

Local Health Happenings

Farmers Market

Every Thursday and Saturday through September
9 a.m. - Noon
Cash Wise parking lot

Bavarian Blast 5-10k Run/Walk

July 15th, 2017 with an 8 a.m. start
New Ulm Civic Center
Register at: www.itsyourrace.com

Worksite Networking Event "Worksites on the Move"

July 20th, 11:30 a.m. – 1:00 p.m.
Turner Hall
RSVP by July 17th at info@heartsbeatback.org

NUMC Foundation Golf Tournament

August 14th, 2017 at the New Ulm Country Club
Registration starts at 11:00 a.m., golf starts at Noon
Online Registration:
<https://donate.allina.com/2017NUMCGolf>

Adult/Child Yoga in the Park

Lincoln Park, 718 S. State St.
Each Saturday in July, starting July 8th
9 a.m. - 9:45 a.m.
For more information call: 507-359-8347

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

Overeaters Anonymous

River Valley Church
100 N. Washington St. New Ulm
Group meets every Tuesday at 7 p.m.
For more information: 507-276-3968



NEW ULM
MEDICAL CENTER

1324 Fifth North Street
New Ulm, MN 56073

allinahealth.org/numc

Importance of taking vacation

Taking vacation is good for your health—really!

Feeling overwhelmed by work or like your work-life balance is out of whack? Have you skipped out on vacation plans this year? If so, you are not alone...but you may want to keep reading. Research shows Americans work more than anyone in the industrialized world. They also take less vacation, work longer days and retire later.

A number of studies have shown that taking time away from the job can have physical and psychological health benefits. People who take vacations have lower stress, less risk of heart disease, a better outlook on life, and more motivation to achieve goals.

If you still need a little convincing, here is a list of some of the additional benefits of taking time away from work:



- 1. Improved physical health:** Stress can contribute to heart disease and high blood pressure. For both men and women, the New York Times reported, taking a vacation every two years compared to every six will lessen the risk of coronary heart disease or heart attacks.
- 2. Improved mental health:** Neuroscientists have found that brain structure is altered by chronic exposure to the stress hormone cortisol, which can be a major contributing factor to anxiety and depression. Feelings of calm arise from time away from work and relieve stress, which allows the body and mind to heal in ways that it couldn't if it were still under pressure.
- 3. Greater well-being:** According to a Gallup study, people who "always make time for regular trips" had a 68.4 score on the Gallup-Heathway's Well-Being Index, in comparison to a 51.4 Well-Being score for less frequent travelers. One study found that three days after vacation, subjects' physical complaints, quality of sleep, and mood had improved as compared to before vacation.
- 4. Increased mental power:** Upon returning from vacation, workers are often more focused and productive. Studies have found that chronic stress can actually modulate a part of the brain that inhibits goal-directed activity and can cause problems with memory.
- 5. Improved familial relationships:** Spending time enjoying life with loved ones can keep relationships strong.
- 6. Decreased burnout:** Workers who take regular time to relax are less likely to experience burnout, making them more creative and productive than their overworked, under-rested counterparts.

The bottom line is, taking time away from the stresses of work and daily life can improve our health, motivation, relationships, job performance, and perspective and give us the break we need to return to our lives and jobs refreshed and better equipped to handle whatever comes.

-Shannon Torberg, PsyD,LP

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

Getting to know NUMC's Occupational Health and Wellness Team

Jen Maurer has been with the team for just over 4 years. Jen works as a Wellness Specialist and Community Engagement Coordinator for NUMC. She is also a co-facilitator of the Heart of New Ulm Leadership team, a member of the Sertoma Club of New Ulm and on the United Way and Underage Substance Abuse Coalition boards. Jen has a passion for activity and healthy living and has worked in the health and wellness industry for the past 10 years. Jen loves working in the community and the variety her job brings.

Jen currently lives in Sleepy Eye with her husband Scott and daughters Kelsi and Evelyn. In her spare time she enjoys spending time with friends and family, being outdoors, running and traveling.

**Jen and her husband Scott,
daughters Kelci and baby Evie**



Energize your summer with these five food tips

-Healthy Set Go Team

Making nutrition a priority can be trickier than ever during busy summer months. But remember: food is your fuel and summer is the perfect time to be mindful of healthy food choices. Follow these tips to keep you revved up and energized all day long.

Munch more melon

Watermelon, honeydew and cantaloupe are packed with energizing vitamins, minerals and antioxidants. Depending on the melon, you can consume a good amount of vitamins C and B and potassium in just ½ cup. Melons also contain 90 percent water, which can help keep you hydrated.

Pack in protein

Protein aids in extending energy and keeps you feeling full longer. It's also essential for muscle repair and building. For all-day energy, add high-quality protein to your meals. Choose poultry, lean meats, low-fat dairy products, nuts or nut butters.

Count on complex carbs

Avoid energy "ups and downs" by including carbs. Because carbs tend to break down more slowly they give your body more consistent energy. Include whole grain cereals, breads or pastas, fruits, vegetables, beans or lentils in your summer meals. Swap white bread for a whole grain option. Balance carbs with protein and healthy fats.

Wet your whistle

Hydrate! The human body is more than 50 percent water. When you're dehydrated, you can become fatigued. Try sparkling waters, teas or infuse your water with your favorite fruit or vegetable such as cucumbers, lemons or berries. Or drink a homemade, healthy fruit smoothie, fresh-squeezed juice or herbal iced tea. Remember—fluids can also be obtained from some of your foods.



Eat for peak energy

A key to keeping you and your family's energy levels up during the summer is to grab a nutritious meal or snack every two to three hours. Healthy snack options include trail mix with dried fruit and nuts, yogurt, popcorn, or a fresh peach or nectarine.

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



Grilled Fruit Kebabs

Recipe of the Month

Tropical fruits like pineapple contain nutrients to help protect your body from the sun's damaging rays on warm summer days. Swap out traditional grilling sides like potato salad for this tasty kebab!

Ingredients: Makes 6 servings

- 12 wood or metal skewers
- 24 strawberries, stems removed
- ½ fresh pineapple, cut into 1-2 inch cubes
- 3 peaches, cut into 1-2 inch cubes
- 2 tablespoons of dark brown sugar

Directions:

- Soak wood skewers in water for at least 30 minutes.
- Heat grill to medium-high heat.
- Place one strawberry on the skewer, then alternate between pineapple and peach cubes until you have 9 pieces of fruit on the kebab (4 pineapple cubes, 4 peach cubes). End with one more strawberry. Repeat for each skewer.
- Place kebabs on the grill. Grill for 5 to 8 minutes, turning frequently (about every 60 seconds). Sprinkle brown sugar in the last 1 to 2 minutes of grilling, turning several times to coat all sides.
- To view more recipes visit: www.allinahealth.org/recipes

Sea Salt or Regular Table Salt?

Whenever I'm out doing a presentation about nutrition, a common question usually develops, "Is sea salt healthier than regular table salt?" A great question, but the answer is really quite simple; consume whatever type of salt you enjoy the most, just in moderation. Moderation means less than 2,300mg of sodium per day for most Americans, or about 1 tsp.

Sea salt and table salt contain comparable amounts of sodium by weight—although sea salt is generally promoted as being healthier. The main difference between the two are their taste, texture and processing. Sea salt is created by evaporating ocean water or water from saltwater lakes (minimal processing), whereas table salt is mined from the ground (heavily processed).

Sea salt has bigger granules and minute trace minerals, so perhaps you might use less. Otherwise, continue to choose your favorite, or replace salt on occasion with herb blends, spice blends, limit processed foods, or simply take the salt shaker off the table!

-Jeff Allerson, Wellness Specialist



Nutrition Information

Serving Size: 2 kebabs
Calories per serving: 80
Total fat per serving: 0g
Saturated fat: 0g
Trans fat: 0g
Cholesterol: 0mg
Sodium: 0mg
Total Carbohydrates: 7g
Dietary Fiber: 12g
Sugars: 16g
Protein: 1g
Vitamin A: 0%
Vitamin C: 150%
Iron: 2%
Calcium: 2%