

## Local Health Happenings

### Day of Play for Teens

March 12, 2018

6 p.m. - 9 p.m.

New Ulm Recreation Center

\*Free event

### New Ulm Farm Show

March 9, 1 p.m. - 8 p.m. & March 10, 10 a.m. - 5 p.m.

New Ulm Civic Center

Free blood pressure, hearing, and grip strength tests!

### New Ulm Home and Health Show

March 23-25, 2018

New Ulm Civic Center

### Community Gardening Presentation

March 27, 2018

6:30 p.m. - 7:30 p.m.

New Ulm Public Library

### Conquering the 5K and half-marathon: Stay healthy and take time off your race

March 29, 2018

6 p.m. - 7 p.m.

New Ulm Medical Center Auditorium

This is a FREE workshop

### 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](http://allinahealth.org/numc)

## A doctor's journey from fat to fit: Facing my own mortality

A lot of things have changed since I started making healthier lifestyle changes four months ago. Some are purely physical and others are harder to see, but just as important:

- I'm wearing pants I haven't fit into for more than a year.
- I've dropped 17 pounds and built up muscle mass.
- My stamina has improved, I can get through a workout without nearly puking.
- I've prioritized getting enough sleep.

I feel proud of my progress and the changes I've made, but then, about a month ago, I had a serious health scare. I was driving into work one morning when the vision in my left eye suddenly started to go black, followed by numbness in the left side of my face. While I was at the emergency department getting an IV put in, I realized that my left arm was numb too.

I immediately jumped to worst-case scenarios: I'm having a stroke at 30-something. I began questioning the life choices that may have contributed to being in the ED at that moment. Why didn't I treat myself better? Why didn't I eat better? Why didn't I start the blood pressure medication my doctor recommended?



Thankfully, it wasn't a stroke. I was experiencing a less common type of migraine. Then I vowed, like countless others who have faced their own mortality, to commit 110 percent to healthier living.

At a follow-up appointment, I learned that my weight and the anatomy of my neck and throat puts me at higher risk for sleep apnea. This gave me another reason to get my rear in gear. The doctor also reinforced the importance of dealing with stress, and she actually recommended that I go on a vacation. I said that I would, but not for a few months. She laughed and told me to get a massage in the meantime. So, I did. I'm scheduled to go back for another massage and I'm contemplating acupuncture.

Another way I'm dealing with stress is by prioritizing sleep. It has been a hard habit to develop, but worth it. I feel better overall—mentally and physically.

- Turning off electronics and having a consistent sleep/wake cycle
- Getting seven to eight hours of sleep each night and cutting caffeine by 3 p.m.

My recent health scare made me reevaluate many things, but it also reaffirmed that these positive, healthy lifestyle changes are important. I'm taking control of my future by living healthy today.

*-Danielle Wang, MD*

## 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](http://www.allinahealth.org/numcwellness)

## Getting to know NUMC's Occupational Health and Wellness Team

Alison has been with the New Ulm Medical Center for just about 10 years, working primarily in the Drug Screening Department. She also spends a lot of her time working in the main Laboratory. You can sometimes find Alison helping out with blood draws at various onsite biometric screenings in the community. Alison likes the day to day variety her job offers and enjoys getting to know new people.

Alison grew up in the small town of Minneota, Minnesota and then moved to the Twin Cities to attend college and work. After getting married and having kids, family was so important they needed to be a little closer to home. New Ulm became their new home about 11 years ago. Alison is married and has two kids. Her family enjoys traveling, watching the Minnesota Twins, and being outdoors.



Alison with her husband and two children celebrating New Year's last year!

# Practice Three Good Things

Three Good Things is an evidence-based tool that refocuses your mind on the positive, instead of the negative.

In a given day, how often do you take note of the positive things? All of us can be very quick to notice the negative in our everyday lives and often tend to not notice good and positive things!



But don't feel too bad about this habit just yet! You are actually programmed to remember the negative, simply to remind you of danger and prevent bad things from happening. This comes from the time when danger was everywhere for your ancestors. Positive things are often not "genetically" important to us, so we tend to forget them quickly. Because of this, focusing your attention on the positive is a skill that takes practice – that's where Three Good Things steps in.

### Three Good Things Activity

Make a habit of thinking about three good things at the same time each day. Ask yourself "What are three things that went well today, and what was my role in making them happen?" For best results, write your thoughts down. Commit to making this a practice for at least two weeks!

Having trouble thinking of anything positive or good? Remember positive things can be big or small! A smile, a hug, holding the door for someone, sunshine, blue sky, warm weather, cozy nights, laughter, giving compliments – noticing or doing any of these things can help you to be more resilient and able to handle what life throws your way. Noticing and being grateful for the big and the small is a way you can find happiness each day.

For more ways to manage your stress in a healthy way visit: [www.changetochill.org](http://www.changetochill.org)



## Shrimp with Cilantro Rice

### Recipe of the Month

This dish may be low in salt (sodium) but it's rich in flavor! Naturally salt-free onion, garlic and cilantro provide great taste and some good nutrition too!

### Ingredients: Makes 4 servings

- 2 cups water
- 1 cup dry brown rice
- ½ cup chopped cilantro, divided
- ¼ cup fresh lime juice, divided
- 2 tablespoons safflower oil
- 3 tablespoons green onions, diced
- 4 cloves garlic, minced
- 1 medium green bell pepper, diced
- ¼ teaspoon ground black pepper
- 1 pound shrimp, peeled and deveined

### Directions:

- Cook rice according to package directions. Once rice is done, add half of the cilantro (½ cup) and half of the lime juice (1/8 cup). Stir. Remove from heat and set aside.
- In a large skillet, heat oil over medium-high heat. Add green onions and cook for about 3 minutes or until onions begin to soften. Stir in garlic, green pepper and black pepper. Cook for 1 more minute. (You should be able to smell the garlic!)
- Add shrimp and cook for 2 minutes. Stir. Cook for 2 more minutes. Stir in remaining cilantro and lime juice.
- Fluff rice with a fork. Serve 1/2 cup rice topped with 3/4 cup shrimp mixture. Enjoy!
- To view more recipes visit: [www.allinahealth.org/recipes](http://www.allinahealth.org/recipes)

## SHIP

Many adults spend the better part of their day at work, so creating or improving healthy options in the workplace is critical to improving health in our community. The goal of a workplace wellness program is to create a culture of wellness that supports healthy behaviors for all employees that are sustainable over time. **SHIP (Statewide Health Improvement Partnership)** can provide technical assistance and funding support to worksites who are interested in starting up or expanding their wellness programs.

SHIP uses a best practice model to support worksites to develop their wellness program through the following steps:

1. Assess what the current culture looks like and what is needed.
2. Develop a comprehensive plan that addresses: foundational elements, physical activity, healthy foods, breastfeeding support, tobacco free workplace, and stress management.
3. Develop a process to evaluate your worksite wellness program efforts.

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

Melissa Hoffmann, RN, BS, PHN  
Brown County Public Health  
507-233-6815



### Nutrition Information

Serving Size: ½ cup rice, ¾ cup shrimp  
Calories per serving: 340  
Total fat per serving: 9g  
Saturated fat: 1g  
Trans fat: 0g  
Cholesterol: 185mg  
Sodium: 150mg  
Total Carbohydrates: 40g  
Dietary Fiber: 3g  
Sugars: 2g  
Protein: 27g  
Vitamin A: 6%  
Vitamin C: 50%  
Iron: 8%