

Breathing Easier

Managing Chronic Lung Disease with Pulmonary Rehab

Anyone living with chronic lung disease, or is a caregiver for someone who is, knows how difficult some days can be. Fortunately, there are ways to optimize daily care and ease the symptoms associated with lung conditions.

Stoughton Health Pulmonary Rehabilitation Program provides a safe and comfortable environment for those who suffer from chronic lung diseases or other conditions affecting their breathing. The program helps individuals learn how to breathe easier, improve energy levels, decrease hospitalizations, and enjoy a better quality of life overall.

“At our pulmonary rehab program, we provide both exercise and education to help them work towards those goals,” states Melanie Pavolonis, clinical exercise physiologist at Stoughton Health.

Who Is the Best Fit for the Rehab Program?

The rehab program encompasses people with a wide variety of lung conditions. Most common are chronic obstructive pulmonary diseases (COPD), such as emphysema and chronic bronchitis, as well as other breathing conditions like pulmonary hypertension, pulmonary fibrosis, and now those with long COVID symptoms.

Some individuals are given supplemental oxygen, alongside various breathing techniques to increase airflow and reduce shortness of breath. The rehab program also involves education surrounding nutrition, exercise, medication, stress reduction, and energy conservation.

“A lot of people with pulmonary disease have fatigue and have greater difficulty doing tasks like cleaning. So, we help them learn to conserve their energy,” adds Pavolonis. “Stress management is key. When they’re feeling stressed, that’s going to elevate blood pressure and heart rate and increase their rate of breathing as well.”



The program also includes education on smoking cessation and the dangers of environmental factors. Participants are provided information on avoiding or minimizing exposure to irritants, such as air pollution or strong odors and chemicals.

Getting Started

Most insurance companies cover pulmonary rehab for those with respiratory diseases. It typically requires a doctor’s referral to get started.

“We have the patient come in for an initial appointment, so we can review their medical history

and have them perform a walk test so we can watch their blood pressure, heart rate, and oxygen levels. That helps us to develop a plan for them,” notes Pavolonis. “Everybody is going to be different as far as their level and capabilities. So, we want to make sure we’re paying attention to each individual and basing their program on their abilities and needs.”

Relief Is Within Reach

For some patients, a simple task like retrieving the mail is difficult. So, attending pulmonary rehab each week might seem like a frightening endeavor. Pavolonis assures the program is designed to meet each individual’s personalized needs.

“The education and exercise—at the levels they can achieve and are capable of doing—will help them in their daily tasks. We help those things become less challenging. We help them manage and control their breathing, which will allow them to have a better quality of life. What most people want is just to be able to do activities without having to worry about if they’re going to be able to get through that without getting really short of breath.”

To learn more, please call Stoughton Health’s Cardiac and Pulmonary Rehabilitation at (608) 873-2314.

Not Getting a Good Night's Sleep?



Most adults need seven to eight hours of sleep per night while children and teens need more. If you or your child are having problems sleeping, ask your physician if a sleep study is right for you.

The Stoughton Health Sleep Disorders Center is accredited by the American Academy of Sleep Medicine and offers state-of-the-art services for diagnosing and treating sleep disorders for individuals two years old and over.

Sleep Study Overview

The Stoughton Health Disorders Sleep Center is a quiet and very comfortable bedroom much like in a hotel or your own home. During the sleep study, a trained sleep study technologist conducts tests with

equipment that monitors brain waves, eye movements, breathing, blood oxygen levels, heart rate and muscle activity.

Once complete, a physician specializing in sleep disorders will interpret the results of the study, diagnose the sleep problem and prescribe a treatment plan to help you get a good night's sleep.

Scheduling

Scheduling a sleep study at Stoughton Health is easy and it's likely that you will be able to schedule a sleep study sooner here than at another facility. For more information, please call the Stoughton Health Sleep Disorders Center at (608) 873-2210.

What Insurance Can You Use at Stoughton Health and OrthoTeam Clinic & Shoulder Center?

Your insurance coverage guides where you choose to receive your health care.

Stoughton Health accepts over 160 area insurance plans, including but not limited to:

Alliance ♦ Anthem Blue Cross Blue Shield
Dean Health Plan ♦ Humana ♦ Medicare
Quartz ♦ Security Health Plan
United Healthcare ♦ WPS

Please check your individual plan regarding coverage of services.

If you have any questions, please contact Stoughton Health at (608) 873-6611.

Mission

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

Vision

We grow to meet the changing needs of the communities we serve and become their health partner of choice.

Take Charge of Your Health



Stoughton Health's Well-Being Program Includes:

Health Risk Assessment Survey
Well-Being Screenings
One-on-One Health Coaching

Well-Being Screening

Saturday, February 25th from 7 to 11 a.m.
Stoughton Health
Community Health & Wellness Center
3162 County Road B, Stoughton

Screenings offered:
blood pressure, body composition,
bone density, cholesterol, blood
sugar, functional movement,
and more!

Cost: \$35

To sign up for your 30- minute screening appointment, please go to stoughtonhealth.com and click on "Classes & Events." Questions? Please call (608) 877-3485.





BEST 100 HOSPITALS

WOMEN'S CHOICE AWARD

PATIENT EXPERIENCE
2023

Stoughton Hospital has earned The Women's Choice Award® as one of the 100 Best Hospitals for Patient Experience.

The award identifies the best hospitals nationwide that are women-friendly.

The Women's Choice Award is the only national award recognizing hospitals based on the recommendations and preferences of women.

In Pain? Call Stoughton Health Rehabilitation & Sports Medicine



A doctor's order isn't required for physical or occupational therapy. You can call us directly to schedule an appointment and start feeling better! (Patients with Medicare and Medicaid still require a doctor's referral.)

Stoughton Rehabilitation & Sports Medicine Clinic - (608) 873-2292

Oregon Rehabilitation & Sports Medicine Clinic - (608) 835-5373

What Our Patients Are Saying About...

Stoughton Hospital Emergency and Urgent Care

"My son has been into the Stoughton Hospital Urgent Care three times this winter due to various ailments including RSV and follow up for a hamster bite. Regardless of how busy the ER has been on our visits, the doctors and nurses we have encountered have been nothing short of phenomenal. My son has no fear in coming here when necessary and, as parents, my husband and I have always felt listened too and respected. Please be sure to reach out to anyone he has seen at Stoughton Hospital's UC/ER and let them know they are amazing and we are so grateful for their care."

Sonja L.

OrthoTeam Clinic & Shoulder Center and Oregon Rehabilitation Clinic

"I had a total knee replacement performed by Dr. Ashish Rawal, of OrthoTeam Clinic. The whole process included care provided by OrthoTeam Clinic in Madison, Stoughton Hospital, and the Stoughton Hospital Physical Therapy facility at Oregon. My treatment and care were excellent. From a patient's point of view, I felt competently and professionally cared for and personally and sincerely cared about."

Phillip M.

Stoughton Rehabilitation Clinic

I was having extreme pain from my right hip (bone on bone) even after getting two cortisone shots. After a few therapy sessions and doing the "at home" exercises that I was given, my pain went from a "nine" down to a "two" which I am very thankful for. I would also like to personally recognize your employee Emily as she was so compassionate, courteous, understanding, and professional in her treatment of me and I'm sure to others as well.

David G.

What's Your Stoughton Health Story?

Do you have a Stoughton Health story you would like to share? If so, please email pr3@stoughtonhealth.com or call Stoughton Health Marketing at (608) 873-2392.

Stoughton Hospital Foundation

Thanks to YOUR generous support, the Stoughton Hospital Foundation was able to provide Stoughton Health with funds to expand different programs and services of need.

American Legion Post 59
Kathy Alme
Tressa E Anderson
John and Darlene Arneson
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Roger and Julie Wisinger
Jahn and Janice Witzel
Joni and Craig Wood

Penny Drive

The Stoughton Hospital Foundation partnered with 18 local businesses in the Stoughton area to hold a community-wide penny drive to benefit both the Stoughton Area Resource Team (START) and the Stoughton Senior Center.



Cindy McGlynn with Stoughton Senior Center and Laura Braund with START were presented with checks from the Penny Drive.

Did You Know?

When you donate to the Stoughton Hospital Foundation you have a choice of six areas to make a donation:

- Angels Who Care - Recognize a Caregiver
- Greatest Need
- In Memory/In Honor
- Infinite Boundaries Breast Cancer Retreat Program
- Kristi Hund Memorial Scholarship - Nursing Program
- Wellness Garden - Sculpture or Brick Memorials

To donate please to: <https://stoughtonhealth.com/stoughton-hospital-foundation/>

Upcoming Events

March Matchness

Tuesday, March 14th - April 4th

Stoughton Health Retiree Luncheon

Monday, April 24th

Community One Mile Walk

June TBD

19th Annual Swinging for Health Golf Outing

Monday, September 18th



Thank you!

We appreciate all of our generous Giving Tuesday donors who helped us raise over \$2,500 to support Stoughton Health.

Help Spread the Word

Infinite Boundaries Retreat Program

Through a generous grant, Stoughton Hospital Foundation is able to cover the cost of registration for women at all stages of breast cancer to participate in Breast Cancer Recovery's Infinite Boundaries Retreats. Women at any stage of breast cancer who live in the Oregon, Edgerton, Evansville, Stoughton, McFarland, Cottage Grove, Brooklyn, Deerfield, and Cambridge areas are eligible to receive funding to cover the cost of the Infinite Boundaries Retreat.

Call (608) 873-2334 or go to stoughtonhealth.com/infinite-boundaries-retreat/ to learn more.

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.” All classes are free unless otherwise noted.

Questions? Please call (608) 877-3498.

Save a Life with COCPR

Thur, Feb 16th from 1 to 2 p.m. or
5:30 to 6:30 p.m.

Community Health & Wellness Center

Participants will learn how to perform COCPR and practice on adult manikins.

Free Skin Screenings

Mon, March 6th from 9 a.m. to noon
Stoughton Hospital

Dr. Aaron Schwaab, Stoughton Health Board Certified General Surgeon, is providing free skin screenings to the public. Skin screenings can detect melanoma and other skin cancers early, when they are easiest to treat.

This screening is open to anyone, regardless of insurance.

Balance Class

Oregon - March 6th through April 13th
from 2 to 2:45 p.m.

Monday and Thursday

Oregon Area Senior Center

Stoughton - March 6th through April 13th
1:15 to 2 p.m.

Monday and Thursday

Community Health & Wellness Center

This class is for older adults with balance problems or who have a fear of falling. Participants will improve their balance and strength, reducing their risk of falling. Standing exercises will help participants stand tall and feel more confident when walking.

Freedom Through Forgiveness

Short Series

Mondays, March 6th, 13th, 20th and 27th
from 6:30 to 7 p.m. online

Join Tim Markle, the founder and director of Forgiveness Factor, for this four week series.

“Life Changing” Surgery for GERD

Thur, March 9th at 5:30 p.m. online

Join Stoughton Health Board Certified General Surgeon Dr. Aaron Schwaab to learn about the minimally invasive LINX procedure, an effective solution for GERD.

Ball and Socket: Happy Hips and Shoulders

Mon, March 27th from 6:30 to 7:30 p.m.
online or in person

Join Becky Peterson, owner of Kula Yoga & Wellness, for a range-of-motion movement class to keep your hips and shoulders happy and healthy.

Freedom Through Forgiveness

Mondays, April 3rd to May 15th
from 6:30 to 8 p.m. at Stoughton Hospital

Not being able to forgive can lead to pain in many areas of our lives. We know we should forgive, we want to forgive, but how? Join instructor Tim Markle, to learn methods of working toward forgiveness and learning to live a forgiving life.

End the Pain with Custom Knee Replacements

Thur, April 6th at 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.

Shoulder Pain Relief

Thur, May 4th at 5:30 p.m. online

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

Off-the-Mat Yoga Postures for Work and Home

Mon, May 22nd from 6:30 to 7:30 p.m.
online or in person

Join Becky Peterson, owner of Kula Yoga & Wellness, to learn yoga postures that can be easily used in your day-to-day life to ease your aches and pains and prevent soreness and stiffness.

Kids Classes

All kids classes are held at Stoughton Hospital. Financial assistance is available.

Safe@Home®

Tue, Feb 21st from 3:45 to 5 p.m.

Tue, March 14th from 3:45 to 5 p.m.

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

Safe Sitter®

Sat, Feb 25th from 9 a.m. to 2:30 p.m.

Sat, March 11th from 9 a.m. to 2:30 p.m.

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

Listen to Our Podcasts!

To listen go to stoughtonhealth.com and click on “Podcasts.”

- Acupuncture 101
- Breast Cancer Screening
- Essential Oils
- Holistic Approach to Weight Loss
- What are the Chakras?
- Workplace Wellness
- And more!

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Emergency & Urgent Care Services **Stoughton Hospital**

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

McFarland Urgent Care Clinic
5614 US HWY 51, McFarland
Monday to Friday 8 a.m. to 8 p.m.
Saturday and Sunday 9 a.m. to 5 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.

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Community Events

Volunteer Income Tax Assistance (VITA) Site

Stoughton Area Senior Center
248 W Main Street, Stoughton
Saturdays, Jan 28th through April 8th
from 9 a.m. to 1 p.m.

Blood Drives

Stoughton Health
Community Health & Wellness Center
3162 County Hwy B, Stoughton
Fri, Feb 17th and Fri, April 21st
8 a.m. to 1 p.m.
Appointments: www.bloodcenter.org

Stepping On Workshop

Tuesdays, March 7th through April 18th
12:30 to 2:30 p.m.
Stoughton Area Senior Center
248 W Main Street, Stoughton
Call (608) 873-8585 to register
Cost: FREE

Stoughton Chamber Community Expo

Thur, April 13th from 5 to 7:30 p.m.
Mandt Community Center
400 Mandt Parkway, Stoughton

Family Fun Night

Fri, April 14th, 5:30 to 7:30 p.m.
401 S Third Street, Evansville

Medication Disposal & Sharps Collection Events

Sat, April 22nd from 9 to 11 a.m.
Stoughton Fire Department
401 E Main St, Stoughton

Sat, April 22nd from 10 a.m. to 2 p.m.
Oregon Police Department
383 Park St, Oregon

Stoughton Health Retiree Luncheon

Mon, April 24th from 11 a.m. to 2 p.m.
Stoughton Hospital
Bryant Health Education Center
Please RSVP by April 14th to
foundation@stoughtonhealth.com
or (608) 873-2334

Partners of Stoughton Hospital Flower Sales

Order online at <https://stoughtonhealth.com/partners-of-stoughton-hospital/>

Pansies - orders due by Thur, April 6th
Geraniums - orders due by Thur, May 4th

Support Groups

Memory Café

Meets 1st Tues of the month from
9:30 to 11 a.m.
Stoughton Hospital
Bryant Health Education Center
Contact: Stoughton Senior Center at
(608) 873-8585

Parkinson Support Group

Meets 2nd Monday from 12:15-1:15 p.m.
Community Health & Wellness Center
3162 County Hwy B, Stoughton
Contact: Stoughton Health Community
Education at (608) 877-3498