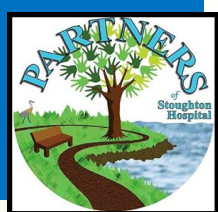


The Pulse 

Partners of Stoughton Hospital



2019



**Gift Shop:**  
608 873-2281

**Main Desk:**  
608 873-2232



### *President's Message - Judeen Reese*

The leaves have been raked, the patio furniture has been stored, the snow blower has been tuned up, you've gotten your flu shot, so you're ready for the winter months, or are you?

Winter means shorter days and reduced daylight which can result in being less active and less enthusiastic. Being aware of your own needs and addressing them can help you cope with the winter doldrums. Perhaps the last thing you want to do when it's cold outside is ...go outside. But a brisk walk on a cold, sunny winter morning can get your heart racing, your blood pumping – and maybe even freeze a smile on your face. There are other simple ways to help prepare for the upcoming winter months. Find things that can assist your routine and make your life a little sweeter. I especially like this - get yourself a new warm jacket that you love, and which reflects your sense of style. Get new gloves, hats and scarves. Go for it all! Invest in a new pair of boots that will keep your feet warm and dry. Nothings ruins a day more than wet socks and slushy ankles!

The holidays can be a challenging time of the year for some of us, but if you can embrace the idea of getting excited about the holiday season, why not run with it? Recognize traditions, sip some hot chocolate and watch some retro movies that will "take you back." Try making your own winter traditions with the people you love. There are no rules, so get creative. Celebrate in your own way with the people you want to be around. Experiment with some new recipes. Comfort foods can make all the difference in your day. A beautiful bowl of chili is sometimes all the soul needs to recuperate after a long day.

**However you choose to spend the upcoming months, stay safe, stay warm and stay in touch with Partners of Stoughton Hospital.**

**Our Gift Shop will be open on Saturday, Dec. 7 & 14 from 9:00 AM to 1:00 PM. Find those special gifts you just can't get anywhere else!**





# Partners Sweet Shoppe



*Meet Ellen Weum,* whom we lovingly refer to as  
...“Gail Wollenzien’s daughter.”

Following in her mother’s footsteps, Ellen recently became a Partner of Stoughton Hospital. Ellen leads a busy life with family and work. She met her husband, Gary at Stoughton High School. They have been married for 23 years, and have two daughters, Jordyn (22) and Alyson (20). Jordyn was awarded the Partners of Stoughton Hospital Scholarship in 2015. Jordyn’s passion for nursing was enhanced by her opportunity to work at Stoughton Hospital as a CNA. She now works as an RN at the UW-Hospital. Alyson, a junior at the University of Iowa, is studying Marketing and Sales. She is an athlete on the Iowa Track and Field Team. Alyson’s relay team took home the gold at the Big 10 Championships. When the Weums are not traveling to other states, Ellen works at Eugster’s Farm Market in the fall, and during the tax season, she is a receptionist at H&R Block in Stoughton.

Ellen was inspired by her mother who received so much joy from the many wonderful things about Partners. So, Ellen jumped in and is coordinating our December bake and craft sale. She has decided to “sweeten” the bake sale a bit this year and is transforming it into the

## *Partners Sweet Shoppe.*

There will be “napkin treats” in the Hospital Lobby for \$1 that will provide a sneak peek to the main event located in the Bryant Health Education Center Room B. You will find themed tables to make your treat-seeking experience more enjoyable. At the “Candy Table” you might find chocolate peanut clusters, fudge and maybe even some melt-in-your-mouth truffles.

**All members are asked to contribute. Bring your baked goodies or crafts to the Lobby Conference Room on Monday, December 2 from noon to 5:00 PM. The sale begins Tuesday morning at 8:00.**

You don’t want to miss it. It will put you in the spirit of the season.  
Our appreciation goes out to Ellen and the committee.

*Happy baking and we’ll see you at the Partners Sweet Shoppe!*





Each December Partners of Stoughton Hospital sponsor an afternoon of Bingo at the Stoughton Senior Center. Research indicates that Bingo may actually be good for your health. From engaging the brain to hand-eye coordination as well as lots of fun, there's more to your Bingo card than meets the eye!

This community service project will take place on Wednesday, December 18 beginning at 1:00 PM. Seniors and other community members look forward to an afternoon of Bingo and holiday treats. There is no charge for this event. Thank you to Roger Odalan and Norval Morgan who will be calling numbers.

**We need your support.** Come to play and be ready to shout “**BINGO!**”. We also ask that Partners donate a Bingo prize. Prizes should be a small non-gender specific item, gift wrapped and taken to the Gift Shop by Tuesday, Dec. 17. Donations of cookies or other holiday treats would also be appreciated. Cookies should also be taken to the Gift Shop by Tuesday, Dec. 17 or dropped off at the Senior Center on Wednesday by 12:30 PM.

*Thank you for supporting Partners of Stoughton Hospital BINGO Party. This is a fun way for Partners to connect with the Stoughton Community!*

### Gift shop



Diane Nissler and Judy Simmonds  
volunteer in the Gift Shop

*Thank you to everyone who shops in the Gift Shop and supports the Partners of Stoughton Hospital. Our success would not be possible without your support.*

*Our Holiday Open House was a **HUGE** success. Thank you to each of you who joined us. Watch our Facebook page for Holiday Shopping specials that will start the week of Thanksgiving and continue throughout the month of December.*

*Our extended hours, 9:00 AM to 4:00 PM, Monday through Friday will continue during the month of December. We will also be open Saturday December 7th & 14th from 9:00 AM to 1:00 PM for your shopping convenience.*

**THANK YOU for your support. Your support brings success.**



**Love Light donations** must be received no later than December 1 in order to be included in the 2019 Love Light Ceremony. Donations received after December 1 will be moved to the 2020 campaign. Mail your donation today and plan to attend the ceremony on Thursday, December 5 beginning at 4:30 PM in the Bryant Center.

## Upcoming Events

For a total listing see <http://stoughtonhospital.com/events/> or the publication, **For The Life Of You.**

**Nov. 25** - Stoughton Hospital Annual Meeting

**Dec. 2** - Bring baked goods and craft items to the Lobby Conference Room from noon to 5:00 PM.

**Dec. 3** - Holiday Bake/Craft Sale, Bryant Center, beginning at 8:00 AM

**Dec. 4** - Monthly Board Meeting, Hospital Lobby Conference Room, 8:30 AM

**Dec. 5** - 2019 Love Light Ceremony, 4:30 PM, Bryant Center

**Dec. 7** - Gift Shop Saturday Hours, 9:00 AM to 1:00 PM

**Dec. 14** - Gift Shop Saturday Hours, 9:00 AM to 1:00 PM

**Dec. 18** - BINGO at the Senior Center, 1:00 PM

**Dec. 19** - Mississippi Valley Regional Blood Center Blood Drive in the Bryant Center, 8:00 AM -1:00 PM



### Partners of Stoughton Hospital November Board Meeting

- ◆ Phase 1 of the Community Health & Wellness building (formerly McFarland State Bank) will be open in the spring and will include Home Health & Complementary Medicine. The Annex building is scheduled to be razed in the spring.
- ◆ Stoughton Hospital was awarded a 2019 Guardian of Excellence Award (for period of May 2018-April 2019) in three categories - Patient Experience, Clinical Services and Employee Engagement; another reason to take pride in our local hospital.
- ◆ \$100 was approved and will be given to the 2019 Love Light Campaign in memory of Partners.
- ◆ \$200 will be used to support the Hospital Giving Tree.
- ◆ Laura will forward a "wish" list for future consideration of the Partners.
- ◆ \$200 will be given to support Stoughton Free Clinic.

## Welcome!

*New Member: Diane Nissler*

### From Sharon Beall:

The 23rd Medication Drop event was held October 26 at the Stoughton Fire Department. The volunteers at the drive-through collected 257 pounds of medication and 520 pounds of sharps. Since April's event an additional 518 pounds of medication were left in the Stoughton Police Department drop box. **Thanks to all who supported our local medication drop.**

Heartfelt appreciation to the volunteers and community members who have created twiddle muffs and walker bags. Thanks to each of you for your time and willingness to help others in the community. Partners have sewn walker bags that have been delivered to the Stoughton Hospital Rehab programs in Stoughton and Oregon and to the Stoughton Senior Center.

***A heartfelt thank you to all who have furthered these outreach efforts for the Partners of Stoughton Hospital.***

***Please contact Sharon Beall with questions at (217) 663-8594.***