

The Pulse

Send a balloon and chocolate to your Valentine. See P. 2

Partners of Stoughton Hospital



2018



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President's Message - Melanie Miller

The late Vince Lombardi once said, "To be early is to be on time, on time is late, and late is unforgivable." This has been my personal method of operation for about 60 years. I'd much rather be early and be prepared for whatever adventure is about to take place, than be late.

However in today's society, I've had to rethink this philosophy. Maybe it's because I'm getting older and a bit slower, but it seems that everyone is always in a hurry to get somewhere, in a hurry to get things set up, in a hurry to finish things, and in a hurry to clean up....sometimes even before an event or gathering has ended! Occasionally this flurry of activity makes people feel unwelcome or pressured to leave.

While there is a need for efficiency in the things that we do, we also need to find a balance that allows us to breathe, and take the time to actually appreciate and enjoy the activities that we have chosen. I agree that time is precious and valuable, but isn't it also important to enjoy and appreciate the things that we do? Shouldn't we take a moment to truly appreciate that good cup of coffee or whatever your beverage of choice might be, and cherish the fellowship of those around us?

Time is important, but is it important due to the lack of it, or in the way that we spend the time that we have? *Take advantage of the Partners Valentine Fundraiser. Send a Valentine to a friend!*

New Gift Shop Hours

Staffing the Winter hours in the Gift Shop has been challenging. Volunteers often take well-deserved trips to warmer climates and sunshine destinations, leaving us somewhat short-handed to fill the shifts. Sometimes there are extenuating circumstances that necessitate volunteers being unable to continue working in the Gift Shop.

In an effort to address these challenges, the Gift Shop hours will be changing. **Beginning February 1, the Gift Shop will be open from 10 a.m. until 2 p.m., Monday through Friday**, on a trial basis until the end of March. At that time, the Gift Shop Committee will evaluate the change, and make a decision about the future schedule.



Picture this:

Your husband is recovering nicely from a recent five hour back surgery and you are his primary caregiver. Then your daughter, who is expecting her third child, is in need of a baby sitter (you) to watch a 5 year old and an almost 3 year old while she enters the hospital a week early.

That is just a small one month glimpse into the life of Partner **Eileen Nelson**. Before life became this chaotic, Eileen started life in St. Charles, Illinois. A resident of Stoughton since 1981, Jack and Eileen are the proud parents of a son, a daughter, and 5 (almost 6) grandchildren: Grace, Lily, Jake, Bentley, and Kynsley, with the newest grandchild who will have arrived in Green Bay before this article appears in print.

Eileen's favorite volunteer activity is working in the gift shop, but she and Jack have also volunteered in the Mount Horeb School District ever since 12 year old Grace was in the third grade. Church activities are also an important part of Eileen's volunteer contributions.

Madison's Dean Clinic benefited from Eileen's pre-retirement hours, having worked in the offices of their cardiologists for 28 years. She also has worked for an advertising agency in Chicago, a cardiology office in Oklahoma, and an ophthalmology office in Janesville! Amazingly, there has still been time to enjoy hobbies and vacations. This busy couple has traveled to Colorado, California, Alaska, Hawaii, Sweden, and Iceland, while Eileen enjoys reading, shopping, and spending time with family and friends.

We thank this Partner Fireball for sharing her boundless energy with us at Stoughton Hospital.

Buy a Valentine Surprise For Someone Special!

Partners of Stoughton Hospital are selling a red heart-shaped balloon with assorted chocolates for \$5.00. Balloons can be picked up in the Stoughton Hospital Gift Shop or delivered within the hospital on Wednesday, February 14. Order forms are available at the Lobby Desk and/or Gift Shop.

Pre-order by Tuesday, February 13 before 2:00 PM.

From Christopher Schmitz

Gift Shop Support

As many of you know we are going through some changes in how we operate our gift shop. Effective Feb. 1, Ann will flex her weekly schedule to fewer hours during the Spring and Summer seasons and more hours during the holiday seasons. To make this all work, Joanne Peterson, Guest Services Coordinator, will help out scheduling gift shop volunteers. In addition, Joanne is available most daytime hours to answer any questions volunteers have with the cash register. By now you should have received Joanne's letter and request for information regarding your availability. Please return this information as soon as possible so she can begin working on the March schedule.

Our Gift Shop - We've Come a Long Way!



January 5, 1970 was moving day. Auxiliary members carried boxes of merchandise to the new location in hospital administrator William Hale's former office.

Mrs. Clifford Kriedeman, Director of Volunteers (center) was assisted in the process by **Mrs. L. Ward Hanson** (left) and **Mrs. John Veek** (right).

Plans for the new gift shop included a window showcase, plenty of counter and cupboard space, and an office area for Mrs. Kriedeman.

Forward to 2018:

Gift Shop Notes From Ann

Look for lots of changes in the Gift Shop as we transition into Spring. In addition to new Spring tote bags, flower pots, bird baths, and wind chimes, you'll find unusual items that I discovered at the Atlanta Gift Market. *Happy Valentines Day, and remember the Gift Shop for Valentine's Day gifts and cards too.*

Congratulations Stoughton Hospital



Was It Love at First Sight???

The month of February turns our thoughts to Valentine's Day, and so your editors had asked you to share a few memories of how you met your "special someone". Here are your responses.

Connie Blackman: We met at a new teachers' meeting for Appleton Public Schools, as our first teaching positions were at Appleton West High School.

Laura Mays: We met at a "set up" at a Super Bowl gathering.

Diane Matson: We met in the mail room of the Motor Vehicle Department located in the Hill-farms State Office Building while working a college summer job.

Becky Greiber: We went to high school together, but on December 28, 1968, I finally took the initiative and "hugged" him (not kissed) under the mistletoe at a friend's party. Then I chased him until he finally fell for my charm.

Marlene Bierman: I met my husband in 1958 at a dance. We went together for 2 years, got married, and had 4 kids in 6 years. We had no money, but we had fun. We were married for 55 years before he passed away.

JoAnn Masters: I met my future husband while roller skating at The Hub rink in Chicago. I was a student nurse, and he had just been discharged from the USAF.

Deb Ready: We met in art school.

Brenda Klitzke: I met him in Junior High School.



UPCOMING EVENTS

March 15 - BOOKS R FUN sale, 10:00-4:00 pm, Hospital Lobby & Conference Room

For information about upcoming events, please see <http://stoughtonhospital.com/events/> or the publication, ***For The Life Of You***.



Feb. 16 - American Red Cross Blood Drive, 8:00-1:00 PM, call 1-800-REDCROSS for an appointment

Roll up your sleeve and help save lives. Giving a pint of whole blood is the most common type of donation and usually takes about an hour, although the actual donation takes only 8-10 minutes. You are eligible to give blood every 56 days.

The Red Cross Blood Drives are held at Stoughton Hospital the 3rd Friday of every month from 8:00 AM - 1:00 PM in the Bryant Health Ed. Center. Volunteers are needed to act as Greeter, Registrar, Refreshment Volunteer, and Truck Unloader. **There is an immediate need for a truck unloader.**

Please contact Susan Corcoran at 877-3485 or scorcoran@stohosp.com for more information or to volunteer. Volunteers do not have to be at each monthly blood drive.

January Board Meeting

- Chris and Laura will assume additional tasks to support our organization.
- CEO recruitment continues.
- Contact Laura Mays if you are interested in helping to distribute medication lock boxes for home use.
- Volunteers are needed to help with a retirement party for Terry Brenny. Contact Laura.



become the norm, it is common to have some days when you feel down. But if you feel down for days at a time, and you can't get motivated to do activities you normally enjoy, see your doctor. This is especially important if your sleep patterns and appetite have changed. You may be suffering from Seasonal Affective Disorder (SAD).

The specific cause is unknown, and the best treatment should be determined by you and your doctor. Light Treatment, also called phototherapy, has proven to be effective with most people. Being exposed to bright light within the first hour of waking up in the morning appears to cause a change in brain chemicals linked to mood.

But seriously, wouldn't a cruise to a Mediterranean Island produce the same results?

Seasonal Affective Disorder (SAD)

Feeling "down in the dumps?" Got a bad case of "winter blues" or "cabin fever?" Is your energy low?

In our long, cold Wisconsin winters when iced roads, snow blowers and shovels, parkas, long John's and shivering all

Contact Sharon Beall with any ideas for an April Volunteer Appreciation Day.