

Mission: The mission of Stoughton Health is to provide safe, quality healthcare with exceptional personalized service.

US POSTAGE
PAID
PERMIT #549
NON PROFIT
ORGANIZATION
MADISON, WI

Community Events

Gazebo Musikk

Thursdays through September 7 from 6:00–7:30 p.m.

Rotary Park
324 S 6th Street, Stoughton

Stoughton Community Farmers Market

Saturdays through October 14
8:30 a.m.–12:00 p.m.

Downtown Stoughton

3rd Annual Community One Mile Walk

Saturday, June 17, 9:00 a.m.

Stoughton Hospital
900 Ridge Street, Stoughton

Taste of Stoughton

Saturday, June 17

Nordic Ridge Park,
1300 Hoel Avenue, Stoughton

Oregon Summer Fest

Friday, June 23–Sunday, June 25

Kiser Park
245 Brook Street, Oregon

Stoughton Fair

Tuesday, July 4–Saturday, July 9

Mandt Park
400 Mandt Pkwy, Stoughton

Marketplace Dayz

Saturday, July 15
9:00 a.m.–2:00 p.m.

419 W. Cottage Grove Road
Cottage Grove

17th Annual Oregon Kids Triathlon

Saturday, August 12

Downtown Oregon

19th Annual Swinging for Health Golf Outing

Monday, September 18

The Legend At Bergamont
699 Bergamont Blvd, Oregon

Blood Drives

In partnership with ImpactLife, Stoughton Health hosts community blood drives. Community support is essential to ensuring a strong and stable blood supply.

Friday, June 16, 8:00 a.m.–1:00 p.m.

Friday, August 18, 8:00 a.m.–1:00 p.m.

Community Health & Wellness Center
3162 County Road B, Stoughton

Appointments: www.bloodcenter.org

Support Groups

Diabetes Support Group

Meeting date changed for June, will meet Monday, June 19 at 6:00 p.m.
Meets 2nd Monday of the month at 6:00 p.m.

Stoughton Hospital
900 Ridge Street, Stoughton

Parkinson's Support Group

Meets 2nd Monday of the month at 12:15 p.m.

Community Health & Wellness Center
3162 County Road B, Stoughton

Memory Café

Meets 1st Tuesday of the month at 9:30 a.m.

Stoughton Hospital
900 Ridge Street, Stoughton

Contact: Stoughton Senior Center at (608) 873-8585

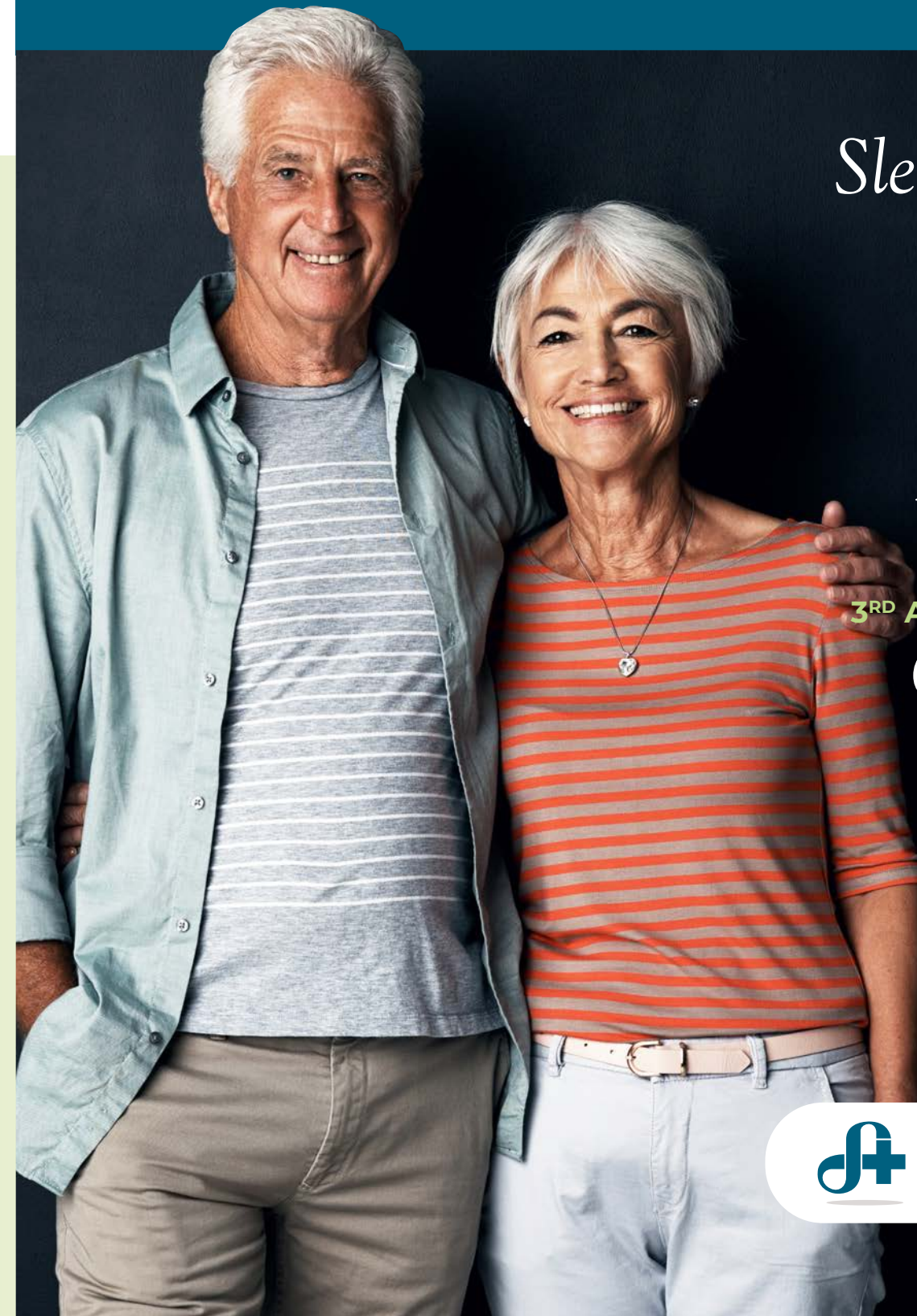
Questions? Please call (608) 877-3498

For the Life of You

Summer 2023

StoughtonHealth

stoughtonhealth.com



Sleep Disorders
Center

Organ
Donation

3RD ANNUAL COMMUNITY
One Mile
Walk

Do You Need a Sleep Study?

Do you remember when you were a child, and sleep just came naturally? You may have not even woken up when your mom or dad carried you from a car ride home into your bed. As we age, sleep—at least “good” sleep—can become elusive.

If lack of sleep is disrupting your daily life, it may be time to undergo a sleep study.

Common Symptoms of Sleep Disorders

One of the most common symptoms of poor sleep is daytime fatigue. This could be due to snoring, which may indicate sleep apnea, or excessive movement from something like restless leg syndrome. Sometimes, people have trouble falling or staying asleep without a clear cause.

“There are various reasons why people might have poor or disruptive sleep that would indicate a need for a sleep study,” states Dorothy (Dottie) Love, a registered polysomnographic technologist at Stoughton Health Sleep Disorders Center.

While the opening story is often true, children can have problems with sleep. Stoughton offers sleep studies for pediatric patients starting at two years old and all the way up to seniors. In fact, Love recalls a patient she assisted that was 98 years old.

Sleep Studies

Sleep medicine has progressed rapidly over the last decade. A sleep study monitors brain activity, patient stages of sleep, how much sleep they’re getting, and any disruptions.

“We also monitor their respiratory activity, not only their airflow, but how hard it is for them to get a breath in, their oxygen levels, and what is called CO2 or their exhaled gas,” notes Love. “We assess movement at night and eye movement so we can determine when they go into dream sleep.”

Tips to Prepare for Your Sleep Study

Love recommends a few tips sleep study participants can implement to make the most of their study. For example, it’s advised to limit fluid intake in the afternoon prior to the study, as well as intense exercise. It’s preferred for participants to refrain from taking sleep-aid medications unless indicated.

With children, Love suggests avoiding electronics exposure two hours before the start of the sleep study. They may benefit from a parent or caregiver reading a book or snuggling with the child to help them relax.

There are times when a patient may need to come back for an additional night. “If we have someone who is unable to get to sleep or we don’t get enough information during the recording, we will have them

come back. Sometimes, we do two-night studies, one is a diagnostic that tells us what the problem is. Then the second is a treatment study so we can implement a specific treatment the doctor orders,” shares Love.

Don’t Let Sleepless Nights Keep You From Living Your Best Life

No one should be without restful sleep. Proper sleep is so essential to overall health. Love urges anyone who is not getting restful sleep, or suffering from daily fatigue, to undergo a sleep study. To have a sleep consult to determine if you need to undergo a sleep study, please call the Sleep Disorders Center at (608) 873-2210.



stoughtonhealth.com

Stoughton Health

COMMUNITY HEALTH & WELLNESS

Registration
Required
For All
Events

For the most up to date list of classes and events or to register, please go to stoughtonhealth.com and click on “classes and events.” Unless noted all classes are free.

End Your Pain with Custom Knee Replacements

Thursday, June 15, 5:30 p.m. online

Join OrthoTeam Clinic’s Board Certified Orthopedic Surgeon Dr. Ashish M. Rawal to learn how the Conformis custom knee implants may be the solution to end your knee pain.

Safe@Home®

Tuesday, June 13

9:00–10:30 a.m. in person

Tuesday, July 11

3:45–5:15 p.m. in person

Stoughton Hospital

Students learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter® First Aid Chart and learn a system to help them assess and respond to injuries and illnesses. Cost: \$25 Financial assistance is available.

Safe Sitter®

Saturday, June 17 or July 8

9:00 a.m.–2:30 p.m. in person

Stoughton Hospital

Safe Sitter® prepares students in grades 6–8 to be safe when they are home alone, watching younger siblings, or babysitting. Students learn life-saving skills such as how to rescue someone who is choking, and helpful information like what to do if there is severe weather. The lessons are filled with fun activities and role-playing exercises. Cost: \$50 Financial assistance is available.

“Life Changing” Surgery for GERD

Thursday, June 22, 5:30 p.m. online

Do These Symptoms Sound Familiar? Heartburn, Regurgitation, Sore Throat, Chest Pain, Belching, Asthma

Then you might be suffering from GERD - Gastroesophageal Reflux Disease. Stoughton Health Board Certified General Surgeon Dr. Aaron Schwaab will talk about the minimally invasive LINX procedure, an effective solution for GERD.

Ten Warning Signs of Alzheimer’s

Wednesday, June 28

1:00–2:00 p.m. in person

Community Health & Wellness Center

Alzheimer’s and other dementias cause memory, thinking, and behavior problems that interfere with daily living. Learn about common signs, typical age-related changes, how to approach someone about memory concerns, early detection benefits, and resources.

Free Memory Screenings

Wednesday, June 28, 12:00–1:00 p.m. and 2:00–3:00 p.m. in person

Wednesday, August 23, 12:00–1:00 p.m. and 2:00–3:00 p.m. in person

Community Health & Wellness Center

A memory screening is a simple and safe 15-minute brain health check-up that tests memory and other thinking skills. The screening helps indicate if someone is in need of a comprehensive medical evaluation.

Running for Beginners: How to Get Started

Wednesday, July 12

6:00–7:30 p.m. in person

Stoughton Public Library

Have you always wanted to run a 5K but don’t know where to start? Stoughton Health, in partnership with Stoughton Public Library, will share training tips to get you started.

Couch to 5K Training Program

Tuesday, July 18, 6:00 p.m. in person

E.D. Locke Public Library, McFarland

The Couch to 5K program will prepare beginning runners for the library’s On Your Bookmark...Go! 5K Run on Saturday, September 23rd. This FREE 10-week program includes a kick-off meeting and three training sessions.

Shoulder Pain Relief

Thursday, August 3, 5:30 p.m. online

Join OrthoTeam Clinic’s Board Certified Orthopedic Surgeon Dr. Ashish M. Rawal to learn more about the causes of shoulder pain and both surgical and non-surgical pain relief options.

Understanding Alzheimer’s and Dementia

Wednesday, August 23, 1:00–2:00 p.m. in person

Community Health & Wellness Center

In the United States alone, more than 6 million individuals are living with Alzheimer’s. Learn about the impact of Alzheimer’s, the difference between Alzheimer’s and dementia, what happens in the brain, disease stages and risk factors, current research and treatments, and resources.

Leg Vein Treatment Options

Thursday, September 14, 5:30 p.m. online

If suffering from painful varicose veins or bothersome spider veins, Stoughton Health’s Board Certified General Surgeon Dr. Aaron Schwaab can help with a simple outpatient vein treatment.

Medicare 101

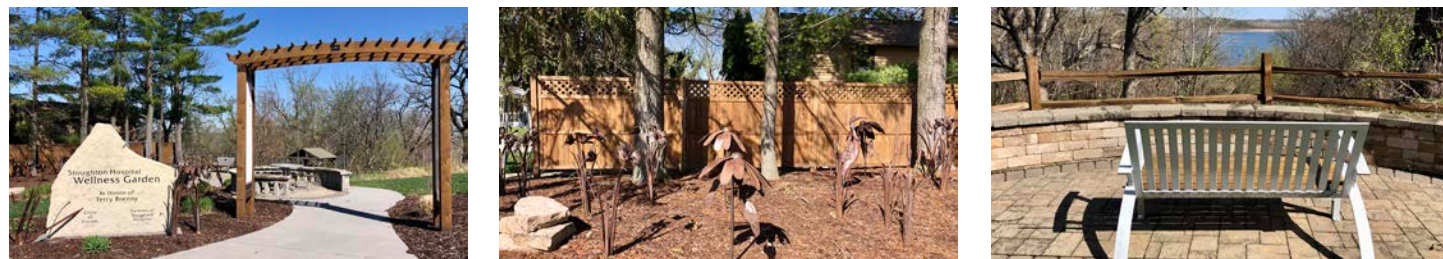
Thursday, September 21
12:00 p.m. online and in person

Community Health & Wellness Center
Join Ben Rothering to learn the basics of Medicare (A, B, C & D), making the most out of your rights, how to enroll, what Medicare does and doesn’t cover, and additional coverage options.

Stoughton Hospital Foundation

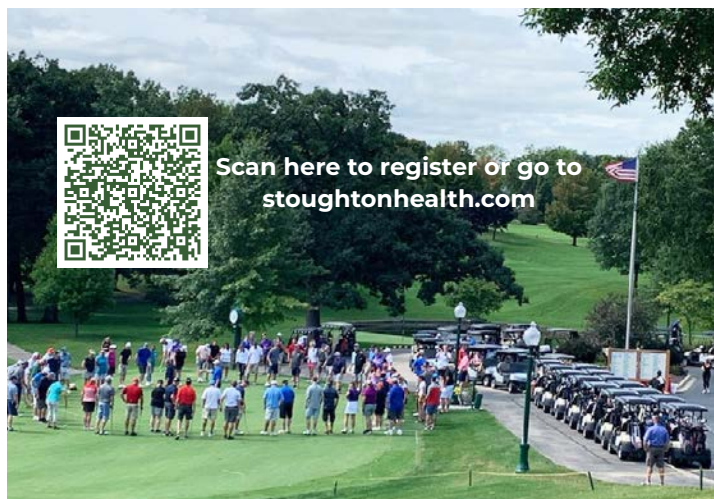
STOUGHTON HOSPITAL WELLNESS GARDEN

The Stoughton Hospital Wellness Garden and its peaceful surroundings positively affect the mood, stress level and overall well-being of our patients, families and all who visit, giving them the hope they need. In the garden, many metal sculptures and brick pavers are available for purchase in memory or honor of your loved one. You may view these sculptures in person in the garden near the ambulance bays or indoors at the Community Health and Wellness Center where the sculptures are on display. Brick pavers and sculptures vary in price from \$250.00 to \$1,000.00 and are a heartfelt way to recognize someone you care about.



• BE TEE-RIFIC & JOIN US •

19TH ANNUAL SWINGING FOR HEALTH GOLF OUTING



It's golfing season again! The Stoughton Hospital Foundation would like to invite you to participate in the 19th Annual Swinging for Health Golf Outing. We are excited to be able to offer an in-person golf outing, auction and card party again this year on Monday, September 18 at The Legend at Bergamont. The card party is open to all bridge and euchre players; it is \$30 to play. If you would like more information on the card party, virtual auction or golf, call at (608) 873-2334 or email us at foundation@stoughtonhealth.com.



Stoughton Health Receives

2023 ADVOCACY ALL-STAR AWARD FROM WHA

Recognition of the strong commitment of Stoughton Health's team to health care public policy and advocacy

Stoughton Health received the 2023 Advocacy All-Star Award at Wisconsin Hospital Association's (WHA) annual Advocacy Day event on April 19th in Madison attended by nearly 1,000 hospital advocates. Presented by Kari Hofer, WHA Vice President of External Affairs, the award recognizes one hospital or health care system that exemplifies a dedication to grassroots advocacy.

"Stoughton Health always has a strong showing at WHA's Advocacy Day, but Stoughton Health is also strongly committed to the ongoing grassroots process, making sure their advocates contact their lawmakers on both state and federal issues all year long," said Hofer. "Stoughton has been a consistent and strong advocate, and we appreciate their advocacy partnership and leadership."

Stoughton Health President and CEO Dan DeGroot accepted the award on behalf of the organization and said, "Stoughton Health's receiving this award is a great reflection on our steadfast commitment along with that of the larger healthcare community to advocacy. At the end of the day, what we all are trying to achieve is creating a better health care delivery system to enhance our ability to care for our patients and communities."

Stoughton Health actively participates on WHA's board of directors, councils and work groups, attends advocacy events and engages with state and federal lawmakers in their districts. Individuals from the hospital are also actively involved in the Hospital Education and Advocacy Team (HEAT), a statewide network designed to facilitate grassroots involvement on state and federal issues that impact Wisconsin hospitals.



Valet Service is Back!

Drive your car to the front of the hospital and our friendly valets will park your car.

The Ultimate Gift

ORGAN DONATION

The decision to be an organ donor comes with a lot of questions and considerations. The lifesaving decision of organ and tissue donation is, however, the ultimate gift.

Register Your Decision

If you decide that organ donation is right for you, it's important to register your decision. When you add your name to the Wisconsin Donor Registry, it means you have authorized the gift of your organs, tissues, and eyes upon your death.

When you register your decision you are also making your wishes clear to family and friends. It's helpful to have a conversation with your loved ones about organ donation so they understand your choice.

Registering to be an organ donor is easy. You can go to donatelifewisconsin.org and register online today. All of the information you provide is kept secure and confidential. You can update your contact information or remove yourself from the registry at any time.

Anyone in Wisconsin, age 15 or older, who has a driver's license or state ID can register to be an organ, tissue, and eye donor.



Questions

ABOUT ORGAN DONATION

MEDICAL CARE

People may have concerns regarding their medical care if they are a registered organ donor. The same life-saving care is provided to registered donors as with any other patient.

FUNERALS

An organ donor is able to have an open-casket funeral. Throughout the entire donation process, the donor is treated with care, respect and dignity.

AGE

No one is too old to be an organ donor! Medical advances allow more people than ever to be organ donors.

COST

There are no costs to the donor or the donor's family.

Stoughton Hospital Foundation

MARCH MATCHNESS

In March, the Stoughton Hospital Foundation hosted a March Matchness fundraiser from March 14–April 4. Every donation that was made, was automatically matched! The Partners of Stoughton Hospital were great supporters and partners in this event by matching a total of \$10,000. With their help, we were able to raise just over \$20,800 to purchase a new monitor for the Sleep Disorders Center. This monitor is used to continuously track the oxygen and ventilation levels of sleep study patients who are staying in the sleep center.

THANK YOU TO OUR GENEROUS DONORS

Michelle Abey	Linda Harrison	Nancy Moskal	Dr. Aaron & Karen
Angela Andler	Amy Hermes	Karl & Diane Nissler	Schwaab
Sharon Beall	Mary Hermes	Donna Olson	Edmond Smith
Lisa Bear	Kathy Hoopes	Megan O'Shea	Roger & Donna Strandlie
Kristin Brickl	Lisa Jaehnig-Olson	Partners of Stoughton	Sara Sturmer
Amy Brown	Peggy Kiss	Hospital	Chris Suttinger
Anne Brunsell	Kristin Klein	Kelly Perna	Brian Swain
Diane Buss	Heather Kleinbrook	Tom & Abby Pertzborn	Elizabeth Tatge
Pauline Cass	Judy Knutson	Joanne Peterson	The SWB Group
Carolyn Clow	Taylor Krull	Scott & Jessica Pharo	Carsten Thomas
Dr. Steven Diebold	Glenn & Susan Kruser	Beverly Pope	Timothy Thompson
Leonard Doom	Teresa Lindfors	Jeff & Victoria Raymond	Elizabeth Touchett
Jacob Dunn	Nancee Linnerud	Judeen Reese	Markee Van Dyke
Dana Ellis	LSM Chiropractic -	Matt & Laura Roethe	Charles & Kimberly Vike
Tara Farrell	Sun Prairie	Angela Rowin	Patrick and Jodi Vorwald
Thomas Fendrick	Laura McDonald-Mays	Elizabeth Royle	Amber Wagner
Stephanie Garrett	Melanie Miller	Tim & Peggy Rusch	Rick and Nicki Wagner
Tammy Gassen	Shelley Moffatt	Robertta Sarow	Sarah Watkins
Constance Grenawalt	Melissa Monte	Andrew Saul	Thomas & Susan Welch
Dianne Griswold	Jennifer Mora	James & Linda Schaefer	Dawn Windland
			Rachel Wojta

GET YOUR WALKING SHOES ON!

3RD ANNUAL COMMUNITY ONE MILE WALK

Join the Stoughton Hospital Foundation on Saturday, June 17 for the 3rd Annual Community One Mile Walk. The walk is in recognition of the Partners of Stoughton Hospital for their dedication and support of the Stoughton Hospital Foundation. At 8:30 a.m. there will be a recognition event for the Partners in the Stoughton Hospital Wellness Garden. Walk registration is \$15 per person. Proceeds raised during this event will go toward purchasing home blood pressure cuffs and scales for our cardiology patients in need of assistance. Questions? Please call (608) 873-2334.



Scan here to register or go to stoughtonhealth.com