

## Local Health Happenings

### Worksite Wellness Event

July 12, 2018  
11:30 a.m. – 1:00 p.m.  
German Park Pavilion

### KNUJ Farmers Market

Thursdays 2:30 p.m. - 5:30 p.m.  
Saturdays 9:00 a.m. - Noon  
July through August 2018

### Bavarian Blast - 5K/10K Run

July 21, 2018  
8am-Noon  
Register online at [www.tempotickets.com](http://www.tempotickets.com)

### National Night Out

July 30, 2018  
5:30 p.m. – 8:00 p.m.  
German Park

### NUMC Foundation Golf Tournament

August 13, 2018  
Noon – 7:00 p.m.  
New Ulm Country Club  
Website: <https://www.allinahealth.org/give>

### 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)

# Wellness @ Work

July 2018

## Kindness Rocks!

Looking for a fun activity to do with your staff? Research has shown that performing an act of kindness produces the single most reliable momentary increase in well-being of any exercise that has been tested. The Heart of New Ulm Brown County Mental Health and Wellness Team is asking worksites to spread kindness, one rock at a time. Sometimes the world gives us a small sign of encouragement, right when we need it the most. That's the idea behind The Kindness Rocks Project. It's a wonderful project that encourages people to decorate rocks with inspirational messages and leave them in easy-to-find places in your community and at your worksite for others to find.

**TO GET STARTED** Start collecting rocks! Simply head out into nature or purchase them from your local home improvement store.

Smooth flat stones work best for artwork—just be creative!

**PREPARE THE ROCKS** Paint your rocks with non-toxic acrylic paint to help prepare them for your paint pens. This increases the life of your paint pens too!



**GET CREATIVE** Decorate your rocks with messages of kindness that will inspire, motivate, praise or spread cheer! Sharpie OIL-BASED paint pens work best. They come in two tip widths; the fine tips work best for writing. We also love Prismacolor permanent calligraphy pens!

**SIGNED, SEALED, READY FOR DELIVERY** To protect your artwork from the elements and to prevent fading, use a non-toxic sealant such as Mod Podge or a clear acrylic spray to seal your rock. Make sure your artwork has dried completely before sealing.

**DON'T FORGET THE #** Be sure to add #rockNU (for New Ulm) or #rockSE (for Sleepy Eye) to the back of each rock you drop. This will enable you to keep track of your kindness! Later you can put the # into your social media search bar and possibly stumble upon posts from people who have found your rock. Cool, right?

**GET PERMISSION** When dropping your rocks, be sure to get permission from the property owner first. It is our goal to promote respect and consideration for others while spreading kindness.

## 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)

## Whole grains made easy

Whole grains are high in fiber and give you a long lasting energy boost, plus they will make you feel full for a longer portion of the day. They can also help you to lower your cholesterol level, so make half of your daily grains whole grains. Common whole grains can include whole-wheat flour, popcorn, oatmeal, whole cornmeal, wild rice, quinoa, and brown rice. One of my favorite methods of incorporating whole grains and fruit into my day is to make overnight refrigerator oatmeal. Not only is this healthy, but it's convenient and portable for those on-the-go. I'll share one version of this:

### Ingredients

- $\frac{1}{3}$  cup skim, almond or soy milk
- $\frac{1}{4}$  cup unsweetened apple sauce
- $\frac{1}{4}$  cup rolled oats
- $\frac{1}{4}$  cup Greek yogurt
- $\frac{1}{4}$  cup diced apple or any other fruit that you like
- 1  $\frac{1}{2}$  teaspoons chia seeds
- $\frac{1}{4}$  teaspoons cinnamon

### Directions

Place all ingredients in a 1 pint mason jar. Screw on the lid and shake until all ingredients are combined. Refrigerate overnight and eat chilled. 1 serving.

—Jeffrey Allerson

"Well done is better than well said."

- Benjamin Franklin

## Training for life: Functional Fitness

Being physically fit does not mean you have to be an elite athlete. What is possible is a basic fitness level, one that allows us to perform the activities of daily living. We need, at the very least, to be functionally fit.

Maybe in your day-to-day life you need to climb stairs, lift a toddler, carry a bag of groceries, put dishes away on a high shelf or vacuum up the dog hair. Functional fitness training refers to exercises that help you perform these activities more easily, without pain or strain.



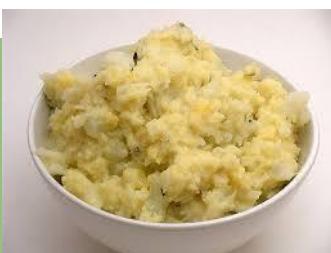
A functional fitness exercise might mimic the activity that you need to do. For instance, if you routinely find yourself picking up a small child, you need to strengthen the muscles in your legs, hips, abdomen, spine and arms. You also need to improve your balance. While walking for 30 minutes on a treadmill will help you improve your cardiovascular health, as well as strengthen your legs, hips and buttocks, it won't really help you in bending and lifting. A better, more functional exercise is a squat where you lift a weight off the floor that is in front of you.

A functional fitness exercise might also involve strengthening opposing muscles. If your job requires that you sit for most of eight hours, over time the muscles in your buttocks and abdomen can become weak, while the muscles in your lower back and hips become tight. This can cause back pain and reduced stability. If you can't routinely stand and break the habit of prolonged sitting, you need to incorporate exercises that strengthen your abdominals and gluts (butt muscles) while stretching the hips and lower back.

Your first step toward improved functional fitness is to determine your goals. Do you want to be able to climb stairs more easily? Weed in your garden? Once you know what you want to achieve, you need to identify activities that will help you do so. If you haven't exercised in a while, talk with your health care provider to find out if you are healthy enough to start an exercise program. Your provider may recommend a physical therapy consultation or suggest that you meet with a personal trainer who can help you create a safe and appropriate exercise program.

-Holly Gigure, CTRS, HFS

For more wellness articles and tips, visit: [www.allinahealth.org/healthystogo](http://www.allinahealth.org/healthystogo)



### Cauliflower Mashed "potatoes"

#### Recipe of the Month

This potato substitute tastes and looks like mashed potatoes. Your guests won't guess they're eating a lower-carb option!

#### Ingredients: Makes 8 servings

- 2 cauliflower heads, broken into florets
- ½ cup evaporated milk
- 3 tablespoons unsalted butter
- 2 teaspoons salt
- ½ teaspoons ground black pepper

#### Directions:

- Place cauliflower florets in a large pot. Add water until covered. Bring to a boil, reduce heat and simmer (covered) for 12 to 15 minutes, until florets are well-cooked.
- Place florets in a colander. Drain well
- Place florets in a large mixing bowl. Add evaporated milk and butter. Mash. Season with salt and pepper.
- If you like garlic, you can add a little minced garlic or garlic powder!
- To view more recipes visit: [www.allinahealth.org/recipes](http://www.allinahealth.org/recipes)

## Can I still eat that?

How many times have you caught yourself throwing away food from your plate, pantry and refrigerator wondering if it was still safe to eat? Grocery stores and restaurants also throw away a lot of food especially if it doesn't look "just right." These foods may be absolutely safe, as well as tasty to eat. According to a recent report the average American wastes 300 pounds of food each year. That means about a third of the food we intend to eat ends up in a landfill. One way you can help reduce food waste is to know how long you can safely keep food. Refer to these common "use by" date labels to help ease some of your confusion around what is still safe to eat.

- **Sell-by** Tells the store how long to display the product for sale. This label is for inventory management and is not a food safety date.
- **Use-by** The last date recommended for the product to be consumed; at peak quality. It is not a safety date except when used on infant formula.
- **Pack date** Tells when the product was packaged. It is used by manufacturers and retailers to track and rotate inventory
- **Best if used by/before** Recommended by the US Department of Agriculture. Indicates when a product is at its best flavor or quality. It is not a purchase or safety date.

-Michele Schaper, Allina RD, LD

#### Nutrition Information

Serving Size: ½ cup  
Calories per serving: 90  
Total fat per serving: 5g  
Saturated fat: 3g  
Trans fat: 0g  
Cholesterol: 15mg  
Sodium: 540mg  
Total Carbohydrates: 9g  
Dietary Fiber: 3g  
Sugars: 4g  
Protein: 4g  
Vitamin A: 4%  
Vitamin C: 150%  
Iron: 4%  
Calcium: 6%