

Rooted in Wellness

LAFAYETTE COUNTY HEALTH DEPARTMENT & MEMORIAL HOSPITAL OF LAFAYETTE COUNTY
QUARTERLY NEWSLETTER-JUNE 2023



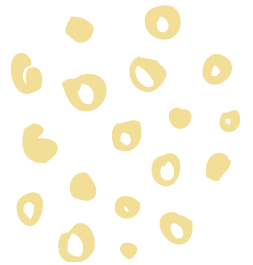
Photo by Danielle Steger

Welcome to the first 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



Lafayette County Mental Health Matters meets monthly, via Zoom, to discuss and plan events for the county to educate, advocate and reduce stigma of Mental Health. If you are interested in joining the group, please contact Candi Fitzsimons at cfitzsimons@swls.org.

If you would like to be listed as the Local Wellness Spotlight, please email Addison.Reilly@mymhlc.org

Healthy Habit of the Month

MARK OFF EACH DAY TO STAY ON TRACK WITH A NEW HEALTHY HABIT!

July
2023

July: Drink half of your body weight in ounces of water daily! (Example: you weigh 150 lbs/ your goal is to drink 75 ounces of water daily)

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					

August
2023

August: Make time to walk for at least 30 minutes every day!

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		

September
2023

September: Write down something each day that you are grateful for!

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

Upcoming Local Events

June 22, 2023 | Music in the Mound - Belmont

June 24, 2023 | Argyle Annual Fish Fry

June 24, 2023 | Tri-County ATV Club Brat Feed - Calamine

June 30 - July 2, 2023 | Wiota Firemen's July 4th Celebration

July 2 - July 4, 2023 | Shullsburg's 4th of July Celebration

July 8, 2023 | Argyle Christmas in July

July 9, 2023 | BCPI Blanchardville Car Show

July 12 - 16, 2023 | Lafayette County Fair

July 15, 2023 | MHLC Replacement Facility Groundbreaking

Recurring Events

Darlington Farmer's Market | Saturdays, May-October
Festival Grounds

Argyle Open Market | 1st & 3rd Saturdays, June-October
Corner of Broad and Monroe Streets

BCPI Music in the Park | Every other Thursday, June - August
Ryan Park, Blanchardville

Shullsburg Market | 3rd Saturday, June - September
Water Street

Shullsburg Music in the Park | Thursday evenings, July - August
Badger Park

Tunes at Twilight | Sunday Evenings in July
Veterans Memorial Park, Darlington

Don't Let a Tick Make You Sick!



What is a tick?

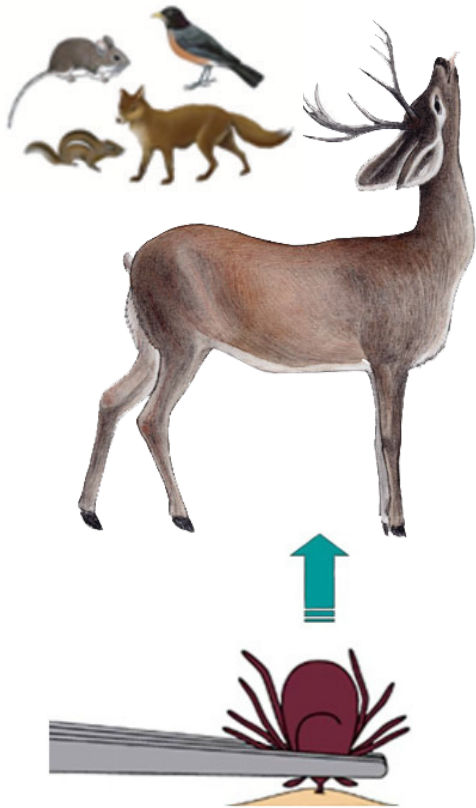
Ticks are related to spiders. They have 8 legs. But they don't spin webs and they don't eat insects. All ticks are small, but blacklegged ticks (sometimes called deer ticks) are **very** small. This is a blacklegged tick close-up:



This is the actual size of blacklegged ticks during their different life stages:



They are so tiny, it's easy to mistake them for freckles or dirt. Sometimes they're hard to see at all! Would it be hard to find these on a pet?



Where do ticks live?

Ticks live in places where there is a lot of tall grass, shrubs, and leaves. Ticks wait for an animal (like a deer, a mouse, or a dog) or a person to walk by. Then they grab on to the animal or human.

How do ticks bite us?

After climbing on a person or animal, ticks find a good place to attach themselves. They might hide in your hair, or behind the knee, even in your underwear!

Then, the ticks bite into a person or animal's skin and start drinking their blood. Tick bites don't usually hurt, so you may not even notice it. The tick can stay attached for a few days. When it is full, it will fall off.

What if I find a tick on me?

If you find a tick on your body, use tweezers to pull it off. Then you should wash the bite with soap and water or disinfectant.

Use narrow tweezers to pull the tick straight up and out.

How can I keep ticks away?

You can wear insect repellent and stay out of tall weeds. If you are in a place where ticks live, take a bath or shower after you come inside.

How can I stay healthy?

If a tick bites you and soon after you get a fever, a skin rash, or feel really, really tired, tell your parents. The tick may have given you some germs. See your doctor to find out if you need medicine.

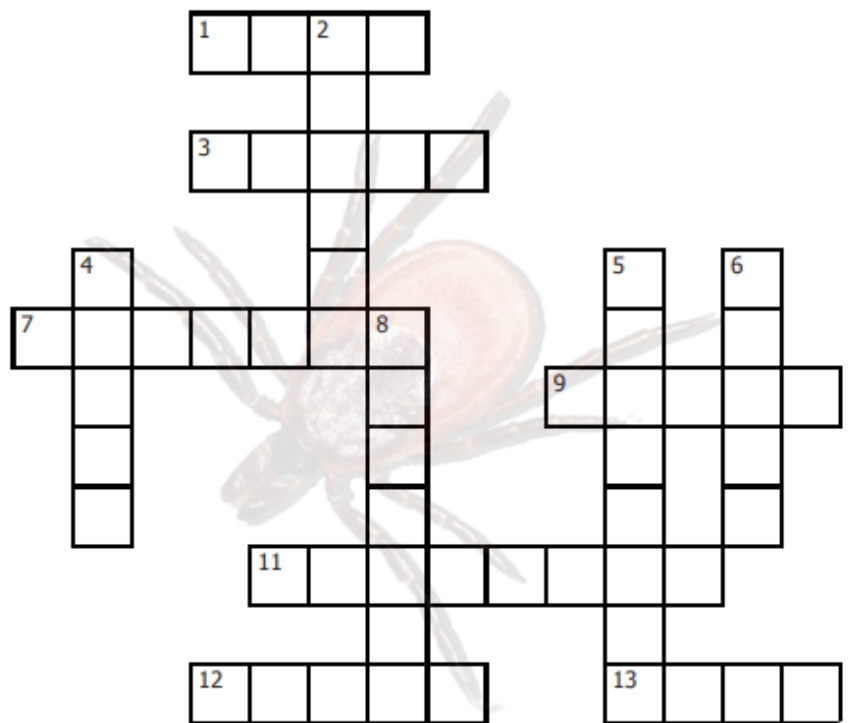
Test Your Knowledge!

ACROSS

1. If a tick makes you sick, you may get one of these on your skin.
3. Ticks eat _____.
7. Never pull off a tick with your _____.
9. If a tick makes you sick, you may feel hot because of a _____.
11. Ticks can be so small, you might think they look like _____.
12. A place where ticks wait for people or animals.
13. After removing a tick, wash the bite with _____ and water.

DOWN

2. Take a bath or _____ to help remove ticks.
4. The number of legs a tick has.
5. Tool for removing ticks.
6. When you come indoors, always _____ for ticks.
8. Ticks are related to these web spinners.



Division of Vector-Borne Diseases

For more information please contact Centers for Disease Control and Prevention
1600 Clifton Road NE, Atlanta, GA 30333
Telephone: 1-800-CDC-INFO (232-4636)/TTY: 1-888-232-6348
E-mail: cdcinfo@cdc.gov Web: www.cdc.gov

Answer Key: 1. Ring 2. Shower 3. Blood 4. Eight 5. Tweezers 6. Check 7. Fingers 8. Spiders 9. Fever 11. Freckles 12. Grass 13. Soap



Healthy Recipe

Turkey Sliders with Avocado, Mushrooms and Swiss Cheese

Ingredients

- 8 whole-grain slider buns (lowest sodium available)
- 1 1/4 pounds ground skinless turkey breast
- 1/4 teaspoon salt
- 1 cup sliced brown (cremini) mushrooms
- 4 slices low-fat Swiss cheese, cut in half
- 1 medium avocado, peeled, pitted and masked with a fork
- 1 medium tomato, cut into 8 slices (about 1/4 inch thick)



Directions

1. Preheat the oven to 450°F.
2. Arrange the buns with the cut side up in a single layer on a baking sheet. Set aside.
3. Using your hands or a spoon, shape the turkey into 8 patties, each about 3 inches in diameter. (The uncooked patties will be larger than the bun and will shrink as they cook.) Sprinkle the salt over each patty.
4. Heat a large nonstick skillet or griddle pan over medium-high heat.
5. Cook the patties for 2 to 3 minutes. Turn over. Cook for 2 to 3 minutes, or until the patties are no longer pink in the center and register 165°F on an instant-read thermometer.
6. Transfer the patties to the bottoms of the buns.
7. In the same skillet, cook the mushrooms over medium heat for about 3 minutes, or until soft, stirring frequently.
8. Spoon the mushrooms onto each patty. Top with the Swiss cheese.
9. Place the baking sheet on the middle rack of the oven. Bake the sliders for 1 to 2 minutes, or until the Swiss cheese is melted and the buns are heated through. Remove from the oven.
10. Spread the avocado over the Swiss cheese. Top with the tomato slices. Put the tops of the buns on the sliders.
11. Using four short skewers, pierce two sliders with each skewer, if desired. Serve immediately.

Nutrition information can be found on www.heart.org

Word Search

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

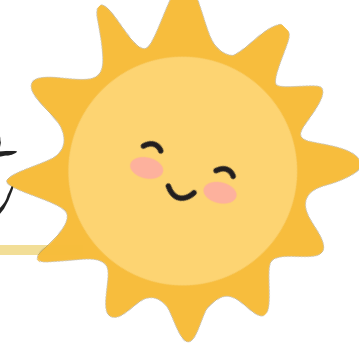
Flowers
Picnic
Pool
Summer
Sunscreen

Sunshine
Swimming
Tan
Vacation
Watermelon





Summer To-Do List



Get well water tested- kits available at the Lafayette County Health Department!

Sign family up for annual swimming lessons!

Check yourself and loved ones for ticks after spending time outdoors!

Stock up on sunscreen & remember to wear it! (mineral based is healthiest)

Stay weather aware and have a plan for a safe location when outdoors!



TO SUBMIT YOUR PHOTO TO BE THE SPOTLIGHT COVER PHOTO
OF THE NEWSLETTER, PLEASE EMAIL IT TO
MOLLY.LEE@LAFAYETTECOUNTYWI.ORG WITH YOUR NAME AND
A DESCRIPTION OF THE PHOTO



ASK THE EXPERT

The Gift of Self-Care



Make an Appointment

Emily Stormont, LCSW

**MHLC- Primary Care
Clinic - Darlington**

**731 Clay Street
Darlington, WI 53530**

(608) 776 - 4497

Q: Everyday it's getting harder to take care of myself. I want this to change. Can you help?

Self-care is something many struggle with.

Emotional response to uncertainty is different for everyone. It can manifest through overwhelming feelings of fear, anxiety, sadness and even anger. Our bodies can also respond to by headaches, fatigue or sleeplessness.

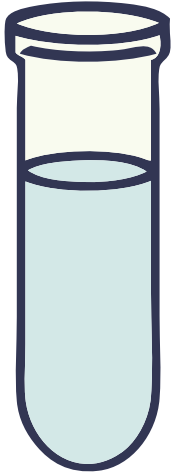
These responses are why self-care is so important - especially during stressful times. The question then becomes, where do you start?

Here are a few tips to help you give yourself the gift of self-care starting today.

- Eat a well-balanced, healthy diet
- Drink plenty of water
- Get at least 7-8 hours of sleep each night
- Make time for regular exercise
- Practice deep breathing
- Focus on things you can control
- Keep a gratitude journal

These are just a few ways to practice self-care. Any activity that helps to replenish your energy and emotional resources is key. When your family sees you caring for yourself, you're teaching them to do the same. That's a gift that keeps on giving!

Did you know?

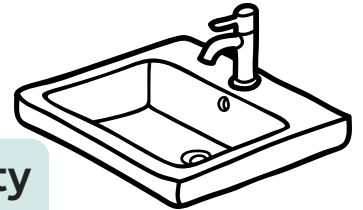


The Lafayette County Health Department has a certified water testing lab. Private well water can be tested for Bacteria and Nitrates right "in-house" at the office.

Why should you care about nitrates in your water?

Nitrates may increase the risk for:

- Birth Defects: This may affect women who are or may become pregnant
- Blue Baby Syndrome: Can affect infants less than 6 months old
- Thyroid Disease
- Cancer: Increased risk for colon cancer



Pick up a water test kit at the Lafayette County Health Department 729 Clay St. Darlington, WI



The Primary Care Clinics of Memorial Hospital of Lafayette County provide FREE sports physicals! Make an appointment with the provider of your choice, at a time that works best for your busy schedule! MHLC will also be offering FREE in-school physicals this summer (schedule TBA).



To schedule an appointment at an MHLC location, please call 608.776.4497.



PFAS and Backyard Gardening

Facts and Tips for Home Gardeners in Areas with Known or Suspected PFAS Contamination

What are PFAS?

Per- and polyfluoroalkyl substances, or **PFAS**, are a large group of human-made chemicals that have been used in industry and consumer products worldwide since the 1950s. If environmental contamination occurs near your home, PFAS may end up in groundwater and in your municipal or private well water. This guide will help home gardeners learn about how they can protect their health by minimizing the levels of PFAS in their garden soil and crops.

How can PFAS get into my garden plants?

PFAS can get into your garden plants if they are grown in soil or water containing PFAS. Usually, this happens when PFAS-contaminated water is applied to the plants. When this happens, PFAS can be transferred from the water through the soil, where they may be taken up by the plant's roots.

What is known about PFAS in garden plants?

A lot is still unknown about PFAS uptake in plants and research is ongoing. The amount of PFAS that builds up depends on a variety of factors, including the type of plant, the type of PFAS chemical, the type of soil, and the PFAS concentration in the soil or water. Early research has shown that:

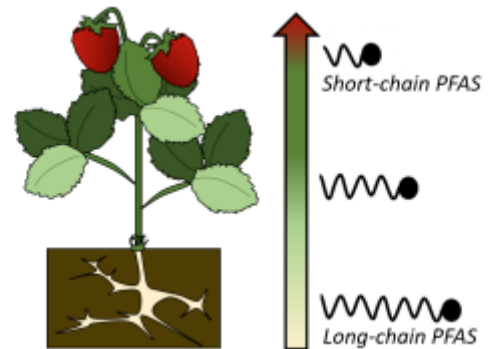
- Longer-chain PFAS tend to stay in the roots, while shorter-chain PFAS tend to travel to other parts of the plant, such as the leaves and fruit.^{2,4}
- The higher the PFAS levels are in the water used to grow plants, the higher the PFAS levels may be in the plants.²

In general, eating garden plants containing small amounts of PFAS is a minor source of PFAS exposure compared to drinking water contaminated with high levels of PFAS on a regular basis. Drinking water has been established as the major exposure source in contaminated communities.⁵

PFAS can affect health.¹

Exposure to unsafe levels of PFAS may result in health effects including:

- Increased cholesterol.
- Decreased antibody response.
- Decreased fertility in women.



PFAS build-up in plants.

Not all PFAS are the same!³

PFAS come in all sizes, which are determined by how many carbon atoms are linked together in a chain. This is known as the "chain length." The longer the chain length, the larger the PFAS compound. Research shows that PFAS with shorter chain lengths tend to leave the human body faster than those with longer chain lengths.



How do I know if PFAS may be in my municipal or private well water?

If you do not live near a site of environmental contamination, it is unlikely that PFAS are a problem in your water. Residents who live near a site of PFAS contamination should connect with their local municipality and the Department of Natural Resources to learn about available resources for affected residents. To find out whether you live near a PFAS site, [view this map](#).



Private well owners

The only way to know whether PFAS are a concern in your water is to have a sample tested at a [certified laboratory](#). This could cost several hundred dollars.



Public water supply users









Connect with your [local water utility](#) to learn about what they may be doing to minimize PFAS. While some water utilities will voluntarily test for PFAS, they are not required to.

Could I water my plants if the water has PFAS?

Use water with PFAS levels **below** DHS recommended groundwater standards for watering fruit and vegetable gardens. Visit the [DHS website](#) to learn more about recommended groundwater standards.

What are other ways that I can safely garden?

PFAS are not the only contaminants that can be found in your soil. Soil may also contain metals, pesticides, and germs such as bacteria and parasites. Practicing these safe gardening habits can help lower exposure to all kinds of soil contaminants, including PFAS.⁶

-  Wash produce before eating to remove soil and dust particles.
-  Use more natural matter in your soil, which can lower a plant's ability to take up PFAS and other chemicals. Natural matter includes composts and manure.
-  Use raised garden beds with clean soil. Clean soil could be store-bought soil, topsoil, or clean fill from certified soil sources. Contact your [county UW-Extension office](#) to learn more about clean soil.
-  Wear gloves and wash hands after gardening and before eating.
-  Avoid eating food, drinking, or smoking when working with garden soil to prevent the potential transfer of contaminated soil to your mouth.
-  Take care not to track dirt from the garden into the house.
-  Peel root crops and remove outer leaves of leafy vegetables.
-  Teach children to wash fruits, vegetables, and their hands before eating.

The closest certified lab to Lafayette County that tests for PFA's is the Wisconsin State Laboratory of Hygiene in Madison, WI Phone: 608-224-6203

Contact Us!



729 Clay Street
Darlington, WI 53530
Phone: (608) 776-4895
publichealth@lafayettecountywi.org



MEMORIAL HOSPITAL
OF LAFAYETTE COUNTY

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NEXT
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COMING
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