

Local Health Happenings

Community Flu Shot Clinics

September 26, October 24, 11 a.m. – 1 p.m.

New Ulm Chamber of Commerce

1 N Minnesota St, New Ulm, MN 56073

October 12, 11 a.m. – 1 p.m.

Allina Home Oxygen & Medical Equipment (HOME)

1601 S Broadway St, New Ulm, MN 56073

***Insurance billed, adults only, no appointment necessary**

Winthrop Day of Health

September 19

Screenings and Flu shots 7 a.m. – 11 a.m. only

Health Fair 8 a.m. – 12:30 p.m.

RS Fiber Building, 103 2nd St. E. Winthrop

First 100 attendees will get a free screening and a \$5 produce gift card to Red Rooster Grocery

To sign up call Cassie at 507-217-5842 or email:

newulmoccupationalhealth@allina.com

Worksite Networking “Thanksgiving: A Day or a Lifestyle?”

October 19, 11:30 a.m. – 1:00 p.m.

Turner Hall

RSVP by October 17th at info@heartsbeatback.org

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

Don't let high blood pressure sneak up on you

High blood pressure is a tricky thing. It can do a lot of damage without you knowing it, and it's the kind of damage that's hard to fix. That's why it's important to get your blood pressure checked annually—even if you are young and healthy.

If you've never really thought about blood pressure, here are the basics.

Blood pressure is measured with two numbers, like 120/80 mmHg. The first number is the amount of pressure against walls of your blood vessels when the heart beats. The second number is the amount of pressure when your heart relaxes. Ideally, your blood pressure should be 120/80 or lower. High blood pressure, which we also call hypertension, is anything above 140/90.

Over time, high blood pressure damages the blood vessels, making them stiff and less flexible, but the damage doesn't stop there. High blood pressure hurts many different organs: the heart, brain, lungs, kidneys and eyes. It also makes you more susceptible to life-threatening events, like stroke and heart attack.

Even moderate increases in blood pressure, like consistently getting readings between 120/80 and 140/90, should not be ignored. That's called pre-hypertension. Getting regular exercise, losing a few pounds and making some other lifestyle changes often helps to get this under control.

Be especially alert if you or your loved ones have these risk factors:

- family history of high blood pressure
- ethnic background (some ethnicities, like African-Americans, are at higher risk)
- obesity
- diabetes
- inactivity
- sleep apnea
- regular, heavy use of alcohol
- smoking
- stress

-Savita Mall, MBBS



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

Heavy Backpack Blues

Sometimes back-to-school comes with unwanted back pain. Piling books, school supplies, athletic equipment, water bottles and more into a backpack makes the weight add up quick. Here's how to keep your kids safe from backpacks that are too heavy and cause potential back injuries. *- Leslie Hillman, MD*

Heavy backpack blues

PACK LIGHT,
if you can



Maximum weight
10-15%
of the student's
body weight

Tighten
the straps



Use
both
shoulder straps

Don't ignore
back pain

see pediatrician,
if needed



Pack
HEAVY STUFF
in the bottom

Five tips for eating healthy on a budget

Eating healthfully doesn't have to be expensive. In fact, it can be affordable and easy if you follow these five tips:

1. Plan your weekly meals and snacks

Be thoughtful about healthy meals and snacks by resisting the urge to overbuy, especially fresh produce. Instead, use up what's in your cupboards, fridge or freezer first. Clip grocery coupons and shop sales. Stock up on healthy food when it's on sale and always shop from your grocery list to avoid impulse buys.

2. Buy fresh produce when it's in season

All fruits and veggies can be frozen and used later in smoothies, a heart-healthy stir fry or as a side. In addition to freezing, take a class to learn how to do home canning, fermenting or preserving foods.

3. Plan meals with healthy, low-cost ingredients and store brands

Stock your pantry with budget-friendly ingredients and store brands that are available year-round. Some examples: eggs, apples, bananas, carrots, greens, potatoes, sweet potatoes, dried or canned beans, canned tomatoes, brown rice, whole-grain pasta, old-fashioned oats, canned meat and fish.

4. Grow a row

Grow herbs in your garden or in pots to add fresh flavor to your meals. Mint, basil, cilantro and rosemary are great basic herbs to try. Dry them for use during the winter.

5. Share a meal

Participate in a potluck with your friends, neighbors or coworkers. Plan together what each person will prepare so your meal is well-balanced and nutritious. You'll make connections and build relationships. *-Allina Health Community Benefit & Engagement*

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



Have an Abundant Garden?

Having a garden is one of the great perks of summer. What's better than having fresh produce coming right from your yard?! Even better, a garden that produces more than we can eat! Not everyone is fortunate enough to have a garden, so why not share that bounty with others? You can even swap out some of your garden items for something different!

Sharing is as easy as creating a designated spot in a break room, or another common room all employees have access to. This designated spot can have a basket or a box, or even just a sign indicating the area as the drop off for fresh garden produce. Garden produce is not only great for our health, but great for our wallets as well. We are currently promoting this at the New Ulm Medical Center and are calling it **"GROW IT, SHARE IT"**. This type of programming can be good for both our physical and mental health, so keep growing, and get sharing.



Spicy dry-rubbed baked salmon

Recipe of the Month

This recipe uses a spice mixture without salt (sodium), making it a great option if you're watching your sodium intake!

Ingredients: Makes 4 servings

- 4 4-ounce fresh or frozen salmon fillets
- 4 teaspoons extra-virgin olive oil, divided
- 2 tablespoons packed brown sugar
- 1 teaspoon smoked paprika
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon ground cayenne pepper
- 1/4 teaspoon onion powder
- 1/4 teaspoon cumin
- 1/4 teaspoon garlic powder

Directions:

- Preheat oven to 375 F. Stir. Rub 1 teaspoon of oil on a salmon fillet. Place on a small baking sheet, skin-side-down. Repeat with remaining salmon fillets.
- In a small bowl, combine remaining ingredients. Stir with a fork until well-blended. Rub each fillet with 2 teaspoons of the rub mixture. Place baking sheet in the refrigerator for 10 minutes. Remove from refrigerator and bake for 20 to 25 minutes or until fish flakes easily with a fork. (Fish is done when a cooking thermometer inserted into the center of the fillet reads 145 F.)
- To view more recipes visit: www.allinahealth.org/recipes

Nutrition Information

Serving Size: 1 fillet
Calories per serving: 270
Total fat per serving: 14g
Saturated fat: 2g
Trans fat: 0g
Cholesterol: 80mg
Sodium: 65mg
Total Carbohydrates: 7g
Dietary Fiber: 0g
Sugars: 7g
Protein: 29g
Vitamin A: 2%
Vitamin C: 0%
Iron: 8%
Calcium: 2%