

Taking care of student athletes

by Larry Arnold

Many young student athletes who play various sports in Juneau County schools do so under the watchful eyes of Mile Bluff Medical Center's athletic trainers.

Licensed athletic trainers (LATs), all of whom are staff members, include: Jason Nuttall, Mauston High School and Weston High School; Darcy Gaston, Wisconsin Dells High School; Shae Ellefson, New Lisbon High School; and Chris Faber, Hillsboro and Wonevot-Center high schools.

Jason Nuttall has been a staff member since 2007. He grew up in Portage and has deep family roots in Juneau County. His maternal grandparents, Harold and Janice Davis, live in New Lisbon. His paternal grandmother, Gladys Nuttall, was a long-time school teacher in New Lisbon and recently moved to Florida to live with a daughter and son-in-law. Jason has a number of relatives who live in the area.

Jason is a graduate of Ripon College, where he achieved a bachelor's degree in exercise science. He was certified as an athletic trainer in December of 2005 and in January of 2006 became a licensed athletic trainer.

Prior to coming to Mile Bluff Medical Center he worked for the hospital in Berlin, Wisconsin, where he served two high schools.

Jason attends all the athletic events, both varsity and junior varsity, at Mauston High School. In

the event of an injury to an athlete, he is prepared to treat the injury and if it is serious, he decides where the injured athlete should go for further treatment and rehabilitation. The most frequent injuries in football are to knees, ankles, and the head. Ankle injuries are the most frequent during the basketball season.

In addition to his work at the schools, Jason conducts Wet & Well classes in the pool at the Oak Grove senior housing facility in Necedah, as well as exercise classes twice a week at Terrace Heights Retirement Community in Mauston.

When asked what motivated him to work in this field, Jason said: "I competed in track events for two years while I was in high school. I suffered an injury and was interested in observing how the athletic trainer cared for it." After he was healed, he began working as a student trainer and decided to pursue this interest at Ripon.

He noted that when an athlete is referred to one of the Mile Bluff doctors, the doctors are good about following up with the trainer.

Jason's mother now lives in Tomah. Jason lives in Mauston and has a brother in Reedsburg, another brother in South Dakota, and a sister in Tomah.

Mile Bluff Medical Center is proud of its part in providing trained and dedicated athletic trainers to insure that Juneau County athletes get proper treatment in the event of an injury.



Athletic trainer Jason Nuttall serves the athletes at Mauston High School.

Autism Support Group

Offering your family hope through local resources.

Held at Hess Memorial Hospital
the following Tuesdays, at 7 pm:

- May 20
- August 19
- November 18

Meet with others who are dealing with similar situations, and discuss how to recognize and prepare for challenges that may arise.

Call 608-847-1285 for more information

Autism group to meet in May, August

Autism is a complex developmental disability that typically appears during the first three years of life. It is the result of a neurological disorder that affects the normal functioning of the brain, impacting development in the areas of social interaction and communication skills.

Both children and adults with autism typically show difficulties in verbal and non-verbal communication, social interactions, and leisure or play activities. Autism affects each individual differently and at varying degrees.

It is estimated that nearly one in 150 children in America today have an autism spectrum disorder, and that about 1.5 million Americans and their families are affected.

Autism knows no racial, ethnic, social boundaries, family income, lifestyle, or educational levels and can affect any family, and any child. Although the overall incidence of autism is consistent around the globe,

it is four times more prevalent in boys than in girls.

Mile Bluff Medical Center recognizes that the demands of raising a child with autism are great. Families frequently experience high levels of stress, so recognizing and preparing for challenges that are in store will make a tremendous difference to all involved: parents, siblings, grandparents, extended family, and friends.

To meet the needs of this growing segment of the population, Mile Bluff has formed an autism support group, and the next meetings will take place Tuesday, May 20 & August 19 at 7 pm in the Castle Rock Room of Hess Memorial Hospital.

If you are looking for local resources to help your family cope with the daily stresses of autism, attend the autism support group. For more information, call 608-847-1285.

MILE BLUFF TIMES 13