

Re•freshed

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

Refreshed Living: *Reset, refocus, realign, re-evaluate, re-do...*

Reset, refocus, realign, re-evaluate, re-do, reboot, all do-overs in some way. Taking what we are doing, have done and deciding to do it differently. This is where real learning happens – in the midst of all the do-overs. Too often we view those times as failures or mistakes because we've been trained somehow to believe we can get it right the first time – every time. If you're a parent you know that theory/expectation is silly – daily we are reminded of the need for grace to do-over a conversation or action because we learned what we did wasn't effective, most healthy or maybe even kind.

Organizations are no different – like families, if offered grace, we learn from our mistakes to refocus or re-align and make wiser, more effective decisions. Mower Refreshed

is dependent on the grace to redo and the collaborative thinking of many citizens on our teams to develop creative solutions that are wiser, more effective and efficient as we seek to change the culture on wellness. Pausing on a regular basis gives us opportunity to listen, learn and revise to benefit all at the table.

Offer grace to yourself and others in pausing to consider if you are doing the same thing over and over because it's what you've always done – not because it's the healthy choice for

your family or organization. Know that most people want to do the right thing, especially when it's about effective use of resources but the opportunity, kindness and support to be transparent about the needed realignment may not feel present, they may be waiting for grace to be offered.

Conserve your energy and resources like we seek to conserve our environment. You are not a renewable resource, but as a person, the most valuable one!



Photo by Kalyn Yeley

Wellness Wednesdays

Get a simple reminder to live well every Wednesday. Enjoy a fresh recipe and a chance to win great prizes from local sponsors! Click here to subscribe and make every Wednesday well'r!

Mower
Refreshed
Making healthy choices a priority



County Connections: TAKE 5 Event

The Mower Refreshed Mental Fitness Goal Group sponsored the second annual TAKE 5 Event on June 13th at the Hormel Nature Center. Approximately seventy community members representing, among others, teachers, counselors, social workers, clergy, health care, high school students and law enforcement, and parents from throughout the county, gathered to learn more about Adverse Childhood Experiences from Glenace Edwall, Director of the Children's Mental Health Division at the Minnesota Department of Human Services. The participant's began the work of considering responses to the research shared by Dr. Edwall that made sense for Mower County communities.



Dr. Edwall is responsible for oversight of the state's county-administered children's mental health service system, for technical assistance and support to the state's 95 children's mental health and family service collaboratives and for the policy component of the state's children's mental health benefits provided through Medicaid. She has been particularly concerned with meeting the mental health and chemical health needs of adolescents – both those in the juvenile justice system and those who can be diverted from it – and with increasing identification and service capacity of the state to meet the mental health needs of young children and their families.

ACEs (Adverse Childhood Experiences) corresponds to emotional health in the same way smoking corresponds to cancer. Research now shows negative experiences that produce chronic, toxic

stress in children's lives have life-long negative physical and mental health impacts. When children live in families experiencing substance abuse, parental separation/divorce, mental illness, the battering of a parent, criminal behavior, psychological, physical or sexual abuse or emotional or physical neglect, enormous amounts of cortisol flood the brain; it is like being on a roller coaster all the time. Stress hormone levels elevate and stay elevated as children become hyper-vigilant, waiting for the next difficult event. The earlier in life the stress starts and the longer it goes on, the harder it is to self-regulate and develop healthy responses to dealing with stress in life.

Article written by Maryanne Law, Parenting Resource Center

A Refreshed Response

We won't stay focused on the brokenness but respond with wellness. The Mower Refreshed Mental Fitness Goal Group is developing responses and tools that promote healthy resilience. There are many theories and approaches to dealing with difficult life experiences, we want to put the strawberries on the bottom shelf... tap into the simple everyday interactions at work, school, home and throughout our communities that can create stronger and more healthy individuals. Consider exploring with us as we move toward wellness-focused responses that create stronger, more resilient kids, parents and communities.

Sharing Your Expertise: Tips from Mower Refreshed readers

Subscribe for the **Wellness Wednesday e-Blast** to get a mid-week recharge and share a quick response to our weekly question...Your wisdom inspires us to well-living!

How much water do you drink each day? Benefits?



- On an average day 6-8 glasses of water, but hot and active days even more. Helps keep hydrated, more energy! MM
- I used to drink small amount of water each day, but in April (with help from my doctor and nutritionist) changed my eating patterns to more healthy food, better portions, eating breakfast each day, getting on the treadmill and drinking plenty of water. My goal is 8-8oz glasses each day. I believe right now I have averaging 6. So far, I've lost 50 lbs! SC
- I'm finding when I drink more water on a regular basis my body aches less! Love this simple discovery. BW

Ideas on making dinnertime a time to connect

- Set down your phones and your Ipads and take the time to interact the "old fashioned way" by talking about your day and laughing with your family. MG
- Family Feast Night - it's up to us as parents to set schedules. Idea: kids get to choose the menu for the evening from three choices provided (choices are ultra simple and fast). It's fun to have a special hat for the Lead Chef. Time will fly, digestion will be good, everyone actually sleeps better. DR
- Schedule nights to eat together each week so it's a priority on everyone's calendar. CS
- Prep a meal together like homemade pizza where everyone can choose their content and enjoy not just eating but the journey to the table. SH



Refreshing News: Drive Refreshed

Healthy choices extend beyond diet and exercise. They also include the decisions you make everyday in regards to your personal safety. Some of the most important choices you make involve decisions made while driving or riding in a motor vehicle. The statistics from the State's 2012 crash facts report help illustrate the potential for unhealthy outcomes associated with driving.

2012 Statistics:

- 69,236 traffic crashes were reported to the Minnesota Department of Public Safety (DPS)
- 125,746 motor vehicles and 168,674 people were involved in these crashes
- 395 people died and 29,314 people were injured. 1,268 of those injuries were severe.
- Estimated economic cost to Minnesota: \$1,513,639,100

On an average day in 2012:

- 189 crashes
- 1 death and 80 injuries
- Cost: \$4,135,626

Despite the risks there are ways to minimize your personal chances of being killed or injured in a motor vehicle crash.

There are three very important choices you can make when in a car to lessen your chance of causing an accident and a fourth important choice you can make to lessen your risk of being killed or injured should you be in an accident.

1. Wear your seatbelt. Seatbelt use is currently estimated to be 94% in MN. How important is it to reach that final 6%? Of the 395 fatalities in MN in 2012, 116 were those not wearing seatbelts, which is 29% of the fatalities. Lack of seatbelt use, doesn't cause an accident but choose to not wear your seatbelt and the

odds you will be killed or seriously injured in a crash go up dramatically.

2. Do not drive while impaired on alcohol or drugs or ride with someone who is impaired. 72 fatal crashes in 2012 involved drivers who had been drinking.
3. Drive the posted speed limit. Illegal or unsafe speed was a factor in 21.6% of all single vehicle accidents in 2012 and 6.3% of multivehicle accidents.
4. Pay attention. Do not engage in non-driving behaviors while behind the wheel, which include texting, surfing the internet, reading a book, etc... 14.1 % of single vehicle crashes and 24.1% of multivehicle crashes in 2012 involved driver inattention and distraction as a factor.

Buckle up, drive sober, slow down, and pay attention. All healthy choices.

Refreshed Solutions

TAKE 5 before you put your keys in the ignition by...

- Thinking about those you love and who love you
- Considering the those who count on you each day
- Focusing on those little ones who are learning by example

*Article written by
Dave McKichan, Austin
Police Department*



Glad you have a pulse...but it's your passion we're interested in

Ever feel if you show up to a meeting and have a pulse, you'll be put in charge of a project? When citizens contact us we like to dream with you, maybe ignite your interest, talents and passions about living well. It's your passions that create the energy to fuel Mower Refreshed!

What's meaningful to you? Photography, healthy schools or workplaces, art, connecting to senior citizens or kids, strong families, eating well, maybe origami? Seriously, all talents consider here because we think outside the box when creating solutions and venues to promote health!

Connect with us to chat about ways you can engage...at your pace and in a way that fits your life calendar connect@MowerRefreshed.org

We won't take your pulse...promise!



Refreshed Destination: 2013 Mower County Fair

Mower Refreshed and many partners are creating an interactive destination on Wednesday, August 7th, Thursday, August 8th, and Friday, August 9th from 11 a.m. to 6 p.m. You'll walk away with a refreshed attitude about what's happening in Mower County and be inspired to share in the journey of creating a new culture focused on well-living!

Citizens of all ages can:

- Discover wellness opportunities in our county
- Try a fitness class
- Rest and read
- Learn about the latest Mower Refreshed efforts
- Grab a healthy on the go snack
- Provide direct feedback on wellness ideas

Mower Refreshed has gone through many exciting changes and much growth since last year. You'll see some familiar and many new partnering organizations from across the county. Look for the big red tent and stop by Refreshed Destination! See you at the fair!

Article written by Rachel Holst, Mower Refreshed Summer Intern

Eat Refreshed: Navigating the fair

Fair food is notoriously fried, sweet and interestingly weird. Only at the fair could a vendor offer fried Coca Cola or Pepsi Cola and make a killing. It seems like every year they come out with something even stranger than the year before; the Iowa State Fair even sells fried butter now! As a dietitian, I cannot say that I am tempted to try that one, but you might get me interested in a funnel cake or part of a fried Snickers.

There are many reasons why the nation flocks to state and county fairs each year; one of those reasons is the unusual foods. You might be surprised to hear that I am not encouraging you to buck up and skip the fair foods altogether. I do want you to try new things! However, there are some key tricks to balancing out your enjoyment of the experience and the management of your waistline.

Common Fair Food	Calories
Nachos (One 9" plate)	860 calories
Fried Oreos (1 tray of 5 cookies)	891 calories
Gyro	681 calories
Fried cheese curds (3oz)	569 calories
Chicken strips (4 strips)	552 calories
Tom Thumb mini donuts (Small bag)	500 calories
Fried Snickers	450 calories
Soft pretzel	340 calories
Godfather's Pizza (1 slice)	330 calories
Funnel Cake	276 calories
Sno Cone	270 calories
Corn dog	220 calories

Here are the some tips to help you find that balance:

- **Eat before you go to the fair.** There is nothing worse than being starving and surrounded by amazing-smelling food that you hesitate to eat. If you have eaten before you go to the fair, there will be less pressure to simply fill your stomach.
- **Choose with your heart.** Since there is no pressure to curb the hunger, you can be very picky about your choice of foods. Try to choose novelty foods you don't get every day. This will increase your enjoyment of the foods you do choose to eat. Pick something special that will remind you of your fair experience.
- **Be Informed.** When you choose what you want to eat, be aware of the kind of calories we are talking about. (See the chart of common fair foods below.) The calories in fried, high-sugar, high-fat and highly-processed foods can add up very quickly. You could easily consume a good chunk of whole days' calories in one item if you are not making a conscious choice.
- **Share when at all possible.** Often times fair foods are very rich. It can actually be more satisfying to share the serving between two or more people so everyone can get a good taste without overdoing it.



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 is Mower Refreshed?

- A county wide movement that inspires and ignites individuals and groups to promote healthy living.
- 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.

Growing & Merging

Healthier
Choices

Mental
Fitness

Workforce
Wellness

*Be kind; everyone
you meet is fighting
a hard battle.*

Plato

We try to practice what we teach...taking time to **pause** and celebrate accomplishments and then **revisit** the next steps to make sure we are utilizing **resources** wisely and kindly. In our most recent "**pause**", we looked at all the goal groups and specifically we saw all the Community Connections Goal Group has accomplished...the foundation of our website, social media, event volunteers, materials that promote wellness efforts of Mower Refreshed and our partners such as United Way's 2-1-1. Wow! We discovered this team provided the other three goal groups with the needed tools for them to ignite this emerging movement.

To keep effective, conserve energy and be responsive to the growing needs of Mower Refreshed, we are **revising** by merging the Community Connections Goal Group into our three other goal groups. This transition will provide direct insight for those groups to grow from the foundation Community Connections gave us. Who knew?! We didn't envision this evolution but know **pausing** to explore potential **redirection** is smart and healthy...**practicing what we teach!!**

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



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