

For the Life of You

Fall 2025

StoughtonHealth

stoughtonhealth.com

OrthoTeam Clinic

IS GROWING TO SERVE YOU BETTER!

Outpatient Mental
Health Services for 65+

LAUNCHING DECEMBER 2025

Expanding
Cardiology

AT STOUGHTON HEALTH



STOUGHTON
HEALTH

OrthoTeam Clinic Is Growing to Serve You Better!



Joseph Henningsen, MD
Orthopedic Surgery



Ashish Rawal, MD
Orthopedic Surgery/Sports Medicine



Zachary Lind, DPM
Foot and Ankle Surgery/Podiatry

OrthoTeam Clinic is growing and innovating to bring the best orthopedic care to patients. The team continues to expand its expertise and technology to better serve those in need of specialized care.

We are excited to welcome Dr. Joseph Henningsen, orthopedic surgeon specializing in hip care and hip replacements, to OrthoTeam Clinic. He joins Dr. Ashish Rawal, board-certified orthopedic surgeon with advanced training in sports medicine, and Dr. Zachary Lind, podiatrist and foot and ankle surgeon, in providing comprehensive orthopedic care close to home. Together, this experienced team treats a wide range of conditions, from joint pain and sports injuries to complex foot and ankle concerns.

Along with adding Dr. Henningsen, OrthoTeam Clinic is now offering Mako SmartRobotics™ technology for hip and knee replacements. This advanced system uses 3D imaging and robotic assistance to help surgeons create a personalized surgical plan with remarkable precision. For patients, this means highly tailored care designed to fit their unique anatomy.



Whether you're looking to stay active, recover from an injury, or explore surgical options for long-term relief, the growing team at OrthoTeam Clinic is here to help.

To learn more or make an appointment, visit **orthoteam.com** or call **608-231-3410 (Madison)** or **608-877-3419 (Stoughton)**.

Stoughton Health Senior Life Solutions



Coming
Soon

Compassionate Mental Health Support for Older Adults

Looking ahead to December 2025, we're introducing a new outpatient program designed especially for older adults experiencing anxiety, depression, grief, or loneliness. It combines group and individual therapy, medication management, and weekly health support—all provided by a caring, expert team.

Healthcare from the Heart

Expanding Cardiology at Stoughton Health

Stoughton Health is pleased to announce the expansion of its cardiology team with the addition of **Dr. Ranga Sriram, Dr. Raaid Museitif, and Dr. Michael Kreager.**



Ranga Sriram, MD
Board Certified Cardiologist



Raaid Museitif, MD
Board Certified Cardiologist



Michael Kreager, MD
Board Certified Cardiologist

These experienced specialists bring extensive expertise in diagnosing, treating, and managing heart conditions. Their addition strengthens the care already available at Stoughton Health, ensuring patients have access to advanced cardiovascular services close to home.

The **Stoughton Health Cardiology Clinic** provides a wide range of services, including:

- Cardiac Electrophysiology
- CT Scans
- Echocardiography
- Heart Monitoring
- Nuclear Cardiology
- Stress Testing
- And more

Stoughton Health continues to build on its commitment to delivering high-quality, patient-centered heart care.

To learn more about cardiology services, visit **stoughtonhealth.com** or call (608) 873-2349.

Get Your Flu Shot



Flu Clinic Dates & Times:

Creekside Place (Evansville)

102 Maple Street

Wednesday, October 8th from 9 a.m. - 12 p.m.

McFarland Fire Station

6001 Broadhead Street

Thursday, October 16th from 4 p.m. - 6 p.m.

Oregon Urgent Care Clinic

990 Janesville Street

Wednesday, October 29th from 4 p.m. - 6 p.m.

Cottage Grove Urgent Care Clinic

110 Limestone Pass, #103

Tuesday, November 11th from 4 p.m. - 6 p.m.

Stoughton Hospital | 900 Ridge Street

Wednesday, November 19th from 4 p.m. - 6 p.m.

**Please scan the QR code,
or call (608) 873-2204 to
schedule your appointment.**



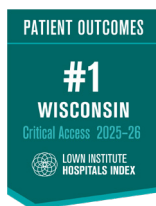
Celebrating Excellence

Stoughton Health is honored to be recognized with awards that highlight our commitment to exceptional care, patient safety, and serving our community.



Top Health Care Workplace

Stoughton Health has been nationally recognized as a 2025 Top Health Care Workplaces Industry Award winner. This prestigious recognition comes from Energage, a purpose-driven organization that develops solutions to build and brand Top Workplaces and is based on Stoughton Health staff responses to an employee engagement survey.



#1 in Wisconsin for Patient Outcomes for Critical Access Hospitals

Stoughton Hospital has been named the best Critical Access Hospital in Wisconsin for Patient Outcomes by the Lown Institute, a well-known health care group. This honor comes from the hospital's great clinical results and high patient satisfaction.



American Heart Association's Get With The Guidelines® – Stroke Rural Recognition Bronze

Stoughton Health received the American Heart Association's Get With The Guidelines® – Stroke Rural Recognition Bronze Award for its efforts to improve stroke care and reduce health outcome disparities in rural populations.



Well Workplace Award

Well Workplace Award by the Wellness Alliance, recognizes Stoughton Health as one of the nation's healthiest workplaces.



People's Choice

Stoughton Health was voted the People's Choice Winner in three categories – hospital, rehabilitation facility, and medical imaging/diagnostics.

Stoughton Health Urgent Care

Stoughton Health accepts over 160 insurance plans, making it easier than ever to access the care you need.



McFarland Urgent Care staff member receiving recognition for her outstanding patient care

Four Convenient Locations:

Cottage Grove Urgent Care Clinic

110 Limestone Pass, Suite 103 | (608) 501-6230
Mon–Fri: 8 a.m. – 8 p.m. Sat & Sun: 9 a.m. – 5 p.m.

McFarland Urgent Care Clinic

5614 US HWY 51 | (608) 838-8242
Mon–Fri: 8 a.m. – 8 p.m. Sat & Sun: 9 a.m. – 5 p.m.

Oregon Urgent Care Clinic

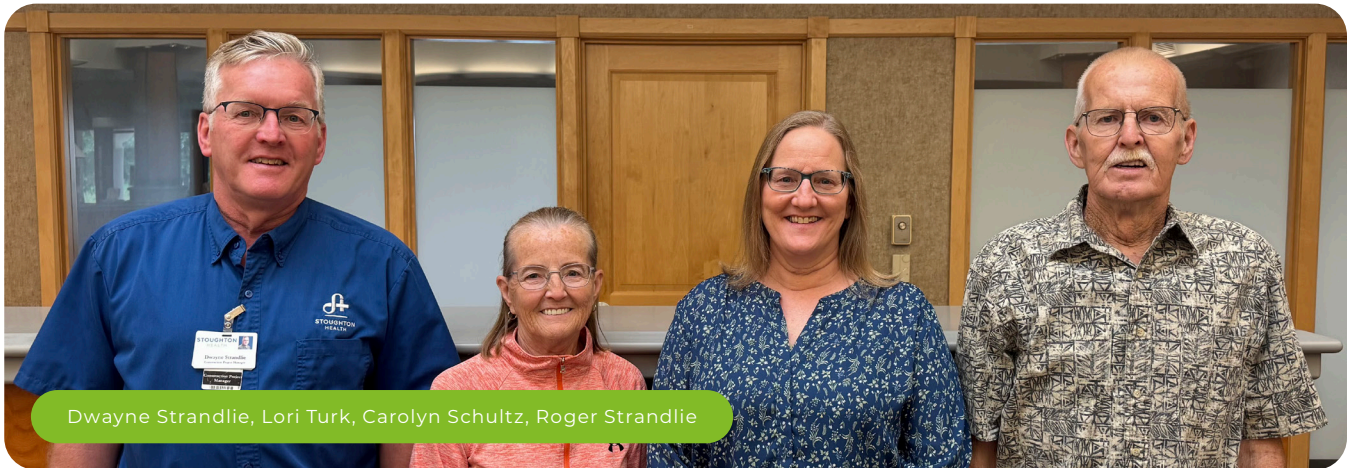
990 Janesville Street | (608) 835-5373
Mon–Fri: 8 a.m. – 8 p.m. Sat & Sun: 9 a.m. – 5 p.m.

Stoughton Hospital Urgent Care

900 Ridge Street | (608) 873-6611
Daily: 6 a.m. – 11 p.m. (Including weekends & holidays)



Where Care Meets Community: Local Family's Experience at Stoughton Memory Café



Since 2017, the Stoughton Memory Café has offered a welcoming space where individuals with memory loss and their care partners can share conversation, laughter, and activities together.

For Leona Ehle, the café became more than just a monthly outing with her children, it was a place of joy, connection, and comfort. Her daughter, Carolyn, remembers her mom's eagerness to attend each month: *"That was my biggest joy, to see the glow in her eyes."* Whether it was crafting birdhouses, playing bingo, or simply visiting with others, the family found themselves included in activities that brought everyone closer together.

The siblings also reflected on how Memory Café reminded them of the neighborly traditions of their childhood—gathering for coffee, conversation, and connection. *"It's a great time. It's quality time,"* her daughter Lori shared. *"Whether it's a mom, dad, grandparent, or anyone that you're there with, you get to spend that fun, nice time with them."*

The Memory Café meets the 1st Tuesday of each month, 9:30 a.m. – 11 a.m., at the Bryant Health Education Center at Stoughton Hospital. It is free and open to everyone.

For more information, contact Alayna Hoch at 608-873-2259.



*The Partners of Stoughton
Hospital Present*



Love Light

A significant and traditional tree lighting ceremony to remember, honor and recognize those who have touched our lives.

To make an online donation to Love Light, please go to stoughtonhealth.com/partners-of-stoughton-hospital/love-light

**Thursday, December 4
4:30 p.m.**

Stoughton Hospital
Bryant Health Education Center
900 Ridge Street, Stoughton



Stoughton Hospital Foundation

21st Annual Swinging for Health Golf Outing and Card Party

On Tuesday, September 16, the Foundation hosted the 21st Annual Swinging for Health Golf Outing and Card Party. The day brought sunshine and great participation, with golfers, card players, raffles, virtual auctions, and more helping raise over \$60,000 to support Stoughton Health. We extend our sincere appreciation to The Oaks Golf Course, Charlie Shortino of NBC 15 for leading the “Crush Charlie” challenge and to our sponsors, raffle donors, participants, staff, volunteers, and local businesses whose generosity and dedication made this event a success.

Tournament Sponsor:

Eldon Homes

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| SWEA

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JP Cullen

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One Community Bank

Quarles

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Panther Exteriors

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Rehabilitation Center, Inc.

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Cottage Grove

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Bert Klitzke

J.F. Ahern

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Hospital

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R&S Insurance a Division
of World Insurance

Stoughton Lumber Ace
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Symdon Chevrolet

Tom and Jacob Fendrick

WISHIN

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.



Wellness Garden

Stoughton Health Community Classes and Events

**Registration Required
For All Events**

Healthy Feet: Expert Advice for Diabetic and General Foot Health

Thursday, October 2
5:30 p.m. - 6:30 p.m. online

Join Dr. Zachary Lind, OrthoTeam Podiatrist, as he shares how to care for your feet, spot warning signs early, and prevent common issues like ulcers, infections, and foot pain. Registration required. FREE.

Safe@Home (McFarland)

Thursday, October 9
3:45 p.m. - 5:15 p.m.
McFarland Municipal Center
5915 Milwaukee Street, McFarland

Students in grades 4th-6th learn how to practice safe habits, prevent unsafe situations, and what to do when faced with dangers. Class fee is \$25. Registration required.

SafeSitter (McFarland)

Saturday, October 11
9:00 a.m. - 2:45 p.m.
McFarland Municipal Center
5915 Milwaukee Street, McFarland

The Safe Sitter course prepares students in grades 6th-8th to be home alone, watch younger siblings, or babysit. Class fee is \$50. Registration required.

High Blood Pressure: What You Need to Know

Wednesday, October 15
5:30 p.m. - 6:30 p.m. online

Join Dr. Raaid Museitif to learn what high blood pressure is, why it can be harmful, and how you can take steps to keep it under control. Learn about habits, warning signs, and treatments. Registration required. FREE.

Why Do I Feel Lightheaded/ Dizzy? What to Know About Vertigo

Thursday, October 16
5:30 p.m. - 6:30 p.m. online

Jenni Ballweg, DPT, CLT, will talk about symptoms that contribute to vertigo, what you can do at home, and how therapy may help. Registration required. FREE.

Heart Health: Common Heart Disease Medications

Wednesday, October 22
5:30 p.m. - 6:30 p.m. online

Medications help people but it's not always clear why so many are needed or what side effects to expect. Learn how drugs work to strengthen your heart and improve your quality of life. Registration required. FREE.

Hip Pain Relief

Tuesday, October 28
5:30 p.m. - 6:30 p.m. online

Join Dr. Joseph Henningsen to learn about the causes of hip pain and treatment options, both surgical and non-surgical. Registration required. FREE.

Mindful Holiday Spending

Tuesday, November 4
Noon - 12:45 p.m. online

Discover ways to plan purchases, set a gift budget, and resist tempting sales. Led by Paula Severson, Financial Wellness Specialist at Summit Credit Union. Registration required. FREE.

Advanced Directives

Wednesday, November 5
6:00 p.m. - 7:30 p.m. online or in-person
Stoughton Public Library
304 S 4th St, Stoughton

Join Licensed Clinical Social Worker, Jean Ligoeki, to learn how to complete your own Medical Advance Directive, choosing who can make healthcare decisions if you cannot. Registration required. FREE.

Plug In: Get Grounded for the Holidays Yoga Class

Monday, November 10
6:30 p.m. - 7:30 p.m. online and in-person
Kula Yoga
445 W Cottage Grove Rd, Cottage Grove

Join Kula Yoga owner Becky Petersen for a restorative and grounding yoga practice. Class appropriate for all levels. Registration required. FREE.

Heart Health Basics for Men

Wednesday, November 12
5:30 p.m. - 6:30 p.m. online

Heart disease is the number one health problem for men. Dr. Raaid Museitif will discuss risks, warning signs, and how to keep your heart healthy. Learn how to protect your heart and feel your best. Registration required. FREE.

Planning for Your Future

Wednesday, November 12
1:00 p.m. - 2:00 p.m. in-person
Community Health & Wellness Center
3162 County Road B, Stoughton

Join Ellen Taylor, ADRC Dementia Care Specialist, to learn about health and financial advance directives, how to choose a healthcare agent, and the different types of directives. Registration required. FREE.

Memory Screenings

Wednesday, November 12
Noon - 4:00 p.m. in-person
Community Health & Wellness Center
3162 County Road B, Stoughton

A memory screening is a simple and safe 15-minute brain health check-up that tests memory and other thinking skills. Registration required. FREE.

Hormone Therapy: Thriving in Your 40's and Beyond

Monday, November 17
5:30 p.m. - 6:30 p.m. online

Dr. DeGreve, DO, ABLM, MSCP, unpacks the myths of hormone therapy from perimenopause to menopause. Registration required. FREE.



**For registration and the most up-to-date list of classes, please visit stoughtonhealth.com/events.
Unless noted, all classes are free. Questions? Please call (608) 877-3498.**

MISSION:

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

**FALL 2025**

For the Life of You is published by Stoughton Health. If you would like to be removed from this mailing list or receive this publication electronically, please e-mail pr3@stoughtonhealth.com

Community Events

Creekside Resource Fair

Wednesday, October 8
9:00 a.m. – 12:00 p.m.

Creekside Place
102 Maple St, Evansville

Evansville Chamber Fall Fest

Saturday, October 18
3:00 p.m. – 8:00 p.m.

Creekside Place
102 Maple St, Evansville

Food for Kidz

Saturday, October 18
8:00 a.m. or 10:30 a.m.

Stoughton Fire Department
401 E Main St, Stoughton

Call 608-873-8502 to sign up!

Oregon Firefighter/EMT Craft Fair

Saturday, October 18
9:00 a.m. – 3:00 p.m.

Oregon Middle School
601 Pleasant Oak Dr
Oregon

Medication Disposal & Sharps Collection Events

Saturday, October 25
9:00 a.m. – 11:00 a.m.

Stoughton Fire Department
401 E Main St, Stoughton

Saturday, October 25
8:00 a.m. – 11:00 a.m.

Evansville Police Department
10 West Church St
Evansville

Saturday, October 25
10:00 a.m. – 12:00 p.m.

Brooklyn Fire/EMS Station
104 E Main St, Brooklyn

Viking Booster Trek

Sunday, October 26
10:00 a.m. – 12:00 p.m.

Stoughton High School
600 Lincoln Ave, Stoughton

Olde Fashioned Christmas

Friday, November 21 through
Saturday, November 22
25 W. Main St, Evansville

Stoughton Hospital Annual Meeting

Monday, November 24
5:00 p.m. – 6:00 p.m.

Stoughton Hospital
Bryant Health Education Center
900 Ridge St, Stoughton

Love Light

Thursday, December 4
4:30 p.m. – 6:00 p.m.

Stoughton Hospital
Bryant Health Education Center
900 Ridge St, Stoughton

Victorian Holiday Weekend

Thursday, December 4
through Saturday, December 6

Arts & Entertainment District
532 E. Main St, Stoughton

Winter Wonderland in the Village

Saturday, December 6

Arnold Larson Park
6002 Exchange St
McFarland

Christmas in the Grove
Friday, December 5 through
Sunday, September 7

Cottage Grove

Support Groups

Memory Café

Meets 1st Tuesday of the month
9:30 a.m. – 11:00 a.m.

Stoughton Hospital
Bryant Health Education Center
900 Ridge St, Stoughton

Contact: Alayna Hoch at
(608) 873-2259

Parkinson Support Group

Meets 2nd Monday
12:15 p.m. – 1:15 p.m.

Community Health & Wellness Center
3162 County Rd B, Stoughton

Contact: Stoughton Health
Community Education at
(608) 877-3498

Blood Drives

Friday, October 17
8:00 a.m. – 1:00 p.m.

Friday, December 12
8:00 a.m. – 1:00 p.m.

Community Health & Wellness Center
3162 County Rd B, Stoughton

To register, please call ImpactLife at
(800) 747-5401 or visit bloodcenter.org.
Use group code 3643.