

Re•freshed

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

Refreshed Living: Resilience – it takes practice

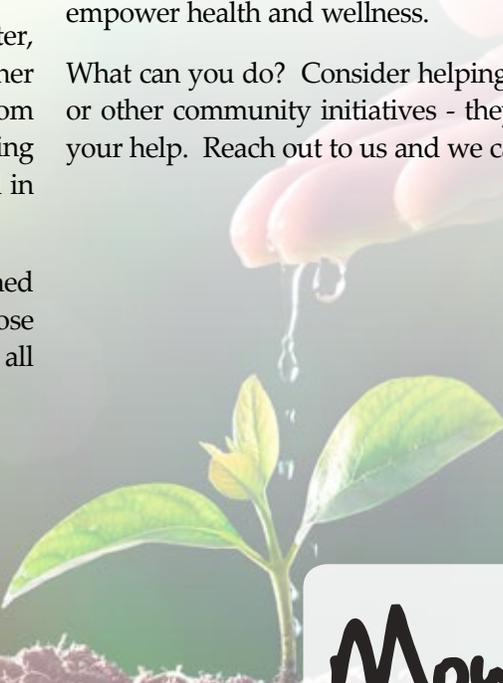
At one time, Mower Refreshed was merely an idea. A what if, a maybe. Could it be sustainable? Would the community support it? We couldn't know without trying, so the seed for a grass roots initiative was planted. It has grown and flourished in our community over the years, cultivated and nurtured by the efforts of many, but most memorably by the face of one.

You've seen her photo on the back page of the newsletter, speaking at Chamber events, and participating in many other community efforts. Sandy Anderson has inspired people from all walks of life to participate – to get engaged, challenging them to be present in their personal lives, workplace and in the community.

In January 2018, Sandy stepped away from Mower Refreshed to start a new direction in her career. She will be missed, those shoes feeling impossibly too large to fill, but we wish her all the success and happiness in her new endeavor.

With her departure, we look inward to channel our own resilience. It takes practice and a conscious effort to be resilient in times of change. In the years of Sandy's leadership and growth of Mower Refreshed initiatives, she empowered a legacy of leaders that are equipped to continue the work. While our faces may be different, our goal is still the same – bring opportunities to the community, to engage, equip and empower health and wellness.

What can you do? Consider helping with Mower Refreshed or other community initiatives - they don't happen without your help. Reach out to us and we can connect you.



**Mower
Refreshed**
Making healthy choices a priority



County Connections: *More than Pink!*

Austin Community Education is proud to offer the third annual More Than Pink program this summer. More Than Pink is a program to inspire third through sixth grade girls to stay true to themselves and live free from societal stereotypes.

This 7-week program innovatively weaves training for a 5K run with lessons that empower girls to celebrate their bodies, honor their voices and embrace their gifts.

A More Than Pink day consists of 50 minutes of a fun fitness activity and 90 minute focus on a life lesson. This 7-week program meets 3 days per week. Topics include: self-worth, body image, nutrition, healthy relationships, cyber safety and more.

More Than Pink Goals include:

- To help girls grow and develop physically, mentally, and socially with local community support.
- To empower girls to be true to themselves-at home, school, self-image, friends, and activities. Provide resources and tools to help them not succumb to peer pressure, live with less stress, and become who they want to be.
- To measure fitness goals throughout the 7-week program.

Each girl will see their ability to improve fitness levels and increase knowledge and awareness of how important fitness is to one's health.

The program builds throughout the summer and culminates in the More Than Pink Celebratory 5K Run. Community partners and supporters join the girls in this fun run to celebrate the conclusion of the program and the growth in empowerment and inspiration.

More Than Pink operates with support from many community partners. Strong female community leaders volunteer to speak to the girls about their journeys and roles. A variety of organizations and individuals sponsor scholarships for girls who cannot afford to attend and many people join us in our 5K to show their support for the girls.

You can [view our video](#) and see the real life impact on our participants. If you are interested in more information or would like to volunteer or sponsor a girl please [email Teri Wermager](#) or call 507-460-1704.



Eat Refreshed

More joy, more balance, more energy. These are things often found on lists of those starting a new year – whether that’s a true start to the year like January 1 or something significant like a birthday. The older I become, the more in tune I am to my own joy (what brings it) and purpose (am I living it) and balance (in my day) and energy (how I feel).

Something I’ve discovered about joy, balance, and energy is that they begin in the kitchen. With what we eat (food that makes us feel good or not feel good) and how we prepare meals (planned or not, in a rush or not), who we gather around the table (not dining standing up alone but instead with family and friends), and how making good food can bring great joy to those we love.

At a recent conference, a speaker gave the following insight: Use joy as your compass. These few words can truly help guide your decisions – as long as you keep one thing in mind: knowing the difference of daily, long term joy vs short term satisfaction or instant gratification.

- I believe when we eat food that makes us feel good, we will have more joy.
- I believe when we cook for those we love, we will have more joy.
- I believe when we slow down and take time to gather around the table, we will have more joy.

What do you believe? Are your beliefs getting in the way of your actions? Our beliefs are a reflection of our thoughts and they are reinforced by our actions. It’s called the belief triangle and it can be a powerful change making tool – to change your

actions, you simply have to change your beliefs. And to change your beliefs, you simply need to change your thoughts. While put simply, it holds true.

Take, for example, the idea of cooking. Those who hate cooking, think about all the reasons why they hate cooking, which causes them to believe that cooking is something they dislike and never want to do. That results in purchasing a lot of convenience foods and eating out. The thought led to the belief which led to the action. But on the flip side, if one were to think about a why cooking can actually be fun, the belief would change into a more positive perception of cooking and more cooking at home would result. This simple belief triangle can be applied to anything you would like to change!

Cooking is something I love to do. It brings me joy to make favorite meal and watch my family enjoy it. I love trying new recipes because it is like a challenge to accomplish. I enjoy the healthier food that comes from my kitchen. I enjoy better health because of more cooking at home.

What beliefs are holding you back? There’s no time like right now!

*Jen Haugen, is a licensed and registered dietitian nutritionist with 17 years of experience who loves to facilitate more fun in the kitchen! She’s the owner of Jen’s Joyful Kitchen where she leads fun cooking workshops with women and their friends, and works with clients in private virtual appointments to boost wellness in the kitchen and in life! Subscribe to her newsletter and schedule your appointment on her website: www.jenhaugen.com . Find her most recent book, *The Mom’s Guide to a Nourishing Garden*, locally at *Sweet Reads*, or on Amazon.*



	EMOTION REGULATION		SELF CONFIDENCE	
STRESS MANAGEMENT		RESILIENCE		FLEXIBILITY

Reaching for Resiliency

Wednesday, April 11, 1:15 to 3:45 p.m., Hormel Nature Center, Austin, MN



About the presenter

Judge Christa M. Daily was appointed to the Third Judicial District June 10, 2016 by Governor Mark Dayton. She earned her B.A. from St. Olaf College and her J.D. from William Mitchell College of Law. Judge Daily is a member of Women Attorneys of Rochester and volunteers with Mower County Seniors, Inc. and Mower County Habitat for Humanity.

Join us to explore intentionally fostering personal and professional resilience. This event qualifies for 2.5 education hours and attendees will be able to:

- Identify strategies that foster and develop resiliency.
- Increase understanding of resiliency as a skill.
- Better understand the why and how of connecting to other professionals to build resiliency.
- Identify the link between appreciation and resiliency.

This event is free. Register at [eventbrite.com](https://www.eventbrite.com)

Sponsored by Mower Refreshed, Mower County Health and Human Services and Freeborn Mower Cooperative Services

 ENGAGE | QUIP | MPOWER

Want to live well?

Knowing your numbers counts!

Knowing your wellness numbers can have big impact on your life and those you care about. Learn what wellness numbers are and what they mean. Receive free screening to get your numbers (blood pressure, BMI, glucose, cholesterol, and more). Engage in fun Try-It activities with Mower Refreshed, the YMCA and Yoga Studio of Austin. Come and connect with community resources to equip and empower you to live well!

Know Your Numbers Wellness Event Saturday, April 14th | 9 a.m. to 12 p.m.

Hormel Historic Home
208 4th Ave NW, Austin, MN 55912

*Limited biometric screenings supplies are available. Diagnosis will not be provided.
For more accurate results, please consider fasting.*

Free and open to the public.

Mower
Refreshed
Making healthy choices a priority

 **ENGAGE** | **QUIP** | **MPOWER**

Community partners:

- HyVee
- Mayo Clinic Health System
- Mower County Statewide Health Improvement Program
- Winona Nursing Program
- YMCA of Austin



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.



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

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

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