

Local Health Happenings

Worksite Networking Event

Best Western, 2101 S. Broadway, New Ulm

January 26, 2017

11:30 a.m. to 1 p.m.

RSVP by Jan. 20 via email: info@heartsbeatback.org

Please complete the event survey by clicking the link:

<https://www.surveymonkey.com/r/BKPP3TJ>

Leading With Emotional Intelligence

Best Western

January 31, 2017

9:00 a.m. – 2:00 p.m.

Registration: \$105 (includes assessment, materials, and lunch)

For more information contact the Chamber at

(507) 233-4300 or chamber@newulm.com

NUMC Foundation Have a Heart Gala

New Ulm Event Center

February 11, 2017

6:00 p.m. - 10:30 p.m.

For more information: 507-217-5180

New Ulm Stroke Support Group

New Ulm Medical Center Board Room

Board room located on the first floor behind Coffee Shop

Second Tuesday of Each Month

10:00 a.m. - 11:00 a.m.

For more information: 507-217-5173

Parkinson's Support Group

Oak Hills Hillside Haven

Every second Monday of the month

1:30 p.m. – 3:00 p.m.

For more information: 507-354-4189 or 507-794-3200

Family Caregiver Discussion Group

New Ulm Community Center, 600 N. German St.

Second Friday of each month

Start time of 10:00 a.m.

For more information: 1-866-974-0283



1324 Fifth North Street
New Ulm, MN 56073

allinahealth.org/numc

Gratitude and your well-being

-Jeff Allerson, NUMC Wellness Specialist

Expressing gratitude is the act of being thankful and showing your appreciation by returning kindness. It can help you manage stress, not to mention make someone else's day a little brighter.

Research has proven the positive benefits of practicing gratitude. Daily gratitude sessions can improve your alertness, enthusiasm, determination, optimism and energy levels. You may also experience:

- less depressed thoughts
- better sleep
- more productivity at work and home
- less stress, worry, anxiety
- progress toward personal goals
- a willingness to help others
- a desire to exercise more regularly

There are many ways you can help yourself feel grateful or show you are grateful to others. Write what you are grateful for in a journal, write a thank you note, make a donation to a local organization, send a post card, help your neighbor, complete random acts of kindness, thank employees for their hard work, or tell someone face-to-face your appreciation for them. Showing gratitude in the workplace can increase morale, engagement, productivity, and of course overall well-being. **Gratitude and acts of kindness are contagious, so pass it along!**

I'd like to share something our wellness committee did here at New Ulm Medical Center to spread kindness and to show gratitude. The committee organized a "healthy food donation challenge" among all departments. In just one week, over 925 pounds of food was collected for local food shelves. It's amazing to see what a little friendly competition and generosity can produce! Perhaps being more grateful could be part of your New Year's resolution!



Food Collected

For more wellness resources and articles visit: www.healthyssetgo.org



"Do something wonderful, people may imitate it."

-Albert Schweitzer

Wellness Newsletter

This newsletter promoting wellness is brought to you by the New Ulm Medical Center (NUMC) Occupational Health and Wellness Department

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www.allinahealth.org/numcwellness

2017 Neighborhood Health Connection Grant

Neighborhood Health Connection Grants support communities in building social connections, among the same group of adults, through healthy eating and physical activity.

People with positive social connections are healthier and:

- live longer
- are less likely to be depressed
- get better faster after an illness
- help make our community stronger

Have a great idea?

Apply to receive a 2017 Neighborhood Health Connection Grant. These competitive grants support activities that promote social connections through healthy eating and physical activity for adults. Any community nonprofit or local government organization can apply.

Interested organizations can apply beginning Jan. 2 through Feb. 1 at 5 p.m.

To apply or to learn more, visit:

www.neighborhoodhealthconnection.org

Additional questions, contact Jen Maurer at 507-217-5226



SHIP: The Statewide Health Improvement Partnership

SHIP is working to create healthier communities across Minnesota by expanding opportunities for active living, healthy eating and tobacco-free living. Through SHIP, local public health staff can help your business develop and expand your wellness efforts by providing technical assistance and funding (up to \$3,000) to support your comprehensive worksite wellness efforts. A worksite wellness program should be designed to support employee health and encourage positive lifestyle behaviors such as increased physical activity, healthy eating, reduced tobacco exposure and reduced stress.

SHIP works with employers to:

- encourage better nutrition through healthy vending, cafeteria and catering options
- encourage physical activity through active commuting, more walking and biking and other physical activity opportunities
- encourage tobacco-free policies, as well as health plan coverage of, and onsite support for, tobacco cessation efforts
- support breast feeding for working moms
- support organizational strategies that build support for lifestyle management and stress management programs

To learn more about how SHIP can support your worksite wellness program please contact:

Melissa Hoffmann, RN

Brown County Public Health

507-233-6815

Melissa.hoffmann@co.brown.mn.us



Sweet & Spicy Pork Chops

Recipe of the Month

Pork contains heart healthy vitamins B6, B12 and niacin!

Ingredients: Makes 4 servings

- 1/4 cup packed brown sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon garlic powder
- 1/4 teaspoon ground cayenne pepper
- 1 pound pork chops
- nonstick cooking spray
- 1 medium pineapple

Directions:

- Combine brown sugar, cinnamon, garlic powder and cayenne pepper. Rub pork chops with mixture and place in a zip-close bag. Place sealed bag in refrigerator and allow to marinate for 1 to 12 hrs.
- Spray grill grate with nonstick cooking spray. Preheat grill to medium-high heat.
- Place pork chops on grill and cook for 6 to 7 minutes. Flip and continue to cook for another 4 to 6 minutes. (If the chops are more than 3/4-inch thick, cook 6 to 8 minutes per side.) Pork chops are done when a cooking thermometer inserted into the center of the chop reads 145 F.
- Cut pineapple into rings and grill for 1 minute on each side. Place two rings per chop.
- To view more recipes visit: www.allinahealth.org/recipes

Go for the H2O this winter

Here are five tips to stay hydrated this winter:

1. Get in the habit of carrying a water bottle with you at work and at home.
2. Many fruits and vegetables have high water content. An orange, for instance, is 88 percent water. Other water-rich fruits and veggies are cucumber, lettuce, apples, berries, peas, eggplants and more.
3. Be mindful of coffee and alcohol. Both are diuretics, substances that increase how often you have to go to the bathroom. Drink a glass of water alongside each of these beverages.
4. If you aren't a fan of plain water, add a squeeze of lemon or some fruit chunks. Fizzy calorie-free seltzers are also a more flavorful way to stay hydrated. Keep in mind that beverages with added sugar are dehydrating, so steer clear of pop.
5. Switch out your salty snacks. Your body uses more water to eliminate the extra sodium in foods like chips and crackers. Try yogurt or peanut butter and celery sticks instead.

One rule of thumb is to drink half your body weight in fluid ounces. A 120-pound person should aim for 60 ounces—or 7.5 cups—of water a day (give or take depending on activity level).

-Kristen Cozad, MD, Allina Health

Nutrition Information

Serving Size: 1 chop
Calories per serving: 320
Total fat per serving: 13g
Saturated fat: 4.5g
Trans fat: 0g
Cholesterol: 65mg
Sodium: 65mg
Total Carbohydrates: 28g
Dietary Fiber: 2g
Sugars: 23g
Protein: 23g
Vitamin A: 4%
Vitamin C: 50%
Iron: 6%
Calcium: 6%