

Partners of Stoughton Hospital Newsletter

May 2025

From Judeen Reese, President

Dig Into The Benefits of Gardening!

It's that time of year again - the time to begin the annual process of creating a garden. Each year I make the decision to "cut back" on the size of my garden. I am determined to plant less, resulting in reduced maintenance and fewer pots on the patio. That's a reasonable plan, but so far has never come to fruition. Maybe that's not a bad thing because the benefits of gardening can be helpful to your overall health. A busy day in the garden can be a good form of exercise. While tending a garden, you perform squats and lunges as you pull weeds. Carrying bags of mulch and other supplies works large muscle groups. Digging, raking and using a push mower can be physically intense activities. You may burn as many calories as a workout in the gym. If you are like me, it is likely that you will feel a bit sore after a busy day gardening. Gardening also can improve your balance, strength and flexibility. Gardening activities can be modified if movement is a challenge. Use a small stool or raised garden beds if you suffer from back pain. A shovel or rake can be used to support your knees when squatting. Smaller pots are lighter and easier to move than large ones. Buy small-



Partners of Stoughton Hospital Board of Directors
Front: Sandra Maerz-membership Chair, Jeanne Gilbertson-volunteer coordinator, Donna Strandlie-Treasurer, Susie Ramberg-Assistant Treasurer
Back: Brenda Klitzke-vice president, Judeen Reese-president, Melanie Miller-past president, Dawn Windland, Jan Walker-secretary
Missing: Bonnie Anderson-gift shop chair Jacki Damson - Assistant Secretary

er bags of mulch or soil that are easier to carry.

Exercise is just one benefit that gardening provides. Those fresh vegetables are certainly a healthy addition to any diet. Too many to eat? Share with a friend. And getting outdoors can reduce stress and anxiety. Partners of Stoughton Hospital is here to help you get a head start on your gardening. Geraniums are coming on May 7 along with pots and hanging baskets of summer flowers that will last all season on May 14. What a great way to use your skills and support Partners of Stoughton Hospital. See the ads on this page for further details.



2025 Partners of Stoughton Hospital

Geranium Sale

New This Year - No Preorders
First-Come, First Served
Many Colors - New Supplier
\$10/6 inch pot



Wednesday, May 7
10 a.m. to 6 p.m. or sold out
Stoughton Health
Community Health & Wellness Center
3162 County Road B, Stoughton
(Corner of Hwy 51 & Cty Rd B)
(Please take Page Street or Hwy N to Cty Road B to avoid traffic)



Questions about the sale?
Please contact Melanie at (608) 513-9894 or
melanie.miller@wisc.edu or Donna at (608) 873-6318
or dstrandlie74@gmail.com



Thank you for supporting Partners of Stoughton Hospital!



PARTNERS OF STOUGHTON HOSPITAL

FLASH FLOWER SALE!

Wednesday, May 14th
10 a.m. Until Sold Out
North End of Hospital
Parking Lot
(Near the Wellness Garden)
Look for the car and truck loads of plants!

Credit cards are accepted.
Items to include a variety of
hanging baskets and planters.

Questions about the sale?
Please contact Melanie at (608) 513-9894
or melanie.miller@wisc.edu or Donna at
(608) 873-6318 or dstrandlie74@gmail.com.

All plants are grown by Amish producers from
Southwest Wisconsin.
See you there!



My advice to any gardener: Keep the size of your garden manageable. You can always increase your gardening, but so far I have not found the key to "cutting back". And when life becomes too busy, go to the garden and talk to the plants until your mind is clear again. Enjoy your garden! Enjoy your plants! Enjoy your fresh produce!

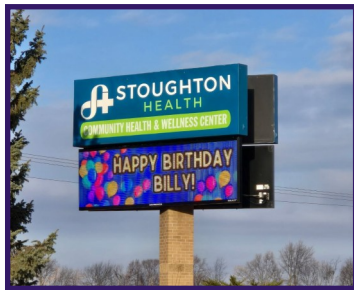
Spring Pansy Sale

It was cold, damp and windy, but the pansies were in good hands. Thanks to **Becky Greiber, Roger Odalen and Eileen Nelson** for braving the elements and thanks to everyone who supported this event by purchasing pansies. We hope you enjoy them.



March Matchness Update:

Thank you to everyone who was able to contribute to Stoughton Hospital Foundation's March Matchness Fundraiser. **A big SHOUT OUT to YOU**, the Partners of Stoughton Hospital, and the many community members who contributed to raising over \$16,600 to help fund the purchase of two eye surgery carts.



Send A Special Message

With graduations fast approaching, the Stoughton Hospital Foundation has just the thing for you. For \$50 you can celebrate someone or something special in a big way. You can place your message on the Stoughton Health sign in front of the Community Health and Wellness Center in Stoughton or feature it on the McFarland Urgent Care large digital display sign.

If you would like more information, go to www.stoughtonhealth.com/stoughton-hospital-foundation/ or contact us at foundation@stoughtonhealth.com or (608) 873-2334.



Visit the Stoughton Community Farmers' Market on Saturday, May 24. Partners of Stoughton Hospital will be there with a variety of Spring flowers. We hope to see you there!

Take Charge of Your Health!



Well-Being Screening

May 7th or 10th
Starting at 7 a.m.

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

Participants complete a health risk assessment survey and receive a 15-minute one-on-one health coaching session to be scheduled at a later date.

Screenings are 30 minutes and include: blood pressure, body composition, bone density, blood glucose, functional movement, cholesterol and more!
Total cost \$35. Financial assistance is available.



To register for your screening appointment, please scan the QR code.
Questions? Please call (608) 877-3485.



stoughtonhealth.com





Nearly 1,200 advocates from across the State gathered to meet lawmakers in the Capitol and discuss issues impacting Wisconsin hospitals. **Partners Brenda Klitzke and Jacki Damson** were among those who represented Stoughton Health. The annual WHA Advocacy Day is designed to educate and motivate health care employees, trustees and volunteers on important health care-related issues and to encourage grassroots advocacy opportunities. Attendees hear timely insights to State and Federal health care issues and have the opportunity to participate in State legislative visits to advocate on behalf of their hospitals. Thank you to Brenda and Jacki for representing Partners of Stoughton Hospital and to all for advocating for Stoughton Health and the care it provides.

Check Out a Blood Pressure Cuff Along With Your Next Read



Chris Brabant, President & CEO of Stoughton Health with Heidi Cox, E.D. Locke Public Library in McFarland



Jim Ramsey, Director and Amy Hynek, Adult Services of Stoughton Public Library

You can check out more than just books at our local libraries! Thanks to a donation by Stoughton Health, blood pressure cuffs are now available in Stoughton and McFarland. Do you know what your pressure reading is? Check out a cuff from the library to find out.



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

- May 6 - Memory Café, Bryant Center, 9:30 AM
- May 7 - Board Meeting
- May 7 - **Geranium Sale, CHWC**
- May 7 - Root down, Rise Up: Finding our Feet for Standing Poses (Kula Yoga)
- May 7 & 10 - Community Screenings
- May 8 - Medicare 101
- May 12 - Parkinson's Support Group
- May 14 - Cookie Bake in Hospital Lobby
- May 14 - **FLASH Plant Sale, Hospital Parking Lot**
- May 14 - Gift Shop Sale

- May 16 - Safe@Home (McFarland)
- May 17 - Safe Sitter (McFarland)
- May 21 - A talk With Dr. Zorba Paster: How to Care For Yourself While You're Caring for Others with Dementia
- May 21 - Gourd Decorating
- May 22 - Mindful Insights
- May 24 - Partners at Farmers' Market
- May 28 - Dementia talk & Memory Screenings
- June 4 - Partners' Monthly Board Meeting