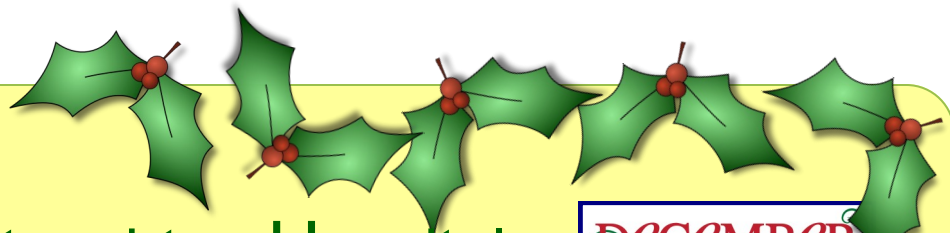
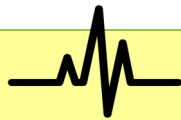


The Pulse



# Partners of Stoughton Hospital



2017

## President's Message - Melanie Miller



Memories are very special and the holidays always seem to bring a time of reflection. We had a "family experience" of trudging through the snow to cut the Christmas tree, but over the years we took the easier route and selected our tree at the lot in our home town.

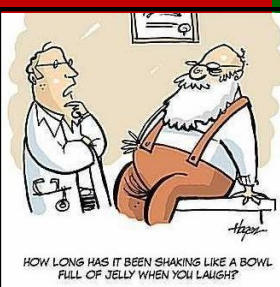
Then my mother decided it was time for her, my dad, and me to go back to the tree farm tradition. Two days before the planned trek, we had a really big snowstorm and it ended up being just Dad and me... We put on our boots and outdoor gear and climbed into the pickup, at which point I gathered my

entire teenage attitude and said, "Dad, do we really have to do this? The tree lot is fine with me." Relieved, my dad said, "Well Mel, we need to keep your mother happy. But if you can keep a secret, I'll make you both happy." We went to the tree lot, chose our tree, gave it a fresh cut on the trunk, and put it in the back of the pickup after dousing it with snow to give it that "fresh from the field" look. My mom probably knew what we did, but just the same, Dad and I shared a quick wink and a smile each year after that when it came time to get the annual Christmas tree.

*Have a wonderful and safe holiday season.*

Reach out especially to those who have had a life changing experience in recent months and offer some extra words and deeds of support.

## Looking Back at 2017



**Gift Shop:**  
608.873-2281

**Newsletter Editors:**  
Diane Matson  
Judeen Reese

- Our traditional Love Light Ceremony opened the holiday season bringing community members together to remember, honor and appreciate.
- \$10,000 was designated to help build the retaining wall in the new Wellness Garden.
- Our fundraising efforts produced successful plant sales, monthly cookie bakes and a December bake & craft sale.
- We saw change of management in the gift shop as Becky retired and Ann was hired.
- Partners Members supported the Hospital Open House, blood drives, medication disposal and other community events.
- A Trail Committee was formed to guide our work as the walking trail continues to be developed.
- Service projects are being offered throughout our community.
- We support two SHS graduates with scholarships as they pursue careers in the medical field.
- 10 new Partners joined us.

## Gift Shop News - Ann Corneille

*Happy Holidays everyone!*



Thank you to everyone who stopped by the Gift Shop for the Holiday Open House on November 9th. The day was a great success, with a steady stream of shoppers all day long and into the evening. Your purchases validate your support of the efforts of the Partners of Stoughton Hospital as we strive to reinforce our commitment to "quality care close to home" in conjunction with our neighbors in the Stoughton community.

The Holiday Shopping season has just begun. The Gift Shop still has some great items perfect for gift giving. Watch Facebook for promotions and sales throughout the Month of December. A huge thank you to all the Volunteers that work in the Gift Shop. Your devotion and willingness to go the extra mile is truly what makes the Gift Shop a special place to shop.

## Profile of a Partner - Helen Sumwalt

Written by Diane Matson



**"You are not parking MY car, girlie!"** Dressed in her bright yellow reflective vest with her beaming smile firmly in place, Partner and Stoughton Hospital Valet Helen Sumwalt, has her share of stories to tell. All's well that ends well however, and shortly after Helen assured the driver that she was indeed a valet and that she'd be happy to park his car, they did eventually become good friends.

Long before those days of defending herself while doing "a man's job" (another comment made by a hospital visitor), Helen enjoyed her growing-up years on a dairy farm outside of Highland, Wisconsin, where she and her 13 siblings were raised by loving parents. She credits her dad as being her "Rock".

Married to her late husband Jerry on February 7, 1970, they began married life in Madison, but moved to McFarland when their daughter Cindy started kindergarten. Cindy graduated from McFarland High School, majored in psychology at Platteville (Helen says so that she could try to figure out her parents) and now works for Wisconsin Early Childhood Education. In 1988, after Cindy's graduation, the Sumwalts moved to Stoughton, and became members of St. Ann's. Helen is grandma to 9 year-old Quinn, a fourth grade student at Sandhill who loves playing sports....with Helen cheering from the sidelines at practices and games.

Prior to her days as the "Girlie" in the yellow vest, Helen worked as a keypunch operator at Madison Gas and Electric before becoming a computer operator. She retired from Rural Insurance after 20 years as a Senior Support Analyst. After retirement, Helen and Jerry became snowbirds in Gulf Shores, Tampa, Corpus Christi, and Panama City Beach, enjoying their favorite pastime...golf; however St. Lucia is still her favorite spot of all time. Before Jerry's passing in 2016, they loved working in their flower and vegetable gardens, a hobby that Helen continues, crediting Jerry with giving her those beautiful flower gardens. Helen has volunteered to serve as assistant secretary to the Partners' Board for the coming year.

**Thank you for your positive attitude, your dedication to Stoughton Hospital and to Partners.  
You are welcome to park OUR cars any time!**



## November Partners Board Meeting

- ♦ The process to fill the position created by Hospital Administrator, Terry Brenny's retirement is underway and progressing well.
- ♦ Partners will contribute \$10,000 to the construction of the retaining wall in the Wellness Garden being developed just west of the ambulance bay.
- ♦ It was decided to support the Giving Tree coordinated by hospital employee, Kathy Hoppes.

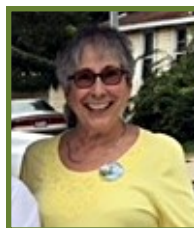


**New  
Members!**

**Jeanne Schwass-Long  
Shirley Deets**

**Ann Brunsell  
Mickey McCormick**

## New Service Project Coordinator



Partners thanks Sharon Beall who has volunteered to coordinate our service projects. Samples of two of these projects are on display in the gift shop. Walker bags and twiddle muffs are available at no charge to anyone in our community. The walker bags are a convenience for individuals who need "storage space" when using wheel chairs or walkers, and are ideal for holding smaller items like car keys, change purses, tissues, etc. For folks whose challenges may include anxiety issues, twiddle muffs provide tactile comfort that keeps hands busy thanks to the various textures and objects sewn into the muffs. Patients with hair loss due to a medical condition may contact Sharon to obtain a one-time voucher to offset the cost of purchasing a wig. Please contact Sharon with these needs or to obtain additional information on the knitted knockers service project by calling the gift shop at 873-2281 or emailing her at [smbeall1@yahoo.com](mailto:smbeall1@yahoo.com).

## We Want To Hear From You...

Help us improve our newsletter. Please detach this questionnaire, add your ideas and deposit in the box in the gift shop by Dec. 15.

All responses will remain anonymous.

How often do you read the newsletter?

\_\_\_ Always \_\_\_ Sometimes \_\_\_ Not usually

If you'd rather do this survey online, go to:  
<https://www.surveymonkey.com/r/WQMCBHH>

Please indicate how valuable you feel the following newsletter features are:

	Love It!	It's OK.	Not So Much...
President's Message			
Profile of a Partner			
Gift Shop Manager Column			
Calendar of Events			
Board Meeting Highlights			
New Members			
Fundraising Information			
Volunteer Opportunities			
Love Light and Other Special events			
Walking Trail and Wellness Garden			

What other thoughts do you have to improve the Partners of Stoughton Hospital monthly newsletter?



## Upcoming Events



- ◆ Nov. 30 - **Love Light Celebration, 4:30 PM, Bryant Center**
- ◆ Dec. 5 - **Holiday Craft/Bake Sale, 8:00 AM, Conference Room**
- ◆ Dec. 6 - Exercise Guidelines, 9:00 am or 2:00 pm, check in at the front desk in the lobby
- ◆ Dec. 7 - Essential Oil Basics, 6:00 pm, Bryant Center
- ◆ Dec. 9 - Home On Your Own, 9:00 - 11:00 am, Bryant Center, \$30 fee
- ◆ Dec. 13 - Heart Healthy Nutrition, 9:15 am, check in at the front desk in the lobby
- ◆ Dec. 15 - Red Cross Blood Drive, 8:00am-1:00pm, Visit website or call 1-800-RedCross for appointment
- ◆ Dec. 16 - Caring For Kids-Babysitting, 9:00am-1:00pm, Bryant Center, must be 11+, \$50 registration fee, Bring a sack lunch
- ◆ Dec. 20 - Reducing Your Risk Factors, 2:00pm, check in at front desk in the lobby

For more information about upcoming events, please see <http://stoughtonhospital.com/events/>

*Thanks to Polly Schnese, Peggy Kiss and Carol Deneen for assisting at the Med-Drop.*

## *Reminder...*

### **December Bake/Craft Sale - Tuesday, December 5**

Bring your baked goods and craft items to the conference room behind the main desk in the lobby on **Monday, Dec. 4** from noon until 5:00 pm. Or **Tuesday, Dec 5** before 8:00 am.

Items should be on disposable plates covered with clear wrap or bags.

Please call the gift shop if you have questions - 873-2281

*Please complete and detach the questionnaire on page 3.*

*Place your completed questionnaire in the box in the gift shop by December 15.*

