

## Local Health Happenings

### Poker Walk

Poker Walk Week 1

Walk Dates: May 5, May 12, May 19, and May 26

Full Event Details at:

<http://business.newulm.com/events/details/poker-walk-week-1-26545>

### Leadercast

Martin Luther College Auditorium

May 5, 2017, registration starts at 7:15 a.m.

Website: [www.leadercast.com](http://www.leadercast.com)

For more information contact the Chamber at: 507-233-4300

### Free Blood Pressure Checks

New Ulm Community Center

May 8, 2017

10:30 - 11:30 a.m.

Provided by Brown County Public Health

### Adult/Child Yoga in the Park

North Park, 1801 N. State St.

June 3, 2017

9 - 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

## Breaking Through Mental Health Stigma

When we have a health issue like a broken ankle, strep throat or fatigue, we often seek medical help as soon as we know something is wrong.

Yet, research shows people with mental health conditions wait an average of 10 years before seeking treatment. A main reason people put off getting help is the stigma associated with having a mental health condition. Stigma leads people to label, stereotype and even marginalize people with mental health conditions.

This in turn makes it harder for any of us who might experience a mental health condition to seek treatment. According to the National Alliance on Mental Health, only 60 percent of people with serious mental health conditions receive help.

### What can we do to break down stigma?

- 1. Acknowledge and understand it:** Stigma is not based on facts. It's based on negative media portrayals of people with mental health conditions or our personal experiences and stories we have heard throughout our lives.
- 2. Educate yourself and others:** Mental health conditions are common. 1 in 4 adults and 1 in 5 children experience a mental health condition. As with other physical health conditions, mental health conditions may be caused by genetic, environmental, biological, social and/or cultural factors.
- 3. Be compassionate. See the person, not the condition:** Understand that at the core of any mental health condition is a human being who deserves dignity, respect and kindness. Treat people with mental health conditions with the same compassion as people with other illnesses. Don't stand by if someone is using unsupportive language. Gently make an effort to educate them.
- 4. Choose language carefully and consider how it affects others:** Avoid words like "crazy," "nuts" or "psycho." People may think using these terms to describe behavior that seems odd, eccentric or strange is harmless, but it can be damaging to the self-esteem of those experiencing real mental health conditions. It perpetuates the stigma that keeps people from taking the action they need to get help.

Mental health  
conditions  
are as common as  
brown eyes.

Each of us can rise to the challenge of breaking down mental health stigma. We can chip away at it so that when we or someone we love experiences a mental health condition, it's easier to talk about, seek help and address it.

*-Tina Welke, Allina Health LICSW*

**For a free mental health presentation at your organization call Jen at 507-217-5226**



"You are never too old to set another goal or to dream a new dream"  
-C.S Lewis

### Wellness Newsletter

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

Maggie Dake: 507-217-5454 (Occ. Health)  
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Jen Maurer: 507-217-5226 (Wellness)  
Jeff Allerson: 507-217-5855 (Wellness)

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

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

Jeff Allerson has been with the team for just over two years. Jeff works as a Wellness Specialist and Heart Safe Coordinator for the team. You may see him around doing anything health and wellness related in the community or at the workplace. He also spends a lot of time doing CPR/AED First Aid trainings in the community as well. Jeff likes the variety his job brings and enjoys working with people with their health and well-being on a daily basis.

Jeff grew up on a farm near Nicollet and moved back to the area after working and living in St. Cloud for the past few years. In his spare time he enjoys wood working, house renovations, sports, or just anything outdoors. He and his wife Rainy are expecting an addition to the family mid-September!



Jeff, his wife Rainy, dog Penny, and cat Piper

## Meal Kits: Pros and Cons

-Laura Musselman, Allina Health RD

Delivered right to your door, meal kits offer convenience, healthy eating and less food waste. This year, Americans will spend \$400 million on the new industry.

### Meal kits:

- Are a great way to experiment with new foods, flavors and cooking methods
- Offer many convenient choices for busy families who want to prepare more meals at home or those who are trying to eat healthier
- Are a good way to try new flavors and foods
- Can reduce food waste, as kits include just the amount you'll need for the meal
- Offer a wide range of meal choices, including vegetarian and gluten-free options

### How well do meal kits stack up?

While meal kits offer many benefits, cost savings isn't one of them. Most kits cost about twice as much per serving as you'd spend if you bought your own ingredients; however, because you receive just the amount you need, there's less food waste.

**Only you** can determine if meal kits are a good fit for your family. If you're intrigued and want to try it, here are some tips:



**Check out several companies to find the best fit.** For example, if nutrition is important, look for a company that includes nutritional information with their recipes.

**Have your kids help.** Let your family help choose your meals and cook together. It's a great way to spend time with your kids while expanding their food palate and experimenting with new flavors and ingredients.

**Evaluate your total weekly food costs.** The total cost of meal kits may strike a balance with less time spent grocery shopping, fewer fast food and takeout meals eaten and less overall food waste.

For more wellness resources and articles visit: [www.healthsetgo.org](http://www.healthsetgo.org)



## Black Bean Salad with Cilantro-Lemon Vinaigrette

### Recipe of the Month

This recipe has 12 grams of fiber in just one serving! (That's about half of what you need in one day.) Fiber helps to keep your digestive system healthy and can also help to lower your cholesterol.

### Ingredients: Makes 8 servings

- 2 15oz cans rinsed black beans
- 1 1/2 cups frozen corn, thawed
- 2 red bell peppers, seeded and diced
- 3 cloves garlic, minced
- 2 tablespoons chopped green onions
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon smoked paprika
- 2 tablespoons sugar
- 1/2 cup extra-virgin olive oil
- 2 teaspoons lemon zest
- 6 tablespoons lemon juice
- 1/2 cup chopped fresh cilantro
- 2 avocados

### Directions:

- In a large bowl, combine all ingredients except avocado. Stir. Place in refrigerator for 3 hours.
- Just before serving, peel and remove the pit from the avocado, then dice. Remove the salad from refrigerator and add diced avocado. Gently mix, being careful not to mash the avocado.
- To view more recipes visit: [www.allinahealth.org/recipes](http://www.allinahealth.org/recipes)

## Tips to avoid ticks this summer

1. Stay on trails and paths, and avoid hiking through tall grass or leaf litter.
2. Take a shower or bath within two hours of coming inside, then do a tick check. Use a mirror to check those hard to see places!
3. Put your clothes in the dryer on hot for 20 minutes or, if soiled, wash them in hot water first.
4. Wear long sleeves, pants, socks and shoes if you are walking in areas prone to have ticks.
5. Cover your exposed skin with an insect repellent containing 20 to 30 percent DEET, which protects you for several hours.
6. Ticks can hitch a ride with your dog and move to you. Consider a tick-preventive treatment or collar for your pet that likes the great outdoors.
7. Create a tick safe yard by clearing tall grass, stack firewood in a dry area, keep playground equipment away from trees.



### Nutrition Information

Serving Size: 3/4 cup  
Calories per serving: 370  
Total fat per serving: 24g  
Saturated fat: 3.5g  
Trans fat: 0g  
Cholesterol: 0mg  
Sodium: 160mg  
Total Carbohydrates: 33g  
Dietary Fiber: 12g  
Sugars: 7g  
Protein: 9g  
Vitamin A: 25%  
Vitamin C: 90%  
Iron: 15%  
Calcium: 6%