

# ROOTED IN WELLNESS

Lafayette County Health Department & Memorial Hospital of Lafayette County  
Quarterly Newsletter-September 2023



Photo provided by: Lafayette  
County Tourism Department

Welcome to the second edition of "Rooted in Wellness" created by the Lafayette County Health Department and Memorial Hospital of Lafayette County. The purpose of this newsletter is to spread information about important topics in health and wellness in our local community. This will be a quarterly newsletter available for anyone in Lafayette County.

You may sign up to receive the newsletter via email or delivery to your mailbox. To sign up, scan the QR code below or call (608)776-4895



# LOCAL WELLNESS SPOTLIGHT

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**The Bar Fitness Center is located at 325 Main St. in Darlington. It is owned and operated by Kyle and Taylor Thuli. Members have 24/7 access with an app on their phone. The Bar is a two-story gym with free weights, cable machines, and cardio equipment. There are two large bathrooms with a shower.**

**They currently offer boot camp classes and seasonal yoga. Check out the variety of memberships at [www.thulisbar.com](http://www.thulisbar.com)!**

If you would like to be listed as the Local Wellness Spotlight, please email  
[Addison.Reilly@mymhlc.org](mailto:Addison.Reilly@mymhlc.org)



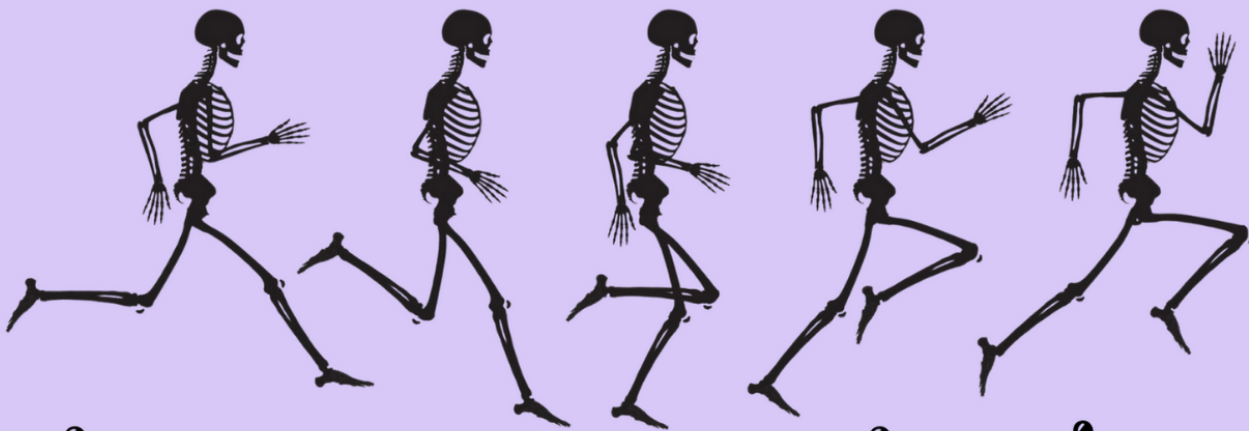
# LOCAL WELLNESS SPOTLIGHT

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Foundation Fitness and Nutrition is co-owned by Kelli Ritchie and Taylor Thuli. It began in 2021. Kelli and Taylor cook and prepare nutritious meals every Sunday.

All meals are made with simple ingredients that taste great, are low in calories, and are packed with protein! Avon Locker Plant in Darlington supplies the meat for their meals. Meals are prepped Sunday mornings by measuring and weighing each ingredient and placing it in a microwavable and freezer-safe container. Every customer gets a bag of 5 containers. They also offer frozen burritos and ready-to-blend smoothies. Check out the upcoming menu at [www.foundationmeals.com](http://www.foundationmeals.com)!



# **HALLOWEEN HUSTLE**

**RUN, WALK,  
CRAWL, FLOAT,  
OR FLY!**

# 5K



**OCTOBER 21, 2023 AT 9:00AM**

**LAFAYETTE COUNTY FAIRGROUNDS**

**701 EAST LOUISA ST. DARLINGTON, WI**

**5K RUN/WALK THROUGHOUT DARLINGTON OR A 1 MILE WALK**

**MUSIC BY SOPHIE WIEGEL**

**LOCAL FOOD STANDS**

**BOUNCE HOUSE**

**GLITTER TATTOOS**

**LOCAL VENDORS**

**FREE REGISTRATION!**

**PLEASE PRE-REGISTER SO WE HAVE PROPER  
RESOURCES! TSHIRTS AVAILABLE FOR A \$15 FEE  
FOR PRE-REGISTRATION!**

**FREE RAFFLE FOR LOCAL DOORPRIZES  
FOR ALL PARTICIPANTS AFTER RACE!**



**MEMORIAL HOSPITAL  
OF LAFAYETTE COUNTY**



# HEALTHY HABIT OF THE MONTH

Mark off each day to stay on track with a new healthy habit!

October  
2023

Try to limit your screen time to less than 2 hours per day. Keep track of your hours!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Practice stress-reducing activities like meditation, yoga, or spending time in nature to maintain your mental well-being.

November  
2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Write down things you are grateful for each day to promote a positive mindset.

December  
2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

# UPCOMING LOCAL EVENTS

**September 1-4** | 60th Annual Gratiot Labor Day Celebration

**September 2** | SIX-OH-ATE Food Truck Fest - Shullsburg

**September 3** | Benton Labor Day Celebration

**September 7** | MHLC Blanchardville Clinic Open House

**September 8** | Darlington Chamber Main St. Golf Outing - Darlington Country Club

**September 9** | Tri-County Fall ATV Ride - Calamine

**September 9-10** | Pecatonica Valley Antique Days - Fair Grounds

**September 13-16** | Perennial & Houseplant Swap - Argyle Library

**September 15-17** | Belmont Community School Fair

**September 15-17** | Night & Day at the Museum - Lafayette County Historical Society

**September 16** | Shullsburg Farmers Market

**September 20** | Fall in Love with Darlington Night Market

**September 22** | Kid's Program with Yeti - Therapy Dog - Argyle Library

**September 23** | First People's Celebration - Bob Lafollette Museum

**September 26** | ROSA Open House Event - MHLC

**October 7** | Shullsburg Cheesefest

**October 21** | Halloween Hustle 5K - Fair Grounds

**October 21** | Argyle Chili Cook-Off

**October 31** | Halloween Trick or Treating - Countywide

**November 4** | Chunky Monkey Epilepsy Run - Yellowstone Golf Course

**November 15** | Argyle Lion's Club Meat Raffle - Kimmie's Sportz Page Bar

**November 25** | Shullsburg's Yesteryear Christmas Celebration

**December 1** | Argyle Welcome Holidays - Community Building

**December 2** | Argyle Annual Craft Fair and Toy Train Show - Argyle School

**December 2** | Belmont Holiday Trail Kick-Off - Bond Park

**December 2** | Darlington Christmas Parade



## Some factors that affect breast cancer risk (in alphabetical order):

- Age
- Age at first childbirth and number of childbirths
- Age at first period
- Age at menopause
- Ashkenazi Jewish heritage
- Being born female
- Being overweight or obese
- Birthweight
- Birth control pill use
- Breastfeeding
- Breast density on mammogram
- Drinking alcohol
- Exercise
- Family history of breast, ovarian or prostate cancer
- Height
- Hyperplasia
- Inherited gene mutations
- Menopausal hormone therapy (postmenopausal hormone use)
- Personal history of breast or ovarian cancer
- Smoking
- Radiation treatment to the chest wall at a young age
- Weight gain

Learn more about breast cancer risk factors at [komen.org](https://www.komen.org).



## What affects your risk of breast cancer?

There are things that increase (or decrease) the chance of getting breast cancer. These are called risk factors. However, the exact causes of breast cancer aren't fully known. No one knows why one person gets breast cancer and another doesn't.

Breast cancer is complex. It's likely caused by a combination of risk factors. Learning about these factors can help you understand your risk of breast cancer.

Some risk factors are out of your control. For example, the two most common risk factors for breast cancer are being born female and getting older. These are things you cannot change. However, there are some risk factors you may be able to control, like leading a healthy lifestyle. Other risk factors are still unknown.

Since you can only control some risk factors, you cannot avoid some amount of risk. Most risk factors you have some control over only have a small effect on risk. This means no one behavior will prevent breast cancer. But, it also means there's no one risk factor that will cause it.

Talk with your doctor about your risk of breast cancer.

## Make healthy lifestyle choices

Some **healthy lifestyle** choices are linked to a lower risk of breast cancer.

- Maintain a **healthy weight**.
- Make **exercise** a part of your routine.
- Limit **alcohol** intake.
- Limit **menopausal hormone** use.
- **Breastfeed** if you can.

This fact sheet is intended to be a brief overview. For more information, visit [komen.org](https://www.komen.org) or call Susan G. Komen's Breast Care Helpline at 1-877 GO KOMEN (1-877-465-6636) Monday through Friday, 9 a.m. to 10 p.m. ET or email at [helpline@komen.org](mailto:helpline@komen.org). Se habla español.

## Get the facts about breast cancer!

### Facts:

1. The most common risk factors for breast cancer are being born female and getting older.
2. Risk factors can vary by race and ethnicity.
3. Most women who get breast cancer don't have a family history of breast cancer.
4. Women who drink alcohol have an increased risk of breast cancer.
5. Wearing a bra doesn't cause breast cancer.

There are common myths about what causes breast cancer. Visit [komen.org](https://www.komen.org) for safe, accurate and current breast cancer information about risk factors. Share what you've learned and help stop the spread of myths that cause worry and concern.

If you or a loved one have questions about breast cancer [risk factors](#), call our Breast Care Helpline at 1-877 GO KOMEN (1-877-465-6636) or email [helpline@komen.org](mailto:helpline@komen.org). A trained and caring staff member is available to assist you Monday through Friday from 9:00 a.m. to 10:00 p.m. ET.

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This content provided by Susan G. Komen® is designed for educational purposes only and is not exhaustive. Please consult with your personal physician.



# DID YOU KNOW?

## Wisconsin Well Woman Program

- ◆ The Wisconsin Well Woman Program (WWWP) provides specified breast and cervical cancer screening services to low income, uninsured or underinsured women.
- ◆ The U.S. Centers for Disease Control and Prevention (CDC), National Breast and Cervical Cancer Early Detection Program (NBCCEDP), has provided funding for WWWP since 1994.
- ◆ For more information or to enroll contact Jennifer Froh at 608-847-9455 or her cell phone at 608-853-1959.



## Blanchardville Clinic



The Blanchardville Primary Care Clinic is now open! To make an appointment, please call (608)776-5820. The clinic will be open on Monday, Tuesday and Thursdays from 8:00 am - 5:00 pm. Schedule your appointment today!

# ADULT COLORING PAGE

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# HEALTHY RECIPE

## Microwave Egg & Veggie Breakfast Bowl

### Ingredients

- 1 Egg
- 1 Tablespoon Water
- 2 Tablespoons Thinly Sliced Baby Spinach
- 2 Tablespoons Chopped Mushroom
- 2 Tablespoons Shredded, Fat-Free Mozzarella Cheese
- 2 Grape or Cherry Tomatoes, Sliced



### Directions

1. Coat 8-oz. ramekin or custard cup with cooking spray. Add egg, water, spinach and mushrooms; beat with fork until blended.
2. Microwave on high for 30 seconds; stir. Microwave until egg is almost set, 30 to 45 seconds longer.
3. Top with cheese and tomatoes. Serve immediately.

## Nutrition Facts

<b>Calories</b>	<b>101</b>
<b>Total Fat</b>	<b>4.9 g</b>
Saturated Fat	1.6 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	1.8 g
<b>Cholesterol</b>	<b>188 mg</b>
<b>Sodium</b>	<b>189 mg</b>
<b>Total Carbohydrate</b>	<b>3 g</b>
Dietary Fiber	1 g
Sugars	2 g
Added Sugars	0 g
<b>Protein</b>	<b>11 g</b>

For more information, please visit [www.heart.org](http://www.heart.org)

# WORD SEARCH

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H	Y	P	M	I	H	L	R	X	X
H	A	N	U	T	M	E	A	I	R
C	A	L	A	M	S	A	K	F	T
M	N	Y	L	U	P	F	E	A	M
A	A	P	R	O	T	K	F	L	J
Z	A	P	Z	I	W	U	I	L	A
E	X	P	P	V	D	E	M	N	P
E	Q	B	N	L	I	E	E	N	Y
L	I	W	C	Q	E	U	P	N	S
W	F	O	O	T	B	A	L	L	K

Apple  
Autumn

Fall  
Football

Halloween  
Hayride

Leaf  
Maze

Pumpkin  
Rake







# FALL TO-DO LIST



CATCH YOUR KIDS UP ON BACK TO SCHOOL IMMUNIZATIONS WITH THEIR PRIMARY DOCTOR OR AT THE LAFAYETTE COUNTY HEALTH DEPARTMENT!

IS YOUR PET VACCINATED FOR RABIES? ALL PETS SHOULD BE VACCINATED TO PREVENT DEATH AND SPREAD OF RABIES TO OTHERS THROUGH SALIVA!

FALL CAN BRING SEASONAL ALLERGIES FOR SOME PEOPLE. KEEP AN EYE ON POLLEN LEVELS AND TRY TO MINIMIZE EXPOSURE TO ALLERGENS IF YOU ARE PRONE TO ALLERGIES. YOU CAN USE AIR PURIFIERS AND KEEP WINDOWS CLOSED TO REDUCE INDOOR ALLERGEN EXPOSURE.

PREP YOUR YARD FOR WINTER BY RAKING LEAVES AND CLEARING AREAS OF LITTER.

MAKE SURE YOU HAVE WINTER ESSENTIALS SUCH AS COATS, GLOVES, HATS, AND MITTENS IN STOCK FOR THE COOLER WEATHER ARRIVING!

**Keep extra blankets in the car for emergency!**



To submit your photo to be the spotlight cover photo of the newsletter, please email it to [molly.lee@lafayettecountywi.org](mailto:molly.lee@lafayettecountywi.org) with your name and a description of the photo!

# PROVIDER SPOTLIGHTS

## Dr. Eamon Bernardoni



Eamon Bernardoni, MD, MS, joined the MHLC Orthopedic team on September 1, 2023. To schedule an appointment, please call (608)776-5748.

## Mitchell Whalen, APNP

Mitchell Whalen, APNP joined the MHLC Primary Care Clinic on September 1, 2023. He will be in the Darlington Clinic. To schedule an appointment, please call (608)776-4497.





# Free At-Home HIV and STI Tests

Take the first step towards prioritizing your sexual health today.



Wisconsin residents 18 years or older can order free test kits for HIV, syphilis, chlamydia, gonorrhea, and trichomoniasis.

- ✓ Private, secure, and fast
- ✓ No cost to you
- ✓ No insurance needed

- ✓ Tests delivered in discreet box
- ✓ View results in a secure online portal
- ✓ Free support if you test positive

## How does testing work?

Step 1:



Tests delivered directly to you

Step 2:



Easily collect and ship back samples

Step 3:



Get your results within 24 hours of receipt

Step 4:



Get linked to free treatment if needed

## How do I order tests?

Scan to order



Or visit this webpage:



[simplehealthkit.com/  
partnerships/Wisconsin](https://simplehealthkit.com/partnerships/Wisconsin)



WISCONSIN DEPARTMENT  
of HEALTH SERVICES  
P-03491 (08/2023)

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Certified



# CONTACT US!



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[www.memorialhospitaloflafayettecounty.org](http://www.memorialhospitaloflafayettecounty.org)



Next newsletter  
coming January  
2024!