



## Masks Still Required at all Stoughton Health Locations

Whether you have a physical therapy appointment, mammogram, surgery, or are visiting a patient, everyone age five and up entering a Stoughton Health location is required to wear a barrier mask provided by Stoughton Health.

Masks continue to be universally required for everyone at other health care facilities in the area as well, regardless of vaccination status and despite the expiration of local public health orders.

Stoughton Health is encouraged by the progress our community has made against COVID-19, including vaccination rates and declining numbers of new COVID-19 cases. However, Stoughton Health and other health care organizations care for medically vulnerable patients, including those who are immunosuppressed or too young to be vaccinated. We must continue to enforce pandemic-response safety measures to protect everyone in our hospital and clinics.

The Centers for Disease Control and Prevention specifically notes that its new masking recommendations for fully vaccinated people do not apply to health care settings, and health care facilities should continue to follow infection prevention and control guidance.



At our facilities, this includes continuing to screen all visitors, practicing physical distancing, universal mask wearing and limiting the number of visitors.

We thank the community for its patience and continued commitment to protecting those most at risk from COVID-19. We encourage everyone eligible for the COVID-19 vaccine to get one as soon as possible.

### Coming Soon! Cardiology Appointments



Eugene Kaji, M.D.  
Cardiologist

Eugene Kaji, M.D.  
Cardiologist  
Stoughton Hospital Specialty Clinic  
(608) 873-6611

#### Insurances Accepted

Over 160 area insurance plans are accepted, including but not limited to those listed below. Please check your individual plan regarding coverage of services.

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

### McFarland Urgent Care Clinic Now Open!

5614 US HWY 51 | (608) 838-8242  
Monday to Friday 8 a.m. to 8 p.m.  
Saturday and Sunday 9 a.m. to 5 p.m.



# Providing Safe and Inclusive Health Care to the LGBTQ+ Community

Stoughton Health has formed an LGBTQ+ Advisory Committee with the focus of providing safe and inclusive healthcare for all individuals regardless of their sexual orientation or gender identity. Partnering with Building a Safer Evansville (BASE), we are ensuring our policies and practices protect the rights of LGBTQ+ patients, visitors and employees.

## What is LGBTQ+?

You're not alone if you find the acronyms surrounding sexual orientation and gender identity confusing. LGBTQ+ stands for lesbian, gay, bisexual, transgender and queer or questioning. The plus is added to show LGBTQ+ people use a variety of terms to identify themselves and this list is not all inclusive. We are partnering with BASE on June 22nd to present a LGBTQ+ 101 workshop

## The Rainbow Logo

Stoughton Health is pleased to share its rainbow logo to demonstrate our support for the LGBTQ+ community. We will use this logo for LGBTQ+ specific communication, education and events.



## LGBTQ+ Advisory Committee - Community Members Needed!

As we move forward with LGBTQ+ inclusive policies and practices, we would appreciate the involvement of the LGBTQ+ community to provide feedback and insight. Anyone interested should contact Amy Hermes, Vice President of Patient Services, at (608) 873-2308 or [ahermes@stoughtonhealth.com](mailto:ahermes@stoughtonhealth.com).

## LGBTQ+ 101 Learn the Facts

Mark Mellecker of Building A Safer Evansville (BASE) will provide a basic explanation of some LGBTQ+ terminology, expressions and more! Learn what "LGBTQ+" stands for, why certain slang is harmful & how BASE & Stoughton Health are teaming up to tackle health disparities in our community.

**Tuesday, June 22nd at noon**

To register for this free online workshop, please go to [stoughtonhealth.com](http://stoughtonhealth.com) and click on "Classes & Events." Participants will receive a class link (Zoom meeting) and call-in phone number.



## Patient Praise for Stoughton Health's LSVT BIG® Therapy for Parkinson's Disease

*"Early in the program my BIG Instructor and I met and identified four areas of concern: loss of hand dexterity, tying shoes, pulling up pants and shuffling my feet when turning and falling into a chair.*

*All four of these functional tasks were corrected by techniques used in the BIG program such as visualization and counting as well as walking and turning techniques.*

*The BIG home exercises are wonderful for your body and created for those with Parkinson's Disease. Your sessions are one on one with a BIG instructor. You'll receive careful guidance.*

*The program is lengthy, but needs to be to help you remember everything so you can continue at home. So sign up today and start receiving the benefits!"*

Jan Raymond, Patient

## What is LSVT BIG®?

LSVT BIG is a comprehensive therapy and exercise program that improves movement for people with Parkinson's Disease. Research on LSVT BIG has documented improvement ratings on motor function including:

- Faster walking with bigger steps
- Improved balance, flexibility
- Increased trunk rotation
- Improvements in daily living activities
- Improved motor scores

LSVT BIG is customized to reach the goals of each patient in both gross and fine motor skills.

This therapy can be adapted to meet each patient's individual needs.

## Therapy Schedules

- 16 sessions: four consecutive days a week for four weeks
- Individual one hour sessions
- Daily homework and carry over sessions

## Insurance

Treatment is covered by most insurance plans. Please check your individual plan regarding coverage of services.

## Locations

Stoughton Health  
Rehabilitation & Sports Medicine Clinics  
Stoughton (608) 873-2292  
Oregon (608) 835-5373



# Nursing Assistant Scholarship Program

Stoughton Health was awarded a Wisconsin Department of Health Services grant allowing us to provide ten scholarships to adults wanting to pursue a career as a Certified Nursing Assistant.

The scholarships included the cost of online instruction through Madison College, clinical training at Stoughton Hospital, CPR/Basic Life Support training class and nursing assistant certification test. Scholarship recipients earned two “digital badges” through Madison College - “Principles of Nurse Aide Communication and Safety” and “Fundamentals of Nurse Aide Training.” Hands-on clinical training was provided at Stoughton Hospital by hospital nursing staff.

“CNAs are extremely important members of the health care team providing hands-on care to our patients when they are sick, hurting and at their most vulnerable. The care and compassion they provide is an important part of a patient’s healing journey,” shared Amy Hermes, Stoughton Health Vice President of Patient Services. “There is currently a shortage of CNAs and it is our hope through this scholarship program we are able to interest more caring individuals to choose this as a career path. Stoughton Health, as well as many other organizations, frequently have job openings for CNAs.”

CNAs make a difference in the lives of their patients by providing basic care and helping them with daily activities they might have trouble doing on their own, such as bathing and getting dressed. They are on the front lines of helping patients who are frail or struggling with disease and illness. Acting as the eyes and ears of the nursing staff, CNAs also have an important role in noticing any changes in a patient’s condition.

The scholarship recipients were very grateful for this opportunity. Many stated they had an interest or always intended to go back and get their Nursing Assistant training/certification but family life, training costs, etc., got in the way. The scholarship program provided them the perfect opportunity to achieve their goal!



Top Left Going Down Stairs: Scott Blackledge, RN and Jane McGuire, RN  
Left to right: Leslie Andreska, student; Jen Mora, RN; Ashley Ludlum, student; Kristi Boyer, student; Tiffany Betts, student; Stacey Wendt, RN; Jennifer Graffin, student and Kristina Kopf, student

# Taking COVID-19 Vaccine Clinics on the Road

With fewer community members signing up for the COVID-19 Vaccine Clinics at Stoughton Hospital, Stoughton Health nurses are taking the vaccine clinics on the road. The first outreach vaccine clinic was held at Stoughton High School with about 91 individuals getting the COVID-19 vaccine.

The COVID-19 Vaccine team is working to bring future clinics to local employers and reaching people who don't have access to computers for online sign up.



Stoughton Health Nurses (left to right): Samantha Stoltz , Jen Mora, Jane McGuire and Vickie Carroll

# New Health Talk Podcasts

*Health Information from Stoughton Health  
and Community Experts*

To listen, go to [stoughtonhealth.com](http://stoughtonhealth.com) and click on “Health Talk Podcasts.”

## Plantar Fasciitis: Symptoms and Treatment

Dr. Colin Graney discusses Plantar Fasciitis, symptoms and treatment.

## 101 on LGBTQ+

Mark Mellecker discusses the issues that the LGBTQ+ community are currently facing and what Building A Safer Evansville, or BASE, and Stoughton Health are doing to address these issues.



## How to Stop Stress Eating

Stoughton Health Registered Dietitian Dana Janssen talks about the driving factors of stress eating, techniques to combat it, and foods that may help reduce stress.

## What's Sinus What's Snot? Advances in Sinus Surgery and Other Sinonasal Syndromes

Dr. Adam Coughlin discusses advances in sinus surgery, when to seek help, and treatment.

# March Match Fundraiser - Thank You!

Stoughton Hospital Foundation held its second March Match fundraiser with the support of Dean Health Plan, TRICOR Insurance and Quartz Health Solutions. With these generous partners and community donations, we were able to raise over \$18,000 for the needs of Stoughton Health. Thank you to EVERYONE for your commitment and continued generosity!

Tressa E. Anderson  
Jennifer Ballweg  
John and Jessica Bauer  
Sharon M. Beall  
Lisa Bear  
Sue Berg  
Taylor Borgrud  
Jim and Marsha Borling  
Don and Carola Breckbill  
Terry and Carolyn Brenny  
Amy Brown  
Anne E. Brunsell  
Dean Health Service Company, LLC  
Emily Devine  
Dr. Steven Diebold  
Leonard and Meredith Doom  
Thomas Fendrick and Shelley Moffatt

Sandra and Mark Fillner  
Evelyn Fleming  
Margo Francisco  
Jeanne M. Gilbertson  
Michelle Hahn  
Gloria Hayne  
Amy J. Hermes  
Kathy Hoopes  
Joan F. Jensen  
Richard and Kathy Johnson  
Brian and Amy Kahl  
Margaret A. Kiss  
Heather Kleinbrook  
Kevin and Brenda Klitzke  
Laura Klitzke  
Robert and Louise Kluge  
David and Judy Knutson  
Jason Lazenby

Jonathan and Sylvia Lewis  
Zach and Teresa Lindfors  
Sandra L. Maerz  
Bill Weber and Laura McDonald-Mays  
Jennifer McPhee  
Melissa Monte  
Jennifer Morris  
Clint and Jan Olson  
Randy and Donna Olson  
Tom and Abby Pertzborn  
Steve and Joanne Peterson  
Beverly Pope  
Nicholas and Diana Probst  
Quartz Health Solutions, Inc.  
Drs. Ashish and Shamila Rawal  
Michael and Judeen Reese  
Mark Rostowske

James and Linda Schaefer  
Christopher Schmitz  
Brad Schroeder  
Dr. Aaron and Karen Schwaab  
Robert and Pam Sier  
Myron and Mary Sime  
Kyle and Trisha Sippel  
Sara Sturmer  
Elizabeth Touchett  
TRICOR Insurance  
Rosanne Tuttle  
Sarah Watkins  
Elizabeth Weihert  
David and Joyce Williams  
Dawn R. Windland  
Rachel Wojta  
Walter and Tracy Wurtzler

## Community Recognition One Mile Walk *Walk To Honor Front Line Workers*

The Stoughton Hospital Foundation is hosting a walk on Saturday, August 7th from 9 a.m. to 11 a.m. The walk is to honor the front line workers who have been working to keep us safe during this trying time.

The walk will begin and finish at Stoughton Hospital near the Main Street parking lot. At the end of the walk there will be a celebration with refreshments, free health screenings and more.

The cost per participant is \$15. To register, please go to: [www.stoughtonhealth.com/stoughton-hospital-foundation/](http://www.stoughtonhealth.com/stoughton-hospital-foundation/) or call the Stoughton Hospital Foundation office at (608) 873-2334.

All pre-registered walkers will receive a t-shirt and a goody bag with Stoughton Chamber Bucks.

If you would like to be a walk sponsor, there is an opportunity for you. You can be added to our walk t-shirt: a medium logo is \$250.00 or a small logo is \$100.00.

If you have any questions, please call the Stoughton Hospital Foundation at (608) 873-2334.



## Donor Spotlight: Giving back to the Community

The Stoughton Hospital Foundation received a generous donation from the Bryant Foundation to support the purchase of new bedside monitors and a patient room lab labeling system. Thank you to the Bryant Foundation for enhancing patient care and supporting our community hospital.



## Save the Date! Registration Opens Soon!

### 17th Annual SWINGING FOR HEALTH GOLF OUTING

To Benefit Stoughton Health

Tuesday, September 14th

Registration: 11:30 a.m. - 12:30 p.m.

Shotgun Start: 12:30 p.m.

Virtual\* and In-Person Options

\*Golf on a different day of your choice  
by yourself or your group.

Interested in sponsoring?

Call us at (608) 873-2334.



# Community Health & Wellness

For the most up to date list of classes and events or to register, please go to [stoughtonhealth.com](http://stoughtonhealth.com) and click on “classes and events.” Questions? Please contact Sonja at (608) 873-2356.

## Free Online Classes

### Mind Over Matter: Healthy Bowels, Healthy Bladder

*June 17th, July 1st & July 15th from 2 to 4 p.m. (please plan to attend all three dates)*

In this series, participants will learn about bladder and bowel control, at-home techniques and exercises to help prevent or improve symptoms and tools to help set goals and mark progress.

To register, please call Sonja at (608) 873-2356. Cost: \$25

### Meditation for Everyone

*Tuesdays, June 22nd to July 27th at 10 a.m.*

There are many scientifically proven benefits to meditation including stress reduction, improved concentration, better sleep and pain control.

Join yoga instructor Amy Crull for quick and easy 15 minute meditation sessions – each week will be a new topic.

### LGBTQ+ 101 Learn the Facts

*Tue, June 22nd at noon*

Mark Mellecker of Building A Safer Evansville (BASE) will provide a basic explanation of some LGBTQ+ terminology, expressions and more! Learn what “LGBTQ+” stands for, why certain slang is harmful & how BASE & Stoughton Health are teaming up to tackle health disparities in our community.

### Gut Microbiome 101

*Wed, July 7th at noon*

Amy Crull, Certified Holistic Health Coach, will discuss what our gut microbiome does as well as ways we can foster a healthier gut through foods, supplements, and stress reducing techniques.

### Medicare 101

*Wed, July 14th at 1 p.m. or  
Wed, Sept 15th at 5:30 p.m.*

Join Ben Rothering from Physicians Mutual to learn about 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.

### Stop Suffering from GERD

*Tue, August 31st at 5:30 p.m.*

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 General Surgeon Dr. Aaron Schwaab will talk about the minimally invasive LINX procedure, an effective solution for GERD.

### Leg Vein Treatment Options

*Tue, Sept 21st at 5:30 p.m.*

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

## In-Person Classes

**All in-person classes are held at the  
Community Health & Wellness Center  
3162 County Highway B, Stoughton**

### Safe Sitter®

*Fri, June 25th; Fri, July 9th or  
Fri, Aug 13th from 9 a.m. to 3 p.m.*

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

Cost: \$50

### Safe@Home

*Tue, June 29th; Wed, July 28th or  
Wed, Aug 18th from 3:30 to 4:45 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

### StrongWomen Exercise Program

*Mondays and Thursdays, June 21st to  
Aug 12th from 8:30 to 9:30 a.m.*

The StrongWomen Program is a national community-based exercise program targeted to midlife and older women. This eight week class helps women maintain muscle mass, strength and function.

Cost: \$40

## Health Screenings with Consultation

All screenings include a discussion and consultation on how you can improve your results.

### Stoughton Health

*Community Health & Wellness Center  
3162 County Hwy B, Stoughton  
(corner of Hwy 51 & B)*

*Please call (608) 873-2332 to schedule  
your appointment in advance -  
no walk-ins please.*

Balance - \$30

Blood pressure - free

Blood sugar (glucose)/ cholesterol - \$25

Bone density - \$30

Cholesterol (full panel) - \$30

Hearing - \$25

Height, weight, BMI (body mass index)  
and body fat percentage- \$10

Peripheral artery disease  
(ankle-brachial index) - \$35

Vision - \$10

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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  
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 5 p.m. to 10 p.m.  
Saturday and Sunday 10 a.m. to 8 p.m.

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## Stoughton Health Events and Support Groups

### **Community Event Sponsorship**

#### **Taste of Stoughton**

Sat, June 19th from 11 a.m. to 8 p.m.  
Nordic Ridge Park, Stoughton

#### **Stoughton Fair**

Wed, June 30th to Sun, July 4th  
Mandt Park, Stoughton

#### **Gazebo Musikk**

Thursdays from 6 to 7:30 p.m.  
July 8th, July 22nd and Aug 12th  
Rotary Park, Stoughton

#### **American Cancer Society Relay for Life**

Sat, Aug 21st from 4:30 to 9:30 p.m.  
Mandt Park, Stoughton

#### **Walk to End Alzheimer's - Madison**

Sun, Oct 3rd  
[alz.org/walk](http://alz.org/walk)

#### **NAMI Walks Your Way - Dane County**

Sat, Oct 9th  
[namiwalks.org/danecounty](http://namiwalks.org/danecounty)

### **Foot Care Clinics**

*Cost: \$25*

#### **Stoughton**

2nd Wed of the month, 8:30 a.m. to noon  
3rd Mon of the month, noon to 3 p.m.  
4th Tue of the month, 8:30 a.m. to noon  
Stoughton Health

Community Health & Wellness Center  
3162 County Hwy B, Stoughton  
Appointments: (608) 873-2366

#### **Evansville**

3rd Wed of the month  
8:30 a.m. to noon  
Creekside Place  
102 Maple St, Evansville  
Appointments: (608) 882-0407

#### **Oregon**

1st and 4th Wed of the month  
8:30 to 11:30 a.m.  
Oregon Area Senior Center  
219 Park St, Oregon  
Appointments: (608) 835-5801

### **Support Groups**

Support groups are currently not meeting due to COVID-19. If you would like more information about the Crohn's, Colitis & IBD or Diabetes Support Group, please contact Jen at (608) 877-3485.

#### **Memory Café**

The Memory Café is currently not meeting due to COVID-19. If you would like more information, please contact the Stoughton Senior Center at (608) 873-8585.

#### **Blood Drive**

Stoughton Health  
Community Health & Wellness Center  
3162 County Hwy B, Stoughton  
Fri, June 18th and Fri, August 20th  
8:00 a.m. to 1:00 p.m.  
Visit [www.bloodcenterimpact.org](http://www.bloodcenterimpact.org) to make an appointment.