

# Re•freshed

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

## Refreshed Living: Training for transition

What changes have you experienced in 2014? Some of the changes have been of your choosing while others have been possibly a complete surprise or a change you would never have desired. Regardless, change still occurs. Knowing that life is full of transitions doesn't necessarily make it any easier, in fact for some, it can create anxiety especially when the change is perceived as a threat.

How we respond to changes at work, in the community, in our families, or the location of our favorite cereal in the grocery store aisle impacts our health. The small changes and how we adapt to the little inconveniences actually train our minds on how to react when a larger change, especially one out of our control occurs. We create patterns, or habits on how much energy we are willing to give to the emotion of change vs. energy towards the act of transitioning itself.

preparing us for adaptation to a new normal. Some of us may have fussed more than others during these key transitions but that didn't change the fact that the transition occurred, it just meant some expended much more physical and emotional energy than their counterparts!

In 2015 changes will come our way. Some of us will plan for changes; even thrive on the change process. Many may determine to change a behavior in the new year. Walking more, spending less, saving more, eating less are common changes individuals strategically plan for as they transition into a new year.

These strategies can be effective in improving wellness but even more powerful may be the idea of shifting perspective on how we view change itself. How is your mind trained to respond during transition, impacting your physical, mental, and emotional energy? Energy into things we can't change and feeling trapped or energy into making the transition with grace and integrity, seeing the change as having a bigger purpose, new opportunities to grow. Where we spend our energy will impact our health as individuals and as a community.

Here's to spending our energy wisely!  
Sandy

From the time we were toddlers, life was training us for transition; milk to solid foods, diapers to toilet training, all



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



# County Connections: Trails encourage healthy living

## A story of signage success...

This summer, Austin hosted the ninth annual Bicycling Around Minnesota, or BAM. Austin was a stop on the multi-day ride through southeast Minnesota including LeRoy and Preston. BAM riders were gathered at our Mower County Fairgrounds in central Austin. A couple of riders wanted to explore the Austin trail system and asked local volunteers for directions. The volunteers were able to direct the riders to the Veteran's Pavilion area and were confident that the new way-finding signs which had been installed a few weeks earlier would guide the riders through the trail system and back to their camp site for the evening.

"It gives people a really easy, and low-cost way to exercise as a family and to keep moving. They can then live a more healthy lifestyle knowing that they have more exercise resources available to them," says Laura Helle, Vision 2020 Spokesperson.

Look to use these signs the next time you are out and about in the City of Austin.

## Making it easier to walk and bike

The City of Austin is taking big strides towards making it easier to walk and bike. Vision 2020's walk and bike trail committee has been working towards that goal. This group's objective is to connect the community through biking and walking trails. In cooperation with the City of Austin and Mower County SHIP, thirteen directional signs have been installed at key navigation points to clarify trail routes.

These new trail signs will allow area residents and visitors to make their way around the city for many years to come. In addition to the trail signs, volunteer Dan Urlick designed and installed a series of scannable QR codes that allow trail users to see a map of the trail system with a 'you-are-here' arrow. These amenities will help encourage residents and visitors to utilize the city's trails and connect to the community through physical activity.

Karissa Studier, Mower County Statewide Health Improvement Coordinator



# 2015 Mower Refreshed Team Meetings

## Healthier Choices

4th Wednesday of each month: Jan-Nov  
Noon to 1 p.m. – 510 2nd Street NW

## Mental Fitness

3rd Thursday of each month: Jan-Nov  
12:30 to 1:30 p.m. – 510 2nd Street NW

## Workforce Wellness

1st Thursday of each month: Jan-Nov  
Noon to 1 p.m. – 510 2nd Street NW

## Latinos Saludables

2nd Monday of each month: Jan-Nov  
3:30 to 4:30 p.m. - 510 2nd Street NW

## More information?

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



## We're Moving!

On Feb. 10th the Mower Refreshed office will be moving to the 408 Building at 408 4th St NW. All team meetings after Feb. 10th will be located at the new office address except the the Leadership Collaborative which will remain at Knowlton Board Room at Mayo Clinic Health System in Austin.

## Fresh Focus: Meet our volunteer of the month

A big shout of thanks to the energetic and engaging I.J. Holton 5th and 6th graders for participating each month in the Refreshed Kids School Assemblies Pilot Program the past five months with four month to go! This unique (and low cost) pilot of connecting local community members with the students to inspire living with intention when it comes to overall personal wellness is showing promise. The pilot thus far has revealed the kids are ready to engage on topics of health, we have an amazing resource of community members to inspire the kids, and the teaching staff is grateful for staff development time each month. Win, win, and win!



## 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)

**Steve's Pizza**  
421 N Main St. | Austin, MN 55912  
507-437-3249  
<http://www.pizzaaustinmn.com/>

**The Brickhouse Coffeeshouse**  
412 3rd Ave NE | Austin, MN 55912  
507-433-1939  
[www.brickhousecoffeeshouse.com](http://www.brickhousecoffeeshouse.com)

**Perkins Restaurant & Bakery**  
701 17th Ave NW | Austin, MN 55912  
507-433-6720

# Collaborate: The Benefits of Understanding and “Bridging” Personality Differences in the Workplace

The Myers Briggs Type Indicator (MBTI) is one of the most popular and respected personality tests used in businesses today. People often leave trainings with a great deal of interesting information yet they aren't clear how to use the new knowledge to make positive changes in their own lives and at work. If you are a business leader, manager, HR professional or a person who would like to learn more about creating and maintaining positive change in the workplace, plan on joining us for lunch on the dates listed below. (Prior knowledge of MBTI/personality is not required)

The three part series will delve into the following topics:

- **Bridging** | Did you miss this topic in November?  
Click here to view presentation powerpoint!
- **How Personality Affects Communication** | Jan. 21 2015  
Dive deeper into understanding how personality can impact Communication and how to “bridge” the gaps.



- **The Impact of Personality on Conflict** | Feb. 18 2015  
Explore how personality can impact Conflict and how to “bridge” the gaps.

## When:

Wednesday, Feb. 18, 2015 from Noon to 1 p.m.

How Personality Affects Communication

Facilitator: Julie Brunner, Licensed Professional Counselor and Board Certified Coach.

## Where:

Hormel Historic Home, 208 4th Ave. NW, Austin, MN

**Register / Cost: \$1** (donated to the United Way backpack program to provide healthy food options for children county-wide)

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

Call: 507.434.1664

 **ENGAGE | QUIP | MPOWER**

# Eat Refreshed:

## Visualize Your Future and Plan for Longevity



As you look around, consider the older adults in your life. Who would you like to emulate? Most of us have friends and family we can use as examples of the aging process. While, for some people, the aging process is good; this is not true for everyone. We like to think of senior living as freedom including the ability to travel, spend time with family and savor all those years of hard work. However, there are a large percentage of older adults that do not get to enjoy retirement due to chronic health issues. This is a lesson we all can use to assess and re-align our lifestyle choices to support a future we can actually look forward to.

The more we learn about chronic disease, the more we find that these issues are preventable. In fact, research has shown that our nutrition and weight status has been linked to numerous debilitating, chronic diseases. These preventable diseases include: type 2 diabetes, hypertension, coronary artery disease, stroke, asthma, gallbladder disease, osteoarthritis, and cancers of the breast, ovaries, endometrium, colon, rectum, and kidney. Furthermore, our weight can also affect our mortality. One in 10 preventable deaths are attributed to complications related to overweight and obesity.

With all this in mind, consider what lifestyle change will get you started in the right direction towards a happy and healthy future retirement.

Here are some of the top 10 nutrition and lifestyle changes found to promote longevity and overall health as we age:

1. Achieve a healthy weight.
2. Eat a balanced diet that includes a variety of foods.
3. Get in colorful fruits and vegetables.
4. Choose fish twice a week.
5. Switch to healthy fats including olive and canola oils.
6. Play with herbs and spices.
7. Stay hydrated.
8. Keep active.
9. Learn effective stress management habits.
10. Make preventative screening tests a priority



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.

"Train your mind to see the good in every situation"

– Unknown

# Upcoming Refreshment

Go Red for women, make it your color too on Friday, Feb. 6



Wear red on Friday, Feb. 6 and take a photo of you and/or your group in red and send it to [mchsocialmedia@mayo.edu](mailto:mchsocialmedia@mayo.edu) to have it posted on the Mayo Clinic Health System Facebook page.

Heart disease and stroke are the No. 1 and No. 3 killers of women in the U.S. Do your part to raise awareness of this deadly disease.

Mayo Clinic Health System wants you to GO RED.

## 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.*

## Paint the Town Pink

Support breast cancer research by participating in 2015 Paint the Town Pink activities.

Visit <http://www.hi.umn.edu/pttp/> to see what's going on near you!



# 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

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