsdale/Corning/Dexter/Elkton/Grand Meadow/Johnsburg/Lansing/LeRoy/Lyle/Mapleview/Racine/Rose Creek/Sargeant/Taopi/

Connecting is what the Shooting Star Bike Trail is all about. The trail **connects several of our county's communities**, it **connects us to the natural beauty** of the prairie and farmland we are blessed with and it offers opportunity for us to **connect with friends and family** as we bike, skate, run or walk the trails.

In 1994, twenty six miles were designated along Highway 56 as one of Minnesota's first scenic byways and was named the **Shoot Star Wildflower and Historic Route**. This achievement opened the door for the current twenty some miles of paved trail system now connecting Lake Louise State Park near LeRoy to the Rose Peddler in Rose Creek. **Though the trail currently ends in Rose Creek, the dream and vision does not!** Friends of the Shooting Star Trail meet quarterly and they are continually looking for volunteers and resources to extend the trail to Austin and beyond. Becky Harwig and so many others are the citizens who commit time and energy to coordinating efforts and **building collaborations that can make this expansion not just a vision but a reality.**

Active living in Austin has increased as the city bike trail system have expanded over the past few years, making outdoor movement more safe and easier to access. Laura Helle, sub-committee chair for the Idea Selection Committee for Vision 2020 stated the idea submissions that related to bike trails and bike safety were very popular, making "Expanded Bike/Walk Trail System" one of the Vision 2020 top ten for the city.



The commitment shown from the communities along the Shooting Star Trail and in Austin are **forging new opportunities for healthy living and economic growth.** Shooting Star has been built based on resources and strengths available with attention to preservation of the natural prairie lands. They've created something valuable through collaborations and citizen inspiration...this is what Mower Refreshed and it's partners like the Shooting Star Bike Trail are all about.

A new generation is being sought to continue "trailblazing" the vision. Saturday, July 14th is **Prairie Vision's 14th Annual Shooting Star Bike Ride.** This a great opportunity to ride, volunteer at the rest stops provided for participants or just come out to enjoy the event. To register or sign up to volunteer contact: Becky at 507-434-0500 or Rydjour Bike in Austin at 507-433-7571.



Take time to **explore the trail this summer**, experience the tall grass prairie, farms and small towns as you discover the native wildflowers on **our county's bike trail...The Shooting Star.** You'll be Mower Refreshed!

www.shootingstartrail.org

www.prairievisions.org

www.vision2020austin.com



Refreshed Focus

The past month has been a “springtime” experience: new growth, increased energy and anticipation of what’s to come! Here’s some ideas you might be interested in:

“**Mower Refreshed Destination**” at the 2012 Mower County Fair is being explored! This unique addition to the fair would provide wellness resources and activities from around the county for all ages, healthy snacks and mini wellness classes to explore.

Mower Refreshed Dining is a program being developed by health specialists and dietitians at Mayo Clinic Health System Austin and the community that engages interested county restaurants, cafes and coffeehouses in **promoting healthy options** at their businesses. A simple criteria will be created and restaurants who meet the criteria could become a Refreshed Dining location and listed on the website.



Take 5 is a concept developed by area professionals that encourages being intentional in how we respond to stress and anxiety. **Take 5 is a practical tool anybody can use anywhere to refocus thoughts and refresh attitudes...**leading to a healthier

perspective on life and daily situations.

Take 5 was recently awarded a grant through United Way of Mower County to develop resources that can be used in faith communities, schools, the workplace and at home. The Mental Fitness Goal Group will host a **Take 5** launch event June 21st.

Mower Refreshed Facebook is growing as it promotes “**Wellness Wednesdays**”. The team says once they have 100 Likes the give-a-ways begin on Wellness Wednesdays! Remember this as a spot to promote what is happening in your community and to keep connected on events promoting wellness!



The website is set to launch mid-May. **Mower Refreshed is collaborating with Riverland Community College, goal group Community Connections and most recently the local public television station KSMQ to make it happen!** Wellness resources for individuals, schools and businesses will be available as an event calendar for you to advertise your wellness events on. This

site will also have direct link for our partners to connect with folks looking to volunteer. www.mowerrefreshed.org

Connecting Insurance Professionals and Mower Refreshed...

Goal group **Workforce Wellness** will be hosting an event for **insurance professionals throughout the county** to consider how Mower Refreshed partners might be resources for their clients during life transitions. The event is 7am-8:30am on June 1, 2012. If you are interested in attending please contact Sandy at 507-434-1039 or getrefreshed@mowerrefreshed.org

Focus on Four

Healthier Choices:

Developing sustainable strategies that encourage the population of Mower County to make healthier choices.

Mental Fitness:

To increase resilience when dealing with stress and anxiety.

Workforce Wellness:

To create a healthier and more productive workforce.

Community Connections:

To connect Mower County citizens to services, events, organizations and resources that promote healthy living.

Inspired Refreshment!

“Don’t judge each day by the harvest you reap, but by the seeds that you plant.”

-Robert Louis Stevenson

Refreshing Calendar Events

Opinions and ideas expressed at events listed do not necessarily reflect those of Mower Refreshed nor is Mower Refreshed held liable for events/activities listed.

Women in Health Workshop. Saturday, May 5, 2012. 9:00-11:30am @ Historic Hormel Home. Sponsored by Mayo Clinic Health System Austin. Cost : \$5.00. Tickets available at Historic Hormel Home and MCHS Austin Customer Service.

Farm to School: Growing our Future. A Documentary & Discussion. Monday, May 21, 6:30-8:00pm. 4-H Building @ County Fairgrounds in Austin. RSVP @ 507-437-9552 by May 15th. Free Event!

Shooting Star Trail is now complete from Rose Creek to LeRoy! Your journey can start at the Rose Peddler in Rose Creek. Bike, stroll, run or rollerblade! Sponsored by Prairie Vision www.prairievisions.org

Strong Women, Strong Bones A non-aerobic exercise class. M W F 10-10:45am at United Methodist Church in Dexter. Contact: Linda Johnson @ 507-440-1225

Darren Dash. Saturday, June 2, 2012 starting at Lafayette Park, Austin MN. Sponsored by Desperate Tears, INC. Half marathon, 5K and Kiddie Run. Register at Raceit.com (search for Darren Dash) or stop by YMCA to fill out a form. Questions contact Shelley at shellthompson4@yahoo.com

Park & Play: Playground Program. Free for youth of all ages. 1:00-3:00pm. Mondays at Veteran's Pavilion and Thursdays at Lions Park both in Austin. Games, arts & crafts and reading. Questions: www.ci.austin.mn.us or 507-433-1881

Junior Master Gardeners Open House. Monday, May 21, 5:00-6:30pm. Come learn about the program and opportunities for kids grade 3 through 12. 4-H Building, Mower County Fairgrounds in Austin. Free! Questions call 507-437-9552

Austin Area Farmers Market Opens Thursday, May 17th 3:30-6:00pm at the downtown in front of the Mower County Courthouse. Check out Austin Area Farmers Market on Facebook for details. 2012 schedule: Mondays (3:30-6:00pm) & Saturdays (9:30-11:30am) Oak Park Mall. Thursdays (3:30-6:00pm) downtown by courthouse.

willPower&grace with HardCORE. Pilates, yoga and boot camp combination with pure core abs workout. Southland High School, Adams. 7:05-8:15pm. For more information and registration contact Lacey Jech @ 507-440-5782 or ljech66@hotmail.com

willPower&grace Pilates, yoga and boot camp combination. Southland High School, Adams. Wednesdays 5:00-6:00pm. For more information and registration contact Lacey Jech @ 507-440-5782 or ljech66@hotmail.com

Sprouts—Get Out and Grow Garden at Hy-Vee, Austin. Register through Austin Community Education 507-460-1706.

Silver Sneakers Classes Focus is muscular strength and range of movement. Tuesday and Thursdays 8:30-9:30am and 4:30-5:30pm @ Mower County Senior Center Free through some insurances and \$2.00 for Senior Center Members. More classes coming! Contact Brigette Gorman for more info @ 507-433-1939. All ages welcome!

Pumped Up KICKS Cardio kickboxing. Southland High School, Adams. Mondays 6:30-7:00pm. For more information and registration contact Lacey Jech @ 507-440-5782 or ljech66@hotmail.com

Zumba Latin-based dance workout. Southland Elementary School, Rose Creek. Wednesdays 6:30-7:20pm. For more information and registration contact Lacey Jech @ 507-440-5782 or ljech66@hotmail.com

Gentle Fitness Class. A gentle exercise program designed with those with arthritis in mind. Volunteer instructors (Pat Utz, Ilene Evans & Jan Soltau) are trained by Arthritis Foundation. Tuesday and Thursdays 11:15– 11:45am at the Community Center in LeRoy. For more information: Pat Utz @ 507-324-5388

Tobacco Cessation Support Group Wednesdays from 5:00-6:00pm @ Mayo Clinic Health System Austin. For more info call 507-434-1429. No fee for group.

Kids Cooking Classes. Sponsored by Hy-Vee of Austin. Check out www.hy-vee.com or www.austin.k12.mn.us/clc/ for more information on classes and dates.

Gentle Yoga Mondays 3:30-4:15pm @ First Congregational Church in Austin. No charge for class. Chairs used, no yoga mat required. Contact Shari Mason at 507-433-7619 for more information.

Fitness Yoga Mondays 5:45-6:30pm @ First Congregational Church in Austin. No charge for this class. Yoga mat is recommended. Contact Shari Mason at 507-433-7619 for more information.

Austin Area YMCA. Check their web site to get the latest on classes and dates.

Childbirth Education Classes & Infant Passenger Safety. Classes at Mayo Clinic Health System Austin. Classes are free of charge. For the next class series and to register visit mayoclinichealthsystem.org and click on Minnesota, Austin, Classes/Events or call 507-434-1380.

Mower County Schools:

Austin: www.austin.k12.mn.us

Austin: **Pacelli Catholic:** www.pacellischools.org

Grand Meadow: www.gm.k12.mn.us

LeRoy: www.leroy.k12.mn.us

Lyle: www.lyle.k12.mn.us

Riverland Community College: www.riverland.edu

Southland-Adams: www.isd500.k12.mn.us

Mower County's Playgrounds

Hormel Nature Center. www.hormelnaturecenter.org

Lake Louise State Park www.dnr.state.mn.us/state_parks/lake_louise/index.html

Contact us to share your events and ideas:

getrefreshed@mowerrefreshed.org

www.facebook.com/mowerrefreshed

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