



Partners of Stoughton Hospital

September 2017



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Judy Simmonds

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Diane Matson
Judeen Reese

President's Message - Melanie Miller



Once again, it is time for the leaves to change color and the season to turn to Autumn. The kids will go back to school, and that wonderful feeling of crispness will be in the air. It's time to stop and remember the times we spent with family and friends over the summer at reunions, picnics or just visiting in the back yard. It won't be long and the cold drinks will need to be warm, and the light clothes will be replaced with sweatshirts and long pants.

Along with these changes comes the appearance of the beautiful colors of orange, red and yellow. Colors that just make you feel warm all over! If you haven't guessed already, Autumn is my favorite time of the year. In addition to the environmental changes, no matter how old I get, Autumn makes me feel like it is time to go back to school, and to look forward to learning new and exciting things. Since I'm not going to go back to school at his point (or ever), I think I will turn my energy into working on new and exciting things for the Partners. Let's think of some unique fundraisers. Let's make plans for upcoming events. Let's serve on a different committee or try a new volunteer position at the hospital. Let's recruit some new members. Let's bring the warmth of Autumn colors and the enjoyment of a new season to our organization.

Please join me, and have a great Autumn!

Walking Trail Committee Formed

Last Fall, Partners funded the first phase of the Stoughton Hospital Trail Project that included clearing and paving the trail with wood chips and crushed rock. For those of you who are not familiar with the trail, it is adjacent to the ambulance garage and then winds down to the Yahara River. The Partners Trail Committee was recently created to continue with the next phase of the project. The committee has met and has several things to consider in this next phase: plantings along the trail, possible artwork and benches along the trail, the type of material to pave the trail and maintenance. One of the first activities the committee has planned is to actually walk the trail as a group, take notes and then discuss our priorities. In addition, the Trail Committee will eventually be working with Mary Link and the Stoughton Hospital Foundation as they begin their work with the Healing Garden and how those projects will connect.



Stay tuned for future updates!

Carol Deneen, Helen Sumwalt, Claudia Quam,
Becky Greiber, Judy Simmonds, Sandra Maerz

Gift Shop News - Ann Corneille



Goodbye Summer, hello Autumn! That's the mantra in the Gift Shop over the past few weeks.

Our successful Sidewalk Sale morphed into our *Dot Sale*, making room for the new Fall and Christmas merchandise that is arriving daily.

Be sure to monitor our Facebook page where I will be posting sneak peeks of some of our new items. You might have seen our adorable "furry friend" that was showcased in one of the recent postings.

September promises many new Fall items and our Packer and Badger Shop will be up and running by the end of the month. New jewelry, vests, and purses made their appearance in late August along with new items for your pets, including mugs and an adorable treat jar. Halloween and holiday cards are also being added.

Your continued patronage of our Gift Shop is truly appreciated.

Profile of a Partner - The Ann Nelsons

How lucky can one organization be? To have two vivacious, personable volunteers, both of whom are named Ann Nelson!



Ann D Nelson, spent her first 18 years growing up on a farm in the Stoughton area. After a short stint as an employee of Madison Gas and Electric, Ann found her true calling at Stoughton Hospital, where she was the Patient Accounts Manager for 33 years. In the interim, she raised two daughters, and now in addition to those two girls, oversees a family of 3 step-children, 6 grandchildren, 5 great grandchildren, and one very special dog named Sadie who adopted Ann ten years ago! Following a trip to the Kentucky Derby with friends in 1973, Ann created her annual Kentucky Derby party, requiring all guests to wear the obligatory Derby chapeau. An avid "cruiser", Ann estimates that she's been on close to 23 cruise vacations, visiting Alaska, the Caribbean, and all points in between. An all-time favorite trip was to Norway with her brother and a niece to visit many family members. Flower gardening, dining out with friends, and church activities round out this volunteer's free time.



Even though she's called Stoughton "home" since she was 6 years old, **Ann N Nelson** was born in Red Wing Minnesota, and lived for a time in Ellsworth, Wisconsin. As a freshman at St. Olaf College in Northfield, Minnesota, Ann met a dashing senior student named Dave Nelson, who swept her off her feet, even though Ann's mother thought he was too old for her! Marriage, two children, and a 2 year stint in Kansas during Dave's military service soon followed. Today Ann and Dr. Dave are the parents of four and grandparents of five. Ann has always held a special place in her heart for volunteering. In addition to being active as a volunteer during her childrens' school years, Ann has been a member of Partners for so long that she can't remember when it all began. Her favorite pasttime in addition to rosemaking and knitting, is being with the many friends she's made as a member of the Partners of Stoughton Hospital. The honor of being named Syttende Mai King and Queen in 1982 attests to the contributions this Partner has made to our community as well as to our organization.

Thank you "Ann D" and "Ann N" for helping to make Partners grow and thrive through your volunteer service.

Breast Care Comes to Stoughton

If you, or someone you know, has faced a diagnosis of breast cancer, you are well aware of the multitude of feelings one experiences. In addition to the trepidation and anxiety, the thought of having to travel outside of your community for treatment can cause additional stress. Stoughton Hospital is hoping to ease some of that anxiety by offering breast care services from mammograms to postsurgical care right here in Stoughton!

Dr. Aaron Schwaab and his team have created a new Breast Care Program that enhances the hospital's services of screening, biopsy and diagnosis. An experienced general surgeon, Dr. Schwaab treated hundreds of breast cancer patients during his eight years as Medical Director of the Centegra Breast Program in Crystal Lake, Illinois. Here in Stoughton, Dr. Schwaab is collaborating with a team of plastic surgeons to offer full service plastic and reconstructive surgery, along with tumor removal.

In addition to Stoughton Hospital's post-surgical care, including lymphedema monitoring and physical therapy, Partners of Stoughton Hospital is donating "Knitted Knockers" to women who have undergone mastectomies or other procedures involving the breast. Unlike traditional breast prosthetics which can be expensive, heavy, hot, and uncomfortable, Knitted Knockers are soft and pliable. There is no need for special bras or camisoles with pockets which sometimes can't be worn for weeks after surgery.



Partners volunteer, **Doris Burdick** has begun knitting the first Knitted Knockers. Our goal is to provide them at no cost to any woman who requests them.

Do you knit?
Call 608-873-2281 to volunteer to help with this service project.

Partners has also established the **Wigs for Patients** program to help women dealing with medical hair loss. The Wigs for Patients program offers high-quality wigs, at a reduced cost to patients in need. A patient can receive a one-time discount of up to \$80 for a wig. For more information or to enroll in the Wigs for Patients program, please stop at the Gift Shop.

August Board Highlights

- Improvements continue in the lobby.
- Recruitment for an orthopedic surgeon is underway.
- Planning updates for walking trail and healing garden were shared.

Gazebo Musikk

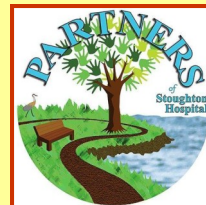


Judy Simmonds, Carol Deneen, Claudia Quam, Dawn Windland, Judy Furseth, Judeen Reese, Sharon Beall

Partners members served food at the Gazebo Musikk Concert on August 17.

*The winds blew.
The dark clouds rolled.
The rains came down.
The music was loud.
The crowd was sparse.
And yet we persisted!!*

Upcoming Events



- ♦ Sept. 6 - Partners Monthly Board Meeting, 8:30 AM, Conference Room
- ♦ Sept. 13 - Diabetes Management, 9:00 AM or 2:00 PM, Bryant Center
- ♦ Sept. 14 - Natural Anxiety & Stress Relief, 6:00 PM, Bryant Center
- ♦ Sept. 19 - Learning, Coping & Surviving as an Alzheimer's Caregiver, 5:30, Bryant Center
- ♦ Sept. 20 - Partners Monthly Cookie Bake, 8:00 - Noon, Board Room
- ♦ Sept. 20 - Clean Start: Eat Clean & Live Well, 9:15 AM, Bryant Center
- ♦ Sept. 20 - Freedom Through Forgiveness, 6:30 PM, Central Conference Room
- ♦ Sept. 21 - WHA Southern District Meeting (See Melanie Miller if you are interested in attending.)
- ♦ Sept. 23 - Gentle Slow Flow Yoga, 11:00 AM, Bryant Center
- ♦ Sept. 27 - Understanding Cholesterol, 9:00 AM & 2:00 PM, Bryant Center
- ♦ Oct. 18 - Flu Shots, 11:00 AM, Board Room, free to all Partners members.
- ♦ Oct. 18 - Lunch followed by Annual Meeting, 12:00 PM, Bryant Center
- ♦ Nov. 30 - Love Light Celebration, 4:30 PM, Bryant Center
- ♦ Dec. 5 - Holiday Craft/Bake Sale, 8:00 AM, Conference Room

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

Welcome New Member!

Diane Williams

Helen Sumwalt "led the charge" adding, water, fertilizer, additional soil and new plants to the large planters outside the Stoughton Hospital entrance.



Love Light: Honor or Remember Someone Special, Any Month of The Year



"True love knows no season, no rhyme or no reason". So go the lyrics from the song *Billy Gray* written by Norman Blake. As Fall creeps into Winter and the Christmas Holiday approaches, often friends and family want to find a special way to honor, recognize, or memorialize special people in their lives.

With that in mind, The Partners of Stoughton Hospital once again offer the **Love Light** celebration. For a monetary gift of your choosing, you may honor a friend or loved one, memorialize people who have passed, or recognize the military service of family members and friends who have served, or who currently serve in the Armed Forces, by purchasing a symbolic light for our Love Light trees, located at the entrance to the hospital property. Three trees, one festooned in white lights to honor living friends and family members, one dressed in blue lights in memory of those who have passed, and the tree outlined in red lights, remembers the service of our military personnel.

On Thursday, November 30, beginning at 4:30 p.m. in the Bryant Center of Stoughton Hospital, the Love Light trees will be lighted remotely as the names of those people we love are read. Light refreshments and music round out the program.

If you would like to honor or remember loved ones, you may pick up a Love Light donation envelope in the gift shop. Love Light donations are accepted year around. Please join us to make this the brightest holiday season ever. Help us light our Love Light Trees and let the light shine for those you cherish.