

Katie Johnson : Good morning and welcome to Apple A Day, Lake Region Healthcare's health and wellness show 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 Tom Roofer. We are going to be sharing some exciting news about Tom's new role at Lake Region Healthcare and he's here to invite everyone listening to join us for our 2020 Community Health Challenge. Good morning, Tom.

Tom Roofer: Good morning, Katie. Thanks for having me.

Katie Johnson : Well, thank you so much for joining me. As I kind of hinted, we're excited to announce that you have a new role at Lake Region Healthcare, so I'd really like you to tell our listeners about how long have you been here and what have you been doing and then what are you going to be doing going forward?

Tom Roofer: Yeah, well, I started here in May of 2016 as the Executive Assistant. I do all sorts of things. I like to say that if it doesn't fall in anybody else's basket here, it falls into mine. One of the things I love so much about it is that I get to work with almost every department on something or other.

Katie Johnson : Right.

Tom Roofer: And being kind of a people person, I really enjoy just being so involved in the organization and it's kind of the best of both worlds because where my physical office is located, I can work uninterrupted as long as I like. But if I ever get lonely I just go down to get the mail and I'll see seven or eight people in the hallway that I know.

Katie Johnson : Right.

Tom Roofer: So it's been a great position, great fit. So I'm very excited to be moving into the newly created role of Employee and Community Relations Coordinator. It's kind of a mouthful that I'm still learning but basically the two main focuses are going to be internal employee engagement just making sure that everyone on the Lake Region team understands what I really believe, which is that it takes every single person here without exception to make this place operate.

Katie Johnson : Mm-hmm (affirmative).

Tom Roofer: So no one should feel like they're "low on a totem pole" or not important because really without every single one of us this place cannot function. Just making sure that our employees are engaged in what we do and why we do it and just helping people be proud to work here. I mean, even since before I worked here, I knew it was a great place to work and I'm just very happy to be here and very excited about the new role. So another big focus of my new role is going to be community engagement.

Katie Johnson : Mm-hmm (affirmative).

Tom Roofer: We serve nine communities and just making sure that that Lake Region is working kind of hand in glove with the communities that we support along our mission of wellness. And just making sure that as a large organization in these communities that we're doing everything we can for the communities and really partnering up to make sure that we're not duplicating any efforts anywhere or anything like that.

Katie Johnson : Right. Like we always say, it takes a partnership. We cannot improve the health of people in our region on our own, it takes a partnership. And when you say we're in nine communities or we serve nine communities, of course, we serve more than nine communities. We have a physical presence in nine communities, but we serve a huge area and there are so many people in so many communities and so many partners that we want to work with more closely every day to really help engage everyone towards healthier living. And that's exactly why we're here talking about the Community Health Challenge too, right?

Tom Roofer: Mm-hmm (affirmative).

Katie Johnson : So it all comes full circle, but there's no question when you said you're a people person, that's exactly why community and employee relations is right up your alley and so happy that you're going to be using those talents to even further the success of Lake Region Healthcare. So let's talk a little bit more about this Community Challenge though. Lake Region Healthcare's been doing this for a while. I believe this is year seven.

Tom Roofer: I do believe you're right.

Katie Johnson : And I don't know, you weren't here the very first year when we did the Walk to Waikiki.

Tom Roofer: No, I have vague memories of it. As usual, it was well promoted in the community. But no, I've been a participant in three. This will be my fourth now that I've participated in.

Katie Johnson : So way back when, when we started this Walk to Waikiki, the idea was, could we all walk enough miles over the course of six weeks to make it from Fergus Falls to Waikiki Beach? That's how this community health challenge started and it just exploded. And we've kind of ventured all kinds of places through the years, right? We went from Waikiki to Maui and then we started getting really adventurous and went all the way around the world. And then we decided to go to the moon and then we didn't think we could go any further so we tried a new spin and went to the Wheel of Wellness and focused on different components of wellness each week and kind of moved away from only the physical activity to remind people that there are a lot more components to well-rounded health.

Katie Johnson : So that's what we've done for the last couple of years. But we've heard kind of a strong message from the public that they miss that challenge to just exercise

and to get out and get moving in the winter. And we're kind of at that point right now, I don't know about you, but where the luster of your new year's resolution might be wearing off a little bit, right?

Tom Roofer: Mm-hmm (affirmative).

Katie Johnson : And we might need a little boost. So that's what we're going to do. We're going to go back to encouraging people to exercise, physical activity, whatever that might be. What's your favorite?

Tom Roofer: I am very partial to indoor cycling.

Katie Johnson : Perfect.

Tom Roofer: And I will throw out my a little shameless self promotion, 5:30 Thursday evenings at our very own Fatty Nannies.

Katie Johnson : Yes.

Tom Roofer: Come and join my cycling class, you won't regret it.

Katie Johnson : That would be a great way to rack up some miles for the challenge.

Tom Roofer: Yep. I'll get you some healthy miles and we'll have a good time doing it.

Katie Johnson : Absolutely.

Tom Roofer: I do also instruct at the YMCA on Wednesday and Friday mornings.

Katie Johnson : Mm-hmm (affirmative).

Tom Roofer: So come and catch an indoor cycling class. And actually the one that I have gotten into as an adjustable 40 year old person is hockey.

Katie Johnson : Ah.

Tom Roofer: My kids joined hockey and now I've been playing hockey and just having an absolute blast.

Katie Johnson : Another great way.

Tom Roofer: So many ways that people can earn miles for our challenge.

Katie Johnson : Right. So that's what we're saying, it doesn't matter what you like to do to exercise as long as it gets your heart rate up for at least 10 minutes at a time. That's what the CDC defines as physical activity that contributes towards better

health. You can count that towards this challenge. And what we're going to do is we're going to try and trek our way all the way across and around and through the 61 National Parks of the United States National Park System.

Tom Roofer: That is awesome.

Katie Johnson : Yeah, so it's a fun theme. It's called Move More, Explore More, and we are going to start February 23rd.

Tom Roofer: So we can sign up anytime between now and then, right?

Katie Johnson : Exactly. So sometime between now and February 23rd we really want to encourage people to hop on over to the website and just click on the link and fill out that registration form. You want to share what the website is?

Tom Roofer: Yes, and I actually get to do this many, many times a day, as I have to spell out my email address to people on the phone.

Katie Johnson : Yes.

Tom Roofer: It is lrhc.org, as in Lake Region Healthcare, /movemore. But if you don't get as far as the move more apart, we'll have a button on the front page directing you to the right place.

Katie Johnson : Yep.

Tom Roofer: Yes, so sign up before February 23rd. If somebody isn't necessarily on the ball right away, can they sign up after?

Katie Johnson : You can. What we're going to say is the cutoff date is four weeks into the challenge. So we will take some stragglers, but you'll miss out on some opportunities to win extra prizes if you don't sign up earlier because we're going to draw for weekly prizes.

Tom Roofer: Yep.

Katie Johnson : And you'll miss out on a lot of the cool information we're going to learn about all these national parks we visited along the way. So, for those of you that participated early on, you'll remember how we learned about all of the cities that we stopped at along the way. We're going to do the same thing here. We're going to really get to know the United States National Parks and it's going to be really fun. A really fun adventure.

Tom Roofer: Yeah. Don't delay.

Katie Johnson : Yeah. So we, in the past, have had a grand prize. The first year was a trip to Waikiki Beach. Of course, the Walk to Waikiki. We've done other fun locations, travel vouchers, but to fit with this year's theme, you want to tell them what this year's grand prize will be?

Tom Roofer: This year's grand prize winner will be taking a fabulous trip on a houseboat on Crane Lake in Voyageurs National Park.

Katie Johnson : Exactly. Minnesota's own National Park. So that's our goal, is finish up the challenge by April 23rd. It's 61 days, 61 parks, about eight weeks to make it back to Voyageurs National Park and then draw for a houseboat trip.

Tom Roofer: And I'm not guaranteeing anything, I can't speak for it, but I'm just saying that if I got to pick the houseboat, you would definitely have a water slide on there.

Katie Johnson : Oh, well, yeah, good idea.

Tom Roofer: So do what you can on that.

Katie Johnson : We'll see what we can do.

Tom Roofer: That would just sweeten the pot that much more.

Katie Johnson : Awesome. Let's see. We've talked about how to sign up, when to sign up. Oh, the grand prize drawing will be on April 23rd. We always culminate with our Community Wellness Expo and a fun new location for that to tie into our theme too.

Tom Roofer: The Prairie Wetlands Learning Center.

Katie Johnson : Yeah.

Tom Roofer: A fabulous local institution of which, the fun trivia fact, I do believe that there are only, I think it's six other centers like that in the entire country.

Katie Johnson : Wow.

Tom Roofer: Which is how fortunate we are to have a Learning Center like that right here in Fergus Falls.

Katie Johnson : Right. It is a hidden gem and that's one of the reasons when we started thinking about the theme and the outdoors, exploring, and moving, the Prairie Wetlands came to our mind. And I think a lot of people maybe know it exists, have driven by it, but really don't know what happens there, what can you find there? So we really want the community to embrace this gem that we have and come out to the Prairie Wetlands. We're going to have some super fun activities. Of course,

our health screenings and breakout sessions and the grand prize drawing and all that good stuff. Again, mark your calendar. That's Thursday, April 23rd that we're going to do that at the Prairie Wetlands. So that's where we'll culminate. Again, you and Natalie and Caroline are going to give us some weekly updates by video, right?

Tom Roofer: Yep, yep. I don't know, we won't get to go to the beach. Last year, we got to spend two months at the beach, which was pretty fantastic, but we'll take you to some pretty interesting and scenic destinations along the way.

Katie Johnson : Yes.

Tom Roofer: And yeah, we'll have just kind of some weekly knowledge for you to help you with your overall wellness journey.

Katie Johnson : Mm-hmm (affirmative).

Tom Roofer: A lot of different topics. We're going to be looking at environmental wellness, nutrition, intellectual, spiritual. So really the whole, all the aspects, the different aspects of wellness we're going to spend some time on. And you know what? Knowing our little group, we're going to have a good time doing it.

Katie Johnson : Absolutely. One of the weeks in particular that I'm excited to highlight a little bit is the Intellectual Wellness Week. We're partnering with a group in Fergus Falls that's doing a Fergus Reads project on the book, The Nature Principle. And we're going to introduce that book, encourage everyone that's in our challenge to kind of join that challenge to read that book, and then they, on the day after our Community Wellness Expo, are bringing Will Steger to Fergus Falls who will be giving a keynote presentation. And they're also going to be having some great environmental educational things happening because it also happens to be Earth Day the week of Earth Week.

Tom Roofer: That is pretty cool. Will Steger, wow.

Katie Johnson : Yeah, some really cool tie-ins. So all of these exciting things to look forward to. Again, we just really want to invite all of our listeners to join us on this challenge. Whether you like to go to a Zumba class or you like to simply walk, whatever it is, we just want you to sign up to do just a little bit more, move more and explore more, and we're going to make it fun to do that in the process. We promise to make it easy for you to track and submit your miles and be part of this community effort to visit all 61 of the National Parks. Anything else you want to add, Tom?

Tom Roofer: And I'll just say, whatever your particular flavor of fitness is there, there will be a handy dandy conversion chart on the website to convert your physical exertion.

Katie Johnson : Mm-hmm (affirmative).

Tom Roofer: Depending on the level of exertion, you'll get more mileage for that of course.

Katie Johnson : Exactly.

Tom Roofer: But my one question for you, Katie though, this just popped into my mind as we were sitting here, let's say that it was still football season. Would watching the Vikings count for 10 minutes, because that's about what, 120, 240 minutes of elevated heart rate?

Katie Johnson : Well, I guess it depends on how elevated your heart rate gets.

Tom Roofer: It gets pretty high.

Katie Johnson : Well, thank goodness it's not the Vikings season right now, but we encourage you again to hop on lrhc.org/movemore. Sign up for the challenge sometime between now and February 23rd and be ready to start tracking those physical activity minutes and join us in this community effort to Move More, Explore More and visit the 61 National Parks together with us on a journey to better health. Tom roofer, our new Employee and Community Relations Coordinator.

Tom Roofer: Good job.

Katie Johnson : Yes. My guest today and again will be your kind of weekly guide on this journey, my guest today on Apple A Day. Thanks Tom for joining me. I'm looking forward to trekking the parks together.

Tom Roofer: Me too. Thanks for having me. Keep up the good work. Tom Roofer and Katie Johnson on Apple A Day today reminding you there is so much to do here. Stay healthy for it. Have a great day.