

For the Life of You

Enjoy the Bounty of the Season with Local Farmers Markets

Autumn Kumlien, RDN CD – Stoughton Health Clinical Dietitian and FNS Nutrition Coordinator

Do you love summer? Are you looking forward to the many different fruits and vegetables to include in your daily meals? Start this season out right by checking out a local farmers market!

Shopping your local farmers market is where you can find a lot of fresh produce, available at a reasonable price. Also, it tastes better than what you can find at your commercial grocery store, as your food is locally grown and naturally ripened. When fruits and vegetables taste great, you will want to consume them daily.

Your local farmers market is the perfect place to find your summertime favorites, including tomatoes, berries, spinach, beets and herbs. You also may find some new produce you have never tried before! Another benefit is the farmer responsible for this wonderful food is right there, available for you to ask questions on preparation and serving recommendations. You want to be sure, especially when trying a new vegetable, that you prepare it properly so your family will give the new dish a chance. Using an olive oil rather than butter is better not just for taste but also health. Or, try steaming the vegetables or putting them in the microwave to help retain more nutrients. If you really want to get the flavors to pop, try throwing in some fresh herbs. Herbs like mint, basil and oregano can easily be found at your local farmers market. Basil and oregano work great in tomato sauces and salads. Fresh mint tossed into a salad will really liven it up. And if you use a homemade oil and vinegar dressing to top it off, you'll save money too!

To learn what is in season and what your local farmers markets have available, you can use websites such as USDA's Know Your Farmer, Know Your Food program, Local Food Directories, or LocalHarvest.org. There is a wealth of information available!

At your local farmers market, items other than produce may also be available. These items include fresh pastries and breads, grass-fed beef, fresh-cut flowers, and free-range eggs. Be sure to check these out as well. As you shop, always remember to pay attention to food safety practices. Ensure the dairy and meat products are kept in coolers with ice.

To make the most of your farmers market shopping experience, know what is most important to you. If you want deals, avoid the crowds and sleep in, but if you want first pick of picture perfect produce, then you will need to arrive early!

If you really like supporting local farmers while saving money, you might consider joining a CSA or community supported agriculture program. In these programs, you pay upfront and then receive a whole season's worth of produce once a week throughout the growing season. If you find a CSA that has a drop off location nearby, it can be even more convenient than going to the store! Enjoy all the beautiful bounty this season has to offer.

Stoughton Community Farmers Market

Saturdays 9-11 a.m.
June 13th to September 26th
Preorder/Pickup Only
Downtown Stoughton
Learn more at:
stoughtoncommunityfarmersmarket.org

Stoughton Health is a proud sponsor of the Buy One For a Neighbor In Need program



Outpouring of Support for Coronavirus Relief!

Stoughton Hospital Foundation would like to express a heartfelt appreciation for the generosity and support during this challenging time. Donors alongside a matching grant from the Stoughton Hospital Foundation raised more than \$45,000 for the Coronavirus Community Relief Fund. The community has stood behind the Stoughton Hospital frontline workers like never before. From hearts in the windows and handwritten signs, to donated hot meals, protective equipment and gifts to the relief fund, people have shown what community means to a community hospital.



Dennis Owen, CNA
Stoughton Health

Aaron Weber Group
Michelle and Jim Abey
Ericka Adams
Marilyn Anderson
Anonymous
Scott and Laurie Barrett
Blue Plate Catering
Marlene E. Bierman
David Bisby
Rebecca Bischoff
Barbara Bohringer
DeeDee Bouzek & Friends
Terry and Carolyn Brenny
Anne E. Brunsell
Joann Brunsell
Jo Ann Daly Carr
Katherine Christenson
Dr. Amy Connell
Robert and Jodi Coon
Mike and Molly Daniels
Dr. Andrew F. Dean
Dean Health
Dan and Tina DeGroot
Dr. Steven Diebold
Exclusively Roses
Thomas Fendrick
Steve and Ruth Fortney
Fosdal Home Bakery
Jeff and Tammy Gassen

Jeanne M. Gilbertson
Shelley Glodowski
Rebecca and Robert Greiber
Dan and Jodi Hanson
Amy Hermes
Mary Ann Holtan
Hooper Corporation
Kathy Hoopes
Sara and John Jennings
Zalk Joseph
Brian and Amy Kahl
Charles Kiddy
Margaret A. Kiss
David and Judy Knutson
Robert Komes
Thomas S. Kostecki
Kris Krentz
Kwik Trip
Teresa and Zach Lindfors
John and Nancee Linnerud
Julie Lybek
Megan Maki
Dale Marsden
Martin Luther Christian School
Laura Mays and Bill Weber
Darlene Miles
Mississippi Valley Regional Blood Center
Roger and Marilyn Moe

Shelley Moffatt
Melissa Monte
Joseph and Nancy Moskal
Karl and Diane Nissler
Roger and Nancy Odalen
Randy and Donna Olson
Oregon Community Resource Center
Pancake Café
Susan L. Paulson
Sue Payne
Steve and Joanne Peterson
Tom and Abby Pertzborn
Stephen Pinckney and Deborah Ericson
PRIMAL Strength and Fitness
ProActive Engineering
Nicholas and Diana Probst
Quartz Health Solutions, Inc.
Drs. Ashish & Shamila Rawal
Katie Recupero
Randy Ree
Anna Robb
Dr. Kenneth Robbins and Louise Root-Robbins
Matt and Laura Roethe
Angela Rowin-Tippit and Timothy Tippit
Michael Ryan
Patricia A. Ryan

Tom and Roberta Sarow
Linda and James Schaefer
Christopher Schmitz
Kendall and Debbie Schneider
Dr. Aaron and Karen Schwaab
Robert and Pam Sier
Myron and Mary Sime
Steve and Anne Staton
Cassie Strandlie
Kevin and Renee Stokstad
Sveum Family
Tailgaters
ThermoFisher Scientific
Rhonda S. Tesmer
Tonya Thiessen
Elizabeth Touchett
TRICOR Insurance
UPS Store
Bob and Meg Veek
Sarah Watkins
Wendy's
Jennifer White
Joni and Craig Wood
Linda Woodstock
Walter and Tracy Wurtzler

Donor Spotlight: Giving back to the Community Supporting our Community Hospital



The generosity of the Edwin E. and Janet L. Bryant Foundation has been a cornerstone of the community for over two decades. Edwin E. Bryant was one of the three original founders of Nelson Muffler Corporation, where he served as the President from 1956 to his death in May of 1972.

During his lifetime, Edwin Bryant, alongside his wife Janet L. Bryant, had a passion for giving back to the community. Together they strove to foster an environment that promoted the spirit of volunteering and sharing. Janet Bryant formed the Edwin E. and Janet L. Bryant Foundation to leave an enduring legacy in the community. Stoughton Hospital has had the ability to rise to meet new challenges, thanks to the sturdy foundation built by the lasting legacy of philanthropy and caring for our community.

Welcome Caitlin Ryan!

Caitlin joins the Foundation from Overture Center for the Arts in Madison as the new Executive Assistant. She lives in Stoughton with her three children, exuberant dog and husband Cale, local owner of Wendigo and Famous Yetis Pizza. She looks forward to building partnerships to support health and wellness in the community.

Save the Date!

Save the Date for Swinging for Health Golf outing on September 22, 2020. Registration opens soon! For information on how to sponsor this event or register to golf, contact foundation@stohosp.com.

Stoughton Hospital Foundation Board 2019 - 2020

Giving Their Time and Skills to Support Stoughton Health



Bottom left to right: Meg Veek (Secretary/Treasurer), Jessica Pharo (President) and Tom Pertzborn (Vice President)

Top left to right: Judy Knutson, Matt Roethe, Mike Daniels, Laura Mays (Foundation Executive Director), Brad Schroeder (Immediate Past President), Terry Brenny and Dr. Sarjoo Patel (Missing: Julie Johnson)

A Message From Stoughton Health's President & CEO



Dan DeGroot
President & CEO
Stoughton Health

I hope you and your loved ones are well during this challenging time. We have all been affected by COVID-19 and as health care providers it was a difficult but necessary decision to delay many surgeries and procedures to prepare for a possible surge of patients with COVID-19. We are grateful we have not seen that surge in our area and our hospital and clinics remain safe places to seek care and treatment. With the reopening of Dane County, we are able to reschedule surgeries, procedures and other care that was postponed. Our staff will be contacting you to reschedule.

As we move toward addressing more of our patients' vital health care needs in the coming days and weeks, we want patients to be aware of the changes they'll see as they return to our hospital and clinics.

- All patients and employees have their temperature taken prior to the start of their visit or their shift.
- Patients, staff and any visitors are subject to requirements on mask wearing to avoid possible spread of COVID-19. If they do not have a mask, one will be provided upon entering our facilities.
- We have requirements within our hospitals and clinics to socially distance and have installed flooring cues to help patients and staff adhere to them.
- COVID-19 patients are isolated and treated in dedicated spaces.
- For certain procedures, patients are asked to take a COVID-19 test.

Please know we are taking every precaution possible to make your visit safe. Don't delay getting the healthcare you need. Stoughton Health is ready to care for you and your family.

Support the Stoughton Hospital Foundation When You Shop!

Give back every time you shop online! Select Stoughton Hospital Foundation at smile.amazon.com and Amazon will donate .05% of your purchases every time you shop.

Welcome Kristin Docter, Nurse Practitioner



Kristin Docter, NP
Family Medicine - SSM Health
Dean Medical Group

Accepted Insurances

Dean Health Plan products,
Medicare and others

Location

SSM Health Dean Medical Group
Stoughton Clinic

Appointments

(608) 877-2777



Aaron Schwaab M.D.
Board Certified
General Surgeon

Why AV Fistulas are the Best Access System for Dialysis

and create a fast-flowing circuit. The difference between the graft and the fistula is the graft uses a plastic tube to hook the artery and the vein together, whereas the fistula is just connecting the two directly.

The best system we have is the fistula, because we're not implanting any plastic in your body, so we don't have to worry about infection. It's just your own native blood vessels. Once you get a nice fistula, it can last for several years. So, that's really the ideal system for dialysis.

While the fistula is the desired system, it's not an option for every patient. Patients with small or damaged veins, or who have pacemakers, may not be proper candidates.

What Patients Need to Know About the Surgery

Once the surgeon has created the fistula, it takes a minimum of two months for it to be viable for use. In the interim, patients will be set up with a catheter. The catheter is kind of the fall back or safety net for people who are waiting to get their fistula up and running. Once their fistula is ready, we can transition them from being hooked up with a catheter to their fistula. Then, when we know their fistula's working, we can take the catheter out.

The surgery itself is simple and straightforward, done under sedation and lasting about an hour. Patients can go home the same day and resume normal activity within a day or two with no specific restrictions. The post-operative discomfort from the surgery is very mild. I often tell patients it's like they cut themselves working in the garage or in the kitchen. It's about a one-inch cut. Really, for this surgery there is not much to be afraid of.

You CAN Take Control of Your Health & Prevent Dialysis

The two main culprits that lead to dialysis are patients with diabetes who don't control their blood sugars and patients with high blood pressure who don't control it. Patients do have some control over their future.

If you can make some lifestyle changes, you can stop the process and in many cases not end up on dialysis. Dialysis becomes a way of life. It basically becomes your job. So, if you're warned by your physician that you need to make some changes or you're going to end up on dialysis, please listen to them and take it seriously. I promise you, you're not going to want to retire with plans to travel and then be tied to a dialysis machine for the rest of your life.

Insurance

Stoughton Health accepts over 160 area insurance plans, including but not limited to those listed below. Please check your individual plan regarding coverage of services at Stoughton Health.

Alliance, Blue Cross Blue Shield, Cigna, Dean Health Plan Products, Humana, Medicare, Quartz, Security Health Plan, United Healthcare, WEA Trust and WPS

For more information on insurance, please call (608) 873-6611.

Schedule an Appointment

To learn more about an AV Fistula or schedule an appointment at the Stoughton Health General Surgery - Fistula Clinic, please call (608) 873-2266.

Aaron Schwaab, M.D. - Stoughton Health Medical Chief of Staff and Board Certified General Surgeon

Hemodialysis, or simply dialysis, is the process of filtering wastes and water from the blood in individuals whose kidneys are not working properly. The therapy is required when patients have lost 85-90 percent of their kidney function. While the treatment does involve access to blood flow, it's more complicated than inserting a traditional IV.

In order for the machine to be able to pull the blood out of the body, filter it, and put it back in quick enough, we have to access a fast-flowing circuit of blood in the body. That is why we can't just put an IV in the arm or hand, because the veins are too small, and they just don't have enough flow in them.

Depending on the individual patient, nephrologists and surgeons will work together to identify the best type of access: dialysis catheter, AV graft, or AV fistula.

Differences in the Three Types of Access

A dialysis catheter is a plastic tube that's inserted in the patient's chest or neck. The tip of the catheter is placed by the heart, in the biggest vein in the body called the vena cava. The large amount of blood that can flow through the catheter is a benefit, but the disadvantages include risk of blockage and infection. The lifespan of a catheter is typically only six to twelve months.

With an AV graft or an AV fistula, an artery and a vein are connected so the blood can flow directly into the vein



Home Health Moves into New Community Health & Wellness Center



Home Health staff outside of the new Community Health & Wellness Center

The mission of Stoughton Health's Home Health is to provide safe, quality healthcare in a personalized manner in the comfort of your own home. During home visits, professional nurses and therapists will educate you and your family regarding how to manage your illness. Staff will address specific problems you are facing, teach skills to speed recovery and reduce the possibility of re-hospitalization, and provide support and education in managing chronic illnesses.

Our caring staff includes nurses, home health aides, social workers, physical therapists, occupational therapists and speech therapists. To learn more, please contact Stoughton Health Home Health at (608) 873-2366.

How to Choose Emergency or Urgent Care

Have you ever wondered when to go to the emergency room or when to use urgent care? You're not alone—lots of people do.

Urgent Care is designed for urgent medical needs that are not life-threatening, but still require prompt attention. The service is intended to fill the gap between care provided during regular physician office hours and the Emergency Department. Urgent Care is not intended to replace a family physician. Typical minor illnesses or injuries that are appropriate for Urgent Care include:

- Back pain
- Breathing difficulties (i.e. mild to moderate asthma)
- Ear pain
- Eye irritation
- Fever or flu
- Minor cuts, scrapes and bruises
- Minor broken bones and fractures (i.e. fingers, toes)
- Skin rashes and infections
- Sore throat or cough
- Sprains and strains
- Urinary burning
- Vomiting, diarrhea or dehydration
- Urinary burning

Emergency Care is for patients with symptoms that may indicate a life-threatening illness or injury. Some examples of these are:

- Alcohol or drug intoxication or overdose
- Amputations or severe lacerations
- Bone fractures
- Facial or eye trauma
- Loss of consciousness
- Moderate to severe burns
- Poisoning
- Pregnancy-related problems
- Seizures or convulsions
- Serious head, neck or back injury
- Severe headache
- Shortness of breath or difficulty breathing
- Signs of heart attack or stroke
- Suicidal or homicidal feelings

Stoughton Health's Emergency Department is open 24 hours a day, seven days a week, and staffed by physicians board-certified in emergency medicine.

Stoughton Health Urgent Care Locations

Oregon Urgent Care Clinic
990 Janesville Street, Oregon
(608) 835-5373

Temporary Hours of Service
Monday – Friday
4 p.m. – 8 p.m.
Saturday & Sunday
10 a.m. – 2 p.m.

**Stoughton Hospital
Urgent Care**
900 Ridge Street, Stoughton
(608) 873-6611

Hours of Service
6 a.m. – 11 p.m. daily
(including weekends & holidays)

**Please go to stoughtonhealth.com
for the most up to date hours.**

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ORGANIZATION
MADISON, WI

Emergency & Urgent Care Services Stoughton Hospital

900 Ridge Street, Stoughton
Emergency 24-7
Urgent Care Daily 6 a.m. to 11 p.m.

Oregon Urgent Care Clinic

990 Janesville Street, Oregon
Monday to Friday 5p.m. to 10 p.m.
Saturday and Sunday 10 a.m. to 8 p.m.

Stoughton Health Community Health & Wellness

**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.” Questions? Please contact Jen at (608) 877-3485.**

Classes & Events

Online classes - participants will receive a
website link and call in phone number.

Medicare 101

Join Ben Rothering from Physicians
Mutual* to learn about the basics of
Medicare (A, B, C & D).

Thursday, July 9th at noon - FREE

*This class is for education purposes only and does
not serve as an endorsement.

Intermittent Fasting

Weight gain and obesity are driven by
hormones—in everyone—and only by
understanding the effects of insulin
and insulin resistance can we achieve
lasting weight loss. Learn the science
behind intermittent fasting, and how to
adjust the various plans to work for your
lifestyle, and break free from the dieting
mindset forever!

Wednesday, July 15th at 1 p.m. - FREE

Coming This Summer!

How to Cope with Your Emotions

Stoughton Health along with local
Acupuncturist and Yoga Therapist Anne
Adametz will be releasing a series of
short videos on “How to Cope with Your
Emotions.” Learn how to respond rather
than react to your emotions and how
your response affects your mental health
as well as your physical health.

Freedom Through Forgiveness

Join instructor Tim Markle, to learn
methods of working toward forgiveness
and learning to live a forgiving life.
Wednesday Evenings (six weeks)
September 23rd to October 28th
6:30 to 8 p.m. - FREE
Location TBD

*Stoughton Health will continue to
schedule online classes and soon
will offer in-person classes with the
necessary safety precautions.*

Support Groups

Crohn's, Colitis & IBD Support Group

Meets 3rd Wednesday of the month
5:30 p.m.
Contact: Marilyn at 873-7928

Diabetes Support Group

Meets the 2nd Monday of the month
6 to 7:00 p.m.
Contact: Jen at 877-3485

Memory Café

Meets 1st Tuesday of the month
9:30 to 11 a.m.
Contact: Stoughton Senior Center at
873-8585

Blood Drives

Stoughton Health
Community Health & Wellness Center
3162 County Hwy B, Stoughton
June 19th, August 21st and October 16th
8:00 a.m. to 1:00 p.m.
Visit www.bloodcenterimpact.org
to make an appointment and use code
3643.