

sure I was up and moving, learning how to strengthen those hip muscles and figuring out how to get up and down stairs on a crutch. They don't call Komes the "enforcer" for nothing.

Shortly after I got home, I got a call from the care team on the medical surgical unit. These were the folks who put up with me having to get out of bed in the middle of the night to go to the bathroom and making sure I didn't fall down. It was signed by Brenda, Ana, Sara, Phyllis, Lisa, Kim, and Mao, all of whom practically became close friends during my stay.

It was actually bittersweet to say goodbye when I left a few days ago. But I wasn't surprised by the experience. Stoughton has this habit of growing on you.

### June Events Sponsored by Stoughton Hospital

Cardiac Rehab: June 1 Heart Healthy Nutrition  
June 8 Reducing your Risk Factors  
June 15 Diabetes Management  
June 22 Clean Start-Eat clean and live well  
Call 873-2314 for information on times for these classes

June 2 How exercise can help Parkinson's Disease  
4:30 pm in the Bryant Center

June 14: Are you on track to achieve your retirement goals?  
6:00 pm in the Bryant Center

June 17 American Red Cross Blood Drive 8am-1pm  
Call 873-2356 or go online to register for these

Kids Classes: June 4 Home on your own  
June 11 Caring for kids- babysitting  
Call Trish at 334-4936 to register for these classes (fee charged)

## Stoughton Hospital Relay for Life Team

The hospital relay for life team is looking for help fundraising for their team. How can you help? Drop your coins in a coin container around the hospital, or buy a ribbon for the Garden of Hope ribbon tree that will be on display in the lobby or the gift shop for \$1.00. Every little bit helps to find the research to stop this deadly disease. The team thanks you and hopes you will stop by Mandt Park on Friday, June 17 between 6pm-7am.

# Partners of Stoughton Hospital

*Newsletter —June 2016*

### **PARTNERS OFFICERS—FY 2015/2016**

President—Sandy Maerz 873-6125  
Vice President—Melanie Miller 873-0283  
Secretary—Judy Simmonds 873-1613  
Treasurer—Claudia Quam 732-4737

### *President's Message*

*I hope everyone had a nice Mother's Day. Even though the weather didn't cooperate, we made the most of our plant sale. Thank you to Marno and Jackie for being in charge of the sale and thank you to all the other helpers too.*

*Another Syttende Mai has come and gone- thanks to all who helped sell booster buttons.*

*Congratulations to Spencer Weeden who is this year's recipient of our Partners of Stoughton Hospital Scholarship. He is a pre-med student going to Carlton College in MN and double majoring in biology and physics. Good Luck Spencer!*

### **Directory Updates**

Address Change:  
Maria Luchsinger  
512 Nygaard St., Stoughton

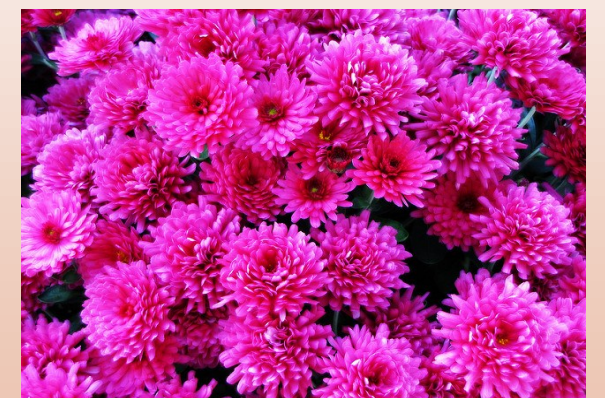
Passed away:  
Marion Rambo  
Virgene Quam

### Fundraising news:

Even though the pansies are still gorgeous and the geraniums are in full bloom, it's never too early to begin thinking about continuing that color into the late summer and early fall with MUMS! The Partners of Stoughton Hospital are here to help you "plan ahead."

New this year for the annual mum sale, ALL MUMS must be Pre-ordered. There will be no "extra" mums for sale. A variety of colors will be available and ready for pick up on Tuesday, August 23rd.

Additional information about the sale and pre-orders will be available in the July newsletter. But for now, enjoy the pansies and geraniums while you anticipate the beauty of the mums arriving in August.





### Used Purse/Scarf sale

Don't forget with your Spring cleaning to make a pile of those gently used purses and scarfs and bring them to the gift shop. Our used purse sale is June 27. We will also have some jewelry from the gift shop at special prices! Bring them to the gift shop now.



Safe Fun in the Sun  
From the Wellness Team

Now that the weather is finally getting nice and we are feeling the warmth of the sun again, it is time to remind everyone about protecting your skin. Skin cancer is the most common cancer in the United States. In fact, more skin cancers are diagnosed in the US each year than all other cancers combined. The good news is that you can do a lot to protect yourself and your family from skin cancer, or catch it early so that it can be treated effectively.

People who get a lot of exposure to ultraviolet rays (UV) are at greater risk for skin cancer. Sunlight is the main source of UV rays. There are some steps to limit your exposure to UV rays.

**SLIP, SLOP, SLAP, AND WRAP!**

Slip on a shirt, slop on sunscreen, slap on a hat, and wrap on sunglasses to protect the eyes and skin around them.

The hours of 10am-4pm are when the UV rays are the strongest. If you are unsure how strong the sun's rays are, use the shadow test. If your shadow is shorter than you are, the sun's rays are the strongest.

In clothing, darker colors provide more protection as well as tightly woven fabrics.

Wear a hat to protect ears, eyes, forehead, nose, and scalp. Sunglasses should block 99-100% of UV rays. Check the label before buying.

Avoid tanning beds and sun lamps. There are several sunless tanning lotions for sale which are safe.

Protect children— they can burn more easily and may be unaware of the dangers.

### Gift Shop News by Becky.....

We have LOTS of fun yard art— many are solar so you can enjoy them both night and day!

We also have lighted branches in again. It's a great way to accent a floral display.

New purses and summer scarves are here too.

**Don't forget dad.!** We have fun Packer aprons, belt buckles, ear buds, Milwaukee Brewer work gloves and key chains, Badger keychains, picture frames, bird and hummingbird feeders, and more. Let us help you pick out just the right gift.



Our BIG summer sale is July 28.  
Make sure to visit the lobby starting at 8am  
For some real steals and deals!

### The Difference between Sunblock and Sunscreen

Sunblocks are mineral based and sit on the surface of the skin. Sunscreens are generally chemical based and must be absorbed into the skin to be effective.

The Environmental Working Group (EWG.org) specializes in research and advocacy in this area. They offer a rated list of over 1700 sunscreens on a scale from 0-10 with 0 being the lowest hazard risk and ten being the highest.

Look for ingredients zinc oxide and titanium dioxide and avoid oxybenzone, Vitamin A, and added insect repellents.

Ingredients vary widely as does their safety.

On April 29 the following article appeared in the Madison Capital Times. We felt it should be shared with all of you that may not have seen it.

Plain Talk: Yes, I had my hip replaced in Stoughton!  
Dave Zweifel, Capital Times editor emeritus

Stoughton? You're going to Stoughton?

That was the typical response from friends and relatives who, upon learning I was going to have my troublesome left hip replaced, would ask me where I was having it done and hear me answer "Stoughton."

Seems that too many of us have this built-in prejudice that if a major medical procedure isn't done in a big-city hospital it's somehow inferior.

Well, let me tell you that my surgery and stay at Stoughton's little hospital was a pleasant experience, at least as pleasant as an experience can be when they make a big incision in your hip, pull the ball out of the socket, saw off the ball on top of the femur, drive a rod down that femur, put a new ball on top and pound it all back together.

Here I am less than three weeks later walking on it, no more pain and awfully glad I had it done, although I still have to be careful about bending and turning for at least another three months.

I wound up in Stoughton because that's where Dr. John Rogerson does his hip, knee, and shoulder surgeries. Rogerson was a pioneer in hip surgeries in the area and was the first to perform hip resurfacing when the procedure finally gained FDA approval in the U.S.

Stoughton's hospital has 32 beds and numerous services ranging from orthopedic care to cardiac units. It has a great kitchen, serving meals to staff and patients and, I'm told, even attracting folks from the community who swear by the food. Those Norwegian meatballs are really good, after all.

The hospital was founded by one of the city's foremost doctors, a good Norwegian named Michael Iverson, back in 1904. It's a busy place with 57 registered nurses and the friendly staff that you can only find in a small town. Now they're in the process of adding on to the facility again.

I wound up staying at the hospital for an extra three days to do rehab, rather than place the burden of moving this overweight body around the house on my wife, Sandy. That chore went to Bob Komes, the hospital's physical therapist, who made

**Used Purse Sale....June 27**