

# Re•freshed

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

## Refreshed Living: gratitude in the midst of challenge

Some days words come with great ease. I'm able to express them without struggle. As we focus on gratitude in this issue I thought words would flow because gratitude is pretty intense for me these days. I think the "stuckness" has to do with the "hardness" of the topic: gratitude in the middle of a challenge. It sounds so easy and yet it is filled with complexities.

Last year at this time I had recently completed chemotherapy and several surgeries as part of my treatment plan to deal with cancer. These type of experiences often evoke for folks reflection and a new appreciation for small things that may have been by-passed previously. A grateful person in general, it certainly did give me greater insight and profound gratitude for simple things.

That's the unique opportunity when facing challenges, after the intensity of the challenge there may be feelings of gratitude that you made it through or honestly, it may be just flat out gratitude that it's over.

What if we sought gratitude in the midst of the challenge?

You likely don't need to consider for long if asked what challenges are you currently facing. To attach gratitude to the challenge takes energy, pause for reflection, and a greater amount of intention. It also requires kindness and compassion towards others and possibly yourself.

This holiday season, each person you pass is dealing with a challenge of some sort. As we are authentic with our own challenges and the hard work of forming a heart of gratitude even in hard spaces, we just might inspire hope to those around us who are in the midst of hard things. The quote in this issue by Melody Beattie reflects on what gratitude can do, it has the ability to "turn what we have into enough" regardless of the circumstances. It doesn't mean it's easy, but it's possible.

Let's foster healthy spaces in our communities by expressing gratitude to those around us with greater intention.

Grateful, Sandy

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



# County Connections: SHIP Mower County!



The Statewide Health Improvement Partnership (SHIP) of Mower County is thankful and happy

movements through policy, systems, or environmental change. Chris is available to provide technical assistance, explore funding and resources for anyone in Mower County with a healthy initiative idea.

A healthy community creates an environment for all residents to live longer, healthier lives.

to introduce Chris Weis as the new Community Health Specialist and SHIP Coordinator for Mower County. Her role will be to continue to partner with organizations to increase access to healthy foods, promote active living and reduce tobacco exposure.

For more information, please go to our website [www.shipmowercounty.org](http://www.shipmowercounty.org) or reach out to Chris at [chrisw@co.mower.mn.us](mailto:chrisw@co.mower.mn.us) to answer any questions you may have about what types of activities SHIP can support.

Thanks to SHIP of Mower County, we are observing:

There is still work to be done and Chris is already connecting to community wellness initiatives. She will continue the partnerships with organizations to increase access to healthy foods, promote active living and reduce tobacco exposure. Chris is available to help you and your organization find new ways to create a healthy culture that can be continued for years to come.

- increased access to fresh, local fruits and vegetables at farmer's markets in the county
- increased access to physical activity opportunities and healthier foods at schools and child-care facilities
- expanded access to biking and walking paths throughout the county
- provision of hydration stations in both schools and local business to encourage everyone to drink more water
- action steps to make multi-unit housing sites smoke free support for breastfeeding moms
- both small and mid-sized employers working to improve workers health and productivity

Article submitted by Jane Knutson, Mower County Health & Human Services



SHIP promotes long-term, sustainable

# Eat Refreshed

Hello! My name is Courtney Kremer and I am a new registered dietitian nutritionist at Mayo Clinic Health System in Austin. I started this role in April and have been enjoying every minute! I was previously a registered dietitian at Hy-Vee in Austin, where I enjoyed meeting a lot of community members and teaching nutrition in the aisles of the grocery store. When this opportunity came up, I decided to transition as I really enjoy clinical nutrition and nutrition counseling.

## A little bit about me

My hometown is Worthington, MN, a community very similar to Austin. I attended South Dakota State University where I earned my Bachelor of Science degree in Dietetics with a minor in Health Education. I completed my dietetic internship at Mayo Clinic in Rochester. My husband and I really enjoy living in Austin. In our free time, we like watching and playing sports, cooking, traveling, watching movies, and spending time with our family and friends.

## Why do I do the work I do?

My passion for food and nutrition started from a young age. I remember helping my mom in the kitchen, always wanting to stir and chop whenever I could. I have always been a little bit of a “health nut”, but when my dad underwent heart surgery when I was a freshman in high school, it was him meeting with a dietitian that was my “lightbulb” moment. I was so intrigued that I could combine my love of food with my passion for health. The rest is history!

## How can community members engage with my services?

No two insurance companies have the exact same policy so it is important to know your specific coverage for nutrition services before scheduling an appointment. I recommend contacting your insurance provider and asking for coverage details for medical nutrition therapy. It is also helpful to ask if a referral is required. If so, contact your primary care provider to make the referral. From there, a member of our scheduling team will contact you to set up your individual appointment! Also, feel free to contact me directly or stop by the patient education library for general questions.

I look forward to meeting you!

-Courtney Kremer, RDN, LD



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.

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more.”

Melody Beattie

# Science Fair Mentoring Project: STEAM Expo

The Science Fair Mentoring Project gearing up for its fourth year promoting and supporting students with participation in the STEAM Expo (science fair). The program will continue to mentor third and fourth graders at Neveln and Banfield Elementary Schools and offer science fair support through partnerships with The Austin Public Library and Adult Basic Education. In the three previous years, this program has exposed 550 Austin elementary students to science through events at Riverland Community College, mentored 161 students with participating in the Steam Expo (science fair), and provided transportation and support for 52 students to participate in the Regional Science Fair in Mankato.

For the in-school program at Neveln, students will attend a kick-off event at Riverland Community College on October 25, 27 and November 3. Faculty volunteers from the college will lead students through experiments designed to introduce them to the scientific method. Students who participate in the program will then be able to learn about local scientists active in various fields in an event called Meet the Scientists. Mentors will then work with the students at Neveln and Banfield from November to February to help them complete experiments

and prepare a presentation for the STEAM Expo, scheduled for February 23, 2018 at IJ Holton Intermediate School in Austin. All experimental supplies are provided to students who participate in this program at no cost to their families.



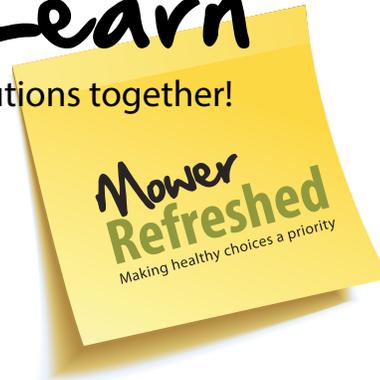
The number of volunteers is the only limiting factor in our ability to work with students. The more volunteers we have, the more students we can help. This is your opportunity to inspire the next generation of surgeons, cancer research scientists, inventors, and innovators. No special knowledge of science is needed. The main requirement is an interest in helping a child learn and grow. We provide training and support for all mentors. All mentoring sessions are structured to help mentors support students. Volunteer as your schedule allows.

If you have any questions or are interested in volunteering with this program, please contact Catherine Haslag, Project Coordinator, at [sciencefairmentormn@gmail.com](mailto:sciencefairmentormn@gmail.com). You can also visit the program's website at [www.sciencefairmentoring.org](http://www.sciencefairmentoring.org) or follow it on Facebook or Twitter (@SFMPMN).



# Lunch and Learn

A time to connect and develop solutions together!



Speaker Information:  
Brigette Rambadt  
ES, E-RYT 500

Brigette has a bachelor of arts degree in exercise science/ kinesiology and is an Experienced Registered Yoga Teacher (E-RYT 500)

She has been leading yoga classes since 1999. Currently she leads yoga for group and private practices along with a 12 week yoga study class.

## Save the Date – Wednesday, Nov. 15

*Well-Living from the Inside Out*

- **Well-Living from the Inside Out**  
**Date:** Wednesday, Nov. 15 **Time:** Noon to 1 p.m.  
**Lunch sponsor:** Mower Refreshed & Mayo Clinic Health System  
**Location:** Austin Public Library, 323 4th Ave NE, Austin, Minn.

Day to day demands and challenging circumstances can easily lead us to old habits, patterns, and responses that don't necessarily reinforce wellbeing. Especially our mental wellbeing. Soothing our mental health through mindfulness training, movement therapy, focus practices and questioning the comfort of our habits will be explored at this lunch and learn. Join us to consider how you might engage in and encourage others to be more mindful in the workplace and beyond!

Objectives:

- Participants will be able to define and differentiate between “outside in” and “inside out” focus.
- Participants will identify a comfort habit and learn strategies in cueing a ritual or routine to cope with stress.

*This event may be eligible for contact hours. It is the responsibility of the attendee to determine if this event meets their profession's criteria for continuing education. This event is free and open to the public.*

## REGISTRATION REQUIRED

Call 507-434-1039 or email [connect@MowerRefreshed.org](mailto:connect@MowerRefreshed.org)  
by Monday, November 13 to attend.

The logo consists of a green circular icon with a white stylized 'e' inside, followed by the words 'NGAGE | QUIP | MPOWER' in a bold, black, sans-serif font.

Thank you to Mayo Clinic Health System for supporting Refreshed Lunch & Learn



## 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!](#)

## 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 boost 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.

## Mower Refreshed Team Meetings

### Collective Team Meetings

1st Wednesday of the month  
Noon to 1 p.m.

Contact community engagement coordinator to get more info on how you and/or your organization might benefit from being at the table.

### More information?

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

## 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)