THREE QUICK TIPS FOR FITTING IN BREAKFAST

Eating a smart breakfast is important. It can wake up your metabolism, improve concentration and behavior for school-aged kids and promote a healthy body weight. Unfortunately, breakfast is often forgotten in our rush to get out the door. Here are three tips to make eating breakfast part of your family’s daily routine:

1. **Plan ahead.** It sounds like more work than it is, but just a few moments of preparation the night before means foods are ready to grab when the sun comes up. You can even prep your breakfast while cleaning up after dinner and store it in the refrigerator overnight. If you forget to eat breakfast, leave the jar of peanut butter on the counter as a reminder to grab something before leaving.

2. **Keep it simple.** Breakfast doesn’t have to consist of typical “breakfast” foods. In fact, typical breakfast foods are often high in sugar, low in fiber and protein. A substantial breakfast would consist of at least three food groups, contain 3 grams of fiber or more and 5 grams or more of protein. But keep it simple. Last night’s leftovers work just fine!

3. **Make it “to-go.”** If you simply do not have the time to eat before leaving the house, plan to eat in the car or on the bus. Choose easy-to-prepare and portable options such as milk in a thermal cup, string cheese, fresh fruit, and whole grain toast with peanut butter. Other examples: egg on toast with milk, trail mix (made of dried whole grain cereal, nuts and dried fruit), etc.
HELP FOR PARENTS... BECAUSE KIDS DON’T COME WITH INSTRUCTION MANUALS

Have you ever been stumped about how to handle your child’s behavior? You’re not alone.

“Parenting is the most challenging job that you’ll never receive formal training for,” says Gundersen child and family therapist, Jeff Reiland, who is a parent himself. “Because kids don’t come with instruction manuals, it helps to have the best parenting strategies available.”

That is why Gundersen Health System offers many levels of parenting education, including a program called Parents Raising Resilient Children. The program is based on the ACT Raising Safe Kids Program and equips parents with effective strategies to raise healthy and resilient children.

The program is offered at no cost and addresses relevant parenting issues. Fall programming is offered on Tuesdays from 6 to 8 p.m. (Sept. 8 – Oct. 27 and Nov. 3 – Dec. 22) at the Gundersen Onalaska Clinic. Parents are encouraged to attend all eight classes and online registration is required for each class:
• Understanding Your Child’s Behavior
• Young Children’s Exposure to Violence and Trauma
• Understanding and Controlling Parents’ Anger
• Understanding and Helping Angry Children
• Children and Electronic Media
• Discipline and Parenting Styles
• Discipline and Positive Behaviors
• Overcoming Barriers to Change and Making Change Last

A companion program, designed specifically for kids ages 3-10, will be held at the same time and location. Children will learn about friendship, emotions and problem solving through cooperative games, activities and craft projects each week.

Space is limited, so register at gundersenhealth.org/behavioral-health (look for “Classes & Events” in the right side of the page) or call the Parent Education Line at (608) 775-4419.
**VACCINATING YOUR CHILDREN**

There are three vaccinations your pre-teens should get: the TDaP (Tetanus, Diptheria, and Pertussis), the Meningococcal, and the Human Papilloma Virus (HPV) vaccines. About 80-85 percent of pre-teens are getting the first two vaccines. However, the rate of getting the HPV shots (a series of three is required) is low. Only about 35 percent of girls and 15 percent of boys are being vaccinated for HPV.

Why are so few receiving the HPV vaccine? It certainly isn’t because HPV is less important of a disease to protect against. The annual number of deaths linked to Tetanus, Diptheria, Pertussis, and Meningococcus combined are 20 times less than that caused by HPV. Likely the main reason that children are not being vaccinated is that parents might not feel their children need it due to how HPV is transmitted (by sexual contact).

The HPV vaccine needs to be seen for what it is—**a cancer preventing vaccine**. HPV not only causes cervical and anal cancers, but is also a major cause of head and neck cancers. Almost 27,000 cancers each year are caused by HPV (17,600 in females, 9,300 in males).

The vaccine works best when there is little-to-no exposure to HPV. Nearly 75 percent of Americans have been infected with HPV at some point in their lives, though many don’t display symptoms or illness.

While pre-adolescent children are not likely to be sexually active, most will be at some point later in their lives. Don’t leave your children vulnerable to a cancer that can be prevented with an immunization.

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**IS IT TIME FOR A LITTLE HELP?**

Are you, or someone you love, having trouble keeping up with your daily routine? As you grow older, how do you maintain your independence and plan for what the future has in store? Maybe an elderly person you care about is struggling?

The Geriatric Assessment Clinic can help you with these questions. Our clinic is led by board-certified geriatrician Mary Bassing, MD. During a scheduled appointment at the Clinic, patients meet with a team of professionals including a geriatrician, pharmacist and a social worker. This team offers a collaborative approach for the care of older adults who may be at risk of losing independence due to complicated health status and functional or cognitive impairments. The team focuses on:

- Multiple areas of health, such as medical concerns, medications, balance and risk of falls, memory, mood and social needs, are carefully reviewed.
- The focus is on individual care needs and goals, enhancing quality of life and promoting independence while preparing for a time when more support might be needed.
- Our team works with you and your primary care provider to coordinate your comprehensive care.

**Call Gundersen Health System’s Geriatric Assessment Clinic at (608) 775-8388. You are encouraged to include your family in your appointment.**
I am the first to admit, it is hard to be healthy. Between family and work, sometimes it feels like there is not enough time in the day to pause for two minutes, let alone find time to be active, eat healthy and keep stress levels in check.

“Three years ago, my children were toddlers and my exercise habits were not consistent. I didn’t realize this was a problem until I was following my son on the playground and felt winded and tired. That was my wake-up call to find time to exercise consistently. I started running and built my endurance over time. I enjoy having a plan to follow and participate in races.”

As you think about physical activity goals, determine which activity you like to do (it does not have to be running!) and schedule when you are going to do it.

On days when I can’t fit in a formal workout, I take extra trips up and down the stairs, park farther away from buildings, or if need be, walk laps around my house. I also try to stretch whenever I leave my desk at work.

When planning healthy meals, think about time-saving options, such as yogurt and fruit with peanut butter toast in the morning, salad with pre-washed lettuce topped with chicken or beans for lunch and slow-cooker meals for dinner.

To calm my mind, I try to observe the beauty of nature while driving to meetings. I like to take two minute breaks during the day to slow my breathing, and in times of stress, focus on all that I am grateful for.

Do you need a moment to breathe, relax and stretch? Our new yoga video series will provide guided relaxation while moving through seated and standing yoga poses.

Practice range of motion exercises, intentional breathing and find balance with this series. No experience needed. This is the right place to begin your practice or continue with new ideas.

Produced by Gundersen Health System. Available soon!
As fall approaches, so does the planning for the fall hunt—turkey, duck, deer and other wild game. It is important to be prepared and to be safe.

Remember the basics of hunter safety:
• Assume every firearm is loaded.
• Keep your firearm pointed in a safe direction and keep your finger off the trigger until you are ready to shoot a clear target.
• Check any previous tree stands for sturdiness. If using a new stand, make sure that it is installed correctly and with safety in mind.
• Take along water and healthy snacks to keep yourself hydrated and alert.

Is your body ready? Heart attacks spike during hunting season because of health issues such as high blood pressure and smoking. Many hunters do not engage in regular physical activity and are not prepared for what’s involved in hunting, such as walking while carrying gear and dragging an animal carcass.

It’s a good idea to build up some endurance prior to your hunting season to strengthen your heart and lungs. A few minutes of walking every day will help. Other regular activity such as bicycling, gardening, hiking, bowling and dancing will help get your body ready. A medical checkup that includes conversation with your care provider regarding your hunting habits is important to determine any precautions to be aware of.

Your aim is to have a successful hunt—to safely bring home your prize and you!

**BrainBats**

These puzzles are called BrainBats. For example:

EST EST EST EST – **answer: Forest**

What is represented by each of the following BrainBats?

1. way
2. knee
   light light
3. lookkool
4. 1 end 3 end 5 end 7 end 9 end
5. William March
   William June
   William September
   William December

**HUNTER SAFETY REVIEW**

Ticks are an issue into the early winter. When you return indoors, be sure to check yourself and your clothing and to remove any ticks.
**MYTH:** Light or Lite Products Are Healthier.

**Fact:** All health claims are regulated by the U.S. Food and Drug Administration (FDA) and U.S. Department of Agriculture. When a food label uses the term "light" or "lite" it indicates that a food has one third fewer calories or 50 percent less fat, or 50 percent less sodium, than a comparable product. Something to watch out for is if the term light is referring to color of the food like “light” brown sugar, lighter in texture or lighter in flavor. Read the label to find out what you are getting. Frequently when one ingredient is changed to be lighter, another ingredient is increased and may not always be healthier. For example, when fat is reduced, sugar and/or carbohydrate are increased.

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**DISTRACTED DRIVING KILLS**

Adjusting the radio, eating and drinking, grooming, texting, talking to passengers, using a navigation system, reading a map and using a cell phone or smartphone—hands free and not—are all distractions while driving.

It can wait. Distracted driving kills more than nine people and injures more than 1,060 per day, according to the Centers for Disease Control and Prevention (CDC). We have all seen someone who is distracted while behind the wheel, but when we are the one who is “distracted,” it is harder to realize the true dangers.

Eliminating all distractions while you drive is impossible, but there are things you can do to limit distractions:

- Keep your cell phone out of reach and pledge not to use it while driving.
- Concentrate on the road.
- Don’t eat or drink while driving.
- Limit music or other noise distractions.
- Be well-rested and alert before driving.
- Use a pet seat belt or carrier for your pet.
- If you need to call or text pull off the road to a safe place.

Be a good role model, speak up if you’re the passenger of a distracted driver and promote safe driving to others. Keep you and your loved ones safe while on the road.
PROMOTED REVIEW: HUMMUS

Hummus is a new favorite at summer gatherings and graduation parties. It is a spread made from chickpeas, olive oil and garlic and comes in a variety of flavors. It’s often used as a dip for vegetables or a spread on a sandwich. Hummus is also fairly nutritious. It is a great source of protein, fiber and unsaturated fats necessary for a balanced diet.

The fiber helps maintain a healthy digestive system, and studies have even linked hummus with lower cholesterol levels. Additionally, the protein will help keep you satisfied between meals. So the next time you see the mysterious new health food at a graduation party or cookout, don’t hesitate to give it a try!

RECIPE: OVERNIGHT VEGETABLE STRATA

Makes 8 servings
2 tsp. butter
1 ¾ cup sliced mushrooms
5 whole wheat English muffins, split and toasted
1 ½ cups shredded Colby-Jack cheese
1 lb. fresh asparagus, trimmed and cut into 1-inch pieces
½ cup chopped red bell pepper
½ onion, finely chopped
8 eggs
2 cups milk (1% milk used here)
½ tsp. salt
1 tsp. dry mustard powder
¼ tsp. ground black pepper

Melt butter in a skillet over medium heat, and cook and stir mushrooms until they are beginning to brown, about 10 minutes. Set aside. Grease a 9 x 13 inch baking dish, and arrange the English muffin halves, cut sides up, in the bottom of the dish. Spread 1 cup of the shredded cheese over the English muffins, distribute the asparagus pieces, mushrooms, red pepper and onion over the cheese. Whisk together the eggs, milk, salt, dry mustard and black pepper in a bowl and pour over the muffins and vegetables. Cover the dish, and refrigerate overnight. The next morning, preheat oven to 375 degrees.

Remove the casserole from the refrigerator and sprinkle the remaining ½ cup of shredded cheese over the casserole. Bake in the preheated oven for 40-45 minutes, until a knife inserted comes out clean. Let stand for 5-10 minutes before cutting and serving.

Nutrition analysis per serving: 289 calories, 14 g fat, 18 g protein, 24 g carbohydrate, 4 g fiber, 547 mg sodium
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MINDQUEST ANSWERS
1. One way
2. Neon lights
3. Look both ways
4. Odds and ends
5. Quarterly bills

STEPPIN’ OUT IN PINK CELEBRATES 10 YEARS

Saturday, Sept. 12

Proceeds raised primarily fund breast cancer research initiatives at Gundersen Medical Foundation but a portion is also dedicated to providing assistance to breast cancer patients in need, subsidizing mammograms for the uninsured and underinsured patients in our region and lending support to the services of the Center for Cancer & Blood Disorders and Norma J. Vinger Center for Breast Care. Walk with family, friends, coworkers or on your own to honor survivors and remember loved ones.

For more information and to register, visit steppinoutinpink.org.
August
5  Start a Tobacco-Free Life – 5:30 p.m., Gundersen La Crosse Clinic, 1st floor Mooney Education room. Monthly support sessions offer you support with quitting or preventing relapses. This month’s topic is “Dealing with triggers and urges when quitting.” Call (608) 775-5442.
8  Seasons in the Coulee Region Summer Hike – 10 a.m., La Crosse Blufflands/Hass Tract. For more information and to register, contact Kathy Frise, (608) 784-3606 ext. 6 or email kfrise@mississippivalleyconservancy.org.
18 Why is it so Hard to Quit? – Free 30-minute class, 12:15 p.m., Onalaska. Learn how to think more positively about quitting. Call (608) 775-5442.
19 Why is it so Hard to Quit? – Free 30-minute class, 12:15 or 5:30 p.m., La Crosse. Learn how to think more positively about quitting. Call (608) 775-5442.

September
2  Start a Tobacco-Free Life – 5:30 p.m., Gundersen La Crosse Clinic, Level 1, Mooney Education Room. Monthly support sessions offer you support with quitting or preventing relapses. This month’s topic is “Why sleep is so important when quitting.” Call (608) 775-5442.
7  Labor Day
8  Parents Raising Resilient Children – 6 p.m., Gundersen Onalaska Clinic. Visit gundersenhealth.org/behavioral-health or call the Parent Education Line at (608) 775-4419.
12 Steppin’ Out in Pink, Celebrating 10 years – Saturday, Sept. 12, 9 a.m., Gundersen La Crosse Campus. Visit steppinoutinpink.org.
21 De-Stress begins – 8-week stress management series, 4-5 p.m., Gundersen Support Services Building, Onalaska. Contact, (608) 775-6861.

October
7  Start a Tobacco-Free Life – 5:30 p.m., Gundersen La Crosse Clinic, Level 1, Mooney Education Room. Monthly support sessions offer you support with quitting or preventing relapses. This month’s topic is “Maintaining your gain when quitting.” Contact (608) 775-5442.
8  Depression Screening Day – Call (608) 775-8974
10 Seasons in the Coulee Region Fall Colors Hike – 10 a.m., La Crosse Blufflands/Miller Bluff. For more information and to register, contact Kathy Frise, (608) 784-3606 ext. 6 or email kfrise@mississippivalleyconservancy.org.
27 Parents Raising Resilient Children – 6 p.m., Gundersen Onalaska Clinic. Visit gundersenhealth.org/behavioral-health or call the Parent Education Line, (608) 775-4419.
31 Halloween

Save the Date
Healthy Aging Conference – Memory Disorders: Memory and Aging
Friday, Nov. 6, 7:45 a.m. to noon Radisson Center, 300 South Second St., La Crosse. For more information or to register, visit gundersenhealth.org/wellness

More program information
Relapse Prevention Support Sessions
If you're thinking about quitting, are working on it, or need help in coping once you quit, a support session might help you. A different health and wellness topic is offered each month. Support sessions are offered the first Wednesday of each month at 5:30 p.m., John & Nettie Mooney Health Resource Center, Gundersen Clinic lobby, La Crosse. No fees or registration required to attend.

Quitter to Quitter is a support system which partners new quitters with ex-smokers/tobacco users. Support can be provided with a phone call, an email or in person. Contact Community & Preventive Cares Services, (608) 775-5442.
Swing Into Shape on TV
- AcenTek Channel 4, 4:30 p.m. Thursday through 9 a.m. Friday
- Charter Channel 5, every Thursday at 8 a.m.
- Centurylink Channel 4, every Thursday at 8 a.m.
- KQEG Channel 23, every Thursday at 8 a.m.
- KQEG Channel 51 (Sparta and Tomah area), every Thursday at 8 a.m.
- Tri-County Communications Channel 18 (TCCTV), Monday, Wednesday and Friday, 9 a.m. and 2 p.m.
- Vernon Communications Channel 14, every Tuesday and Thursday, 2 p.m.; Saturday and Sunday, 9 a.m.
- Solarus Channel 3, Charter 985 and rccamedia.org under LIVE-TV (Wisconsin Rapids area), Monday through Friday, 8:30 a.m.

Massage Therapy is available at Gundersen on the La Crosse Campus. Contact Community & Preventive Care Services, (608) 775-4717.

Winning Weights® is not a diet; it's a proven lifestyle program that helps you take control of your food choices. This innovative program was developed by Gundersen registered dietitians who provide you with support and accountability. Visit winningweighs.org or call (608) 775-6021.

Winning Weights Teammates Support Group is an ongoing, 30-minute group session for those who have participated in Winning Weights. It's held the first Monday of each month at 4:30 p.m. and second Monday of each month at 12:15 p.m. in Onalaska. In La Crosse, it's held the second Thursday at 12:15 p.m. and fourth Wednesday of the month at 6 p.m. Contact Nutrition Therapy, (608) 775-3447.

Senior Preferred – Medicare Advantage Plan information. Contact Gundersen Health Plan, (608) 775-8777 or (800) 370-9718.

Other support groups – Contact Great Rivers 2-1-1 or go to gundundersenhealth.org; then choose Events, Classes & Support Groups.

Products for healthy living
Moms: Get Moving, Exercise for Pregnancy and Beyond is a 30-minute exercise video for women who are pregnant or recently gave birth. It provides gentle exercises that will help you feel strong and energized during and after your pregnancy. Contact Community & Preventive Care Services (608) 775-4717.

Winning Weights – Choose from three levels of exercise. All levels are expertly led and instructed by a trained exercise physiologist. This exercise series is perfect for beginning levels of fitness and anyone recovering from an illness, injury or age-related issues. Contact Community & Preventive Care Services (608) 775-4717.

Pedometers and exercise bands are available for purchase. Contact Community & Preventive Care Services, (608) 775-4717.

Winning Weights offers products to help you lead a healthy lifestyle.
- Winning Walks Steps It Up – Step into shape with a variety of fitness moves that take exercise to a new level.
- Winning Walks – Choose a one, two- or three-mile energizing walk in the comfort of your own home.
- Get on the Bandwagon Resistance Band Challenge – Simple yet challenging strength-training routine. Vary the intensity of the workout by your choice of resistance band and resistance ring (sold separately).
- Getting in the Groove – This entry-level exercise video provides a variety of intensity and movements that allow people to start at a slow pace and gradually build up their fitness level.

Check out Gundersen Health System’s website, gundersenhealth.org.