

WELLNESS WORKS

Quarterly Employee Newsletter

Spring 2022

Brought to you by the Albert Lea-Freeborn County Chamber of Commerce Worksite Wellness Committee



Join the program
KICKSTART KINDNESS



Join Mayo Clinic Health System to practice the art of kindness and help start a kindness revolution. During this monthlong program, you will complete as many activities as you'd like from the list of nearly 100 ideas. Choose the activities that work best for you, and complete them when it works best for your schedule. This program is free!

Your kindness journey begins upon registration. Visit mayoclinichealthsystem.org/kindness to learn more and get started.

FREEBORN COUNTY RESOURCE DIRECTORY

Click this link to find the help you need, today!
<https://www.co.freeborn.mn.us/DocumentCenter/View/2625/Resource-Directory-for-Freeborn-County---June-2020?bidId=>

Save These Numbers

IF YOU OR SOMEONE YOU KNOW IS IN CRISIS AND IN NEED OF IMMEDIATE ASSISTANCE, THE FOLLOWING RESOURCES CAN HELP:

- County Crisis Number: 507-377-5460
- Throughout Minnesota call ****CRISIS**** (**274747)
- Crisis Text Line: FREE, 24/7 by texting MN to 741741
- Farm & Rural Helpline: 833-600-2670
- The Trevor Project: 866-488-7386
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- If calling 911 ask for a CIT (Crisis Intervention Trained) officer.

COMMUNITY RAPID TESTING SITE MOVED

The Albert Lea Rapid Site moved locations as of Thursday, February 17th.

- Albert Lea Community Testing Site moved from the old ShopKo space to the Albert Lea Armory.
- Operating days and hours will remain the same (Thursday & Friday, 11am-6pm and Saturday, 11am-4pm). *Note* The site will be closed on Saturday, 2/26.
- No soldiers will be participating in testing operations.

GIVE THE GIFT OF LIFE

The Albert Lea-Freeborn County Chamber of Commerce hosts a Blood Drive for the Red Cross every other month, at Northbridge Mall. Blood drives are scheduled for:

- Friday, February 25, 2022
- Friday, April 29, 2022
- Friday, June 24, 2022
- Friday, August 26, 2022
- Friday, October 28, 2022
- Thursday, December 29, 2022

Visit redcrossblood.org to register, today.

SHIP MINI GRANTS AVAILABLE

SHIP has funding available for each worksite around multiple strategy settings: Breastfeeding, Tobacco, Healthy Eating, Active Living, Mental Wellbeing, etc. Would love to hear more about what you'd like to incorporate and how we can partner and help out!

Feel free to reach out with ideas and sharing opportunities ana.howe@co.freeborn.mn.us or call 507-402-2918.



Healthy Recipe



Bruschetta Grilled Chicken

Yield: 4 servings

Total Time: 30 minutes

Per Serving: 1 Leaner, 1 Healthy Fat, 3 Green, 3 Condiments

Ingredients

10 medium-sized vine-ripe tomatoes, cores removed

Cooking spray

2 garlic cloves, minced

2 tbsp balsamic vinegar

4 tsp extra virgin olive oil

1 cup fresh basil, chopped

2 lbs. boneless, skinless chicken breasts

¼ tsp each: salt & ground black pepper

Directions

1. Pre-heat the grill or grill pan.
2. Spray tomatoes with nonstick cooking spray and season with salt and pepper.
3. Grill tomatoes on all sides until slightly charred. Remove and allow to cool completely.
4. Roughly chop or slice tomatoes in quarters. Add garlic, balsamic vinegar, basil, and oil.
5. Set aside to marinate.
6. Meanwhile, season chicken with salt and black pepper.
7. Spray chicken on both sides with nonstick cooking spray. Grill chicken breasts on both sides for about 4 to 5 minutes or until internal temperature reaches 165°F. Once cooked, remove and set aside to rest for about 5 minutes.
8. For 1 portion, plate 6 ounces cooked chicken breast with a quarter of the tomatoes and about one tablespoon of the balsamic vinegar mixture from the bruschetta.

Tip: Alternatively, you can prepare this recipe in the oven. Preheat the oven to 500°F. Place lightly sprayed tomatoes on a sheet pan, and cook about 2 to 3 minutes until charred. Lower the oven to 375°F, and place lightly sprayed chicken on a sheet pan. Cook for 20 to 25 minutes until internal temperature reaches 165°F.

Nutrition Facts: Per Serving: 380 calories, 49g protein, 20g carb, 11g fat

Recipe by OPTAVIA