

COVID-19 Vaccinations: Safety and Distribution

Now that multiple COVID-19 vaccinations have received approval from the U.S. Food & Drug Administration (FDA), many individuals are wondering when they will be able to be vaccinated. Anna Robb, Infection Preventionist in Emergency Services at Stoughton Health, breaks down what community members need to know.

“We have received both types of vaccines that are currently approved under emergency use authorization. We first received some doses of Pfizer vaccine and have also started administering doses of Moderna vaccine,” she states.

Both vaccines require two doses. People who were administered the Pfizer vaccine return three weeks after their first dose for the second. Those who receive the Moderna vaccine return in four weeks.

Dosing Timelines: Who Is Next?

Stoughton Health is providing COVID-19 vaccines to community members as equitably, quickly, and safely as possible. Stoughton Health is committed to following the framework that has been provided from the Wisconsin Department of Health services that can be found at dhs.wisconsin.gov/covid-19/vaccine.htm. We have started successfully vaccinating our staff and other healthcare workers such as dentists, chiropractors, mental health professionals, optometrists and other healthcare workers who have risks of exposure in their line of work. Most recently we have expanded COVID-19 vaccines to adults aged 65 and over, fire and police. To register on our waiting list go to our website stoughtonhealth.com.

Due to the quickly evolving nature of the COVID-19 vaccination initiative, information may change or be updated frequently. We will make every effort to communicate the most up-to-date information as soon as it is available at stoughtonhealth.com or our Facebook page.

Hesitant to Get Vaccinated? Here Are the Facts

Surveys have revealed a hesitation or resistance among individuals to get the vaccine. Robb assures the vaccine is safe, noting it went through all the appropriate approval processes outlined by the FDA. The difference in the COVID-19 vaccines versus something that took multiple years to develop and become available relates to how rapidly approval occurred; nothing else. (continued on inside)

Stoughton Health COVID-19 Vaccine Clinics

Please check our website and Facebook page for COVID-19 vaccine clinic information. Anyone interested in receiving the vaccine from Stoughton Health can sign up on a waiting list at stoughtonhealth.com. We will contact those eligible to receive the vaccine by email to schedule an appointment.



A Stoughton Health employee receiving her first dose of the COVID-19 Vaccine.

McFarland Urgent Care 5614 US HWY 51, McFarland

Coming Soon!
Spring 2021



Future Home of McFarland Urgent Care

Unemployed or Looking for a Career Change?

Make a Difference and Become a Certified Nursing Assistant!



Dennis Owen, CNA
Stoughton Health

Dennis' Story

"I left a high stress career and decided to pursue a path in which I could help people more on a one to one basis. I started in a nursing program and realized being a nursing assistant was what I really wanted to do. I love providing hands on care to my patients. Everyday is a new challenge and more rewarding that I ever could have imagined."

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 (CNA). We are partnering with Madison College for online education.

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.

Scholarship Program Details

The scholarships include the cost of online instruction through Madison College, clinical training at Stoughton Hospital, CPR/Basic Life Support training class and the nursing assistant certification test.

Scholarship recipients will earn two "digital badges" through Madison College:

- "Principles of Nurse Aide Communication and Safety"
- "Fundamentals of Nurse Aide Training"

Hands-on clinical training will be provided at Stoughton Hospital by hospital nursing staff.

Role of the CNA

CNAs are extremely important members of the health care team providing hands on care to 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.

CNAs make a difference in the lives of their patients 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 frontlines of helping patients who are frail or struggling with disease and illness.

Application

To learn more or apply for the Nursing Assistant Scholarship Program, please go to stoughtonhealth.com.

Applications are due by Friday, February 19, 2021.

COVID-19 Vaccinations (continued)

Robb uses an analogy of building a house. "If you're going to build a house and your contractor says, 'It's going to take us a year to get this house done,' but you really want it done in three months, that contractor might say, 'Okay, I can do it in three months, but I'm going to bring more people in to do the work. We're going to work longer hours. I'm going to bring the experts in and we're going to get that job done faster.'"

Similarly, the COVID-19 vaccine became a high priority. "We brought the best manufacturers and minds to the table. And everybody got to work on getting this done quickly. No one was skipping steps. It's just that we put a lot of resources into creating this vaccine quickly. From my standpoint, I'm in awe of what has been accomplished in this short period of time," shares Robb.

She encourages people who are fearful to look to validated sources, such as the FDA or the CDC. She also cites the 79% vaccine acceptance rate among the Stoughton Health staff—which doesn't include individuals who deferred; they may have been in quarantine or had a scheduling conflict.

"I think the other really important thing to remember is that it's really a selfless act. The more people who become vaccinated, the more we can move forward," urges Robb. "It's not only protection for yourself, but it is protection for your coworkers, your community, and other members of your family. That's just a really important piece to remember when people are considering whether or not to get the vaccine."

Little Doses of Hope

Everyone knows how difficult the past ten-plus months has been on the community—from healthcare workers to family members. With the arrival of the vaccines, Robb says it brings "little doses of hope."

"I can tell you that there are many people at the hospital working overtime; working hard to provide these vaccination clinics. We have people volunteering and coming in on their days off wanting to help. It's so important to us to finally feel like we can make a real life-saving difference for people. We're working hard to keep moving forward and getting them out to everyone."



Virtual Visits

Stoughton Health Brings New Service to Community

As more health care services are being offered online, Stoughton Health has started providing virtual visits for minor illnesses and injuries. Virtual Visits are safe and secure and allow you to consult with a Stoughton Health provider in the comfort of your own home or wherever you may be.

During your Virtual Visit, a Stoughton Health provider will review your symptoms, make a diagnosis and develop your treatment plan. You will be provided care from the same trusted Stoughton Health providers you would see if you visited one of our Urgent Care Clinics.

A virtual visit is just \$25. Visits are available to everyone. You can complete the online Virtual Visit registration form at any time at stoughtonhealth.com. Virtual Visit hours of operation are Monday-Friday 5pm-10pm and Weekends 10am-8pm.

"We have learned through the COVID-19 pandemic that our patients like the convenience of receiving online health care when it's appropriate. It made sense to expand this service to minor illnesses and injuries so patients can skip the trip to Urgent Care and receive their care at home," shares Teresa Lindfors, Stoughton Health Chief Strategy & Business Development Officer.

To begin your virtual visit or to learn more, please go to stoughtonhealth.com.

Aaron Schwaab, M.D.

Making a Difference in the Life of His Patients - A Letter from a Grateful Patient



Aaron Schwaab, M.D.
Stoughton Health
Board Certified
General Surgeon

What a difference a doctor can make!

In July 2013 I had hernia repair done. At this time the doctor did not put in mesh, but I still got an infection. After it healed I was ok for a couple of years. At my yearly physical my primary doctor said I should go to the surgeon again because he felt I needed repair again. When I went to the surgeon he said to me, "At your first surgery you got an infection and it makes me really nervous to put mesh in." If it made my surgeon nervous what do you think it did to me? I decided not to have the surgery.

I was ok until October 2020 when I had a small bowel obstruction. I wasn't feeling good and I went to the Urgent Care. The doctor on call examined my stomach and felt I should have a CT scan. That's when they found the blockage. The nurse told me the surgeon was on his way in. I asked who the surgeon

was and he said, "Dr. Schwaab." I immediately felt at ease because he had done laser surgery on my legs and was wonderful.

When he arrived he was so patient and told me he would have to rub my stomach and try to get the hernia pushed back in, otherwise he would do emergency surgery. It didn't take him long and he said, "I think it popped in." They did another CT scan and yes it was back in. I did stay the night at the hospital so that he could make sure it was ok. He told me he would come in the middle of the night if he had to and do the surgery. Luckily, I had a good night and he discharged me the next day. He told me his nurse would be calling me to set up a surgery time. He also explained to me that he would be using mesh and was very confident in the success he has had with the mesh. I was completely at ease and I trusted him 100%.

The surgery was set for four days later. The surgery was a success and I had very little discomfort. Stoughton Hospital is so fortunate to have such a caring doctor as well as caring nurses. Dr. Schwaab has a great bedside manner, explained things to me and I knew I had the right doctor and things would be ok.

What a difference Dr. Schwaab made in my life.

Gloria Hayne, Grateful Patient

Stoughton Health Earns Award for Excellence in Patient Experience



Stoughton Health is pleased to announce it was named a 2020 Guardian of Excellence Award® winner by Press Ganey. The Guardian of Excellence Award recognizes top-performing healthcare organizations that have achieved the 95th percentile or above for performance in Patient Experience. The recognition was received for Inpatient Behavioral Health and Outpatient Services.

Stoughton Hospital Foundation Thanks You!

The Foundation would like to express heartfelt appreciation for the outpouring of support and generosity during the Year End Campaign. Your gifts, letters of support and thoughtful dedications to healthcare workers meant so much to everyone at Stoughton Health. We were moved by the memories you shared honoring loved ones who cared deeply for our community. THANK YOU for your continued support.

Drs. Guirish and Rashmi Agni
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Stoughton Hospital Foundation Board



Meg Veek
Past Secretary/Treasurer



Nicki Wagner
Executive Director
Creekside Place



Lukas Trow
Market President
One Community Bank

Please join us in recognizing Meg Veek who served on the Foundation Board for 18 years. She has generously contributed her professional expertise and thoughtful insight to the Foundation for almost two decades and will be greatly missed. Meg's dedication to public service and investing in the health of our community all have had a lasting positive impact on Stoughton Hospital Foundation and our community.

Stoughton Hospital Foundation is pleased to welcome two new board members, Nicki Wagner, Executive Director of Creekside Place and Lukas Trow, Market President of One Community Bank.

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.” Questions? Please contact Jen at (608) 877-3485.

Online Classes

(Free Unless Otherwise Noted)

Treatment for BPH – Relieving Male Urinary Discomfort

Tue, Feb 9th at 5:30 p.m.

BPH or benign prostatic hyperplasia, an enlarged prostate, is a common condition as men age causing a variety of uncomfortable urinary symptoms. Stoughton Health Urologist Dr. Nathan Moore will talk about lower urinary tract symptoms and treatment options such as the UroLift System, a less invasive treatment option which is more effective than medication.

How to Stop Stress Eating

Tue, Feb 16th at 5:30 p.m.

Stoughton Health Registered Dietitian Dana Janssen will talk about the driving factors of stress eating, techniques to combat it, and foods that may help reduce stress. She will cover mindful and intuitive eating and provide resources to navigate the complex connections of food, eating and stress.

Winter Yoga for Here and Now

Wednesdays - Feb 17th to March 24th at 5:30 p.m.

Join yoga instructor Suzanne Larsen for a six-week series of online winter yoga to restore, rest, recharge and rejuvenate the body. Students will learn fundamental alignment principles, breath work and meditation practice.

Cost: \$25 for series

Five Steps to a Healthier Heart

Thur, Feb 18th at 5:30 p.m.

Stoughton Health Exercise Physiologist Brianna O’Neil will share tips on how you can improve your heart health through increasing activity, improving your diet, quitting smoking, getting more sleep and controlling stress.

Prevention and Treatment of ACL Knee Injuries

Thur, March 4th at 5:30 p.m.

Dr. Ashish M. Rawal will talk about effective ACL (anterior cruciate ligament) injury treatment options and how to prevent ACL injuries from occurring.

Dealing with Anxiety – Supporting Your Kids and Teens

Thur, March 11th @ 5:30 p.m.

Dr. Kathleen Hipke will share how you can help your kids and teens better understand and manage their anxiety.

Managing Your Arthritis Pain

Tue, March 16th at 5:30 p.m.

Dr. Deanne Eccles will discuss how you can manage your arthritis symptoms and alleviate pain to maintain your active lifestyle.

Medicare 101

Thur, March 18th at noon

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.

Spring Cleaning: Gentle Twists to Get Unstuck

Tue, March 23rd at 6:30 p.m.

Gentle twists will help to find space in the body and release areas of congestion. Class will consist of standing postures, as well as seated and laying down. Options for modifications will be given.

To register please visit www.flywithkula.com. A Zoom link will be emailed to you 30 minutes before class starts.

Leg Vein Treatment Options

Tue, April 6th 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.

Take Charge of Your Health

Wednesdays, April 7th to 28th at noon

In this workshop series Amy Crull, certified Integrative Nutrition Health Coach, Reiki Practitioner Teacher and Yoga Teacher, will provide helpful information on how to proactively take charge of your health. She will cover a variety of topics over four weeks including nutrition, exercise, meditation, sleep, play and social media.

End the Pain with Custom Knee Replacements

Thur, April 15th at 5:30 p.m.

Join Dr. Ashish M. Rawal to learn how the Conformis knee implants may be the solution to end your knee pain.

Stop Suffering from GERD

Tue, April 20th 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 performs the minimally invasive LINX procedure, an effective solution for GERD.

Health Screenings with Consultation

Stoughton Health offers a variety of screenings to help you make more informed decisions about your health and wellness. All screenings include a discussion and consultation on how you can improve your results. Please call (608) 877-3485 to schedule your appointment.

Balance - \$30

Blood pressure -free

Blood sugar (glucose)/ cholesterol - \$25

Bone density - \$30

Cholesterol (full panel) - \$30

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

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

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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.

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.

McFarland Urgent Care Clinic

5614 US HWY 51, McFarland
Opening Early Spring

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Stoughton Health Events and Support Groups



STOUGHTON HOSPITAL FOUNDATION

2021 MARCH MATCHNESS

Are you a FAN of your local healthcare team?

Dean Health Plan, TRICOR Insurance and Quartz are partnering with Stoughton Hospital Foundation to **MATCH YOUR DONATIONS** during March Matchness!

Make a donation March 16th - April 5th and your gift will be doubled! Give online at Stoughtonhealth.com.

  



Events

COCPR - Sponsored by H&R Block
Monday, February 22nd - Friday, February 26th
Stoughton Health
Community Health and Wellness Center
3162 County Highway B, Stoughton
Appointments only - call Jen at 877-3485 to schedule.

Compression Only CPR, also known as Hands Only CPR is similar to CPR but without the rescue breaths.

Thank you to our sponsor H&R Block.



Medication Disposal & Sharps Collection - Evansville

Free Drive Through Service!
Sat, April 24th from 8 to 11 a.m.
Evansville Police Department
10 W. Church Street, Evansville

Medication Disposal & Sharps Collection - Stoughton

Free Drive Through Service!
Sat, April 24th from 9 to 11 a.m.
Stoughton Fire Department

Support Groups and Memory Café

These groups are currently not meeting due to COVID-19.

Blood Drives

Stoughton Health
Community Health & Wellness Center
3162 County Hwy B, Stoughton
Fri, Feb 19th and Fri, April 16th
8:00 a.m. to 1:00 p.m.
Visit www.bloodcenterimpact.org to make an appointment.