

# Re•freshed

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

## Refreshed Living: Mental Wellbeing – Losing the Stigmas

*"I'm sorry you feel bad. How can I help?" "It isn't your fault." "It's an illness that can happen to anyone."*

Perhaps you've heard the saying, "Be kind to all, for everyone you meet carries a burden." While many of us may feel occasionally overwhelmed or frustrated, for those living with a mental health condition, the struggle may be more difficult than you realize.

Stigma – negative thoughts or preconceived opinions – can affect the overall well-being of those living with mental health illness and may prevent them from seeking treatment. You can help stop stigma by taking a simple, caring approach. Your reassuring words can offer comfort and may mean more than you know.

There are many misconceptions about what mental illness is and what it means to live with a mental health condition. For example, mental illness is not the result of a personal weakness or lack of character. Without meaning to, our lack of understanding about mental health illness can send stigmatizing messages. What we can do is offer kindness and support to those who are struggling with mental health issues.

Have you been affected by stigma? Take the quiz at [www.curestigma.org](http://www.curestigma.org) and see where your thoughts land and how you can better understand mental health illness.

Surprised by your results?

You can learn how to offer your support and become an advocate for people with mental health conditions in the following ways:

- Learn as much as possible about mental health.
- Show interest in your friend or family member's treatment plan.
- Offer encouragement to seek treatment and stick with it.
- Listen carefully.

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



# County Connections: Well-Being

Community Well-Being is the sense of engagement you have with the area in which you live. Mower County Statewide Health Improvement Partnership (SHIP) is working to improve the health of our community in a variety of ways, including the following:

- Installing hydration stations in schools and businesses increases access to water
- Walking and biking routes to school help kids get more of the physical activity they need to stay healthy
- More bike trails and increased access to them throughout the county increases access to physical activity
- Healthier vending options at work offer smart choices
- Increasing workplace wellness programs helps employees be healthier
- Increased opportunities for physical activity in the workplace motivate employees to move more
- Getting kids re-acquainted with fruits and vegetables through school gardens has been shown to increase fruit and vegetable consumption
- Increased physical activity at recess, before and after school encourages health and learning
- Child care staff, both home-based and centers, receive trainings to promote breastfeeding support, healthy eating and physical activity
- Increased smoke-free housing promotes healthy living space in the community



Our health is determined in part by access to social and economic opportunities; the resources and supports available in our homes, neighborhoods, and communities; the quality of our schooling; the safety of our workplaces; the cleanliness of our water, food, and air; and the nature of our social interactions and relationships.

Mower County SHIP can help you to expand opportunities for active living, healthy eating, breastfeeding support, and/or tobacco-free living. For more information, contact Chris Weis, [chrisw@co.mower.mn.us](mailto:chrisw@co.mower.mn.us).



- Offering more fresh fruits and vegetables and foods with less sodium in school lunches helps kids eat healthier

# Eat Refreshed: Diet vs. Lifestyle

The concept of following a “diet” has become somewhat of a negative four letter word in recent years. It’s no longer a term for what you eat — It’s evolved to mean a fast, unsustainable fix to a problem that has likely been years in the making. For example, think of the Keto, Atkins or Paleo diets — they are intensely low carbohydrate, and your body’s main energy source is carbohydrates. How long do YOU think you could go without your main source of energy?

Don’t get me wrong — for some, these diets do provide results. However, for most, these are not programs to be followed for the rest of their life. Instead, most dietitians will advise lifestyle changes instead of ‘diets.’ To emphasize the point, the columns below outline the main differences between ‘diets’ and lifestyle changes.



Kjersten Nett, RDN, LD  
Registered Dietitian  
Mayo Clinic Health System

Ultimately, lifestyle changes are all about you and your current situation: finding where you excel, correcting what can be improved and moving forward from there. Eating should be enjoyable and guilt-free; after all, you will be eating your entire life!

## A ‘diet’ is ...

- **Fast and temporary**  
You may suffer for a few days, weeks or months to get the result you want, then you move on — often back to the habits that got you into that situation in the first place.
- **Difficult and restrictive**  
You won’t get anywhere unless you change everything right now! Pain is gain!
- **“Lose 10 pounds in one week!”**  
... followed by a 10-pound gain the next week, but the diet’s creators aren’t going to tell you that.
- **Self-punishment**  
You have been “bad” or “naughty” all these years and now you have to pay for your ‘food sin’ and cut it out completely.
- **Nearly unattainable**  
Going cold turkey on soda, changing from meat and potatoes meals to only salads made of vegetables or strictly drinking 100 calorie protein shakes at all meals can leave your body in a tailspin and you exhausted, overwhelmed and wanting to give up.

## A lifestyle is ...

- **A long-term commitment to yourself and your body**  
You are worth the time it takes to heal and improve your body — the results will come.
- **Gradual and progressive**  
You work to find what works for you- figure out your strengths, where you can work to improve and take steps to improve these areas- no matter how big or small!
- **Will lead to results, which are a big achievement!**
- **About being gentle with yourself**  
You recognize where you can improve and work on them gradually.
- **More realistic**  
It’s about making long-term changes that can improve your life — like cutting down to half a soda a day, or adding a small side salad to your meat and potatoes.

# Eat Local. Eat Fresh.



Each year we get excited to feature local food vendors in and around Mower County. It's a sign that summer is here and fresh food options will abound! 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 being able to offer consumers the opportunity 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!

- 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
- Edibles @ the HJE | 507-279-2787  
[www.higginsjunkemporium.com](http://www.higginsjunkemporium.com)  
Eggs, Veggies and Herbs  
2019 17th St SE, Austin, MN  
*Daily 1 p.m. to 5 p.m., Saturdays 11 a.m. to 5 p.m.*
- 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.*
- Garden Spot Market  
[www.facebook.com/gardenspotmarket/](https://www.facebook.com/gardenspotmarket/)  
First Farmers and Merchants Bank Lot  
106 W. Main Street, Brownsdale, MN  
*Thursdays, 4 to 7 p.m.*
- 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.*
- Oak Knoll Farm (CSA) | 507-402-7637  
[oakknollfarms@yahoo.com](mailto:oakknollfarms@yahoo.com)
- Once Upon A Thyme | 507-279-2787  
[www.onceuponathyme.info](http://www.onceuponathyme.info)  
Fresh Produce, Eggs and Herbs  
2019 17th St SE, Austin, MN  
*Daily 1 to 6 p.m., Saturdays 11 a.m. to 5 p.m.*



# Mental Wellness: Encouraging mental wellness in children

By Angela Thoreson, LICSW and Stephanie Miller, LICSW

Helping a child develop resiliency and mental wellness is one of the most difficult and important tasks for parents or guardians. Unfortunately, mental health concerns are not uncommon in children and adolescents. Approximately one in five children will suffer from a serious mental health condition in their childhood or adolescence. Some of the most common mental health concerns include depression, anxiety, attention deficit hyperactivity disorder (ADHD) and behavioral issues.

Parenting children who are struggling with these symptoms is challenging, and is usually a dance to find balance between supporting and encouraging your child and pushing them to face difficult situations.

Children and adolescents often have intense or confusing emotions they do not know how to express, so parents may be left wondering if they should be concerned about their child. There are several signs to watch for in children and adolescents that may indicate they are struggling and need additional support. These include:

- Sudden changes to sleep or appetite
- Persistent low energy
- Loss of focus/concentration
- Loss of interest in enjoyable activities
- Excessive and disproportionate worry
- Difficulties separating from caregivers
- Sudden changes in mood/irritability
- Sudden avoidance of caregivers or other family members/friends

If you are concerned for your child's mental wellness or have noticed these symptoms for more than two weeks, please talk to your child's medical provider.

Parents often wonder how they can promote mental wellness in their children. Building resiliency in children means increasing their ability to respond positively and adapt when faced with adversity, tragedy, challenges or stressors.

Strategies for building resiliency and mental wellness in children and adolescents include:

1. Helping children build a social support network of people - young and old - who are supportive and non-judgmental.
2. Supporting and modeling the expression of all emotions, both positive and negative. This means teaching children that experiencing any emotion is safe and normal.
3. Empowering children to make their own choices and giving them appropriate responsibilities for their developmental age.
4. Setting an example for the behaviors you want your children to demonstrate.
5. Promoting realistic goal setting based on your child's own interests, aspirations, and abilities. Praise children for accomplishing their goals.
6. Modeling and encouraging how to manage mistakes.
7. Encouraging facing fears and trying new things.
8. Praising effort, not performance.
9. Promoting exercise, good sleep and a balanced diet.

## About Us:

Angela Thoreson, LICSW, is a clinical social worker serving adolescents (16+) and adults in the Psychiatry and Psychology Department at Mayo Clinic Health System in Austin, MN.

Stephanie Miller, LICSW, is a clinical social worker serving individuals of all ages in Integrated Behavioral Medicine (IBH) at Mayo Clinic Health System in Austin, MN.



## Saturday, Sept. 15, 2018

Join us for this 3<sup>rd</sup> Annual Downtown Neighborhood Event

### 9 AM Harvest 5K Run/Walk

Starts at Austin Municipal Pool parking lot. Register at [mowerrefreshed.org/harvest-fest](http://mowerrefreshed.org/harvest-fest). Proceeds to benefit Mower County food shelves.

### 10 AM to 2 PM Harvest Fest

Interactive events and activities for all ages throughout downtown Austin. Visit the registration booth first to pick up your Harvest Passport (*located in the Municipal Pool park area*). The passport will guide you to booths and businesses for healthy activities and the more passport stops you make, the more chances to win!

### Donate healthy food...grow Mower stronger!

Bring a healthy food donation to the Salvation Army booth for a bonus stamp in your passport!

**RAIN VENUE:** *In case of Rain, Harvest Fest will be held at Packer Arena.  
The Harvest 5K Walk/Run will still be held at the Austin Municipal Pool.*

**This event is brought to you by over 40 local community organizations and businesses!**



[facebook.com/MowerRefreshed](https://facebook.com/MowerRefreshed)

# First Person: Coming soon!

First Person will feature local voices on topics of interest to our community. If you are interested in sharing your First Person views, please send your story idea or finished article (450 words or less) to [connect@mowerrefreshed.org](mailto:connect@mowerrefreshed.org).



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



In 2017, 1274 ½ pounds of prescription drugs were safely disposed!

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.

## 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 the 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)