

# Re•freshed

V. Give new strength or energy to [ **Mower County** ]; reinvigorate.  
N. Wellness co-op that fuels innovative ideas into action.

**Refreshed Living:** re – regenerate; refurbish; retype; retrace; redo

*re – a prefix, occurring originally in loanwords from Latin, used with the meaning “again” or “again and again” to indicate repetition, or with the meaning “back” or “backward” to indicate withdrawal or backward motion:*

*regenerate; refurbish; retype; retrace; revert.*

At the beginning of every year, it's common to hear people consider what they want to restart, redo, recover, reconsider in relation to their well-being. Organizations or teams within an organization that want to remain relevant are wise to pause long enough to reflect on what has been accomplished (hopefully celebrate with their team) and possibly reevaluate what next steps need to be based on the past year.

Mower Refreshed is continually reassessing initiatives we pilot or efforts we are partnering with community groups to foster environments that reflect wellness. This means we adapt, change, keep fluid with how we do things and what we do...but the why remains the same: a drive to create a culture in the Mower County area that focuses on “health, not healthcare,” Dr. David Agerter.

We are moving towards mid-year and it's a perfect time to recalibrate, make sure we are not about being busy, but focused on being purposeful with the time, energy, and wisdom of those many volunteers who connect regularly to experiment and engage. We're seeking intentionally to build capacity in the communities Mayo Clinic Health System Albert Lea and Austin serves, not just talk at and expect behavior changes but engage, equip, and empower folks to experience what living well can look and feel like. Think about how those two little letters, “re” might change the rest of your 2017!

Growing Mower Good with You,

Sandy

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



# County Connections: SHIP Mower County!



We at the Statewide Health Improvement Partnership (SHIP) are working on ways to increase health and wellness through innovation constantly. We partner with worksites to explore healthy eating and increased physical activity opportunities. Local schools are exploring ways to increase physical activity with our children both in the classroom and during recess on days when it is not feasible to go outside. Health care workers meet continuously to discuss how we can grow the linkages between health care and our communities to better serve our high need populations. Finally, our local ag producers are hard at work planting produce for all of us to enjoy at local Farmers' Markets.

As many of us know, innovation is not always easy to achieve. We get stuck in the same old rut of our day in day out routine. Appointments, errands, school obligations, and the demands of keeping up around the house can be exhausting. With the warmer weather just around the corner, I challenge you all to think about being just a little innovative in the form of your health.

So whether it's taking your bike to work instead of driving your car or trying out some new produce at the Farmers' Markets, let's all try to be a little innovative and find ways to improve our health at the same time. It's a win win for everyone!

Did you know that May is National Bike Month? National Bike to Work Week is May 15-19, and National Bike to Work Day is May 19. What a great way to add some innovative, community-wide exercise on personal level. The challenge is simple. Get out there and ride your bike!

For more information, please go to our website [www.shipmowercounty.org](http://www.shipmowercounty.org) or reach out to me to answer any questions you may have about what types of activities SHIP can support.

Whether you ride your bike for work or play, to save money on gas or help save our environment, National Bike Month is an opportunity to clean the dust off that bike and get pedaling! Don't have a bike? No problem! Austin's bike share program (RED BIKE) will be rolling out bicycles around town on May 1. The rules are simple; Ride, Respect, Return. With the support of many hard working volunteers, the goal is to have around 60 bikes available to make riding convenient and accessible to all. Bicycling is a simple way to improve your health and an opportunity to build lasting relationships with others who enjoy it with you.



Crystal Peterson MPH, LSW  
Community Health Specialist/  
SHIP Coordinator  
Mower County Public Health  
507-481-4743

# Eat Refreshed: Summer Lunches

For the 9th consecutive year, Austin Public Schools will be hosting the Summer Lunch Program. This program is designed to meet the needs of children who may qualify for free or reduced priced lunches during the school year. With free and reduced percentages hovering at close to 60% in our community, it is especially important to ensure nourishing lunches are provided in the summer months so our students can return to school in September ready to learn.

All children ages one through 18 are encouraged to participate in the program regardless of economic need. There are activities provided, such as a traveling library. This is also a great spot to meet and catch up with friends.

Small children should be accompanied and supervised by an adult. Meals are available for adults to purchase for \$3.85.

Please join us at the following sites, which are open to the public from 11 a.m. to 1 p.m., Monday – Friday.

- **IJ Holton Intermediate School**  
June 12 through August 25th (*closed on July 4th*)  
1800 4th Avenue SE
- **Austin High School**  
301 4th Street NW  
June 12 through July 28th\* (*closed on July 4th*)  
*\*Austin High School will be closed in August for cafeteria construction*

We look forward to another great summer...see you in the lunchroom  
– Mary Weikum, Director of Nutrition at Austin Public Schools

"What thought  
or attitude  
might you need  
to REset to  
be solution-  
focused?"



# Eat Local. Eat Fresh.



Each year we get excited to feature local food vendors in and around Mower County, it's a sign that spring is arriving and fresh food options will abound in the coming months! The commitment it takes to grow fresh produce is motivated out of a love for the land, desire to improve the health of the people they serve, and offering an opportunity for consumers to know where and how the food they are eating is grown. This list of available produce varies from vendor to vendor so check them all out!

- **Austin Farmers' Market**  
[www.eatfreshaustin.com](http://www.eatfreshaustin.com)  
[info@eatfreshaustin.com](mailto:info@eatfreshaustin.com)  
501 Oakland Avenue East, Austin, MN  
*Mon & Thurs, 4 to 7 p.m.; Sat., 9 a.m. to Noon*  
*May thru October*
- **Dobbins Creek Farm** | 507-567-2009  
[www.dobbinscreekfarm.weebly.com](http://www.dobbinscreekfarm.weebly.com)  
[www.facebook.com/DobbinsCreekFarm](https://www.facebook.com/DobbinsCreekFarm)  
58364 240th Street, Brownsdale, MN
- **Earth Dance Farm (CSA)** | 507-378-4252  
[www.earthdancefarm.net](http://www.earthdancefarm.net)  
27842 141st Ave, Spring Valley, MN
- **Oak Knoll Farm (CSA)** | 507-402-7637  
[oakknollfarms@yahoo.com](mailto:oakknollfarms@yahoo.com)
- **Farmer John's** | 507-437-2642  
[www.farmerjohnspumpkinpatch.com](http://www.farmerjohnspumpkinpatch.com)  
90537 273rd Street, Austin, MN  
Call for availability: 507-438-3956 or 507-438-4213
- **Farmer's Market Place** | 507-438-3956  
1301 18th Ave NW, Austin, MN  
[www.facebook.com/farmersmarketplacellc](https://www.facebook.com/farmersmarketplacellc)  
*Mon & Thurs, 4 to 6 p.m.; Sat. 9 a.m. to Noon*  
*May 15 thru October* • Now Accepting EBT Credit/Debit
- **Garden Spot Market**  
<https://www.facebook.com/gardenspotmarket/>  
First Farmers and Merchants Bank Lot  
106 W. Main Street (on the corner)  
Brownsdale, MN  
*Tues & Fri, 4 to 6:30 p.m.*  
*May 2 thru October 14*
- **Hilltop Greenhouse & Farm** | 507-889-3271  
[www.hilltopgreenhouse.com](http://www.hilltopgreenhouse.com)  
<https://www.facebook.com/Hilltop-Greenhouse-and-Farm-105487709480024>  
Daily Farmer's Market 7 days a week!  
83204 300 St., Ellendale, Minn.
- **LeRoy Farmers' Market**  
[www.farmersmarket.leroymn.com/](http://www.farmersmarket.leroymn.com/)  
Downtown LeRoy, MN  
*Thursdays 4 to 7 p.m.*  
*Saturday, June 10, 9 a.m. to Noon*  
*Saturday, July 15, 9 a.m. to Noon*  
*May 18 thru October 5*



# 2017 Mower Refreshed Team Meetings

## Healthier Choices

1st Wednesday of each month: Jan-Nov\*  
Noon to 1 p.m. – 408 4th Street NW

## Mental Fitness

4th Monday of each month: Jan-Nov\*  
3:30 to 4:30 p.m. – 408 4th Street NW

## Workforce Wellness

2nd Thursday of each month: Jan-Nov\*  
11 a.m. to Noon – 408 4th Street NW

## More information?

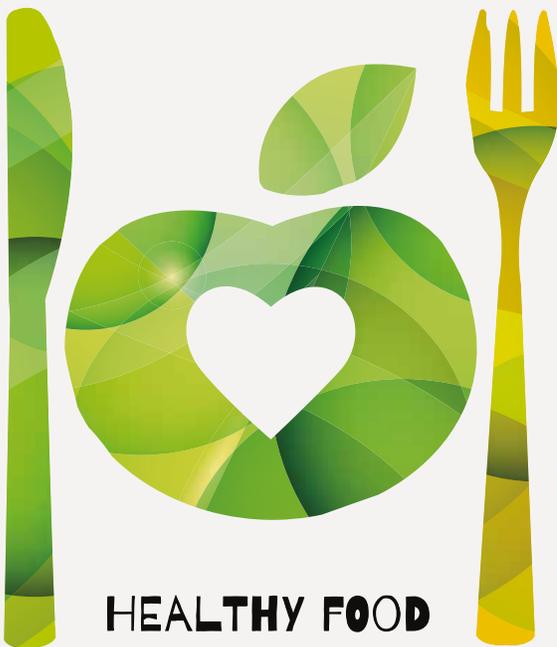
[connect@MowerRefreshed.org](mailto:connect@MowerRefreshed.org)

*\*No meeting in July and December*

## Wellness Wednesdays

Get a simple reminder to live well every Wednesday with a refreshed tip and fresh, healthy recipe to test out at home. Click here to subscribe and experience a midweek boast that keeps the focus on health where you live, work, play and learn. Make your midweek more refreshing! Don't want to subscribe but still want inspiration? These Refreshed Tips are shared through Facebook and Twitter as well.

## 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 Catering Co.\*

\*Catering Only  
507-325-9966  
[www.3beateryandcatering.com](http://www.3beateryandcatering.com)

### Coffeehouse on Main

329 N Main St | Austin, MN  
507-433-1200  
[www.coffeehouseonmain.com](http://www.coffeehouseonmain.com)

### Four Daughters Vineyard

78757 State Highway 16  
Spring Valley, MN  
507-346-7300  
[fourdaughtersvineyard.com](http://fourdaughtersvineyard.com)

### Perkins Restaurant & Bakery

701 17th Ave NW | Austin, MN  
507-433-6720

### Steve's Pizza

421 N Main St. | Austin, MN  
507-437-3249  
[www.pizzaaustinmn.com](http://www.pizzaaustinmn.com)

# U of M Extension: *Cooking Matters Class*



*So far students have learned how to make Turkey Tacos, Stir-fry and Homemade Granola.*

*Students particularly enjoyed assembling yogurt parfaits with their homemade granola and a mix of fresh and frozen fruits.*

Cooking Matters for Kids is an introduction to healthy eating and cooking for kids. In April I met with students at IJ Holten Intermediate and began a Cooking Matters for Kids class. Cooking Matters is part of Share our Strength's National No Kid Hungry Campaign. Classes help families with a tight budget learn to make healthy, tasty meals and develop healthy habits.

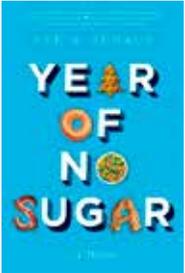
Each class consists of a nutrition lesson that works with MyPlate standards for eating healthy, balanced meals. Students watch a demonstration on how to cook a meal or snack while learning knife skills, cooking techniques and basic food safety guidelines. After the demonstration students tie up their aprons and maybe get a little messy mixing up the recipe themselves in small groups. The recipes give students the opportunity to taste test foods they may not be exposed to in school or at home. Students are often more likely to try new foods when they have taken part in making the meal.

With busy schedules, making time for healthy meals can be a challenge for families. Cooking Matters teaches students recipes they can pass on to family members and the skills to make meals or snacks independently. Learning how and why it is important to cook healthy meals at home is an important life skill for students in the fight against problems related to rising overweight and obesity rates in youth.

Funding for the classes has been sponsored by the United Way of Mower County and is free for participants. We look forward to teaching another kids or families Cooking Matters class this coming summer. For more information on classes or questions about SNAP-Ed connect contact Caitlin Waterstraat, SNAP-Ed Educator at 507 536-6306.



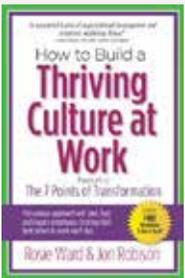
# Refreshed READS



## Year of No Sugar: A Memoir

Author: Eve O. Schaub; Read and shared by: Julie Clinefelter

- **How did this book Engage you?** I loved the author's voice in this book! She made me feel like I was having a conversation with a friend over coffee.
  - **In what ways do you feel more Equipped after reading this book:** Part blog, part self-help, Schaub gives equal amounts of good scientific information and personal experiences. I got the basics I was looking for but also suggestions on where to go for more information.
  - **How has this book Empowered you?** Changing habits is hard! Schaub's book shows that every little step in the right direction helps and that no family is perfect no matter how they look on the outside. I really appreciated how she shared her concerns for making good choices for her family while also trying not screwing her kids up in the process!
- 



## How to Build a Thriving Culture at Work

Author: Rosie Ward and Jon Robynson; Read and shared by: Mary P. Holtorf

- **How did this book Engage you?** The book was engaging because it hit on a topic that I feel deeply about-workplace culture. The culture of an organization is so important to the health of the organization. It is sometimes hard to measure that in terms of data but this book is filled with data that backs up the idea of wellbeing within an organization.
- **In what ways do you feel more Equipped after reading this book:** I learned about the five essential elements of employee engagement; career wellbeing, social wellbeing, financial wellbeing, physical wellbeing, and community wellbeing. Many organizations focus only on physical wellbeing and call it good. There is so much more to a person's wellbeing than just the body.
- **How has this book Empowered you?** As I work with leaders in organizations, I look at all aspects of the leader's wellbeing. I encourage them to help their employees become better in the every area of wellbeing. This will help their employees and it will contribute to the bottom line. Happy employees are engaged employees!

Visit our [Refreshed Reads](#) page and submit a review of your own!

*Interested in reading these books? Copies are available for check-out at the Austin Public Library.*



## Donating healthy food to harvest healthy communities

[Click here for donation ideas and locations!](#)

Make our county “Mower” safe: make the drop and dispose of unused prescriptions.



Make the Drop Program promotes safe use, safe storage, and safe disposal of unneeded prescription and over-the-counter medications.

### WHY is it important?

- A growing concern is the abuse, by youth and others, of medications not prescribed to them. Safe disposal make medications less available.
- Evidence is increasing of the damage to the environment due to unsafe disposal of medications. Proper disposal helps protect our soil and water.

### WHEN is the drop box location open?

The Make the Drop box is open Monday through Friday, 8 a.m. to 4:30 p.m.

### WHERE is the drop box located?

Law Enforcement Center located at 201 1st Street N.E., Austin, Minn.

### WHAT do I do?

- Leave medication in the original container
- Remove your name or other identifying information
- LEAVE the name of the medication on the container
- Drop the medication in the disposal box opening

# 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.

Want to learn how we determine the work we will focus on? [Click here!](#)

(e)NGAGE | QUIP | MPOWER



Healthier  
Choices

Mental  
Fitness

Workforce  
Wellness

## 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  
Mayo Clinic Health System

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