

Albert Lea – Freeborn County Chamber of Commerce

"Wellness Works"

Quarterly Newsletter, October 2019

MFWC - Celebrating 100 Years

Minnesota Freezer Warehouse Company celebrates 100 years of excellence.

MFWC has been powered by innovation, reliability and dedication. It's these values that have helped them grow, evolve and keep working to better meet their customer needs. Values that can still be seen in everything they do today. Their commitment to customers extends to their community as well.

In 1992, the founder and chief executive officer of MFWC, Franklin D. "Duke" Newell, Jr., passed away. To honor his memory, the Newell family created the Franklin D. Newell Memorial Scholarship.

Investing in the future of our young people, every year, Minnesota Freezer Warehouse Company sponsors up to three individual scholarships of \$1,000 each. These scholarships have contributed to the continued education of local students for over 20 years.

A large number of graduating seniors are eligible to receive the Franklin D. Newell Jr. Memorial Scholarship and can apply for consideration by March 1st annually.

Congratulations to Minnesota Freezer Warehouse Company for achieving a historic landmark! The community thanks you for your contributions to business, industry, our local workforce and our community.

Reduce Stress With Holiday Fun!

The Holiday season can be a very stressful time for both employers and employees. A great way to reduce stress in your worksite is to have some fun together!

Freeborn Mower Cooperative Services celebrates the

Holidays with their now famous "Healthy Elves on the Shelf". You can follow their antics each December on the Blue Zones Project Facebook page.

Plan something fun for your worksite over the Holidays and reap the benefits all year long.

The Great American Smokeout

Tobacco Free worksites protect employees from the harmful effects of secondhand smoke, and can also encourage current tobacco users to reduce their use and help those who are trying to quit. Employers have the opportunity to reduce the negative impact of tobacco use

on their employees and their business. The Worksite Wellness Committee encourages your worksite to participate in the Great American Smokeout on NOVEMBER 21st. Be a part of the solution.

The Gift of Warmth & A New Home!

Jack Frost's Closet is a great way for your worksite to come together and provide winter gear for Freeborn County families in need. You can find information and a flier to post in your employee gathering spaces at:

www.unitedwayfc.com/jackfrosts Closet

The Chamber has relocated to Downtown Albert Lea! Stop in and see us at our new location, 132 North Broadway. We are excited to be downtown!



Albert Lea Select Foods' 2019 Employee Art Contest

LET'S TALK ABOUT THE POWER OF ART! The way employees think and feel has a direct impact on everything from productivity to communication. What better way to communicate than doing so with art.

In August, Albert Lea Select Foods held their 2nd annual employee art contest! What a great way to celebrate community and nurture a great passion in life. Every day when the employees of Albert Lea Select Foods gather in their cafeteria and common area they are surrounded with beautiful art. Art created by them that reflect their life experiences. Pictures of their lives, their interests and their imaginations that need no words. A truly collaborative effort.

The Chamber Worksite Wellness Committee had the honor of judging this year's contest and it was an inspiring experience. Congratulations to Jackie Chamizo the winner of the Albert Lea Select Foods 2019 Employee Art contest. We LOVE the boots!

