

Local Health Happenings

Farm-City Hub Club Farm Show

New Ulm Civic Center

March 10th from 1pm-8pm

March 11th from 10am-5pm

-NUMC will have free blood pressure and hearing screenings, plus opportunity to get a tetanus booster!

New Ulm Home and Health Show

New Ulm Civic Center

Friday, March 24th from 3pm - 8pm

Saturday, March 25th from 10am – 5pm

Sunday, March 26th from 11am – 4pm

Leadercast

Martin Luther College Auditorium

May 5th, 2017, registration starts at 7:15am

Website: www.leadercast.com

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

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



**NEW ULM
MEDICAL CENTER**

1324 Fifth North Street
New Ulm, MN 56073

allinahealth.org/numc

Three healthy habits to start this spring

Spring is time for new beginnings and there's no better time to make healthy changes. Here are three simple steps you can take to improve your family's health.

1. Add one vegetable and/or fruit serving to every meal—find creative ways to do it such as adding bananas to breakfast cereal or tomatoes to a sandwich, etc.



2. Reduce screen time by 30 minutes and instead add 30 minutes of exercise—take walks together, ride bikes, dance in your living room, etc.



3. Eat dinner together—multiple studies have shown that this simple act decreases anxiety and stress, teaches good nutrition habits and reduces obesity later in life.



-Jennifer Brown, Allina MD

Translating these tips into the workplace!

1. Create a healthy snack station, periodically supply breakrooms with fruit, have fruit at meetings and celebrations, provide education and healthy eating tips, hold a cooking class at work.
2. Encourage walking meetings, park further away, encourage walking on breaks and lunch, create various walking and biking challenges, create indoor/outdoor walking routes.
3. Encourage people to use the breakroom and to bring their own lunch, hold healthy potlucks, have employees share healthy recipes.

Creating and learning healthy habits in the workplace can translate to home, and provide a much needed boost to start the spring off right!

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

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 the Occupational Health and Wellness Team

NUMC's Occupational Health and Wellness department was lucky enough to have Cassie Johnson start working in the department about a year ago. Cassie works as a Health Unit Coordinator (HUC) within the department. Cassie is available to schedule your Occupational Health & Wellness needs, including but not limited to drug screens, audiograms/vision testing, pre-employment physicals and DOT physicals. You may also see her out and about with the wellness team working with biometric screenings or leading CPR/AED trainings!

Cassie really enjoys getting to know new industries as she is originally from the northern suburbs of the Twin Cities. In her free time she is a firefighter/EMT for Gibbon Fire and Rescue.



Cassie and her fiancé Ben

Does organic mean healthier?

Although organic foods use fewer pesticides, antibiotics and growth hormones, studies have not shown they are a more healthful option than nonorganic foods.

Until more research is done, continue to wash all non-organic and organic properly, refrigerate all food quickly, cook to the proper temperature, and wash hands before and after handling food.

Organic: What does it mean?

According to the United States Department of Agriculture (USDA), organic foods are: from animals that were not given antibiotics or growth hormones, grown naturally (not genetically modified) or grown without the use of unapproved pesticides (chemicals) or fertilizers.



How do you decide whether to buy organic foods?

Price: Compare the price of organic and nonorganic foods. If the difference isn't much, you may consider paying a bit more for the organic. Sometimes organic foods are on sale for the same price as nonorganic foods.

Type of food: Pesticides are sprayed on the outside of fruits and vegetables, covering the outer skin or peel. If you're concerned about pesticides, you may want to consider buying organic fruits and vegetables with edible skins. Some produce items have been shown to contain more contamination than others, this can be seen with the [dirty dozen and clean fifteen list](#)

Sweets, snacks and other processed foods can also be made with organic ingredients. Remember that organic does not mean more healthful.

An organic cookie is still a cookie — it has the same amount of calories, fat and sugar as a cookie made with nonorganic ingredients.

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



Slow Cooker BBQ Wings

Recipe of the Month

It's easy to overeat this finger food! Leaving the remains (bones) of the wings on your plate may serve as a visual reminder to stop eating when you're full.

Ingredients: Makes 30 servings

- 1/4 cup balsamic vinegar
- 1/4 cup Worcestershire sauce
- 1/4 cup unsweetened 100% pineapple juice
- 1/4 cup molasses
- 1/4 cup packed brown sugar
- 1/2 teaspoon ground cumin
- 1 tablespoon smoked paprika
- 4 cloves garlic, minced
- 3 jalapenos, seeded and minced
- 3 pounds chicken wings
- 2 tablespoons water
- 2 tablespoons cornstarch

Directions:

- In a large bowl, combine the first 9 ingredients.
- Place wings into the slow cooker. Pour the sauce (made in step 1) over the wings. Mix until wings are well coated. Cover and cook on low for 3 to 4 hours. (You can also cook on high for 1 to 2 hours.)
- In a small bowl, combine the cornstarch and water. Pour mixture into the slow cooker. Mix. Cover and cook on high for 15 to 20 minutes or until sauce thickens.
- To view more recipes visit: www.allinahealth.org/recipes

BCBS's BluePrint health insurance product

BluePrint is an Allina-affiliated network health insurance product offered by BlueCross BlueShield that can be a more affordable health insurance option, while also offering some added benefits to your employees. For example, BluePrint offers chronic care packages for individuals with diabetes, hypertension and high cholesterol. This added benefit and the normally lower cost to BluePrint has made it a very attractive plan for employers to offer to their employees.

To learn more about BluePrint, ask your insurance agent.

or contact:

Carisa Buegler, Director of Operations, at New Ulm Medical Center: 507-217-5210 or carisa.buegler@allina.com



Nutrition Information

Serving Size: 1 wing w/2tsp of sauce
Calories per serving: 120
Total fat per serving: 7g
Saturated fat: 2g
Trans fat: 0g
Cholesterol: 35mg
Sodium: 60mg
Total Carbohydrates: 6g
Dietary Fiber: 0g
Sugars: 5g
Protein: 8g
Vitamin A: 2%
Vitamin C: 4%
Iron: 4%