

Have you met Mobile Doc?

Our physicians can now assess patients remotely by using telemedicine via our Mobile Doc. They are able to see, hear, and speak to patients and families as if they are standing in the room next to you. This will allow for quick access connecting patients to providers, patients to remain in our hospital without being transferred unless deemed medically necessary, and improved outcomes by providing timely, personalized care.



July Events Sponsored by Stoughton Hospital

Join the Physician Partnership Team to welcome Dr. Aaron Schwaab, General Surgeon on Tuesday, July 12th from 1:30-2:15 pm in Bryant Room A.

Introduction to Essential Oils-Join Anne Adametz, Acupuncturist and Yoga Therapist to learn how to choose the best natural options for you and your home. Learn the properties of essential oils and their uses.

Thursday, July 14th from 6-7pm. Free class in the Bryant Center. Call Sonya at 873-2356 or register online at [stoughtonhospital.com](http://stoughtonhospital.com).

#### Travel Wisconsin.com

There are thousands of activities in Wisconsin in July— many 4th of July festivals from little Witwen, Wisconsin to many big cities and all levels in between.

This site has events from biking, birding, camping, fishing, golf, natural attractions and parks, science and nature centers, tours, and water activities.

It lists trip ideas and planning tools. Get out there and enjoy our beautiful state!



Dietitians-Online

# Partners of Stoughton Hospital

Newsletter — July 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

*Summer is finally here! We will not be having a Partner's board meeting in July.*

*Don't forget to get your cheese curds and cream puffs at the Stoughton Fair... the fair runs from June 29th to July 4th.*

*If you would like to order mums from the Partner's mum sale, you must PRE-ORDER them. Pre-orders are due by August 10th... mums are \$9.00 each. Mark your calendars for August 23rd for pick up!*

*We received a thank you from the Foundation for the Partners \$25,000 to be used for the new walking trail.*

*"In a world where you can be anything, be kind."*

"None of us are getting out of here alive, so Please stop treating yourself like an after thought. Eat the delicious food. Walk in the sunshine. Jump in the ocean. Say the truth that you're carrying in your heart like hidden treasure. Be silly. Be kind. Be weird. There's no time for anything else."

Richard Gere

Grandparents Day  
September 11, 2016

Are you looking for a fun event to celebrate Grandparent's Day this year? Partners is organizing a family fun walk. This 2 mile walk along the scenic Yahara River will begin at 1:00 pm starting at the end of Amundson Parkway in the Vennevoll area.

The fundraiser is open to anyone of all ages. Strollers are welcome. The money raised will benefit the walking trail that will start behind the new ambulance area and connect to the city trail.

Applications will be available in the hospital gift shop.

From the Wellness team....

#### Tips for drinking more water

- ♦ Carry a water bottle for easy access when you are at work or running errands.
- ♦ Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.
- ♦ Choose water instead of sugar-sweetened beverages. This can help with weight management. Substituting water for one 20 ounce sweetened soda will save you 240 calories.
- ♦ Choose water when eating out. Not only will it save you calories, it will save money too.
- ♦ Add a wedge of lime or lemon to your water. It will improve the taste and you may drink more than usual.



## Order Fall Mums Now

As promised in last month's newsletter, here is more information on the famous Partners of Stoughton Hospital Fall Mum Sale!

For planning purposes, and for your convenience, all sales are pre-ordered this year. **There will be no mums available on the day of the sale!** Included in this newsletter is a convenient order form which you can mail to the gift shop or drop off, **no later than August 10.** At a cost on only \$9.00 each, these glorious, long-lasting plants are available in bronze, red burgundy, purple, yellow, pink, and white. Payments must accompany the order form, and checks should be made payable to Partners of Stoughton Hospital.

You plants will be waiting for you on **Tuesday, August 23 between the hours of 2:00 and 4:30 p.m.** Simply stop at the back entrance of the hospital by the Foundation office where your order will be waiting for you.

The Partners of Stoughton Hospital appreciate your support by participating in this late summer fundraiser. Spread the word to your friends and neighbors. Money raised by your involvement in this project helps not only to enhance the beauty of your surroundings, but more importantly, it provides the opportunity for the Partners organization to support the Outstanding services offered by Stoughton Hospital.



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

**Our BIG summer sale is July 28.**  
**Make sure to visit the lobby starting at 8am**

**For some real steals and deals!**

If you follow us on Facebook— either the Partners page or the gift shop page, **PLEASE SHARE** our posts. If you only “like” it, your friends do not see it and it doesn't get out there. That is our best form of free advertising!

**We are looking for volunteers who would like to work a couple four hour shifts a month as a clerk in the gift shop. The only requirements are good communication skills, ability to provide excellent customer service, accuracy in handling money, willingness to learn the check out system with a cash register, and be a member of Partners.**

**Volunteers greet customers, become familiar with the inventory, help with suggestions, and keep the shop clean and orderly. Shifts are from 8am-noon or noon– 4pm weekdays. Volunteers work with a partner so not only is it fun, it's a social time too. If you are interested or think of someone who may be a good fit, please contact Becky at 873-2205 or breiber@stohosp.com.**

## Save the Date....

**Partners Annual Meeting and Luncheon is Tuesday, October 25. Free flu shots will be available for members starting at 11am in the board room.**

**Luncheon will begin at noon followed by the annual meeting.**

## Fun facts and trivia about July

The population of America on July 4, 1776 was 2.5 million. Today according to the U.S. Census it is 316.2 million.

Three presidents have died on July 4— John Adams, Thomas Jefferson, and James Monroe. Both Adams our second president, and Jefferson the third president died on the same day in 1826.

Congress declared the 4th of July a federal holiday on June 28, 1870.

The Declaration of Independence did not become official until August 2, 1776 when most delegates signed it.

The Philippines gained full independence from the United States on July 4, 1946.

On July 14, 1969 the \$100 bill became the largest U.S. currency.

July 20, 1969 was the first moon landing.

July 5, 1996 the first cloned sheep was born (Dolly)

July 25, 1978 the first test tube baby was born.

July 26, 1908 the FBI was created.

July is blueberries month, hot dog month, recreation and parks month and read an almanac month— really?

July is Social Awareness month- Nurture your social relationships. Volunteer with a group. Call an out-of-state friend. Join a walking club. Social wellness means nurturing yourself and your relationships.

“You have to love a nation that celebrates its independence every July 4, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy, and the flies die from happiness. You may think you have overeaten, but it is patriotism.” Erma Bombeck



**Sidewalk/lobby sale-.... July 28**