

For the Life of You

Spring 2026

StoughtonHealth

stoughtonhealth.com

Rehabilitation & Sports Medicine:
GETTING YOU BACK TO WHAT YOU LOVE



*Sleep Disorders
Center:*

BETTER SLEEP STARTS HERE

*Stoughton
Health*

RECOGNIZED AS A TOP WORKPLACE



STOUGHTON
HEALTH

Rehabilitation & Sports Medicine

Here When You Need It

Stoughton Health Rehabilitation & Sports Medicine is here to help you get back to doing the things you love. Our experienced therapy team provides personalized care for patients of all ages—from infants to older adults. Our services include physical therapy, occupational therapy, speech and language therapy, and sports medicine, all in a supportive, patient-focused environment.

Certifications & Specialties:

- Astym
- Athletic Trainer Certified (ATC)
- Certified Clinical Instructors
- Certified Hand Therapy
- Dry Needling
- LSVT BIG Certifications for Parkinson's Disease
- LSVT LOUD Certification for Parkinson's Disease
- Lymphedema Specialists
- Orthopedic Certified Specialist (OCS)
- Pelvic Floor Physical Therapy
- Post-Surgical Rehab
- PWR Instructor (Parkinson Wellness Recovery)
- Sports Rehab
- Strain Counterstrain/Fascial Counterstrain
- Total Joint Rehab
- Vestibular Rehab Certification

Stoughton Health offers direct access to physical and occupational therapy, allowing many patients to begin care without a physician referral. Our team will help verify insurance coverage and guide patients through next steps.



Oregon Rehabilitation & Sports Medicine Team



Personalized rehabilitation, one-on-one care

Stoughton Rehabilitation & Sports Medicine Clinic

Outpatient Center (South Building)
900 Ridge Street, Stoughton
(608) 873-2292

Oregon Rehabilitation & Sports Medicine Clinic

990 Janesville Street, Oregon
(608) 835-5373

FIND BETTER SLEEP AT THE STOUGHTON HEALTH SLEEP DISORDERS CENTER

Quality sleep plays a vital role in overall health, and the Stoughton Health Sleep Disorders Center is dedicated to helping patients ages two and older identify and manage sleep-related conditions that interfere with daily life. The center evaluates and treats a variety of disorders, including sleep apnea, insomnia, restless leg syndrome, and narcolepsy.

Overnight sleep studies are conducted in a comfortable, private setting designed to promote natural sleep while allowing trained technologists to closely monitor sleep patterns, breathing, heart rate, and movement. The information collected helps physicians make an accurate diagnosis and recommend appropriate treatment.

After testing, the care team works closely with patients to develop a personalized treatment plan focused on improving sleep quality, daytime energy, and overall well-being. With advanced diagnostic tools and compassionate care, the Stoughton Health Sleep Disorders Center helps patients take an important step toward healthier sleep.



**For more information, call the
Stoughton Health Sleep Disorders
Center at (608) 873-2210.**

STOUGHTON HEALTH URGENT CARE

Stoughton Health accepts more than 160 insurance plans, including Dean Health Plan by Medica and Quartz, making it easier than ever to access the care you need.



Exceptional care celebrated at
Cottage Grove Urgent Care Clinic.

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)

TOP WORKPLACE

Stoughton Health was awarded the Top Workplaces honor by the Wisconsin State Journal for the third year in a row. This recognition is based on employee feedback gathered through a third-party survey.



JOIN OUR HEALTHCARE FAMILY!

At Stoughton Health, you're more than an employee — you're a valued member of our healthcare family. Here, you'll find dedicated coworkers, great pay, and an excellent benefits package designed to support you both personally and professionally.

We have a variety of opportunities available across the organization, including roles in Nursing, Nursing Assistant, Radiology Technology, Maintenance/Security, Information Technology, and more.

If you're looking for meaningful work in a supportive, community-focused environment, we'd love you to explore our current openings.



Join a team that cares—for patients and for one another.

Scan the QR code or visit stoughtonhealth.com for career opportunities.

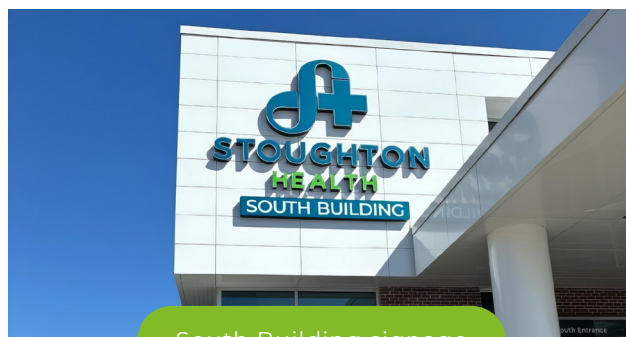


GETTING TO YOUR APPOINTMENT IS ESSENTIAL

VOLUNTEER DRIVERS NEEDED

WATCH FOR CAMPUS SIGNAGE

The Stoughton Affordable Transportation Program (ATP) is looking for volunteer drivers to help neighbors get where they need to go. Drivers make a big difference—helping others, one trip at a time. Interested? Call 608-730-6637 or visit stoughtonatp.org



South Building signage

When heading to your appointment on the Stoughton Health campus, please follow posted signage to the correct **North** or **South** Building for a smooth arrival.

Building a Healthier Community: Stoughton Wellness Coalition



Promoting awareness through a harm reduction exhibit at the Stoughton Public Library

The Stoughton Wellness Coalition (SWC) helps young people stay healthy and strong. The group focuses on education, prevention, and community support to promote positive mental health and reduce youth substance use. Their goal is to support the well being of the next generation.

“In my two years with the coalition, I’ve been inspired by the people who step up to help,” says Adam Peters, SWC

Project Coordinator. “The passion of our community members is what makes this coalition so special.”

SWC works closely with the Stoughton School District, the City of Stoughton, and Stoughton Health. Together, they offer trainings for school staff, workshops for caregivers, and programs that support students who may need extra help. SWC also supports a teen leadership group called the Student Action Committee (SAC). This group helps lead activities and ensures youth voices are heard in efforts to improve community wellness.

Across the community, SWC partners with local organizations to promote safety, support healthy policies, and provide helpful tools for caregivers. The coalition also hosts biannual medication and sharps collection events, helping keep homes and the community safer for everyone.

To learn more or sign up for the monthly newsletter, visit stoughtonwellness.org

Want to Make a Difference? Join Partners of Stoughton Hospital!

Partners of Stoughton Hospital is a dedicated group of community members who generously give their time and talents to support Stoughton Health. From volunteering and community service to fundraising that directly benefits our patients and programs, Partners play an essential role in strengthening our community.

Whether you enjoy connecting with others, lending a helping hand, or supporting causes that matter, there’s a place for you! Opportunities are flexible, fun, and a great way to meet new people.

The annual membership is \$10—a small contribution that helps make a big difference.

Learn more and get involved today:

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



Partners of Stoughton Hospital
2026 Officers

STOUGHTON HOSPITAL FOUNDATION

MARCH MATCHNESS

From March 17 to April 6, the Stoughton Hospital Foundation held its annual March Matchness fundraiser. Thanks to the generous support of the Partners of Stoughton Hospital, who contributed \$7,500 in matching funds, the campaign raised over \$14,000. These funds will support the purchase of a Scope Locker Air Endoscope Drying Cabinet, enhancing patient safety by properly drying instruments after sterilization to reduce infection risk and ensure safe storage.

THANK YOU TO OUR GENEROUS DONORS:

Jim and Michelle Abey	Vicky Goplen	Dan and Cindy McGlynn	Ronald Rice
Lori Allen	Michelle Hahn	Melissa Monte	Matt and Laura Roethe
Sharon Beall	Kelly Harrington	Jennifer Morris	Susan Sanford
Amy Brown	Gloria Hayne	Suzette Mullooly	Rodney Scheel
Anne Brunsell	Judith Hofrichter	<i>In honor of Jim and Chris Peterson</i>	Myron and Mary Sime
Ron and Diane Buss	Lisa Johnson	Karl and Diane Nissler	Roger and Donna Strandlie
Allan Ciha and	<i>In honor of Jim and Chris Peterson</i>	Jan Olson	Sveum Family
Christine Milligan-Ciha	Tony and Amy Ketterer	One Community Bank	Emily Syring
Carolyn Clow	Peggy Kiss	Joseph O'Rourke	Dawit Tesfasilassie
Ozzie and Meredith Doom	Kristin Klein	Partners of	Lukas and Mikaela Trow
Thomas Fendrick and	Heather Kleinbrook	Stoughton Hospital	Markee Van Dyke
Shelley Moffatt	Kevin and Brenda Klitzke	Melanie Pavolonis	Sarah Watkins
Kathryn Forbes	David and Judy Knutson	Tom and Abby Pertzborn	Bill Weber and Laura Mays
Marsha Gahagan	Taylor Krull	Anthony Pogodzinski	Joyce and Robert Wilde
Stephanie Garrett	Paul LaZotte	Nick and Dianna Probst	Rachel Wojta
Aaron and Amanda Geisinger	Sandra Maerz	Anna Marie Pulvermacher	



CELEBRATION MESSAGE FUNDRAISER

Looking for a meaningful way to celebrate a special person or milestone? For just \$50, you can honor a graduation, birthday, anniversary, achievement, memorial, or any occasion close to your heart with a message displayed on the Stoughton Health digital sign at the Community Health and Wellness Center or McFarland Urgent Care.

To learn more about the Foundation or specific fundraisers, visit stoughtonhealth.com/stoughton-hospital-foundation or contact foundation@stoughtonhealth.com or call (608) 873-2334.

Stoughton Health Community Classes and Events

Registration Required For All Events
stoughtonhealth.com/events

Hip Pain Relief

Tuesday, May 12
5:30 p.m. – 6:30 p.m. online

Join OrthoTeam Clinic's Dr. Joseph Henningsen to learn about the causes of hip pain and surgical/non-surgical treatment options. Registration required. FREE.

It's Not Just Poses? Demystifying the 8-Limb Yoga Path

Wednesday, May 20
6:30 p.m. – 7:30 p.m. online and in-person
Kula Yoga
445 W Cottage Grove Road, Cottage Grove

Join Kula Yoga owner Becky Petersen for an introduction to the other 7/8th's of living a yogic life. Class appropriate for all levels. Registration required. FREE.

Cardiology Group Medical Visits

Thursdays, May 21 – June 25
(All dates are required to attend)
2:30 p.m. – 4:30 p.m.

Outpatient Center South Building
900 Ridge Street, Stoughton

A 6-week program for individuals with similar health goals. Sessions provide education, hands-on guidance and are often covered by insurance. This series focuses on heart health—covering heart disease basics, lifestyle changes, nutrition, exercise, sleep, and mindfulness—to help reduce risk and improve overall wellness.

Qualifying conditions: Heart disease, high blood pressure, pre-diabetes, diabetes, high cholesterol, and obesity. Interested? Call (608) 873-2349.

Dementia and the Aging Brain

Wednesday, May 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, 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. FREE.

Free Memory Screening

Wednesday, May 27
12:00 p.m. – 3:30 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. The screening helps indicate if someone is in need of a comprehensive medical evaluation. Registration required. FREE.

Container Gardening

Wednesday, June 3
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. FREE.

Movement & Dance for Parkinson's

June 8 – July 1
11:00 a.m. – 12:00 p.m. in-person
Mondays and Wednesdays
Community Health & Wellness Center
3162 County Road B, Stoughton
Move with confidence and connection. No dance experience needed—just come ready to move and have fun. Registration required. \$50.

Healthy Feet For Life

Wednesday, June 10
5:30 p.m. – 6:30 p.m. online
Join OrthoTeam Clinic's Dr. Zachary Lind, Podiatrist, to learn practical tips for everyday foot care, spotting warning signs early, and preventing common problems like pain, infections, and ulcers. Good foot care helps you reduce fall risk, stay active, and maintain independence. Beneficial for everyone, including those with conditions like diabetes or arthritis. Registration required. FREE.

Well-Being Screening

Wednesday, June 17
Friday, June 19
7:00 a.m. – 11:00 a.m. in-person
Community Health & Wellness Center
3162 County Road B, Stoughton
Includes: Health Risk Assessment Survey, biometric screenings, and One-on-One Health Coaching. Call 608-877-3485 for more information. Cost: \$35.

Compression Only CPR (COCPR)

Wednesday, June 17
1:00 p.m. – 2:30 p.m.
Community Health and 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. FREE.

Knee Pain Relief

Tuesday, August 18
5:30 p.m. – 6:30 p.m. online

Join OrthoTeam Clinic's Dr. Joseph Henningsen for a practical talk on common causes of knee pain, ways to reduce discomfort, available treatment options both surgical and non-surgical, and when it may be time to see a specialist. Registration required. FREE.

Communication Changes Through the Dementia Journey

Wednesday, August 26
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. FREE.

Free Memory Screening

Wednesday, August 26
12:00 p.m. – 3:30 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. The screening helps indicate if someone is in need of a comprehensive medical evaluation. Registration required. FREE.



Questions? Please call (608) 877-3498.

MISSION:

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


SPRING 2026

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

Partners of Stoughton Hospital Geranium Sale

Wednesday, May 6
 10 a.m. until sold out

Stoughton Health Community Health & Wellness Center
 3162 County Road B,
 Stoughton

\$10/6 inch pot

Evansville Art Crawl

Friday, May 8
 5:30 p.m. – 8:30 p.m.

Downtown Evansville

Gazebo Musikk

Thursdays, May 28 through
 September 3
 6:00 p.m. – 7:30 p.m.

Rotary Park
 324 S 6th Street, Stoughton

Stoughton Community Farmers Market

Saturdays, May 23 through
 October 10
 8:30 a.m. – 12:00 p.m.

Downtown Stoughton

Village of Oregon Art Fair

Saturday, June 20
 9:00 a.m. – 4:00 p.m.

Waterman Park
 121 Janesville St, Oregon

Cottage Grove Firemen's Festival

Thursday, June 11 through
 Sunday, June 14

Firemen's Park
 200 Grove Street, Cottage Grove

Taste of Stoughton

Saturday, June 21
 11:00 a.m. – 8:00 p.m.

Mandt Park
 400 Mandt Pkwy, Stoughton

Marketplace Dayz

Saturday, July 18
 9:00 a.m. – 2:00 p.m.

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

Oregon Kids Triathlon

Saturday, August 8
 7:00 a.m. – 12:00 p.m.

Downtown Oregon

Coffee Break Festival

Saturday, August 15
 8:00 a.m. – 2:00 p.m.

Mandt Park
 400 Mandt Pkwy, Stoughton

Relay for Life

Saturday, August 29
 5:00 p.m. – 9:30 p.m.

Nordic Ridge Park
 1300 Hoel Ave, Stoughton

Support Groups

Memory Café

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

Stoughton Hospital
 Bryant Health Education Center
 900 Ridge St, Stoughton

Contact:
 Alayna Hoch at (608) 873-2259

Parkinson Support Group

Meets 2nd Monday
 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 19
 8:00 a.m. – 1:00 p.m.

Friday, August 14
 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.

