

Re•freshed

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

Refreshed Living: 'Tis the season for giving

'Tis the season for giving. Seeking out the perfect gift for those we care for and enjoying the gifts we receive have become a significant focus for this time of the year. The anticipation of giving and receiving fuels joy and at times stress. Lack

to exist through time, have lasting impact and are meant to re-gift so to speak. Gifts that sustain are not typically one ones we can hold in our hands but are the intangible gifts that change our outlook, lifestyles and possibly life

honor someone you love is an example of a sustainable gift. Whatever time you gift away is time that impacts the lives of others potentially in ways that change the very course of their lives. The gift of time never needs to be returned or exchanged and never goes out of style.

of time, finances and creativity can damper the holiday cheer. Mower and the community it is built upon have gifts of time, talent and energy in the past year.

Sustainable gifts are those that continue

Refreshed engagement received many

are difficult dollar amount power to impact

Volunteering of your time to organizations in our county as a gift this season to

direction. Gifts of time, energy, and skills resources that to put a on but have the others near and far.

Isolation and loneliness run high in the winter months, creating special challenges for most of us to maintain a sense of mental fitness. The gift of your presence may be the very present needed by those close to you , your community and even yourself. Think sustainable this season; give a gift worthy of re-gifting!

2014 Mower Refreshed Team Meetings

Healthier Choices

2nd Thursday of each month: Jan-Nov
4 to 5 p.m. – Austin YMCA

Mental Fitness

3rd Thursday of each month: Jan-Nov
12:30 to 1:30 p.m. – Mower County Justice Center, 2nd Floor

Workforce Wellness

2nd Wednesday of each month: Jan-Nov
8 to 9 a.m. – Austin Chamber Boardroom

LatinoSaludables

2nd Monday of each month: Jan-Nov
5:00-6 p.m.
Mower Refreshed Office

More information?

connect@MowerRefreshed.org

Mower Refreshed
Making healthy choices a priority



County Connections

As we focus on sustainable giving, the Mower Refreshed team wanted to share about an important organization that is impacting the lives of many who live in and around Mower County. Our communities are not unique in the struggle to end violence and the health complications that grow out of the devastation. Mower Refreshed is about supporting and promoting solutions that offer all community members access to a healthier life. Our Mental Fitness team is especially committed to organizations like Crime Victims Resource Center (CVRC) who are the frontline to offering hope and a new start.

CVRC has been providing services to crime victims in Mower County since 1977. Skilled, non-judgemental care and 24-hour support services are provided to anyone needing assistance with various types of crime, including victims of sexual assault, domestic assault, and general crimes like burglary and stalking. We are looking for compassionate men and women – no special degree or experience is required.

What Can I do to Help Crime Victims?

- Respond to crime victims in crisis after office hours by cell phone or in person.
- Provide information and referrals.
- Provide emotional support and advocacy.
- Support during hospital examinations and police reporting.

I Want to be Part of the Solution – How do I become a Volunteer?

No previous training or education is required. Your first step is to call or stop in our office and request a volunteer application. After you have completed and returned the application we will schedule an interview.

Once you are accepted as a volunteer we will provide the training necessary to respond to crime victims' typical needs. Time commitment*: 1 weekend a month, and 4 weekday evenings a month

*Volunteer work for CVRC is 90% telephone. A cell phone is provided to you on the days you volunteer to allow you to be "on-call" to field questions and provide support to victims. Your personal phone number will not be given out, nor will you be going into victims homes or coming into contact with offenders.

Being a CVRC Volunteer can:

- Improve the mental health of our communities
- Increase personal satisfaction
- Offer opportunities to develop and share important life skills
- Focus on being a part of the solution
- Teach you about yourself
- Build a better future for fellow community members
- Positively impact the health of the next generation

CVRC Services

- 24-hour crisis line
- Crisis counseling
- Safety planning
- Emergency shelter
- Emergency transportation
- Referrals to other agencies
- Educational/support groups
- Support during hospital exams
- Support during police reporting
- Assistance with harassment and protective orders

For additional information or to request a volunteer application call CVRC at 507-437-6680.

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!

- **Nothing is a waste of time if you use the experience wisely - Rodin**

Goodness gracious! I just read this quote the other day and here it popped up as the refreshed tip! I think we really forget to take advantage of every opportunity, even the small ones. I believe that we forget a lot of the simple things that can help us through the day. For example, when the tip was to change your mind set from "I have to..." to "I get to...". I recently did a project on how to relieve stress and according to numerous sites (including www.mayoclinic.org) positive thinking is one of the best tactics. It is good to self evaluate your life and see how fortunate you are. I love getting these tips every Wednesday! RW

- **What clutter can you get rid of this week?**

Start using that file cabinet.....inside, not the top of it. MN

- **Where do you need to give yourself more time?**

Even though life is crazy busy, I take time at least once a week to be by myself and deeply relax. That might be an afternoon reading a good book, taking a long hot bath (and read a good book), or taking an extra long walk. I

find that this downtime really helps me to rejuvenate. SE

- **Simple ways to Move 10 to your day? Based on Mayo's Eat 5, Move 10 Sleep 8**

Walk and talk - take meetings to the hallway and walk while you talk, or stand up while you are on the phone, just standing burns more calories than sitting. AB

While watching tv - every commercial stand up and sit down (throughout the commercial) until the program begins again. LP

- **Who might appreciate more of your time as ne attention this week?**

Our pastor's family just had a child diagnosed with Type 1 diabetes. She came home feeling pretty overwhelmed. I took her some simple ideas for meals to help get her started and she goes through the process of changing the food in the cupboards. I am also taking her and her daughter pretty journals to help make meal planning a more relaxed and fun family learning time. AJ

Fresh Focus: Meet our volunteers of the month



Lucy Hernandez and Cecilia Garrido Alcaraz are key community members who are growing the efforts of Mower Refreshed's outreach: LatinoSaludables. Both women balance family, English Language Learning classes, work, and community involvement. Their insight and leadership along with many others have assisted the LatinoSaludables team in addressing the challenges identified by the group: decrease obesity, heart disease, and diabetes. These women aren't content to focus on the chronic diseases and are working hard to change the focus to health; healthy body, mind, and life.

Join Lucy, Cecilia and others on the 2nd Mondays of each month 5:00-6:00pm for the LatinoSaludables team meetings. Building community relationships and trust are goals these women have set out to guide the group towards in 2014. Thank you Cecilia and Lucy, you and the LatinoSaludables team are a gift to Mower Refreshed!



Eat Refreshed: Healthy Holiday Giving

Resources this holiday season for many are limited. Giving to your local food pantry is one way to give back and help your fellow neighbors. Mower Refreshed would like to encourage you to think twice about the items that you choose to donate to your local food shelves. We are dedicated to making our community a healthier place and that includes those who are financially vulnerable this time of year.

When you are choosing what to donate to remember to ask yourself, "Is this something I would feed MY family?" Often times the foods that are donated to food shelves are the leftover, unwanted and highly processed foods. This year try to keep your neighbors' health in mind when making your donations. Listed below are a few pointers to help guide your donation decisions:

1. Fruits and Veggies –

Don't forget to include fruits and veggies that will offer the most vitamins and minerals to keep Mower County healthy!

2. Low Sodium/No added salt –

Canned and processed goods often have lots of sodium. Choose options that indicate they are unsalted, low sodium or no added salt.

3. No added sugar/Light Syrup –

Canned fruits can be loaded with added sugar. Choose canned fruits that are canned in juice or light syrup.

4. Lean proteins –

Consider your protein sources as you donate this season. There are lots of options instead of canned meat products such as canned or dry beans, nuts and seeds or nut butters.

5. Whole grain products –

If you choose to supply a pasta or cereal – make sure to choose whole grains!

6. Good fats –

Donating cooking oils are a great way to get in some good fats. Consider donating olive or canola oil to support healthy hearts!

The Mower Refreshed has posted a list of healthier food choices to help you get started. Check it out at <http://mowerrefreshed.org/refreshed-outlook-on-donating-to-food-shelves>.



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.



Workforce Wellness: Chemical Use and the Workplace

- Of the 20.8 million adults aged 18 or older classified with substance use dependence or abuse, 70 percent are employed full or part time.
- Increasing access to treatment and recovery support services will improve employee health, lower health care costs, reduce absenteeism, reduce the risk of injury, and ultimately improve job performance and productivity.
- Employee education, awareness, and support campaign, which educate employees on the overall impact substance use and mental disorders can have on their family and coworkers, are effective in preventing problems both in and out of the workplace.
- Use of substances may occur both on and off the job, equally affecting one's overall health, well-being, and work performance. According to a national survey, in the course of a year, more than 2 million people used illicit drugs during work hours, and approximately 7 percent of Americans used alcohol during the workday.
(for reference sources email us at connect@MowerRefreshed.org)

Chemical use by employees and/or their family members impact productivity, absenteeism and healthcare costs in Mower County. The January Lunch & Learn will explore how to address this in ways that create a resilient and stronger workforce. Invite other professionals for lunch and discover how together we can strengthen the current and future workforce and future in Mower County.

Together we can change culture and offer hope, join Fountain Centers and Mower Refreshed as we educate, equip and empower employers, employees, and their families.

Collaborate: November Lunch and Learn

Step out of the office and enjoy lunch with like-minded professionals. Return to work encouraged and inspired! Refreshed Lunch & Learns will take place every other month on the second Wednesday

When:

Wednesday, January 15, 2014 from Noon to 1 p.m.
Chemical Use and the Workplace: *How chemical use impacts worksites and how to respond to build a stronger workforce*

Where:

Austin Public Library, 323 4th Ave NE Austin, MN

Register:

Email: connect@MowerRefreshed.org
Call: 507.434.1039



Photo by Austin Daily Herald

Sponsored by the Workforce Wellness Team | Mower Refreshed
Thanks to Fountain Centers | Mayo Clinic Health System–Albert Lea and Austin for providing lunch

Business of the Year: Now taking nominations!

Mower County has a tremendous variety of commerce that offers not only employment opportunities but also an opportunity to impact the health of our county's workforce and their families.

"Employers are better positioned to eliminate certain barriers to change than the medical community... employers have continuous access to the working population."

Mayo Foundation for Medical Education & Research

Mower Refreshed is proud to celebrate and promote businesses that are taking simple steps to encourage a healthier workforce. At the Austin Area Chamber of Commerce Annual meeting in 2014, Mower Refreshed will present two "Refreshed Business of the Year" (RBY) awards: a business with under 100 employees and a business with over 100 employees.

This award is inspired by the many "best practices" on wellness at work that we have been discovering in our county and specifically from businesses who are chamber members. Mower Refreshed team Workforce Wellness focuses on discovering ways to increase productivity, reduce absenteeism and better manage healthcare costs. This team is the sponsor of the RBY. They seek to feature and promote businesses that are finding innovative ways to make healthier choices easier and more accessible to their employees. See the start of Best Practices for Workforce Wellness and consider sharing what your business is doing: <http://mowerrefreshed.org/workforce-wellness/> We desire to grow the ideas shared by IBI Data, Hormel Foods Corporation and Cooperative Response Center and inspire other businesses of all sizes.

Mower Refreshed is no stranger to innovative thinking and solution focused strategies, these traits are essential for fueling collaborations that are effective and sustainable. These are two important qualities the group will be looking for in the 2014 Refreshed Business of the Year awards.

Creating an environment that fosters a healthy workforce does not necessary involve spending a great deal of money. This is where innovative thinking is necessary. We are learning that businesses that seek input for creative solutions from employees are often the businesses that have employees that are significantly more engaged in the healthy options provided.

Our 2012 Refreshed Business of the Year recipient, IBI Data in Brownsdale was a great example of leadership commitment and engagement. The employees of IBI Data have many opportunities to make healthy choices while at work and offer a variety of low cost ways to reach out to its team members and their families.

Download the nomination form at <http://mowerrefreshed.org/austin-area-refreshed-business-of-the-year-2013-nomination-form/> Criteria and information on submission are included. We are excited to support efforts that many of you are already doing and the innovative ideas that can inspire other businesses to foster an environment that promotes wellness while we are at work!

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.

Healthier
Choices

Mental
Fitness

Workforce
Wellness

*We make a living by what
we get but we make a life by
what we give.*

Winston Churchill

Wellness Wednesdays

Get a simple reminder to live well every Wednesday, enjoy a fresh recipe and share your ideas on health and wellness. Click here to subscribe and make every Wednesday well'r!

Each month a random Wellness Wednesday e-blast will feature a gift-a-way from county sponsors. Click Share it, submit your response to the question and you automatically will be entered in the drawing!

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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Mower Refreshed Coordinator

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