

For the Life of You

Winter 2025

StoughtonHealth

stoughtonhealth.com

Oregon Urgent Care
AND REHAB AND SPORTS MEDICINE EXPANSION

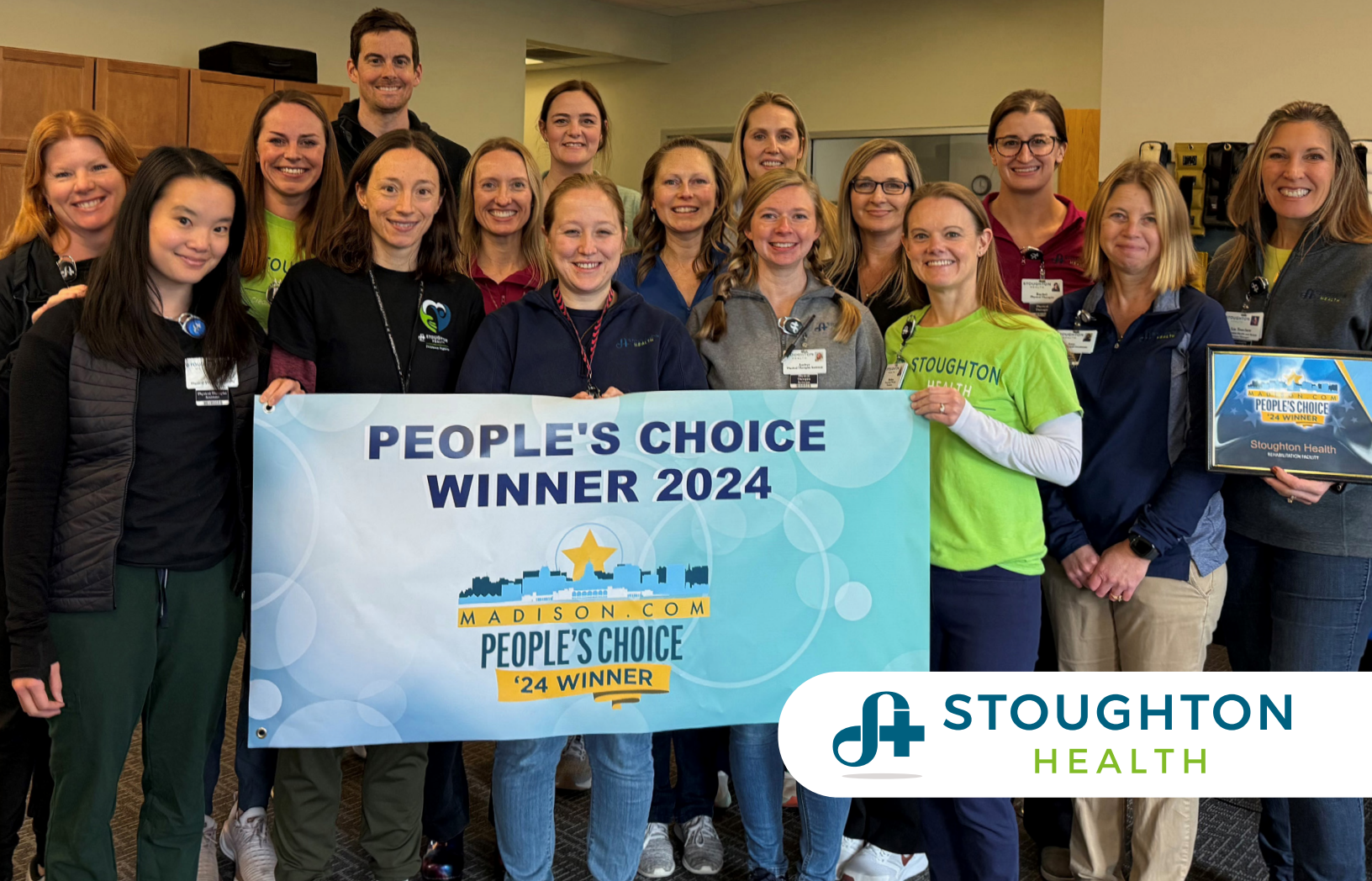
Stoughton Health
Welcomes

PODIATRIST DR. ZACHARY LIND

Health Talk

PODCASTS FURTHERING

YOUR KNOWLEDGE



STOUGHTON
HEALTH

STOUGHTON HEALTH WELCOMES PODIATRIST DR. ZACHARY LIND, DPM

Stoughton Health is proud to introduce Dr. Zachary Lind, DPM, to its growing team of dedicated healthcare professionals. As a highly trained podiatrist, Dr. Lind offers comprehensive care for a wide range of foot and ankle conditions.

Dr. Lind developed an interest in podiatry through his own experiences as an active skateboarder and hockey player. After earning his podiatric medical degree at Des Moines University, Dr. Lind completed extensive surgical training in Milwaukee, focusing on complex foot and ankle reconstruction.

Dr. Lind is committed to providing patient-centered care, emphasizing clear communication and individualized treatment plans. *"I strive to make every patient feel at home in our clinic," he explains. "By listening to their concerns, we can create personalized plans that range from conservative treatments to surgical solutions, depending on their needs."*

CARE PROVIDED

At Stoughton Health's Podiatry Clinic, Dr. Lind offers expertise in advanced surgical procedures, including:

- Total ankle replacement
- Ankle arthroscopy
- Joint cartilage implantation
- Reconstruction of broken bones
- Minimally invasive surgery
- And much more

In addition to surgical services, Dr. Lind treats common conditions like plantar fasciitis, diabetic wounds, ingrown toenails, bunions, and sports injuries. The clinic is equipped to handle everything from minor concerns to complex cases, providing a full spectrum of care for patients of all ages.



Dr. Zachary Lind, DPM

FOR APPOINTMENTS

Whether you're dealing with a chronic condition, an acute injury, or just seeking preventative care, Dr. Lind and the team at Stoughton Health are here to help. To schedule an appointment with Dr. Lind at the Stoughton Health Podiatry Clinic, please call (608) 501-6205.

To learn more about Dr. Lind and his services, to listen to his recent podcast, or to register for his upcoming talk on January 30, please visit stoughtonhealth.com.

STOUGHTON HEALTH'S FOOT CARE CLINIC

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 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.

NEW TECHNOLOGY FOR ACL HEALING: THE BEAR® IMPLANT

Dr. Ashish Rawal, board-certified in orthopedic surgery and sports medicine, is the first in Dane County to offer the innovative BEAR® Implant, a breakthrough technology for treating anterior cruciate ligament (ACL) tears—one of the most common knee injuries in the U.S. This cutting-edge technology promotes natural healing and provides patients with a faster recovery.

To learn more about the BEAR Implant, please call the OrthoTeam Clinic Madison at (608) 231-3410 or OrthoTeam Clinic Stoughton at (608) 877-3419.

Or register for Dr. Rawal's talk, "Advances in Your Knee's ACL Healing: The BEAR Implant," on March 13. To register, please visit stoughtonhealth.com and click on "Classes and Events."



The BEAR® Implant

WORKING TO PROVIDE EXCEPTIONAL CARE



Stoughton Hospital was recognized in the top 5 percent of healthcare providers in delivering patient experience for its medical practice and outpatient services* in the last year.



Stoughton Hospital was recognized for exhibiting the highest levels of standards in Patient Experience with Outpatient Services* for three years in a row.



Women's Choice Award has recognized Stoughton Hospital as one of 300 award recipients that have met the highest standards for outpatient experience* in the U.S. Stoughton Hospital is in the top two percent out of 4,675 hospitals. The Patient Experience Award recognizes Stoughton Hospital as one of the top 100 hospitals of its size that has met the highest standards for patient experience.

*Outpatient Experience includes specialty clinics, rehab services, medical imaging, breast care services, and more. Medical practice includes cardiology, general surgery, orthopedics and podiatry.

RECOGNIZING EXCELLENCE: DAISY AND BEE AWARD RECIPIENTS

Stoughton Health is proud to announce the recipients of its DAISY and BEE Awards, honoring exceptional care. Amy Dunn, RN, received the DAISY Award for her extraordinary, compassionate nursing, while Alison Baillies, Radiology Tech in Medical Imaging, was honored with the BEE Award for her outstanding dedication and excellence in patient care. These awards celebrate the remarkable commitment of these healthcare professionals to the Stoughton Health community.



Alison Baillies and Amy Dunn, RN

OREGON URGENT CARE AND REHAB AND SPORTS MEDICINE EXPANSION

OPEN HOUSE
February 24
4:30 p.m. –
6:00 p.m.



Expanded Rehabilitation and Sports Medicine Gym

Exciting improvements are underway at Stoughton Health's Oregon clinic, offering enhanced care for the community. The rehabilitation and sports medicine clinic at 990 Janesville Street is now open and expanded, providing more resources for patients in need of rehabilitation services. In addition, the urgent care at this location will officially open its expanded hours starting February 24, 2025. The new hours will provide greater accessibility, operating Monday through Friday from 8 a.m.–8 p.m., and Weekends from 9 a.m.–5 p.m.

STOUGHTON HEALTH URGENT CARE

Growing Urgent Care Services to Meet the Needs of our Local Communities

MCFARLAND URGENT CARE CLINIC

5614 US HWY 51, (608) 838-8242

Monday–Friday: 8:00 a.m.–8:00 p.m.

Saturday & Sunday: 9:00 a.m.–5:00 p.m.

OREGON URGENT CARE CLINIC

NEW HOURS BELOW STARTING FEBRUARY 24

990 Janesville Street, (608) 835-5373

Monday–Friday: 8:00 a.m.–8:00 p.m.

Saturday & Sunday: 9:00 a.m.–5:00 p.m.

STOUGHTON HOSPITAL URGENT CARE

900 Ridge Street, (608) 873-6611

Daily: 6:00 a.m.–11:00 p.m.

(Including weekends & holidays)

COTTAGE GROVE URGENT CARE CLINIC

110 Limestone Pass, Suite 103, (608) 501-6230

Monday–Friday: 8:00 a.m. –8:00 p.m.

Saturday & Sunday: 9:00 a.m.–5:00 p.m.

STOUGHTON HEALTH GOES GREEN

The new Outpatient Center is on track to open in Spring 2025. This 56,000 square-foot facility will be located just steps from the main hospital. Along with expanding space, the project supports a greener campus by incorporating 258 solar panels to save an estimated 166,700kWh in energy yearly.



Solar Panels on the Stoughton Health Outpatient Center

DOT PHYSICALS

Stoughton Health is now offering DOT physicals, meeting all state-required standards to ensure commercial drivers are fit for the road. Our experienced team led by Jen Mora, APNP, is committed to providing convenient and reliable care. To schedule your appointment, call (608) 873-6611.



Jen Mora MSN,
APNP, AGNPC

BRIGHTER, SAFER STREETS: STOUGHTON HEALTH EQUIPS CROSSING GUARDS WITH LED STOP PADDLES

Stoughton Health is proud to announce the donation of upgraded 18-inch LED stop paddles to local crossing guards. These larger paddles significantly enhance visibility, ensuring guards remain highly noticeable to drivers, particularly during low light or adverse weather. Chris Brabant, President and CEO, emphasized the organization's dedication to community safety, stating that the paddles provide essential protection for guards and the children they assist. This initiative is part of Stoughton Health's ongoing commitment to community well-being, which included \$4,490,874 million in community benefits and charity care last year.



Chris Brabant, President and CEO of Stoughton Health, presents Ana Urbina, a local crossing guard, with new and improved stop signs

EMPLOYEES GIVING BACK

Jonathan Milton APNP, CNS was awarded a \$1,000 Wisconsin Organization of Nurse Leaders (WONL) educational scholarship. In a gesture of commitment to advancing local healthcare, these funds were donated to the Stoughton Hospital Foundation, with restrictions placed for use in the pilot program known as the Cardiac HEAL ProgramSM. This program is designed to enhance cardiovascular health and improve quality of life for patients 65 years and older with heart failure through guided exercise, lifestyle management, and evidence-based practices.



Jonathan Milton APNP, CNS and Laura Mays, Foundation Executive Director

NEW PODCASTS ON HEALTH TALK



DOT Physicals

Jen Mora, MSN, APNP, AGNPC

Exercise Guidelines and Staying Motivated

Andy Saul, Certified Wellness Practitioner

Physician Profile Podcast: "Getting to Know"

Zachary Lind, DPM

Cardiology 101

Jonathan Milton, MSN, APRN
Tina DeGroot, PhD, APRN

Learn to Fall Safely Classes

Barb Brown, A.C.E. Certified Personal Trainer

Go to stoughtonhealth.com each month for new podcasts or like us on Facebook to learn more.

STOUGHTON HOSPITAL FOUNDATION ANNUAL APPEAL

Thank you for YOUR generous support towards the replacement of patient recliners in the Geriatric Psychiatry Inpatient Program. This Program is designed to treat acute mental health disorders in adults age 55 and over. Because of the generous donors listed below, we are halfway to meeting our goal of \$33,000. It's not too late to donate, simply go to <https://stoughtonhealth.com/stoughton-hospital-foundation/> and make your donation.

Kathy Alme
Sharon Beall
Michael Berger
Gary and Cindi Birch
Dr. Stephen and Danielle Boorstein
Diane Brue
Gloria Carpenter
Katherine Christenson
Robert and Jodi Coon
Ethel Denton
Robert and Lynne Diebel
Leonard and Meredith Doom
Dr. Michael Ejercito and Karen Reed
Anthony and Dana Ellis
John and Nancy Elvekrog
Barb Entwistle
Rachel Farrell
Bobby Faulkner
Jerry Furseth
Ronald and Barbara Furseth
John and Sharon Gibson
Roger and Lois Gohlke
Richard and Diane Halom

Kim and Mary Hanson
Linda Harrison
James and Mary Hemmersbach
Mark Holzmann
Hometown Computer Pros
Arden and Vicki Hvam
Henry and Judith Jacky
Marcia Jacobson
Richard and Kathy Johnson
Amy Ketterer
Patrick and Lavon Kiss
Peggy Kiss
Jeffery and Brenda Kitsemel
Jacquelyn Kittelson
Paul LaZotte
Jonathan and Sylvia Lewis
JoAnn Lien
Dr. Steve and Larissa Lyon
Douglas and Susan Mackenzie
Kelly Macvittie
Beverly Manson
Ann Miglio
Joseph and Shirley Morrison

Bert and Suzette Mullooly
Patricia Murphy
Jan Olson
George and Anna Paul
Cynthia Peterson
Stephen Pinckney and Deborah Ericson
Frederick and Janice Redford
Samuel and Audrey Schwab
Robert Sier
Edmond Smith
Rodney and Phyllis Spangler
Nancy Spooner
Carmen Stout
Donna Tarpinian
Leo Thorsen
Robert and Kathryn Travis
Lukas and Mikaela Trow
Roger and Joyce Uttermark
Bruce Voight
Bill Weber and Laura Mays
John Westbury and Lori Molinski-Westbury
Jim and Joan Wilcox
Janice Witzel

**You can't win if you
don't play.**

2025 CALENDAR RAFFLE

\$20/CALENDAR

There are still over 45 chances to win ranging
from \$20 up to \$300.

Cash prizes were generously donated
by 12 local sponsors.

1901 Inc.	Pizza Pit
AM Solutions	State Farm-Abbey Welsh
Conant Automotive	Stoughton Floral
Old National Bank	Tom Fendrick and Shelley Moffatt
One Community Bank	TRICOR Insurance
Panther Exteriors and Contracting	Viking Day Camp

Scan Here To Order

Questions?
Go to stoughtonhealth.com
or call 608-873-2334



ANGELS WHO CARE

The Stoughton Hospital Foundation received an Angels Who Care donation in honor of registered nurses Jessica, Mariya, and Michelle, as well as certified nursing assistants Cori and Christina for their excellent care.

If you are looking to monetarily recognize members of your care team, please contact the Stoughton Hospital Foundation at (608) 873-2334.



Angels Who Care Recipients: Jessica, Christina, Cori, and Michelle

Stoughton Health

COMMUNITY HEALTH & WELLNESS

Registration
Required
For All
Events

Foot Freedom

Thursday, January 30
5:30–6:30 p.m. online

Join Dr. Lind, Podiatrist at Stoughton Health, to discover how the foot works. Learn practical tips to address common issues including bunions, plantar fasciitis, Achilles pain, and when to see a doctor. FREE.

Safe@Home® (Oregon)

Friday, January 31
3:30–5:00 p.m.

Oregon School District Office
123 E Grove Street, Oregon

Students in grades 4–6 learn how to practice safe habits, prevent unsafe situations, and what to do when faced with dangers. Class fee is \$25.

Safe Sitter® (Fitchburg)

Saturday, February 1
9:00 a.m.–2:45 p.m.

Forest Edge Elementary
4848 Brassica Road, Fitchburg

The Safe Sitter® course prepares students in grades 6–8 to be home alone, watch younger siblings or babysit. Class fee is \$50.

Grocery Store Tour - Dietitian Approved

Tuesday, February 11
11:00 a.m.–12:00 p.m.

Aldi
1399 US-51, Stoughton

A hands-on education session led by a Stoughton Health Registered Dietitian to learn what healthy shopping looks like aisle by aisle. FREE.

Crafting and Connection

Thursday, February 13
10:30 a.m.–12:00 p.m.

Community Health and Wellness Center
3162 County Rd B, Stoughton

Beat the winter blues and join expert crafter Melanie Miller to learn how to make an adorable heart-shaped basket from paper, card stock or felt. Bring your friends or make new ones. The materials are provided and no crafting experience is needed. FREE.

Stop Suffering from GERD

Thursday, February 20
5:30–6:30 p.m. online

Join Stoughton Health Board-Certified General Surgeon, Dr. Aaron Schwaab, to learn about the minimally invasive LINX procedure, and effective solution for GERD – Gastroesophageal Reflux Disease. FREE.

Good Mood Foods

Wednesday, February 26
5:30–6:30 p.m. online

Join your Hy-Vee dietitian Aryn and dive deeper into the foods that we eat and how they affect our mood. Learn more about nutrient-dense options that may decrease rates of depression, increase your happiness and your energy levels so you can feel the best each day. FREE.

Safe@Home® (McFarland)

Friday, February 28
3:45–5:15 p.m.

McFarland Municipal Center
5915 Milwaukee Street, McFarland

Students in grades 4–6 learn how to practice safe habits, prevent unsafe situations, and what to do when faced with dangers. Class fee is \$25.

Safe Sitter® (McFarland)

Saturday, March 1
9:00 a.m.–2:45 p.m.

McFarland Municipal Center
5915 Milwaukee Street, McFarland

The Safe Sitter® course prepares students in grades 6–8 to be home alone, watch younger siblings or babysit. Class fee is \$50.

Advancing Your Knee's ACL Healing: The BEAR® Implant

Thursday, March 13
5:30–6:30 p.m. online

Join Dr. Ashish Rawal, board-certified in orthopedic surgery and sports medicine, to learn about the BEAR® Implant, a new technology that helps the ACL heal. Dr. Rawal will discuss how the BEAR® Implant works, and its benefits. FREE.

Free Memory Screenings

Wednesday, March 26
12:00–4:00 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 needs a comprehensive medical evaluation. Registration required. FREE.

Leg Vein Treatment Options

Thursday, April 10
5:30–6:30 p.m. online

If suffering from painful varicose veins or bothersome spider veins, join Stoughton Health's Board-Certified General Surgeon, Dr. Schwaab, for an educational presentation to learn about treatment options. FREE.

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.

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COMMUNITY EVENTS

Lunch N' Learn: Legal THC Products, Vaping, and Policy Options

Tuesday, January 28
 11:30 a.m.–12:15 p.m. Zoom

For more information please visit <https://stoughtonwellness.org/events>

Winter Fest

Saturday, February 1
 12:00–2:00 p.m.

Triangle Park
 Downtown Oregon

Taste of Oregon

Saturday, February 1
 6:30–9:00 p.m.

Gorman Building
 200 N Main Street, Oregon

Stoughton Norwegian Dancers' Annual Norse Afternoon of Fun

Sunday, February 2
 1:30–4:00 p.m.

Stoughton High School
 600 Lincoln Avenue, Stoughton

The Chocolate Extravaganza

Saturday, February 8
 6:30 p.m.

Creekside Place
 102 Maple Street, Evansville

Oregon Chamber Business Expo

Thursday, March 13
 4:00–6:00 p.m.

Oregon Area Chamber of Commerce
 101 Alpine Parkway, Oregon

Mini Golf in the Library

Sunday, March 16
 1:00–5:00 p.m.

Stoughton Public Library
 304 S. Fourth Street, Stoughton

Stoughton Community Expo

Thursday, April 3
 5:00–7:30 p.m.

Mandt Community Center
 400 Mandt Pkwy, Stoughton

Medication Disposal & Sharps Collection Events

Wednesday, February 5
 1:00–2:00 p.m.

Oregon Senior Center
 219 Park Street, Oregon

Saturday, April 26
 9:00–11:00 a.m.

Stoughton Fire Department
 401 E Main Street, Stoughton

Saturday, April 26
 9:00 a.m.–12:00 p.m.

Oregon Police Department
 383 Park Street, Oregon

Support Groups

Memory Café

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

Stoughton Hospital
 900 Ridge Street, Stoughton

Contact: Alayna Hoch at
 (608) 873-2259

Parkinson Support Group

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

Community Health & Wellness Center
 3162 County Road B, Stoughton

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

Blood Drives:

Friday, February 14
 8:00 a.m.–1:00 p.m.

Friday, April 25
 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.