



Monroe County Health Department

Serving the Community since 1921

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May 2022 Newsletter

[Check out our newly improved website!](#)



May is Mental Health Awareness Month

Mental health is an incredibly important part of our overall health. We are strongest when we join "Together for Mental Health" to advocate for resources, support, and access to quality care. #Together4MH

Taking the time to protect your own physical and mental health ensures you have the resources to take care of others.

- **Get the 3 goods:** That's good-for-you foods, a good night's sleep, and a good amount of exercise.
- **Relax your body:** Do what works for you, like taking deep breaths, stretching and exercising, meditation, and spiritual activities.
- **Do something you enjoy:** Eat a good meal, read, create a playlist of your favorite music, play video games, or talk to family and friends.
- **Set boundaries:** Don't let current events take over what you read, watch, or talk about. And don't be afraid to ask friends and family to talk about something else.
- **Avoid negative outlets:** Find healthy ways to process your emotions. Avoid self-medicating with alcohol, drugs, or risky behaviors.

[Click here to learn more.](#)



Summer Safety

Summer means more time to play outside in the water and sun. Be prepared to enjoy the elements safely! May is National Water Safety Month and also Skin Cancer Awareness Month. Before enjoying more time outside, learn about water safety and how to protect your skin.

Check out these tips to be water aware:

- Spit it out! Teach kids to not drink pool water to prevent choking and waterborne illness.
- Pay attention to local weather and forecasts. Weather can change quickly and it's important to stop swimming at the first indication of bad weather.
- Never swim alone or in unsupervised places.

While spending time outside, it's important to protect your skin too. Most skin cancer is caused by repeated and unprotected skin exposure to ultraviolet (UV) rays which come from sunlight. Follow the "Slip! Slop! Slap!... and Wrap!" method to keep you and your family safe from UV rays this summer:



[Click here to learn more.](#)

Stroke Awareness

Someone in the US has a stroke every 40 seconds. By learning and sharing the F.A.S.T. warning signs, you just might save a life from stroke. If you or someone near you is experiencing stroke symptoms, act F.A.S.T. and call 911 to seek treatment immediately.
[Click here to learn more.](#)

Act FAST to recognize the signs of a stroke:



The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is a successful public health nutrition program to keep your family healthy and strong.

WIC provides healthy foods, nutrition education, breastfeeding support, and referrals to health and community services for income-eligible pregnant and postpartum women, infants and children up to 5 years old.

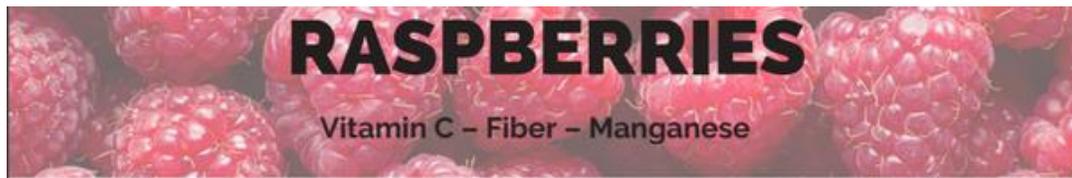
All eligible families and caregivers with children under the age of five are welcome to apply and includes pregnant women, moms, dads, grandparents, and foster parents.

Visit our new and improved web page to learn more about WIC and find out how to apply at <https://healthymonroecowi.org/wic/>.

This institution is an equal opportunity provider.

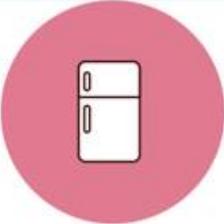


Harvest of the Month



RASPBERRIES

Vitamin C – Fiber – Manganese

			
Store	Use	Pick	Prepare
Do not wash raspberries until ready to eat. Refrigerate for use within 1-2 days.	In season in June through early November. Use with cantaloupe or peaches in a smoothie or add to plain or vanilla yogurt. Add raspberries to a spinach or mixed green salad.	Choose dry, plump, firm raspberries. Avoid wet or moldy berries.	Rinse raspberries thoroughly by placing under running water in hand or a colander.



Store

Store in the refrigerator. Use within a few days for optimal freshness.



Use

In season in spring and summer, but is available year-round. Use as a salad or bed for fresh or grilled fruits and vegetables.



Pick

Choose fresh greens in containers or bags that are not too close to expiration.



Prepare

Wash the greens before consuming. Use a salad spinner after washing or dab it with a paper towel to absorb some of the water.

Download Recipes [Here!](#)



Upcoming Events

- Make a blender bike smoothie, play cornhole and other fun activities with members of the Monroe County Nutrition Coalition at the Rails to Trails Celebration and Bike Expo in Sparta on May 7th. [Learn more here.](#)
- Visit the Health Department booth at the Monroe County Wellness Resource Fair, organized by Coulee Region Immigration Taskforce, in Norwalk on May 21st from 10am-2pm. [Learn more here.](#)
- Monroe County Health Department offers COVID-19 Vaccine Clinics every Friday in May 8:30am-4pm. [Learn more here.](#)
- Mindful Movement for Mental Wellness: May 1st-31st [Click here to join for FREE!](#)



Join Monroe County Mental Health Coalition's Virtual Event:



MINDFUL MOVEMENT FOR MENTAL WELLNESS

HOW TO PARTICIPATE:

- Register online using the Jotform link
- Set a goal and track your minutes of movement for the month
- Move how you like and as much as you want!
- Be creative & HAVE FUN!
- Complete your movement goal & be entered for a chance to win a prize!



Walk, stroll, cycle, hike, stretch, run, meditate.
Move how you like!



Don't forget to join the Facebook Group: Mindful Movement for Mental Wellness



Monroe County
Health
DEPARTMENT

Follow us on Facebook!

