



# Care Connection

Programs & Activities of Mile Bluff Medical Center Foundation

## UPCOMING EVENTS:

### FREE MENTAL HEALTH FIRST AID TRAININGS

October 14, October 27,  
November 14, November 19,  
December 7, December 12

Just as CPR helps even those without clinical training assist an individual having a heart attack, Mental Health First Aid prepares participants to interact with a person experiencing a mental health challenge. These trainings are open to the public. Pre-registration is required. For more information, visit the 'Calendar of Events' at [www.milebluff.com](http://www.milebluff.com) or call Katie at 608-847-2735.

### SPARK IN THE PARK

Saturday, October 22, 1-4 pm  
Riverside Park, Mansion Street,  
Mauston

Whether it is stress, anxiety, or something else, mental health impacts many of our lives. It can be challenging to talk openly about mental health, but at 'Spark in the Park,' we can change that.

Connect with local mental health service providers, discover a new form of self-care, and spark a change in your mental health.



'Like' Mile Bluff Medical Center Foundation on Facebook to stay up-to-date on events and initiatives!

## Greetings from Mile Bluff!

This time of year, I love having the windows open. I can feel the calming autumn chill seep into the house and it reminds me that fall is on its way. After a busy summer, fall weather makes me feel like the whole world is finally taking a deep breath and relaxing. At Mile Bluff Medical Center Foundation, I can relate.



Over the last few months, I have been settling into my new role as foundation director. It has been busy, but I am happy to say that the foundation has been flourishing.

As you will read, August brought us our annual Golf Outing and the Golf Ball Crash for Cash raffle. Both events went very well! I appreciate all of the businesses, individuals, and volunteers that supported these fun events.

Even though these first few months have been a whirlwind, I am constantly reminded of the impact the foundation has on the health of the community.

The most obvious example is within the walls of the medical center. Every day, I can see the equipment the foundation has purchased making a difference in the lives of patients and the healthcare team. I can see our team members applying the knowledge they have gained from an education that was supported by foundation scholarships. As we talk about our future at the medical center, I can envision how the foundation can support initiatives that keep advanced healthcare services close to home.

As I've been working with community health partners, it has been fulfilling to connect them with the support and resources they need to make a difference. These interactions have only reaffirmed the importance of the medical center and the foundation in the community.

Thank you for your continued support and for believing in local healthcare.

With warm regards,

Katie Nuttall, Foundation Director

Mile Bluff Medical Center Foundation  
608-847-2735 | [knuttall@milebluff.com](mailto:knuttall@milebluff.com)

# Foundation News



We had a wonderful day at the foundation's 12th annual Golf Outing. On Thursday, August 11, 96 golfers joined together at Castle Rock Golf Course to support local healthcare. We had perfect weather for golf and a lot of fun out on the course.

We are pleased to announce that the outing raised \$17,839! Thank you to our golfers, sponsors, and volunteers who made this event possible!



During the ATV races at the Juneau County Fair, we held our Golf Ball Crash for Cash raffle. Just over 230 golf balls were dropped from a lift truck supplied by Gray Electric. The three closest to the flag one cash!

1st Place: Steve Lange | 2nd Place: Colleen Woggon  
3rd Place: Roselle Ruetten

## Impacting local mental health...

At the beginning of 2022, Mile Bluff Medical Center Foundation was awarded a grant from the Roots & Wings Foundation. The funds were to be used to support a strong start for kids, strong minds, and strong communities. After meeting with several community members to discuss the use of these funds, it was determined that these funds should be used to address mental health in our community.

The grant will be used to support...

- » **Mental health in local schools** - School districts in Mauston, Elroy, Necedah, New Lisbon, Wonewoc and Wisconsin Dells will receive funds to support mental health programming for their students and staff. These funds can be used to offset the cost of counseling services, mental health programming, resiliency speakers, and more.
- » **Mental Health First Aid Trainings** - Mental Health First Aid is a one-day course that prepares attendees to interact with a person experiencing a mental health crisis. Attendees will learn a 5-step action plan that guides them through the process of reaching out, offering appropriate support, and connecting others with available resources. These trainings are FREE to anyone in the community. They are led by a certified instructor. Once this course is completed, attendees will be certified in Mental Health First Aid.
- » **Spark In the Park** - On Saturday, October 22 from 1-4 pm the community is invited to join the foundation and other community organizations for Spark In the Park. Whether it is stress, anxiety, or something else, mental health impacts many of our lives. It can be challenging to talk openly about mental health, but at 'Spark in the Park,' we can change that. Attendees can connect with local mental health service providers, discover a new form of self-care, and spark a change in their mental health.

PLEASE JOIN US AT...

# SPARK IN THE PARK

## SATURDAY, OCTOBER 22

1-4 pm | Riverside Park, Mauston

SPARK A CONNECTION. SPARK A CONVERSATION.  
SPARK A CHANGE IN YOUR MENTAL HEALTH.

At this FREE event enjoy activities, music, and connect with local mental health service providers.



Necedah School District (left) and Royall School District (right) received \$15,000 each to support mental health programming in their schools. These funds were made possible from the Roots & Wings Foundation grant. Mile Bluff Medical Center Foundation is working with other local school districts to support their mental health programming as the school year begins.

## Thank you donors...

We would like to thank the following individuals and businesses who have recently donated to the foundation.

### BUSINESSES

Bank of Mauston  
 Bank of Wisconsin Dells  
 Bonded Collectors of Wisconsin  
 BTU Management  
 Castle Rock Realty  
 Curran Hollenbeck & Orton, SC  
 EnableComp  
 Gunderson Lutheran Health  
 Hall Render  
 3RT/Lynxx/Bahr Electric  
 M3 Insurance  
 Market and Johnson  
 McKinney's Home Decorating  
 Oakdale Electric Cooperative  
 ProAssurance  
 The Lodge at Mauston  
 ReisnerHudephol

Rhyme  
 River Valley Architect  
 Royal Bank  
 United Heartland  
 US Foods  
 UW Department of Radiology  
 UW Health Specialty Clinic - Mauston  
 WipFli  
 Wisconsin Dental Improvements

### INDIVIDUALS

James Grannell, DO  
 Natty Kranz  
 Jeremy Levin  
 Stan Macheichok  
 Steve & Bev Vinopal

### IN MEMORY OF ARDITH ANN CURTIN

*Benefiting the Dialysis Department*

Richard & Renee Dee	Robert & Janice Riberich
David Bauman	Allen & Myia Sanow
Kelly & Dave Bryant	Georgia & Gary Schara
Michael Corwith	Tim & Meg Schumann
Daniel Curtin	Michael & Vickie Schumann
Carl & Gelane Firme	Richard & Audrey Skinner
Dennis & Deanna Gervasi	Rita Wright
Daniel Mundth	

### IN MEMORY OF DR. ERIC HEANEY

Susan Anderson	Lorraine Schwab & Family
Sheri & Tim Benson	Kathy Taylor
Joelle & Bill Curran	Leigh & Tom Walsh
Rick & Barb Langen	Steve and Bev Vinopal
Tim & Jane Napier	

## Ways to support the foundation...

In addition to attending events and advocating on behalf of the foundation in the community, there are several ways you can support the foundation.

**Donate:** Gifts can be sent to Mile Bluff Medical Center Foundation at 1050 Division Street, Mauston, WI 53948 or can be made online by visiting [www.milebluff.com/our-foundation](http://www.milebluff.com/our-foundation).

**Make a memorial or honorarium:** This is a wonderful way to remember and honor loved ones and friends. You can memorialize someone special in your life while supporting local healthcare. Donations can be unrestricted, or can be given for a specific department, area of need, or to a designated fund.

**Planned giving:** Whether utilizing an IRA Charitable Rollover, naming the foundation in a charitable bequest, or identifying the foundation in a Donor-Advised Fund, talk to your financial advisor about what options are available to you.

