

Katie Johnson: Good morning and welcome to Apple a Day: Lake Region Health Care's Health and Wellness Program where we feature news and information you can use to live a healthier life. I am Katie Johnson, your host, and my guest today is a first time guest of the show I believe but one that you will probably all recognize. Tom Rufer is here to talk with me about a big event we have happening next week.

Tom Rufer: Well, hello everyone. How are you, Katie?

Katie Johnson: I am doing well, thanks for joining me Tom. You have so many roles at Lake Region Health Care, from keeping the whole administrative team running like a well oil machine to being the public face of the pursuit of healthiness and all kinds of other things in between. So thanks for taking some time out of your busy schedule to join us.

Tom Rufer: Well, I am honored to be here and it's a very important topic today so I'm glad that I can be here to help out.

Katie Johnson: Absolutely. So you've part of the weekly report outs that we've been doing over the past eighth weeks as we've done our 2019 community wellness challenge called the wheel of wellness. Tell me a little bit about what the challenge has been about and what people who've been participating have been doing.

Tom Rufer: Well, you know, we're focused on seven different areas of wellness, not just going to the gym and being on a diet. Things like spiritual wellness, intellectual wellness, things like we did a segment of recycling one week where we focused the environmental wellness. So incorporating all of those things into your daily routine is a challenge. I'll be the first one to admit but what our wheel of wellness challenge hoped to accomplish was to get people into the habit of understanding all of the different aspects of wellness and we tried to bring that together every week. And we tried to have some fun doing it.

Katie Johnson: And I think we did. We started out with the physical wellness challenge that everybody pitched in and exercised enough miles to get us to Fiji.

Tom Rufer: Mm-hmm (affirmative).

Katie Johnson: So we made it to Fiji the first week then we focused on our occupational health and sleep. So we got to kind of think about resting in Fiji.

Tom Rufer: Mm-hmm (affirmative).

Katie Johnson: And I think that was just a fun way to incorporate a different component each week and like you said do it in a fun way but challenge people to think a little bit out of the box and we're bringing this all together in a culmination of our community wellness expo which happens this Thursday.

Tom Rufer: Mm-hmm (affirmative).

Katie Johnson: So it's March 14th at M State and tell us a little bit more about what people can expect. Where is it gonna be held? What time does it start and what kinds of things can people do when they get there?

Tom Rufer: Sure, yeah. So come at 4:30. It's free. Open to the public. Anyone who wants to can show up whether or not you've participated in the wellness challenge. That's important, we want everyone to come.

Katie Johnson: Mm-hmm (affirmative).

Tom Rufer: There's over 30 exhibitors. It's gonna be at M State Legacy Hall and so you can come and you can wander around the exhibition booths and you can get information, ask questions, get free stuff. It's everybody, there's North Country Trail Association, YMCA, Rock Steady Boxing, 20/20 Optical. Ask our doctors, Dr. Larson, Dr. Mach, Dr. Overgaard. The Health Resources Center, A Place to Belong. So, I mean, all kinds of exhibitors can answer quite a few of your wellness questions.

Katie Johnson: Exactly. And I understand all of them are going to have not only resources for you but some kind of fun thing for you to do at the booth too to kind of learn along with them as you're there and lots of them are giving away prizes that we're gonna be spinning the wheel for every 15 minutes throughout that evening. So it's gonna be really fun just with that part of it but that's only one part of it.

Tom Rufer: Mm-hmm (affirmative).

Katie Johnson: The exhibitors, tell us more. I hear there's gonna be food.

Tom Rufer: Mm-hmm (affirmative). Yep and getting swag from the exhibitors is one of my favorite parts of any exposition.

Katie Johnson: Yes.

Tom Rufer: But yes and you brought up food which is a cause that is near and dear to my heart and I remember last year Service Food knocked it out of the park with their salads. I thought, "How good could a salad be?"

Katie Johnson: It was.

Tom Rufer: And the answer was really, really good.

Katie Johnson: Uh-huh (affirmative).

Tom Rufer: So Service Food's gonna be there, Meadow Farm Foods, our very own Lake Region Health Care Nutrition Services as well as Mill Street Residents. Williams Company Store, Manna Food Co-op, Meadow Farm Foods, there's a bunch of different organizations providing food and that is just top-notch.

Katie Johnson: Fabled Farmer, I heard too.

Tom Rufer: Yes.

Katie Johnson: And all of these are partners in the Eat Well Fergus Falls Program, which is you'll be able to learn more about that too but a group of local food service vendors who work with dieticians to make sure that they're offering healthy items on their menus.

Tom Rufer: Mm-hmm (affirmative).

Katie Johnson: So that's gonna fun to learn more about that and to sample some of those foods. Feeling a little tight in your shoulders too?

Tom Rufer: You know what's funny you mention that, Katie, because there's gonna be free massage.

Katie Johnson: Ah.

Tom Rufer: Free, let's go back, free ...

Katie Johnson: Free.

Tom Rufer: ... massage.

Katie Johnson: Yeah.

Tom Rufer: So from 4:30 to 6:30 PM and yeah so enough said, free massage from a variety of local providers providing that so that's almost enough reason to go just by itself.

Katie Johnson: Exactly. We have Terry Benzie Ellingson, Molly from Poppy Seed Massage, Karen from Salon Eclipse and Liz, Jess and Teri from Mind Body Center. So really, really appreciate all the local partnerships coming together to help us offer food, massage, all these great resources and then we have break out sessions beside some kind of real hands on learning sessions to learn about some different topics on the wellness spectrum as well.

Tom Rufer: Yes. We've got Power of Mindfulness improving your financial health, healthy eating on the fly, which, I mean, who couldn't benefit from that?

Katie Johnson: Yeah.

Tom Rufer: Exercise and core strength at any age, finding happiness and purpose and the library's gonna come and tell us how to develop a better relationship with our smartphone.

Katie Johnson: Wow.

Tom Rufer: Which I think we could all benefit from.

Katie Johnson: Yeah, so much to unpack there in terms of what angle that might take, whether we can learn some things about health from our phone. Our phone could also be something that takes away from our health if we give it too much of our time.

Tom Rufer: Mm-hmm (affirmative).

Katie Johnson: So yeah, I'm really looking forward to that and we really encourage people to bring their kids because we got something to keep them busy while you're taking in the break out sessions too.

Tom Rufer: Cross fit kids.

Katie Johnson: Yeah.

Tom Rufer: Which is something that I can't wait to get my kids involved in because we say at our house, "Burning kiddo cal's is number one."

Katie Johnson: Yeah.

Tom Rufer: So cross fit kids, bring your kids and they'll get introduced to that and give you a little chance to go around and see the exhibitors.

Katie Johnson: Right, right. You can just check your kids in to cross fits kids, Doug Newby the instructor will take great care of them, burn those kiddie calories like you said and let you enjoy the expo. Of course, a lot of the participants in our community health challenge look forward to the expo because we culminate the night with our grand prize drawing.

Tom Rufer: Not just the free food?

Katie Johnson: Well, I mean, on top of all of these great things, yeah. So tell us a little bit more about what the end of the night is gonna look like.

Tom Rufer: So for people, the participants in our challenge, that have entered at least four weeks worth of their participation data will be entered into the drawing automatically for a kayak, a trek bike, cash or a \$2000 travel voucher, where you go to the travel agency and you say, "You know what? This is where I wanna go. Here's \$2000."

Katie Johnson: Voila.

Tom Rufer: "Let's do it."

Katie Johnson: Nice.

Tom Rufer: So that would be pretty awesome considering I think we're forecast to get, what, eight inches of snow.

Katie Johnson: Enough, enough already.

Tom Rufer: Yeah.

Katie Johnson: But, yes, super fun grand prize and that's drawn for at the very end of the evening.

Tom Rufer: Yep.

Katie Johnson: A couple of speakers are gonna kind of cap off the night to, again, tie together everything that we've learned and kind of send people off with a little bit of motivation. You wanna give us just a sneak preview of what the speakers are too?

Tom Rufer: Yeah. So we've got Carla Wolford from USC Advanced Sports Performance at Elevate Human Potential and EHP Cross Fit in Moorhead and our very own Dr. Joshua Overguard who is an Internal Medicine Physician here at Lake Region Health Care.

Katie Johnson: Mm-hmm (affirmative).

Tom Rufer: And we're gonna show a video of what a Moorhead area farmer's struggle with addiction and depression and his powerful comeback from the brink of suicide and then Karen and Josh are just gonna share their professional perspective of what we can all learn from his struggles and successes and how we can apply the lessons to our own lives.

Katie Johnson: Boy, that sounds like some real solid takeaway stuff that just we all can apply in our own lives and I'm just so looking forward to it. I love the expo, I love the energy it brings, I love all the partnerships in the community that are coming together to help bring this free health and wellness information to our community. So we just really encourage everyone to join us, again, this Thursday, March 14th. Doors open at 4:30. You can come any time obviously.

Tom Rufer: You can be in line at 4:30 if you wanted to.

Katie Johnson: You could but obviously you don't have to be there right at 4:30. You can come and go as you wish but I think you'll be able to keep yourself busy all the full time, from 4:30 till the speaker at 7:00.

Tom Rufer: Exhibitors, free massage, free food, very powerful keynote presentation and prizes.

Katie Johnson: Yeah.

Tom Rufer: I mean, how do you stay away from that?

Katie Johnson: Exactly.

Tom Rufer: Yeah.

Katie Johnson: And all at no charge.

Tom Rufer: Yeah, free.

Katie Johnson: Much of that is thanks to the Lake Region Health Care Foundation that underwrites our challenge, underwrites the \$2000 grand prize and helps make this expo possible. So we appreciate the Lake Region Health Care Foundation and all of our donors and we hope to see you all out at M State Thursday March 14th for the Community Health Expo. Tom Rufer, my guest today, thanks for joining me. Looking forward to seeing you there.

Tom Rufer: Thank you, Katie. We'll see you there.

Katie Johnson: Tom Rufer and Katie Johnson on Apple A Day this morning reminding you there is so much to do here. Stay healthy for it. Have a great day.