



From Judeen Reese, President

Spring is here and our thoughts turn to gardening. Your garden may range all the way from a cultivated plot of vegetables to a single beautiful patio pot of petunias. Creating beautiful, bountiful gardens of any type is one of the most rewarding personal projects we can undertake. Gardens are good for the earth, good for our souls, and good for our tummies. There's nothing quite like the satisfaction of harvesting food you've attended to for months and then enjoying it in a delicious salad or home-cooked meal. But healthy gardens don't just grow themselves.

Let's focus on those beautiful geraniums from Partners of Stoughton Hospital's most recent fundraiser. Did you know that our geraniums would appreciate one of those same garden vegetables to produce the big, beautiful blooms we all love? Believe it or not, the humble potato works as a wonderful DIY fertilizer that you can use to improve the health of your geraniums and kickstart their growth.

To make a homemade natural liquid fertilizer for your geraniums, simply peel washed potatoes and soak the skins in a container of water, with lid, for three days or more, stirring daily. Then filter the liquid and pour it onto the soil around your geraniums. This may be quite stinky, so you might not want to use this method indoors. I must admit that I have never made my own fertilizer using potatoes, but I'm hoping some of our Partners are willing to give it a try and report back on how it works out, especially the stinky part.

I have no doubt the geraniums you purchased from the Partners' fundraiser will love their new home. To keep them happy simply give them lots of sunlight. They need at least 6 to 8 hours of direct sunlight each day. Water them regularly, allowing the top inch of the soil to dry out between waterings. Geraniums benefit from regular fertilization during the growing season. This is where the stinky potato water comes in! Deadhead for continuous blooms. Once a bloom has faded, simply break it off. Thank you to everyone who supported our geranium and pansy sales and thank you to coordinator, Becky Greiber.

SAVE THE DATE!

The Stoughton Hospital Foundation is celebrating 50 years of "Friend Raising". To celebrate this success, there will be a garden party on June 27th, 5-7 pm at the Stoughton Hospital Wellness Garden. Partners have been a huge part of our history and we would love to see you there to help celebrate. Please save the date on your calendar, a formal invitation will be sent at a later date.

Orders are due Thursday, May 2

Geraniums add a big splash of color to your annual landscape. Partners of Stoughton Hospital are again selling geraniums. There's still a few left. Order today. Print out this order form or order online at <https://stoughtonhealth.com/partners-of-stoughton-hospital/geranium-sale/>

All proceeds go to support Stoughton Health, its patients and the communities it serves.

Thank you for supporting Partners of Stoughton Hospital!



2024 Partners of Stoughton Hospital Geranium Sale

All Sales are Pre-Order and Pre-Pay
\$15 Each/6 inch pot

Name: _____

Email: _____

Phone: _____

Please choose the colors and quantity of your order:

Orange: _____ Pink: _____ Red: _____ Tango Violet: _____

Amount Due: _____

Please make checks payable to Partners of Stoughton Hospital.

Mail this form with payment by Thursday, May 2nd to:

Becky Greiber
713 Kriedeman Drive
Stoughton, WI 53589

Or order online with your credit card at
<https://stoughtonhealth.com/partners-of-stoughton-hospital/geranium-sale/>

Questions about your order?
Please contact Becky at
(608) 575-7796 or beckygreiber@gmail.com

Geranium Pick-up

Contact-Free Drive-Through Pick-up

Thursday, May 9th from 3 to 5 p.m.
Stoughton Health Community Health & Wellness Center
3162 County Road B, Stoughton

(Please take Page Street or Highway N to County Road B to avoid traffic.)

Thank you for supporting Partners of Stoughton Hospital!



Pansies Are So Much More Than a Pretty Face



Eileen Nelson, Luanne McHugh, Becky Greiber

For centuries pansies have been prized in herbal medicine because their health benefits are as varied as their color variety. Pansies are edible and often served in salads or desserts. Whether you plan to plant them or eat them, we hope you enjoy these beautiful plants.

Thank you to everyone who supported our pansy sale. Thank you to Becky Greiber for coordinating this fundraiser.

All proceeds go to support Stoughton Health.



For the third year, the Partners will be participating in the Stoughton Downtown Farmer's Market where Stoughton Health is a co-sponsor of the weekly event. We are taking 4 Saturdays during the summer. Be sure to join us downtown from 8:30 am to noon.

May 25 – We will be selling colorful and exciting planters .

June 22 – items to be determined.

August 24 – Mums as a promo for the Partners Mum Sale

September 28 – “Harvest Bakery” We will be asking **all Partners** to bake something with a Fall feeling; apples, cranberries, pumpkin, etc -pies, muffins etc. Watch future newsletters for more information.



Our Community Card Party was held at Christ Lutheran Church

Thank you to Jeanne Gilbertson, Sue Walls, Sandra Maerz, DuWayne Stellmacher, Carol Deneen, Sue Weum and Event Coordinator, Brenda Klitzke



We were pleased to have our veterans join us.
Thank you for serving.

Future Home of Stoughton Health Urgent Care in Cottage Grove



Stoughton Health is expanding urgent care services to meet the needs of the local communities. Stoughton Health is opening a new urgent care clinic in Cottage Grove in Fall 2024. It will be located at 110 Limestone Pass, Suite #102 in Cottage Grove.

Clinic Hours: Monday to Friday: 8:00 a.m.–8:00 p.m., Saturday and Sunday: 9:00 a.m.–5:00 p.m. Stoughton Health accepts over 160 area insurance plans, including Dean Health Plan and Quartz.



Where Are Our Trees??

With the construction of the new Medical Outpatient Building, our Love Light trees needed to be removed. Our 2023 Love Light Ceremony was held in the lobby of our hospital, but because of the progress of the construction project, we are told that new trees will be in their permanent location prior to our 2024 program. The new trees will be Swiss Stone Pine Trees like the one shown here and will be visible from the front of the new building. The new trees will be 6 to 7 feet tall.



- May 1** - Partners Monthly Board Meeting, 9:00 AM, CHWC
- May 2** - Shoulder Pain Relief Talk
- May 2** - Geranium orders due
- May 6 - Kula Yoga: Follow Your Heart
- May 9** - Pick up Geraniums, CHWC, 3:00-5:00 PM
- May 15** - Spring Plant Pop-Up Sale
- May 17** - Safe @ Home - Oregon
- May 18** - Safe Sitter - Oregon
- May 22** - Alzheimer's Association Presentation, Effective Communication Strategies
- May 25** - Farmers Market; Spring Planters

- June 22** - Farmers Market
- June 27** - Foundation 50 Year Celebration
- Aug. 24** - Farmers Market; Mum Preview
- Sept. 16** - Swinging For Health, Bergamont
- Sept. 28** - Farmers Market: Harvest Baking
- Oct. 1-3** - State Convention

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



*If you know someone who might enjoy being a Partner, please encourage them to contact Brenda Klitzke.
608-220-8453*