

For the Life of You

Spring 2025

StoughtonHealth

stoughtonhealth.com

Outpatient Center

NOW OPEN!

Stoughton Health

NAMED TOP WORKPLACE

Choosing

EMERGENCY VS. URGENT CARE



STOUGHTON
HEALTH



Stoughton Health Outpatient Center Now Open!

Stoughton Health is excited to announce that the new Outpatient Center is officially open! Located just steps from our main hospital campus, adjacent to the SSM Health Dean Medical Group building, the Outpatient Center was designed to bring high-quality, compassionate care to our community in a state-of-the-art setting.

To celebrate this milestone, an Open House and Ribbon Cutting was held on April 23rd. Many community members, partners, and friends joined us for tours, refreshments, and a first look at the new space. Thank you to everyone who joined us and made the day so memorable!



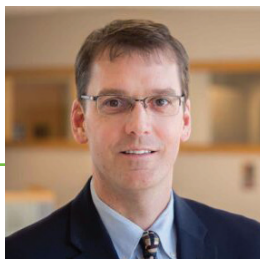
Community Touring the New Gym at the Open House

The new 56,000-square-foot facility brings a wide range of services together under one roof, offering:

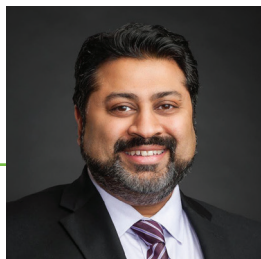
- Dedicated space for Stoughton Health specialty clinics, including cardiology, general surgery, podiatry, and orthopedics
- Rehabilitation services (physical therapy, occupational therapy, and speech therapy)
- Cardiac and pulmonary rehabilitation programs

Coming Soon!

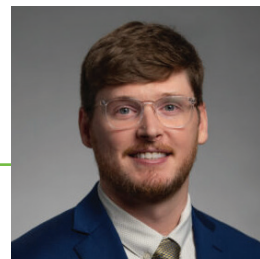
Expanded Cardiology
Services



Dr. Aaron Schwaab
General Surgeon

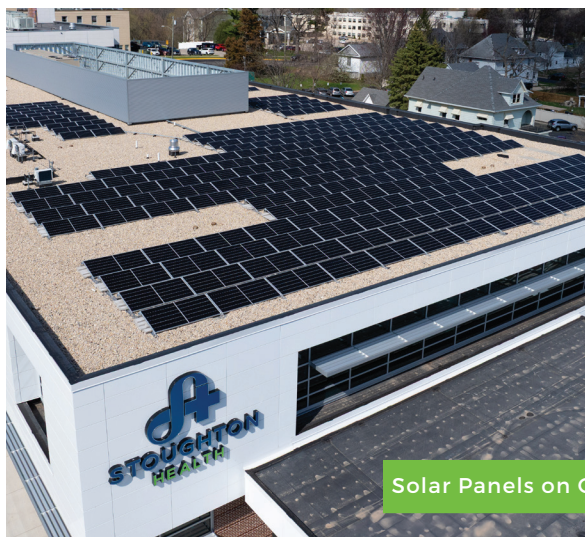


Dr. Ashish Rawal
Orthopedic Surgeon/Sports Medicine



Dr. Zachary Lind
Podiatric Surgeon

The center was thoughtfully designed to enhance care delivery and create a welcoming, healing environment for patients and their families.



Solar Panels on Outpatient Center

In addition to providing exceptional care, the Outpatient Center was designed with sustainability in mind, featuring energy-efficient systems, 258 solar panels, and 16,000 square feet of shell space, allowing for future growth as community needs evolve.

Thank you to the 172 businesses and community members who donated to the Outpatient Center Campaign, helping raise over \$2 million. At the start of construction on the Outpatient Center, several oak trees were carefully removed from the Stoughton Health campus. This wood, rich with character and history, was thoughtfully repurposed. Donors are now honored on a beautiful wall in the main lobby, crafted from these very trees—honoring the natural legacy of the site.



Donor Wall

Exceptional Care at OrthoTeam Clinic

Danna Hering recently shared her positive experience with Dr. Rawal and the OrthoTeam Clinic at Stoughton Health.

"I want to recognize the amazing team effort of the OrthoTeam Clinic and Stoughton Hospital. From the time I walked into the OrthoTeam reception and then left the hospital after my custom knee surgery, my care was amazing. Dr. Rawal is phenomenal, and I've already recommended him to others. I'm doing really well and appreciate everyone who participated in my care," Danna shared.

Thank you, Danna, for trusting us with your care and for your kind words!



Stoughton Health Named Top Workplace In 2025

Stoughton Health has been recognized as a Top Workplace by the Wisconsin State Journal for the second year in a row, based on employee feedback gathered through an independent survey. In addition, Stoughton Health received the "Organizational Direction" award, reflecting strong staff confidence in the organization's mission and future. Thank you to our dedicated team for making this achievement possible!

Celebrating Our 2025 Volunteer of the Year

Stoughton Health is proud to recognize Ruth "Tootsie" Thorson as our 2025 Volunteer of the Year. Over the past year, Tootsie generously contributed 412 hours of her time, warmly welcoming and assisting guests in the Café at the register. Her dedication, kindness, and positive spirit make a lasting difference for patients, visitors, and staff alike.

If you are interested in volunteering, please call (608) 873-2334.



When to Choose Emergency Care vs. Urgent Care

When unexpected medical issues arise, it's important to know whether Emergency Care or Urgent Care is the right choice. Stoughton Health provides helpful guidance to make the decision easier.

Use Emergency Care for:

- Chest pain or pressure
- Difficulty breathing
- Stroke symptoms (such as sudden numbness or trouble speaking)
- Severe bleeding
- Head injuries
- Loss of consciousness
- Major trauma (such as from a serious accident)

Use Urgent Care for:

- Minor fractures and sprains
- Cuts that may need stitches
- Ear infections
- Urinary tract infections (UTIs)
- Mild asthma attacks
- Fever without a rash
- Minor burns

Choosing the right care ensures you receive the appropriate treatment quickly. To learn more about when to choose Emergency or Urgent Care, scan the QR code.



Cottage Grove Urgent Care Clinic

Stoughton Health Urgent Care



Cottage Grove Urgent Care Staff

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

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)

Foot Care Clinic



Stoughton Health Community Health & Wellness Center

3162 County Road B, Stoughton

Offering foot care services including foot inspection, toenail trimming, massage, and proper foot care education. Cost \$30. To schedule an appointment call (608) 873-2332.

Tuesday:
8:30 a.m. – 4:00 p.m.

Wednesday:
9:30 a.m. – 4:00 p.m.

Thursday:
8:30 a.m. – 12:30 p.m.

Stoughton Hospital Foundation

March Matchness



Eye surgery cart purchased through March Matchness fundraiser

In March, the Stoughton Hospital Foundation hosted a March Matchness fundraiser from March 18th to April 7th. The Partners of Stoughton Hospital were great supporters of this event by matching \$8,600. With their help, and the help of all of the generous community members and employees who donated, we were able to raise over \$17,700 to go towards the purchase of two new eye surgery carts. Thank you to everyone who contributed to this fundraiser.



Digital Screen in Stoughton

Celebration Message Fundraiser

With graduation season approaching, the Stoughton Hospital Foundation has a new, fun way for you to celebrate an event or recognize someone. For only \$50 you can place your message on the large outdoor digital signs in front of our Community Health and Wellness Center (corner of Hwy 51 and Cty Rd B) or at our McFarland Urgent Care Clinic for one day.

For more information or to reserve a sign, please go to stoughtonhealth.com/stoughton-hospital-foundation/ or contact us at foundation@stoughtonhealth.com or (608) 873-2334.

The Past Has Shaped the Future

A Retiree Luncheon was held Tuesday, April 29th at Stoughton Hospital. Almost thirty past employees attended from all different departments, totaling over 500 years of service. Their knowledge and experience have set a tone of providing safe, quality healthcare with exceptional, personalized service that continues today.



Retiree Luncheon

Stoughton Health Community Classes and Events

**Registration Required
For All Events**

Gourd Birdhouse Decorating

Wednesday, May 21
10:00 a.m. – Noon in-person
Community Health & Wellness Center
3162 County Road B, Stoughton

In this class, you will create your own unique gourd birdhouse using various techniques and embellishments. All supplies are included. Class fee is \$35. Registration required.

A Talk with Dr. Zorba Paster: How to Care for Yourself While You're Caring for Others with Dementia

Wednesday, May 21
5:30 p.m. – 6:30 p.m. in-person
Stoughton Hospital
900 Ridge Street, Stoughton

Tips and tricks for anyone who cares for a loved one from one who knows, having cared for my wife of 50 years during her final journey through dementia. Registration required.

Mindful Insights: The Current State of Psychedelics in Mental Health

Thursday, May 22
5:30 p.m. – 6:30 p.m. online

The U.S. is exploring psychedelics as a mental health treatment, with research showing promise for PTSD, treatment-resistant depression, and substance use. Four main paths are emerging: decriminalization, legalization, medical use, and spiritual use— each with its own legal and social challenges. Despite growing evidence, stigma remains. This talk examines the complex sides of this changing issue. Registration required.

Dementia and the Aging Brain

Wednesday, May 28
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 the basics of dementia, including types and causes of the most common forms. Learn to distinguish between normal brain aging and the warning signs of dementia. Registration required.

Memory Screenings

Wednesday, May 28 and Wednesday, August 27
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.

Spring Back from Ankle Pain

Thursday, May 29
5:30 p.m. – 6:30 p.m. online

Ready to spring back into action without ankle pain holding you back? Join Dr. Zachary Lind, Stoughton Health Podiatrist, to learn practical tips and effective strategies to recover from ankle sprains and prevent future ankle injuries. Registration required.

Freedom Through Forgiveness

Mondays, June 2 - June 30
11:00 a.m. – 12:30 p.m. in-person
Stoughton Senior Center
248 West Main Street, Stoughton
Stoughton Health, in partnership with the Stoughton Area Senior Center, invite you to join Tim Markle to learn methods of working toward forgiveness and learning to live a forgiving life. Registration required.

Container Gardening

Wednesday, June 4
10:00 a.m. – 11:30 a.m. in-person
Community Health & Wellness Center
3162 County Road B, Stoughton

Join Becky Nickel, Master Gardener, to learn how to make beautiful and thriving flower containers. Register to win the two containers made during class! Registration required.

Safe@Home (Stoughton)

Tuesday, June 24
3:45 p.m. – 5:15 p.m. in-person
Stoughton Hospital
900 Ridge Street, Stoughton

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 (Stoughton)

Saturday, June 28
9:00 a.m. – 2:45 p.m. in-person
Stoughton Hospital
900 Ridge Street, Stoughton

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.

Compression Only CPR (COCPR)

Tuesday, July 15
1:00 p.m. – 2:30 p.m. in-person
Community Health & Wellness Center
3162 County Road B, Stoughton

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

Healthy Living with Diabetes

Tuesdays, August 26 through September 30
2:00 p.m. – 4:30 p.m. in-person
Community Health & Wellness Center
3162 County Road B, Stoughton

This research-based workshop is designed to help adults with type 2 diabetes or pre-diabetes learn skills and increase their confidence in managing their condition. It is also for adults living with someone who has diabetes. Book charge \$20. Registration required.

Communication Changes Through the Dementia Journey

Wednesday, August 27
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, for an overview of the communication changes and strategies through early, mid and late-stage dementia. Registration required.

Stop Suffering from GERD

Thursday, August 28
5:30 p.m. – 6:30 p.m. online

Do These Symptoms Sound Familiar? Heartburn, regurgitation, sore throat, chest pain, belching, asthma. Then you might be suffering from GERD - Gastroesophageal Reflux Disease. In this talk, Stoughton Health Board-Certified General Surgeon, Dr. Aaron Schwaab will discuss the minimally invasive LINX procedure, an effective solution for GERD. Registration required.

**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.



SPRING 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

Gazebo Musikk

Thursdays, May 29 through
September 4
6:00 p.m. – 7:30 p.m.

Rotary Park
324 S 6th Street, Stoughton

Stoughton Community Farmers Market

Saturdays, May 24 through
October 11
8:30 a.m. – 12:00 p.m.

Downtown Stoughton

Village of Oregon Art Fair

Saturday, June 14
9:00 a.m. – 4:00 p.m.

Waterman Park
121 Janesville St, Oregon

Bands by the Boardwalk

Thursday, June 12, July 10,
and August 14
5:00 p.m. – 9:00 p.m.

McDaniel Park
4904 McDaniel Lane,
McFarland

Cottage Grove Firemen's Festival

Thursday, June 12 through
Sunday, June 15

Firemen's Park
200 Grove Street,
Cottage Grove

Oregon Summer Fest

Friday, June 20 through
Sunday, June 22

Kiser Firemen's Park
245 Brook Street, Oregon

Taste of Stoughton

Saturday, June 21
10:00 a.m. – 9:00 p.m.

Nordic Ridge Park
1300 Hoel Ave, Stoughton

Stoughton Fair

Wednesday, June 2 through
Sunday, July 6

Mandt Park
400 Mandt Park Way,
Stoughton

Marketplace Dayz

Saturday, July 19
9:00 a.m. – 2:00 p.m.

Piggly Wiggly Shopping Center
419 W. Cottage Grove Road,
Cottage Grove

Oregon Kids Triathlon

Saturday, August 16
7:00 a.m. – 12 p.m.

Downtown Oregon

Coffee Break Festival

Saturday, August 16
9:00 a.m. – 3:00 p.m.

Racetrack Park
Racetrack Park Road,
Stoughton

Relay for Life

Saturday, August 16
5:00 p.m. – 9:30 p.m.

Racetrack Park
Racetrack Park Road,
Stoughton

Support Groups

Memory Café

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

Stoughton Hospital
Bryant Health Education Center

Contact: Alayna Hoch at
(608) 873-2259

Parkinson Support Group

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

Community Health & Wellness Center
3162 County Road B, Stoughton

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

Blood Drives

Friday, June 13
8:00 a.m. – 1:00 p.m.

Friday, August 15
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.