

For the Life of You

Fall 2023

StoughtonHealth

stoughtonhealth.com

Groundbreaking Ceremony

NEW MEDICAL OUTPATIENT BUILDING

Be a Patient &
Family Advisor!

Stoughton Hospital
Earns "A"

FOR SOCIAL RESPONSIBILITY

 **STOUGHTON**
HEALTH

Groundbreaking Ceremony

FOR THE NEW MEDICAL OUTPATIENT BUILDING

On October 10th, Stoughton Health held a groundbreaking ceremony for the new Medical Outpatient Building slated to open Spring 2025. Stoughton Health has always made it a priority to update and enhance their facilities as medicine advances and the needs of patients, families, and communities evolve.

Based on careful analysis of current data, a plan was created to improve patient convenience, enhance workflow, and increase staffing to meet the growing demand for services. The building expansion will be a 56,000 sq. ft. facility, adjacent to the SSM Medical Group Dean Clinic, and just steps from the main hospital location. In addition to space, this project begins a journey towards a greener campus by reducing the electrical consumption by using solar panels.

This new facility space will allow Stoughton Health to do the following:

Create a Dedicated Space for Specialty Clinics

Space limitations have forced Stoughton Health to offer specialty services in prohibitively small places that are difficult for patients and providers to navigate. By bringing the clinics together in one location, they can optimize the layout for each service, improve workflow, and enhance convenience for patients and staff. Additional space will also allow



Stoughton Health to add employees and meet patient needs more quickly.

Expand Urgent Care Services

Over the last two years, urgent care visits at all three locations- McFarland, Oregon, and Stoughton, have increased substantially, with visits to the Stoughton Hospital location more than doubling. Moving Specialty Clinics to the new building will free up additional rooms for urgent care services and enable Stoughton Health to better meet the growing needs of its patients.

Bring Stoughton Rehabilitation Services Back to the Main Campus

Stoughton Health currently has Cardiac and Pulmonary Rehabilitation in the hospital building and the Stoughton Rehabilitation and Sports Medicine Services at an off-campus location. Providing Stoughton

Rehabilitation Services at one location will enhance satisfaction, safety, and convenience for patients and providers.

Prepare for the Future

The lower level of this new facility will include 24,000 sq. ft. of “shell space” to accommodate future growth. In addition, the building has been designed so another floor could easily be added should more space be required. “Preparing for future growth now is the most cost-effective way to ensure that Stoughton

Health will be able to continue achieving its mission to provide safe, quality healthcare with exceptional personalized service,” said President and CEO Dan DeGroot.

Contributions

Many generous businesses, individuals, and foundations came together in six short months to raise over \$2 million of the approximate \$25 million needed for the building project. The first hand up came from Jerry Gryttenholm and the Board of the Edwin E. and Janet L. Bryant Foundation. “Because of their commitment to a very substantial gift, this campaign gained energy and excitement,” added Laura Mays, Foundation Executive Director. The Stoughton Rotary Club also made a generous donation in the memory and honor of past Rotarian Dr. Don Beresky, who was a cherished ophthalmologist who served the community for many years.

Over 100 people attended the groundbreaking event with a few donors providing comments of why they chose to be part of this project.

Tammy and Keith Anderson, Eldon Homes owners and founders, shared “My sister is part of the Emergency Department, and the stories Tina has told about the wonderful things that Stoughton Hospital has done for the community, holding hands during COVID for the people who passed, just being there for the families, and being personable. That is what you can do in a small town, and that is why we thought it was good to give back.” Keith added, “I want to make Stoughton more of a destination people want to come to and doctors want to stay and grow. I think this is the first step of doing that. I heard about the project and said, that would be worthwhile.”

Betsy McClimon, Wahlin Foundation, Inc. shared, “The thing that makes this all possible is everyone at Stoughton Health, from the people planning the campaign, from our doctors and nurses, we have the talent that can fill

the building, the planning, everybody in each different capacity... its really you all that have made this possible for this community. On behalf of my family and the community, we want to thank you and we are so fortunate to have you here in Stoughton.”

Steve Peotter, One Community Bank President and CEO, shared “We are often invited to support great projects such as this. We compare the project commitment to our mission of serving clients, supporting colleagues and investing in our community. This is the largest gift we have given, ... we are

thrilled to support Stoughton Health who is at the heart of our community.” Sarjoo Patel, MD, BEAM Healthcare CEO shared, “My journey started here in 2010 when I interviewed as a hospitalist director.... To me, at that time, the selling point was we were a family. We are still that way, and families support one another, that’s what we do.”

To contribute to this campaign, or to learn more, please go to stoughtonhealth.com/2023-campaign/



Left to Right: Keith Anderson; Tammy Anderson; Betsy McClimon; Jerry Gryttenholm; Sarjoo Patel, MD; Dan DeGroot; Teresa Lindfors; Mayor Tim Swadley; Aaron Schwaab, MD; Steve Peotter; Ashish Rawal, MD; Liz Touchett

Be a Patient & Family Advisor!

HELP IMPROVE THE PATIENT EXPERIENCE

Stoughton Health, in collaboration with Patient and Family Advisors (PFAs), seek to enhance the healthcare experience at Stoughton Health by providing a forum for patients and families to provide feedback on a variety of healthcare and other related topics.

PFA volunteers are past patients of Stoughton Health or have had a family member who was a past patient in the last two years. Depending on interest and availability, advisors can serve a two-year term or volunteer for a specific commitment. Advisors offer constructive feedback on their personal journey at Stoughton Health, helping to elevate the patient experience and increase satisfaction.



For more information, please go to <https://stoughtonhealth.com/about-us/patient-and-family-advisors/> or contact Amy at (608) 873-2308

Stoughton Hospital

3D MAMMOGRAPHY

Stoughton Hospital 3D mammography services are accredited by the American College of Radiologists (ACR). We meet the highest level of patient safety standards and image quality. Our facility and its personnel have gone through a comprehensive review to earn accreditation status by the ACR. Among patients and physicians alike, ACR accreditation is recognized as the gold standard in medical imaging.



Is it time for your annual mammogram?
Please call (608) 873-2299 to schedule.

STEREOTACTIC BREAST BIOPSY MACHINE

Thanks to the Edwin E. and Janet L. Bryant Foundation, Stoughton Health was able to purchase a new Stereotactic Breast Biopsy Machine to help maintain the highest patient safety and quality standards available. The Stereotactic Breast Biopsy machine has 3D imagery that assists in performing a 15-30 minute procedure to take tissue samples when an abnormality or an area of calcification is identified on a mammogram, but cannot be visualized on an ultrasound of the breast.



INFINITE BOUNDARIES RETREAT GRANT PROGRAM

Through a generous grant, Stoughton Hospital Foundation is able to cover the cost of registration for the Infinite Boundaries Retreat for women at any stage of breast cancer who live in the Oregon, Edgerton, Evansville, Stoughton, McFarland, Cottage Grove, Brooklyn, Deerfield and Cambridge areas.

Learn More

We encourage you to visit Breast Cancer Recovery's website at bcrecovery.org to learn more about the Infinite Boundaries Retreats. For information on how to apply for funding, please contact the Stoughton Hospital Foundation at (608) 873-2334 or foundation@stoughtonhealth.com.



STOUGHTON HEALTH IS A MADISON FAVORITE

Thank you to everyone who voted for us! We earned People's Choice favorite designation for hospital, medical imaging/diagnostics center and rehabilitation facility!



Stoughton Hospital Earns "A"

FOR SOCIAL RESPONSIBILITY ON NATIONAL RANKING

Stoughton Hospital has been recognized by the Lown Institute for outstanding social responsibility, receiving an "A" grade on the 2023-24 Lown Institute Hospitals Index.

The hospital ranked eighth out of 106 hospitals in Wisconsin. According to the Index, Stoughton Hospital also received "A" grades in Value of Care, Patient Outcomes, Clinical Outcomes, Patient Satisfaction, and Cost Efficiency. These are independent rankings and hospitals do not apply or pay to be listed.



Stoughton Health Receives

FIVE-STAR RATING

According to the recently released Overall Hospital Quality Star Ratings from the Centers for Medicare & Medicaid Services (CMS), Stoughton Hospital has a five-star rating. The ratings reflect 46 measures across five categories of quality: mortality; safety of care; readmissions; patient experience; and timely and effective care.



Love Light

Join us for a Special Program, the Madrigal Singers, and Refreshments on Thursday, November 30 at 4:30 p.m. in the Stoughton Hospital Lobby.

Love Light is a tree lighting ceremony to remember, honor and recognize those who have touched our lives.

To donate to Love Light, please go to <https://stoughtonhealth.com/partners-of-stoughton-hospital/love-light/>

Stoughton Hospital Foundation

SWINGING FOR HEALTH GOLF OUTING AND CARD PARTY



On Monday, September 18, the Foundation hosted the 19th Annual Swinging for Health Golf Outing and Card Party. We are fortunate to report the weather was dry with bright sunshine! Golfers, card players, virtual auctions, raffles, and more contributed to Stoughton Hospital Foundation raising almost \$42,000 to support the needs of Stoughton Health! Special thank you to the Legend at Bergamont for hosting this event, AM Solutions for event printing services, and Charlie Shortino of NBC 15 WMTV for the “Crush Charlie” challenge. We also acknowledge and are grateful for the support of our generous sponsors, raffle donors, participants, staff, volunteers, and local businesses for making this such a successful event.

Executive Sponsors:

First Business Bank
JP Cullen
Madison Advanced Foot and Ankle
One Community Bank

Corporate Sponsors:

1901 Inc.
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Gunderson Funeral Homes
McGlynn Pharmacy
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Specialty Sponsors:

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Stoughton Health
Stoughton Wellness Coalition
Ziegler Capital Management, LLC (ZCM)

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Dr. Dave and Ann Nelson
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Panther Exteriors and Contracting
Partners of Stoughton Hospital
Pieper Electric
Pizza Pit
Professional Collectors Corporation
Quartz
R&S Insurance
RHD Properties
TDS
The Herald-Independent and McFarland Thistle
Wells Fargo
WISHIN
Yahara Dental

COMMUNITY ONE MILE WALK

Stoughton Hospital Foundation hosted its 3rd Annual Community One Mile Walk on Saturday, June 17. The walk was dedicated to the Partners of Stoughton Hospital who are long-time supporters of the Stoughton Hospital Foundation and Stoughton Health. Many thanks to the Partners of Stoughton Hospital, participants, and sponsors, who together raised over \$3,300 to go towards the Cardiology

Clinic to help provide patients who need assistance with getting blood pressure cuffs and scales for at home use. Thank you all!

Walk Sponsors:

CMA Accounting
Coldwell Banker Success – Peter Sveum
Culvers of Stoughton
E&P Psychotherapy
Edward Jones – Lisa Fernan

First Business Bank
Game Day Sports Bar and Grill
JP Cullen
Madison Advanced Foot and Ankle
McGlynn Pharmacy
One Community Bank
Quarles & Brady, LLC
Skaalen Nursing & Rehabilitation Center, Inc.
Stoughton Health
The UPS Store
TRICOR Insurance

Stoughton Health

COMMUNITY HEALTH & WELLNESS



To register, please go to stoughtonhealth.com/events.
Unless noted, all classes are free.

Understanding and Responding to Dementia Related Behaviors

Wednesday, October 25
1:00–2:00 p.m.

Community Health & Wellness Center
3162 County Road B, Stoughton

Join us to learn about common triggers and behaviors associated with dementia, strategies to manage behavioral challenges, how to decode behavioral messages, and where to seek resources.

Free Memory Screenings

Wednesday, October 25
12:00–1:00 p.m. & 2:00–3:00 p.m.

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. The screening helps indicate if someone is in need of a comprehensive medical evaluation.

The Science of Pain

Thursday, October 26
5:30–6:30 p.m. Zoom

Gain a better understanding of pain and what you can do about it. Understanding the connection between your brain and pain leads to immediate and long-term improvements in mobility, activity tolerance, and mood.

COCPR (Compression Only CPR)

Wednesday, November 1
1:00–3:30 p.m. or 5:30–7:00 p.m.

Community Health & Wellness Center
3162 County Road B, Stoughton

Participants will learn how to perform COCPR and practice on adult manikins. Class includes an overview of choking and abdominal thrusts, how to use an AED, and COCPR for infants.

Appetite Correction

Tuesday, November 7
5:30 p.m. Zoom

This online talk, based on the book AC: The Power of Appetite Correction by Dr. Bert Herring, will teach you how to reach your weight loss goals and achieve longterm success without the constant, draining demand for willpower, without calorie counting or spending countless hours at the gym.

Plug In: Get Grounded for the Holidays Yoga

Monday, November 13
6:30 p.m. Zoom or In-person at

Kula Yoga
445 W Cottage Grove Road
Cottage Grove

Holidays can be full of fun and cheer but can also leave us feeling stressed and over-extended. Take some time to re-connect yourself, mind, body, and breath with a gentle, restorative and grounding yoga practice. This class is appropriate for all levels.

How Can Physical Therapy “Serve Up” Pickleball Injury Prevention?

Thursday, December 7
10:30 – 11:30 a.m.

Stoughton Hospital
Bryant Health Education

Join physical therapist, Emily Devine, DPT, to learn about the common injuries associated with pickleball and ways to help prevent them to keep you off the bench this pickleball season!

Safe@Home®

Friday, November 3 or
Friday, December 8
3:30–5:00 p.m.

Oregon School District Office
Door 8 of Netherwood Knoll
Elementary School
123 E Grove St, Oregon

Students in grades 4–6 learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures and weather emergencies. Students are also introduced to the SafeSitter® First Aid Chart and learn a system to help them assess and respond to injuries and illnesses. Cost \$25.

SafeSitter®

Saturday, November 4 or
Saturday, December 9
9:00 a.m.–2:30 p.m.

Forest Edge Elementary School
4848 Bassica Road, Fitchburg

The SafeSitter® course prepares students in grades 6th–8th to be home alone, watch younger siblings, or babysit. This course is designed with interactive lessons that will help students learn life-saving skills, understand how to handle emergencies, and know how to treat injuries. Cost \$50.

QUESTIONS?
PLEASE CALL (608) 877-3498

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

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COMMUNITY EVENTS

Stoughton Area Resource Team (START) Annual Celebration & Fundraiser Event

Tuesday, October 24, 5:30 p.m.

The Fields Reserve
2479 Glenn Drive, Stoughton

Medication Disposal & Sharps Collection Events

Saturday, October 28

9:00–11:00 a.m.

FREE drive through service

Stoughton Fire Department
401 East Main Street
Stoughton

Saturday, October 28

8:00–11:00 a.m.

FREE drive through service

Evansville Police Department
10 West Church Street
Evansville

Saturday, October 28

10:00 a.m.–2:00 p.m.

Oregon Police Department
383 Park Street, Oregon

Saturday, October 28

10:00 a.m.–noon

Brooklyn Fire/EMS Station
104 East Main Street, Brooklyn

Stoughton Hospital Gift Shop Holiday Open House

Wednesday, November 8

9:00 a.m.–4:00 p.m.

Stoughton Hospital Gift Shop
900 Ridge Street, Stoughton

Neighborhood Free Clinic Fundraiser Night

Friday, November 17

6:00–10:00 p.m.

Halverson's Supper Club
1965 Barber Drive, Stoughton

\$40/ticket includes buffet
and live music

Love Light

Join us for a Special Program,
the Madrigal Singers, and
Refreshments

Thursday, November 30

4:30 p.m.

Stoughton Hospital Lobby
900 Ridge Street, Stoughton

Oregon Tree Lighting

Sunday, December 1, 5:30 p.m.

Waterman Triangle Park
101 Janesville Street., Oregon

Partners of Stoughton Hospital Holiday Bake Sale

Tuesday, December 12

8:00 a.m. until items
are sold out

Stoughton Hospital Lobby
900 Ridge Street, Stoughton

Support Groups Memory Café

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

Stoughton Hospital –
Bryant Education Center
900 Ridge Street, Stoughton

Contact Stoughton Senior
Center at (608) 873-8585

Parkinson's Support Group

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

Community Health &
Wellness Center
3162 County Road B,
Stoughton

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

Diabetes Support Group

Meets 2nd Monday of the month
at 6:00 p.m.

Stoughton Hospital
Lobby Conference Room
900 Ridge Street, Stoughton

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

Blood Drives

Friday, December 15

8:00 a.m.–1:00 p.m.

Friday, February 16

8:00 a.m.–1:00 p.m.

Community Health &
Wellness Center
3162 County Road B,
Stoughton

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