

# "Wellness Works"

## Employee Quarterly Newsletter, October 2020

### FUN AT WORK!!

Are you doing your part to have some fun at work? LAUGHTER and SMILING can be the antidote to the current daunting challenges. In other words, FUN AT WORK is exactly what is needed! Here are some ideas for having fun at work just to get you started.



The "Holly" and "Jolly" elves have been a permanent part of the Holiday fun at Freeborn Mower Cooperative Services for many years! They are famous... frolicking the worksite, showing up in unlikely places, featured on Facebook, going to hockey games and visiting the Humane Society.... Always taking pictures! They are all about FUN!!!

**Free Purpose Workshops!**  
Discover your gifts and talents, learn how to navigate through life's transitions, and improve your well-being.

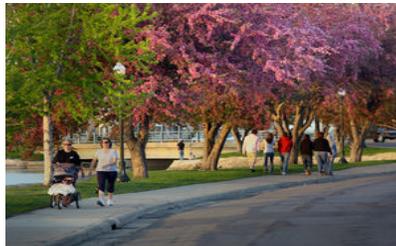
- Nov 9th: 9- 11am
- Nov 12th: 3 -5pm

To register please contact: Ellen Kehr at [ellen.kehr@gmail.com](mailto:ellen.kehr@gmail.com)

### It's Fall Let's Walk Everywhere!

For those of you who like to stay active and move naturally. .... Take a WALK!!

Fall in Minnesota is incredibly beautiful. Walking is something we can all do safely. With or without a friend, either at work or in your neighborhood. WALK



### Stay Connected

Are you a remote worker? It can be a challenge staying connected with your team. Plan a Zoom Wine @Five ( or beer) once or twice a month. Take the time to share and stay connected.

1. Have your tried **Online Shopping?**
2. Sit down, order groceries , choose a pick-up time, pick-up groceries. Done!
3. Well you do have to put your groceries away. LOL



### Five Ways to Show Gratitude in Your Workplace!

1. Give Gifts
2. Offer Acts of Service.
3. Offer Words of Praise.
4. Write Thank-You Cards and Letters.
5. In the wake of crisis, take time for **THANKSGIVING**

## DRIVE-UP FLU SHOT CLINICS

EARN 20¢ OFF PER GALLON



**AUGUST 17 - OCTOBER 31**  
MONDAYS 7 A.M. - 11 A.M.  
THURSDAYS 3 P.M. - 7 P.M.  
SATURDAYS 10 A.M. - 2 P.M.

IN-STORE FLU SHOTS STILL AVAILABLE DURING REGULAR PHARMACY HOURS.

Hy-Vee pharmacy

## Hy-Vee A Great Community Partner !!

In light of COVID-19, Hy-Vee pharmacies are offering drive-up flu shots to provide an even more convenient and contactless way to receive your flu shot this year. Drive-up flu vaccines will be offered Monday, Aug. 17 through Saturday, Oct. 31. Save Time

Each person who receives a flu vaccine at a Hy-Vee Pharmacy can earn a 20 cents per gallon Fuel Saver discount.

Immunizations typically given at well-child visits by a physician can now be administered by a Hy-Vee pharmacist without a prescription or an appointment.

Medicaid and most insurance plans cover immunizations at no charge.



Albert Lea-Freeborn County  
Chamber of Commerce  
Worksite Wellness