

# Partners of Stoughton Hospital Newsletter

## January 2025

### *From Judeen Reese, President:*

It's a new year with a new look, but our purpose of supporting Stoughton Health will always be the same. Partners of Stoughton Hospital begins a new year with some traditional events along with new ideas for moving forward. After taking a much needed breather during the month of January, Partners will be ready to begin planning activities that you can help with.

Is anyone having trouble coming up with a New Year's resolution that you can actually live with throughout 2025? The trick is coming up with something you really want to work toward. The answer is obvious.

### ***Here's the perfect resolution for 2025.***

"I plan to identify at least one more way to support Stoughton Health."

You can easily meet this goal if you choose just one of these options:

- Spread the word about the good things happening at Stoughton Health.
- Volunteer once more than in 2024.
- Help plan an activity for Partners.
- Fully support events that are planned.
- Bake one more batch of cookies.
- Work once a month in the gift shop.
- Check out volunteer opportunities at the Community Health & Welfare Center.
- Serve on one of Partners' committees.
- Read the newsletter each month and look for ways you can help.
- Check your email frequently for time-sensitive information from Partners.
- "Like" Partners of Stoughton Hospital and Stoughton Health on Facebook and share posts.
- Encourage others to become a member of Partners of Stoughton Hospital.



**Partners of Stoughton Hospital Board of Directors**  
Front: Sandra Maerz, Jeanne Gilbertson, Donna Strandlie, Susie Ramberg  
Back: Brenda Klitzke, Judeen Reese, Melanie Miller, Dawn Windland, Jan Walker  
Missing: Bonnie Anderson



Christopher Brabant will serve as Stoughton Health's new President/CEO. He previously was President/CEO of HSHS St. Clare Memorial Hospital in Oconto Falls and brings extensive experience in hospital operations, strategic planning, and community relations.

Welcome from

**Partners of Stoughton Hospital!**

### Bylaws



### **Bylaw Review**

Did you know Partners of Stoughton Hospital is guided by bylaws?

These bylaws identify everything from how many officers we have to how long they can serve. Our bylaws clearly define our purpose, types of memberships, paying dues and the responsibilities of our board. Occasionally our bylaws need to be reviewed and updated. That is happening now. Many thanks to Lynn Wieser who is leading us through this process. Thanks to Claudia Quam and Brenda Klitzke for serving on the committee.

THE STOUGHTON HOSPITAL FOUNDATION PRESENTS:

## 2025 CALENDAR RAFFLE FUNDRAISER

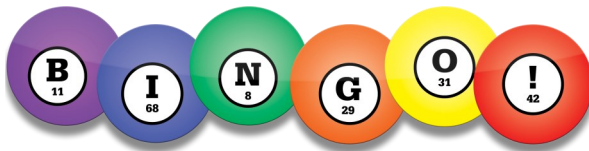
If you're looking for the perfect gift for a family member, a neighbor, or a dear friend, the Stoughton Hospital Foundation has the perfect solution. The Foundation has teamed with local businesses to create a "Calendar Raffle" that will last the whole year. For just \$20

you get a calendar with chances each month to win weekly prizes that total \$6,000 for the year. We will address the envelope and have the calendars ready for you to give as a gift! (*Of course, you can buy it for yourself too!!*)

Local businesses have graciously chosen a month of the year to sponsor the raffle. Thank you to those businesses! A cash prize drawing will take place each week. The lucky winner's name will be reentered for another chance to win! Names will be posted on our website and winners will be contacted as well. If you have any questions, please call the Foundation office at 873-2334 and we'll be glad to help.

To order calendars for yourself or to give them as a gift, go to:

<https://stoughtonhealth.com/stoughton-hospital-foundation/calendar-affle/>



**B4**, not after. **N44**, it's all  
the 4s. **I17** is a dancin' queen. I  
shoulda had a **B8!**  
**O72** is par for the course.



Andy Boryczka and Chris Schmitz were calling the numbers at the annual Community Bingo Party sponsored by Partners of Stoughton Hospital. There were prizes, coffee, holiday treats and fun all around.



Jan. 8 - Cookie Bake in Hospital Lobby  
Jan. 13 - May 16 - Parkinson's Exercise Class  
Jan. 16 - Medicare 101  
Jan. 18 - Safe Sitter, Stoughton  
Jan. 21 - Safe @ Home, Stoughton  
Jan. 22 - Kula "Pain in the Glute"  
Jan. 23 - Grocery Tour HyVee

For more information about classes and events go to  
<https://stoughtonhealth.com/events/>

Jan. 31 - Safe @ Home, Oregon  
Feb. 5 - Partners Monthly Board Meeting  
Feb. 12 - Cookie Bake in Hospital Lobby

*If you know someone who might enjoy being a Partner, please encourage them to contact Sandra Maerz. 608-873-6125.*



## Stoughton Health Foot Care Clinic

As the cold weather sets in, it's important to give extra attention to foot care. Winter boots, dry air, and less activity can lead to common foot issues like dryness, thick toenails, and even fungal infections. Stoughton Health's Foot Care Clinic is here to provide care and guidance to keep your feet in tip-top shape. Our trained staff offers compassionate and thorough foot care, including:

- Foot inspection: Identifying concerns like redness, swelling, thickened nails, and more.
- Toenail trimming: Ensuring safe, proper nail maintenance.
- Foot massage: Encouraging circulation and easing tension.
- Foot care education: Teaching you how to care for your feet at home.

### Winter Foot Care Tips

Here are some expert tips from our Foot Clinic staff to keep your feet healthy during the colder months:

- Keep Feet Clean and Dry. Dry your feet thoroughly after washing, especially between your toes.
- Avoid wearing damp socks or wet boots for long periods.
- Choose the Right Winter Boots. Make sure your boots fit properly to prevent discomfort or foot pain. Consider vinyl boots, which stretch to accommodate your feet more comfortably.
- If you wear support socks during the day, take them off at home to let your feet breathe.
- If you have Thick Toenails, apply tea tree oil or Vicks VapoRub to thickened toenails at night, then wear a no-show sock to avoid slipping. If reaching your feet is difficult, turn a sock inside out, apply the ointment to the sock, and then wear it.
- Be Cautious with Gel Nail Polish. Avoid gel nail polish unless you can remove and reapply it every 14 days to prevent bacteria or fungal growth.
- Consider Using Scrubbers. Use a floor scrubber or a brush with a handle to clean your feet thoroughly and safely.

By combining these at-home practices with professional foot care services at Stoughton Health, you can maintain healthy, comfortable feet throughout the winter season. Stoughton Health's Foot Care Clinic is here to support you. Do your feet a favor by calling **(608) 873-2332** to schedule your appointment.



Partners of Stoughton Hospital closes out 2024 with another significant and successful Love Light Ceremony. This year's generous donations totaled more than \$5,000, allowing us to fund new blanket warmers for Stoughton Health patients. We appreciate the support for this event. Our holiday bake sale held in the hospital lobby brought in more than \$1,100. Thank you to everyone who provided baked goods and holiday treats. Plus, monthly cookie bake sales continue to break records. We

hope you will continue to support our activities so we can continue to support Stoughton Health.

We cannot forget our Gift Shop. Many Partners are working to provide this resource as the shop continues to contribute funding monthly to Partners of Stoughton Hospital.

***Happy New Year, Everyone!!***