

## Local Health Happenings

### Holiday Trimmings

Holiday Trimmings is an eight-week program designed to help you achieve better health and a stronger sense of well-being.

**Registration will be open Nov. 1 – 22**

Register at: <http://heartsbeatback.org/holidaytrimmings2017>

The program runs from Nov. 20 to Jan. 12

### Fitness Fun Day

November 12, 2017

1:00 p.m. – 5 p.m.

New Ulm Recreation Center

Rec center will be open free of charge for individuals and families to swim, play basketball, gym games or walk the track.

\*Refreshments will be served.

### Sertoma Club of New Ulm: Breakfast With Santa

November 12, 2017

8:30 a.m. – 12:30 p.m.

Cathedral of the Holy Trinity, New Ulm

Proceeds benefit Santa's Closet

### How to Make Kombucha: A Natural Probiotic Beverage

November 15, 2017

5:30 p.m. – 6:30 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**

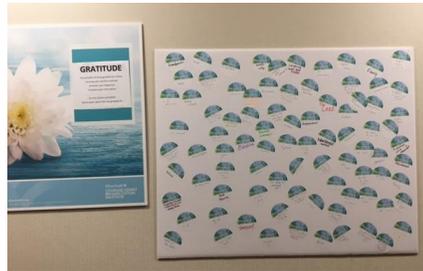
1324 Fifth North Street  
New Ulm, MN 56073

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

## The benefits of practicing gratitude

Have you ever asked yourself, "What am I truly grateful for in my life?" If so, you may already be practicing gratitude. If this isn't a common practice of yours, this may be a good time to start. Research has proven the positive benefits of practicing gratitude. Daily gratitude sessions can improve your alertness, enthusiasm, determination, optimism and energy levels. You may also experience:

- less depressed thoughts
- less stress, worry, anxiety
- progress toward personal goals
- a willingness to help others
- a desire to exercise more regularly



Practicing gratitude can become a positive habit, but only with continued practice. Here are a few tips to help you make it a part of your daily routine.

**Start small:** Write in a gratitude journal for as little as five minutes a day, three times a week. This practice will help you to be thankful for what you have. **Keep your journal close by:** Buy a small journal to keep at your bedside or find apps for your mobile device, such as Gratitude 365 or Gratitude to Bliss. **Practice, practice, practice:** Take a few minutes each day to write three positive thoughts about your day or what you are thankful for. This practice has the potential to change your life! **Express gratitude toward others:** This can be done by writing a gratitude letter and mailing it, or even more powerful, calling someone to share why he or she makes you feel grateful.

—Melissa Kennedy, Allina Health PA-C

## Gratitude in the Workplace

- Place a gratitude "wall" in a breakroom or common space (example in picture above). Employees can freely write what they are grateful for.
- Start out meetings by having co-workers come up with three good things for the day or week. This can help create positivity and improve resiliency.
- Create clever awards to recognize employees for a job well done, for going above and beyond, or to simply show appreciation.
- Provide stationery so employees can write gratitude letters to family, friends, and other co-workers.
- Encourage random acts of kindness to be done by individuals or even departments. <http://www.bouncebackproject.org/random-acts-of-kindness/>
- To learn more, or to gather more tools/resources about gratitude, please visit: <http://www.bouncebackproject.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](http://www.allinahealth.org/numcwellness)

## Are you sitting correctly? Basic ergonomic tips

Using good posture while sitting during the work day can help decrease the strain on your spine and prevent workplace injury.

- The top of your monitor should be at eye level.
- Place your keyboard at the height of your elbows. Your forearms (from your elbow to wrist) should be straight. Your wrists should not tilt up or down to type.
- Use a footrest if your feet do not rest on the floor. Your knees should be at a 90-degree angle.
- Adjust the seat height of your chair so your hips are just slightly above your knees.
- The backrest of your chair should support the inward curve of your lower back.
- Put the document holder on the side of your monitor to prevent neck strain.
- Sit straight in your chair. Make sure your ears are above your shoulders and your shoulders are above your hips. This will help prevent back strain.
- Keep your shoulders relaxed and your wrists straight.



*If you'd like an office assessment done by a NUMC Physical Therapist, feel free to contact us for details or assistance.*

# What you need to know about gluten

You're likely to see many foods labeled as "gluten-free" as you're walking the aisles of any grocery store. So what is gluten, and do we need to avoid it? The truth is, most of us don't.

Gluten is a naturally present protein found in several types of grains, including wheat, barley and rye. The gluten protein helps give the grain its shape. Gluten is what gives bread and other doughs its stickiness and stretchiness. Many foods are made using gluten-containing grains such as cereal, bread, pasta and crackers. Other foods—like soy sauce, processed meats, sauces, gravies and dressings—often use gluten as a stabilizer.

People who have celiac disease, a gastrointestinal disorder, experience an autoimmune response to gluten. This response can cause intestinal damage when ingesting even a small amount of gluten. Celiac disease is present in about one to two percent of the U.S. population. Gluten sensitivity is a bit more common, estimated to affect six to 10 percent of the population. Gluten sensitivity can cause:

- abdominal pain
- constipation or diarrhea
- chronic fatigue
- headaches
- skin rashes



Talk with your provider if you think you may have gluten sensitivity. You may be referred to a registered dietitian who can help you develop a healthy eating plan that avoids gluten.

The fact is that foods labeled as gluten-free are not more nutritious than their gluten-containing counterparts. If you don't have celiac disease or a gluten sensitivity, you can safely include whole grains and whole-grain products as part of your diet.

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



## Slow Cooker Oatmeal with Apples and Raisins

### Recipe of the Month

Oats are a great source of soluble fiber, which may help you maintain a healthy weight by keeping you feeling full and satisfied.

### Ingredients: Makes 8 servings

- Nonstick cooking spray
- 3 medium apples, peeled, cut into 1/2" pieces
- 1/2 cup seedless raisins
- 2 1/4 cups fat-free milk
- 2 1/4 cups water
- 1 1/2 cups steel-cut oats
- 1 1/4 teaspoons ground cinnamon
- Optional: brown sugar, syrup, dried cherries or cranberries, walnuts, flaxseed

### Directions:

- Spray the slow cooker with nonstick cooking spray. Add apples, raisins, milk, water, oats and cinnamon. Mix well. Cover and cook on low for 7 to 8 hours.
- Add optional toppings if desired. Serve warm. \* (options not included in nutrition facts)
- To view more recipes visit: [www.allinahealth.org/recipes](http://www.allinahealth.org/recipes)

## Embrace winter wellness

**Move that body!** Think differently about fitness during the winter and take small steps to incorporate exercise into your daily routines. Take the stairs instead of the elevator, if the weather is nicer, park your car further from the entrance to your office or the grocery store. Do some mall-walking, stretching exercises, use hand weights at home to stay fit over the winter.

**Calm your mind.** The two most common obstacles to achieving health and wellness goals are stress and lack of sleep. Lower your stress by lowering expectations you have for yourself. Consider learning relaxation techniques or meditation to help with sleep

**Love your veggies.** Fruits and vegetables that are in season during the winter months include sweet potatoes, root vegetables, cranberries, pomegranates and citrus fruits. During the colder months, our bodies naturally crave slightly heavier and warming foods such as soup, chili or stew – throw some root vegetables into your soups.

**Make time for yourself.** Even taking a minute or two out of your daily routine to look outside at nature, focus on your breathing and be gentle with yourself has immense benefits of greater relaxation, positivity and centeredness.



### Nutrition Information

Serving Size: 1 cup  
Calories per serving: 200  
Total fat per serving: 2g  
Saturated fat: 0g  
Trans fat: 0g  
Cholesterol: 0mg  
Sodium: 35mg  
Total Carbohydrates: 41g  
Dietary Fiber: 5g  
Sugars: 17g  
Protein: 7g  
Vitamin A: 4%  
Vitamin C: 6%  
Iron: 10%  
Calcium: 10%