



These elves have been working on walker bags for the Home Health Dept.

How to Celebrate National Hobby Month

Open the New Year with a new hobby:

What do you enjoy doing in a non-work, family committed, or educational environment?

Do you like to take pictures? Collect random things?

Look for a project you haven't tried and go online and research it. Pinterest is a great site for gathering ideas.

Ask friends and family what their hobbies are. If you find someone with the same interests, you can do it together. You can take a class too. If you enjoy it enough, you can try to make money by creating and selling your product. Etsy is another site to investigate online.

Upcoming Events

Saturday, January 7 11:00am Mindful Yoga for those affected by Cancer

Wednesday, January 11 6:00pm Weight Management: Tools to Succeed

Wednesday, January 25th 10:00am Dementia Conversations

Saturday, January 28th 11:00am Kundalini Yoga to Boost Immune System

To sign up for these FREE classes go to stoughtonhospital.com and click classes and events
Or call Sonja at 873-2356.

Town Hall Meetings: Wednesday, January 18 at 7:45am, 2:00pm, and 5:45pm and

Tuesday, January 24 at 7:45 am and 2:00pm

Theme is Award Winning Service

Saturday, January 28th from 11:00-1:00 Souper Bowl Chili lunch at Christ Lutheran Church
Sponsored by the Partners of Stoughton Hospital.

Partners of Stoughton Hospital

Newsletter —January 2017

PARTNERS OFFICERS—FY 2016/2017

President—Melanie Miller 608-513-9894

Vice President—Judy Furseth 873-9817

Secretary—Judy Simmonds 873-1613

Treasurer—Dawn Windland 815-742-4935



President's Message

Happy 2017 to everyone! May you find good health, happiness, and exciting challenges in the coming year.

My message this month has to do with a kind of New Year's Resolution, not an individual one, but rather one for our organization. I know that being positive about things makes me feel better. I also know that a positive attitude can be contagious and help others to be more excited and enthusiastic about their involvement or participation in whatever event or topic is at hand. I don't perceive our group as having a problem with this, but we can always work to be aware of our attitudes and make them more positive each day.

This doesn't mean that we can't evaluate what we do and identify things that need improvement. What it does mean, though, is if we find a problem or feel the need to criticize what has happened or an idea being offered, let's find a compromise or a solution to the problem rather than just pointing out the weakness. Let's work to solve our problems and challenges in a positive manner.

So in simple terms and to quote a good friend of mine, I propose that the Partners 2017 resolution be: "Let's try this approach and aim for a successful and eventful year for the Partners of Stoughton Hospital."

Newsletter Information

To keep our newsletter interesting and informative, we are asking you to help us.

If you have information that you think other members would enjoy reading, please submit it to me before the 15th of the month. If it's something you read in a magazine or saw on a website, make sure to quote the source for me. Becky bgreiber@stohosp.com

In appreciation for all you do, the Stoughton Hospital Foundation cordially invites the Partners for a tour of our newly renovated space on February 15th. We will meet in the Bryant Center at 9:00am for coffee and a "sweet" with walking tours beginning at 9:20am.

Please respond to Mary or Sarah at the Foundation by February 8th at 873-2334 or 873-2328. Please let us know if you will need wheelchair assistance. Mary Link, Foundation Director

Gift Shop News by Becky.....

The gift shop has been a very busy place this month!! Thank you so much to all the volunteers who have made it a special place to visit and those of you who have taken an additional shift to fill in. We will have many openings in the next few months also as lots of people choose to escape our winter weather! Help when you can! Many of you have heard I am retiring in March. It has been very fun getting to know new friends and rekindle old friendships. I plan on staying on as a volunteer with Partners-a very special group of volunteers!

Love Light Recap

Thanks to all who helped with the 2016 Lovelight Program. We raised over \$4500, lit three beautiful trees and had a very nice program to mark the beginning of the Holiday Season on December 1. WSTO video taped the program and you can see it on their station throughout the holidays.

Thanks to Laura Mays who emceed the program, Marno Stellmacher and Joanne Peterson who read the names, Pastor John Shep from First Lutheran for his message and American Legion Post 49 for the Honor Guard. And thanks to the committee– Sandy Maerz, Carol Deneen, Marno Stellmacher, Linda Schaefer, Jackie Kittelson, Lil Smithback, and Becky Greiber.



Many thanks to the Partner members who spent Victorian Days downtown and to several other members who played major roles in our recent fundraiser. Santa arrived in his sleigh at 11:00 and was kept busy participating in photo ops until everyone’s toes, fingers, and other areas were completely chilled. Our photographer captured some great photos of Santa and his young friends as well as some beautiful family pictures.



As Packer fans look for the stars to line up before the big “Super Bowl”, the Partners of Stoughton Hospital are making plans for a “Souper Bowl” of our own.

On Saturday, January 28 at Christ Lutheran Church from 11:00-1:00, we will be serving chili and everything to go with it. This is a great outing for families, neighbors, and friends.

Volunteers are needed to make this fundraiser happen. If you can help prepare or serve chili, please call Sandra Maerz at 608-873-6125 or Carol Deneen at 608-873-6055.

We are also asking Partner members for donations of canned tomatoes, tomato juice, macaroni and chili beans. Monetary donations to cover other food costs are most welcome. All donations should be brought to the gift shop no later than Friday, January 20.

Plan to join us on Saturday, January 28 for a great bowl of chili and a few surprises.



Healthy Bites for January: National Soup Month

What’s better on a cold winter day than a warm bowl of soup? Soup can be nutritious, easy to prepare, and inexpensive. It can be great hot or cold, prepared with minimal clean-up, only needs one pot, and the combination of ingredients is unlimited. Soup is a great dish for a variety of palettes and can be tailored to be spicy, savory, or sweet. Soup can fit into a healthy eating plan.

Soup can be an appetizer, side dish, or main dish. You can celebrate the bounty of the four seasons. It can be served hot or cold.

To keep soups tasty and healthy, use low-sodium broth, stock, or soup base for the foundation. Experiment with flavorful herbs and spices in place of salt. Black pepper, garlic powder, curry powder, cumin, dill seeds, basil, ginger, coriander and onion are good replacements.

When buying canned soups, use the nutrition facts label to make healthy choices. Choose healthier substitutions. Use cheese, sour cream, and bacon to a minimum as toppings or garnish.

Soup can be made ahead of time in large quantities. Eat refrigerated soup within three to four days or freeze it. Don’t let soup sit at room temperature for more than two hours. To speed cooling, store soups in shallow containers. When serving a second time, bring to a boil.

During National Soup Month and beyond, experiment with different recipes and ingredient substitutions for healthier soups. Find ways to vary your veggies with warm soups in the colder months, and focus on fruits with chilled soups in the warmer months.

Merry Christmas and Happy Healthy New Year!!