



# Mile Bluff Health

## SPECIAL EVENTS

### HEALTH FAIRS

**You must have an appointment!**

- **FREE** Blood Pressure screenings
- **FREE** Blood Sugar tests
- Cholesterol Testing  
*Total Cholesterol* (no fasting required) for \$10  
*Lipid Profile* (12-hour fasting required) for \$20
- Risk Factor Appraisals
- Refreshments & Door Prizes

### NECEDAH FAMILY MEDICAL CENTER

Call 565-2000 for appointments  
• Thursdays, May 17 & August 16, 7-11 a.m.

### DELTON FAMILY MEDICAL CENTER

Call 254-5888 for appointments  
• Thursday, June 21, 7-11 a.m.

### HESS MEMORIAL HOSPITAL

Call 847-6161 x272 for appointments  
• Thursday, July 19, 7-11 a.m.

### ORGAN/TISSUE DONATION FAIR

• Fri., May 18, 10 a.m. - 4:30 p.m.  
Come learn about organ and tissue donation and how you can help. (See page 10 for info.)  
Call 847-6161 x217 for info.

### FALL PREVENTION SCREENINGS FOR SENIOR CITIZENS

• Tues., May 22 (see page 7 for details)  
Call 847-6161 x400 for info. and an appointment.

### JUNEAU COUNTY FAIR

• Friday, August 17, 4 - 9 p.m.  
• Saturday, August 18, 12 - 5 p.m.  
Visit Mile Bluff's booth for free blood pressure and blood sugar screenings.  
\$10 total cholesterol tests are also available.  
No fasting required for these tests.

### FREE ENTERTAINMENT

• June 7, 2 p.m. at Terrace Heights  
Ernie Droessler will perform favorites from the 40s and 50s. Space is limited.  
Call 847-2377 to reserve your spot!

### COMMUNITY BLOOD DRIVE

• Wed., June 13, 9 a.m. - 2 p.m.  
Call the Blood Center at 1-888-310-7555 for information and to register. A sign-up sheet will also be in Mile Bluff's dining room the weeks prior to the drives.  
Join us in saving lives!

### KIDNEY STONES & NUTRITION

Presented by Kristina Penniston, PhD, RD  
Learn the relationship between the food you eat and your risk for developing kidney stones.  
• Wed., June 27, 6:30 p.m. at Hess Memorial  
See page 2 for more information.

## PROGRAMS FOR PARENTS

Call 847-6161 x352 to register

### OB DEPARTMENT TOUR

Provided by the Mile Bluff OB staff  
• Thurs., June 7; July 19; Aug. 30  
Meet in the hospital lobby at 6:30 p.m.

### HAND-IN-HAND PROGRAM

Education and support for parents during the first year of their babies' lives.

Meets the second Monday of the month at 4:30.

- June 11 - "Back to that pre-pregnant shape"
- July 9 - "Infant CPR & choking"
- August 13 - "Dealing with advice"

### PREPARED CHILDBIRTH/FEEDING YOUR BABY/AFTER DELIVERY, WHAT THEN? CLASSES (five classes)

Taught by the Mile Bluff's OB staff at three area locations, 7:00-9:15 p.m.

- **Moundview Memorial Hospital**, Friendship, Mondays, starting May 21, July 9, Aug. 20
- **Necedah Family Medical Center**, Tuesdays starting May 29, July 10, Aug. 14
- **Hess Memorial Hospital**, Thursdays starting May 31, July 12, Aug. 23



## CLASSES

### SMOKING CESSATION CLASSES

• Wed., Aug. 1, 8, 15 & 22 at Hess Memorial Hospital. Cost is \$25.  
Call 847-6161 x272 for information

## BLOOD PRESSURE SCREENINGS

- Necedah Family Medical Center**  
• Wed., May 23; June 27; July 25; Aug. 22; 9-11 a.m.
- Bank of Mauston, Downtown**  
• Fri., June 1; Tues., July 3; Fri., Aug. 3; 1-3 p.m.
- Elroy Family Medical Center**  
• Fri., June 1; Tues., July 3; Fri., Aug. 3; 1-3 p.m.
- Bank of Mauston, Lyndon Station**  
• Fri., June 1; July 6; Aug. 3; 8:30 - 10:30 a.m.
- Delton Family Medical Center**  
• Tues., June 5; July 3; Aug. 7, 10 a.m. - noon

## FREE SUPPORT GROUPS

### FAMILY & FRIENDS SUPPORT GROUP

For family & friends of nursing home residents.  
Meets every other Friday from 3-4 p.m.  
• May 18, at FairView Home in Mauston  
**Topic: Spark of life clubs / validation**  
• July 20, at CrestView Home in New Lisbon  
**Topic: Depression and anxiety**  
For information, call 562-7257 (CrestView) or 847-6161 x422 or x420 (FairView).



### DIABETES SUPPORT GROUP PRESENTATIONS

Call 608-847-6161 x786 for information

- May 21 - **Be the CEO of your diabetes**  
Hess Memorial Hospital, 6:30 p.m.
- June 18 - **Make complications less complicated**  
Delton Family Medical Center, 2 p.m.
- July 16 - **Supermarket tour (must have appt.)**  
Mauston's Pick 'N Save, 6:30 p.m.
- August 20 - **To carb or not to carb...**  
Delton Family Medical Center, 2 p.m.

### AUTISM SUPPORT GROUP

Tues., May 22, 7 p.m. in the Castle Rock Room at Hess Memorial Hospital. (see page 4)  
Call 847-6161 x217 for info.

### IBS SUPPORT GROUP

Thurs., May 24, 7 p.m. in the Hess Conference Center at Hess Memorial Hospital.  
Call 847-7355 for info. and to register.

### STROKE SUPPORT GROUP

For stroke survivors, their family & caregivers  
Held the third Tuesday of each month, 1:30 p.m.  
Call 565-2209 for information

- May 15 - **Adaptive equipment**  
An occupational therapist will show you equipment that can help you adapt to life after a stroke.
- June 19 - **Topic TBA**
- July 17 - **Topic TBA**
- August 21 - **Topic TBA**

### AA, AL-ANON & ALATEEN GROUPS

All three groups meet (separately) at Hess Memorial Hospital Mondays at 7: p.m.  
Call Linda at 608-562-5611 for information