

Re•freshed

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

Refreshed Living: Change

Rarely is change tidy...it's more like the jumble of coins in our purse or pocket and can especially feel chaotic when change first is introduced. Changes in the workplace are constant in order to keep pace with the demands, to keep competitive and make a profit. Changes in our health, income, family systems and maybe our favorite cereal box front, nudges us to reconsider how we think and how we deal with change.

Change impacts how we live, shop, eat and relate to others. We can't escape it and for many that very thought raises blood pressure and anxiety. The increased stress of change is enough to make you want to "go ghost" (a young volunteer used recently in a conversation referring to escaping reality)!

These are the people who are realistic about the challenge of change but commit themselves to considering how they can positively influence the change and thrive through the change not just survive.

Are people born with this hardiness? The ability to see the potential, to take control of what you can, and face the challenge, trusting you will be stronger and wiser because of the experience? The good news is no. We all can learn to approach challenges and the stress that changes can bring with a resilient attitude. Not only can we learn how to be more "hardy" we can foster it in others.

My father often told us kids

experiencing change with a sense of hope possible.

The next time you feel that change mixing in your pocket be mindful about a change you are facing. Choose to not isolate, keep close to those co-workers, family members and friends who foster solution-focused attitudes. Commit yourself to work through the change (even the difficult ones) and create a "space" that is better now than when you first arrived. We can foster healthier communities little by little as we make things better than how we found them.

However, there are those folks you and I know, the ones who see change, the jumble of coins, as an opportunity to learn from and be refined through. A chance to make their home life or work environment better, stronger and healthier.

while camping in northern Minnesota to leave our camp sites better than we found them. It's this sort of attitude that fosters hardiness and in turn makes

Mower Refreshed
Making healthy choices a priority





County Connections

Each year a space in Mower County is filled with innovative thinkers who fuel the efforts and very movement of Mower Refreshed. This year was a pivotal year: more communities in Mower County and beyond represented, wider range of ages (15 years and older) and an increase in ethnicity groups, all ready to engage in tackling challenges the teams (Healthier Choices, Mental Fitness, Workforce Wellness) requested input on.

The participants collectively discussed the challenges and desired outcomes from each team. The goal was to discover if the presented challenge truly is the challenge we should be addressing or if there are “root” challenges we are overlooking. This citizen-centered process is setting the stage for the teams to develop solutions that address the root challenge and partner with organizations that are already implementing successful solutions. If you’d like to see what the challenges were click here: <http://mowerrefreshed.org/wellness-summit-2013-challenges/>

Mower Refreshed leadership understand that band aids won’t resolve the deeper wounds. By receiving direct insight from summit participants, we are gaining wisdom in how to develop efforts and who best to support in addressing the deeper “wound”.

Nancy Riestenberg for the Minnesota Department of Education spoke to those attending on developing resilient (able to cope effectively with difficulties/ bounce back) communities stating that Mower Refreshed is now considered a significant partner to the state’s efforts in learning how communities might educate and respond to create resilient schools, worksites, families and communities overall.

Next steps: Mower Refreshed teams and interested volunteers will further process the work done at the Wellness Summits in October at a team retreat December 2nd facilitated by Dave Newell, an area consultant. This will be the work that surfaces solutions, likely some common solutions that the teams can take action with in 2014.

Participants at the summits this year described the gatherings as purposeful, powerful, game changing, thought provoking, challenging, engaging and an opportunity to have impact. Those attending experienced what a resilient approach to difficulties can look and feel like.

Interested in being a part of the next step? Contact us at connect@MowerRefreshed.org for more information on the December 2nd Team Retreat.



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!

What does a healthy Mower County might look and feel like?

- Positive attitudes. "I recently did a project on how to relieve stress and according to numerous sites (including Mayo Clinic's Official Website) 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
- Tap into wisdom from kids. "Our precious children are our best teachers. Watch what they say and do and we may learn so much about ourselves." LC
- Options when dining out. "Healthier food choices available at local restaurants that appeal to everyone". LP
- Active living. "Vibrant, happy people that enjoy being physically active, so being overweight/obese is not a problem, and chronic diseases are much decreased". RL
- Belonging. Communities are stronger and healthier when everyone feels a sense of belonging. Taking the time to talk to neighbors, smile and welcome newcomers, and participate in community events are some simple ways to make our community stronger. KB
- Kind Responses. "Be willingness to help a neighbor (i.e. shovel, mowing lawn)." SK

Fresh Focus: Meet our volunteers of the month



A nod to the developing collaboration at Austin High School with GT5 (GIVETAKE 5). GT5 is looking at ways to integrate Mower Refreshed's TAKE 5 concept <http://mowerrefreshed.org/take-5/> with dating, relationships with parents/siblings, chemical use, finances, athletics and topics that impact teens. Mower Refreshed and Austin's GT5 hopes to expand to all the high schools in Mower County. Grand Meadow, Southland, LeRoy-Ostrander, Lyle-Pacelli High Schools we need you! Plus, these volunteers collate binders at an amazing rate of speed! Designed by teens for teens...grateful for GT5 volunteers!

Eat Refreshed: Surviving the Holidays

The holidays are a time to enjoy friends, family and food. And contrary to popular belief, you can have all three without putting on the extra pounds! On average, Americans gain approximately one to two pounds during the holiday season. While this weight gain isn't drastic, research shows it tends to accumulate over the years. Luckily, those pounds can be avoided through mindful eating in moderation and a few simple strategies as discussed below.

1. **Do not skip meals:** While it may seem backwards that we need to eat to prevent weight gain, research shows that those who have a regular meal pattern tend to consume fewer calories throughout the day. In preparation for a big holiday party or feast, do not skip meals throughout the day as this may result in excessive hunger and overeating.
2. **Use MyPlate for Menu Planning:** Using MyPlate for planning your holiday menus will ensure that you are controlling calories, including good fiber and covering all the important vitamins and minerals. This just goes to show that menu planning doesn't have to be complicated to be healthy.
3. **Be aware of the calories in your beverages:** One might think that since they do not fill us up, they don't contribute calories to our day... wrong! Beverages can be a very high source of calories if we are not paying attention. Use this as a way to reduce your calorie intake and consuming only calorie-free beverages this holiday season.
4. **Give yourself permission to eat the foods you like:** You may ask, "Won't this only lead to reduced self-control and more weight gain"? Actually, no it won't. Research shows that when we put labels on our foods that dictate what we "can" and "cannot" have, we actually make those foods more enticing. Instead of punishing yourself this holiday season, choose to enjoy the foods you like in a savoring, mindful manner. This will allow you to have your cake (or pie) and eat it too!
5. **Eat slowly and savor your food:** Don't be too quick to scarf down your food; learn to savor every bite. Using all your senses will help you not only to more thoroughly enjoy your food but also take you longer to eat it.
6. **Get out and move:** Food is only half the equation; the other part of equation is physical activity. So, resist the urge to go into a food coma and plan some fun family activities that will get you out and burn off some calories.



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: Healthy living for employers and employees

Mower Refreshed Workforce Wellness team hosted its first Refreshed Lunch & Learn in October to begin conversations on how collaborating efforts might eliminate barriers to healthy living for employers and employees. The open forum setting offered an opportunity to share what the team has been learning about wellness in the workplace, successes and challenges. More importantly the interactive time offered insight to what is working for companies and what challenges area businesses are experiencing when it comes to creating a healthier workforce.

The lunch and learn will use SBAR (Situation-Background-Assessment-Recommendation) process to work through the conditions that face them in the workplace in regards to improving the overall wellness of employees and their families.

- **S (Situation):** A single challenge/situation will be focused on.
- **B (Background):** Participants will share their experiences and insights related to that specific focus.
- **A (Assessment):** The group will assess potential solutions, what partnerships may need to be formed in addressing the challenge and how might Mower Refreshed assist the businesses as they seek to overcome the challenge.
- **R (Recommendation):** Ongoing recommendations developing from participant's insights will create a "living document" of best practices on wellness promotion in the workplace, featured on the Mower Refreshed website.

Upcoming SBAR Focus for each gathering will be listed at www.MowerRefreshed.org under Workforce Wellness. If you or your organization would like to sponsor a lunch, contact us at connect@MowerRefreshed.org or 507.434.1039. Ideas for future topic focuses are welcome. Please let your area schools know that high school or college students involved in business clubs or coursework are welcome. We see this format as an opportunity for the future workforce leaders to be coached by the experts in a relaxed learning environment.

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:

Tuesday, November 20, 2013 from Noon to 1 p.m.
Effective Communication in the Workplace:
What Works/What Doesn't

Where:

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

Register by 11/19:

Email: connect@MowerRefreshed.org
Call: 507.434.1039



Photo by Austin Daily Herald

Sponsored by the Workforce Wellness Team | Mower Refreshed
Thanks to Kris Shewe of Arby's for providing lunch



Deb Skare
Tobacco Cessation Coordinator
Mayo Clinic Health System

To make an appointment

- Check your insurance coverage to see if it covers tobacco cessation counseling before making your appointment. The number for inquiries is located on the back of your insurance card.
- If you have further scheduling questions, call (507) 434-1429.

Breathe Refreshed:

Great American Smokeout

Did you know the immediate benefits of choosing to breath refreshed?

- 20 minutes: Heart rate and blood pressure return to normal.
- 12 hours: Carbon monoxide levels in the blood return to normal.
- Two weeks to three months: Circulation and lung function improves.
- One to nine months: Coughing decreases; cilia return to normal function, cleaning the lungs and reducing infection.
- One year: Risk of coronary heart disease is half compared to a continuing smoker.

What is the Great American Smokeout?

Great American Smokeout is Nov. 21 – Make a plan to breath more deeply and live more fully!

The American Cancer Society marks the Great American Smokeout on the third Thursday of November each year by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By quitting — even for one day — smokers will be taking an important step towards a healthier life — one that can lead to reducing cancer risk.

Tobacco use remains the single largest preventable cause of disease and premature death in the US, yet about 43.8 million Americans still smoke cigarettes — Nearly 1 in every 5 adults. As of 2010, there were also 13.2 million cigar smokers in the US, and 2.2 million who smoke tobacco in pipes — other dangerous and addictive forms of tobacco.

For more information on breathing refreshed call 507-434-1429 or 888-609-4065 (toll-free)

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

*Prepare for the unknown
by studying how others in
the past have coped with
the unforeseeable and the
unpredictable.*
George S. Patton

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!

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



Sandy Anderson
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