

Partners of Stoughton Hospital

July 2026 Newsletter

A MESSAGE FROM BRENDA KLITZKE, PRESIDENT



Rain, Wind and Resilience

As I sit here in our basement with the 88 mph winds howling and rain pouring down outside, I can't help but think how nature reflects how I am feeling right now. I am thankful for the rain that will help my plants to grow, but worried the winds will trample them before they get that chance.

The darkness of the basement is only broken by the occasional flash of lightning, revealing the silhouettes of storage bins and old memories tucked away in the corners. Each gust of wind makes the house groan above us, a reminder of how fragile our sense of security can be when nature decides to reassert its power. For weeks, we have nurtured that garden, carefully selecting the soil and tending to each sprout with the hope of a vibrant harvest. Now, as the storm peaks on this June morning, that hope feels precariously thin.

Yet, even as the rafters creak, there is a strange stillness that comes with being forced to wait. We cannot stop the wind, nor can we shield every leaf from the downpour. This storm, fierce as it is, will eventually exhaust itself. When the sirens finally fall silent and we can climb back up to the light, we will face whatever remains. We will pick up the fallen branches, prune the broken stems, and trust that the roots—deep and well-watered—are strong enough to begin again.

Storms in life often arise because they clear the path for growth, deepen our roots, and prepare us for greater opportunities. They can be unpredictable, like the weather, and sometimes we can't control them, but we can control how we respond. In the heat of the storm, find your stillness.



Officers: Vicky Goplen-Asst. Secretary, Brenda Klitzke-President, Jeanne Gilbertson-Assistant Treasurer, Jan Walker-Treasurer, Deb Ready-Secretary, Lori Moe-Kittelsohn-Vice President

TOURNAMENT SPONSOR:
CULLEN
THE TOUGH JOB EXPERTS

22nd Annual

**SWINGING
FOR HEALTH**

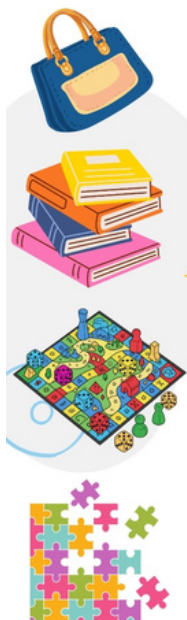
Golf Outing and Card Party

SAVE THE DATE

SEPTEMBER 16, 2026 | WEDNESDAY

The Oaks Golf Course
Cottage Grove, WI

Golf - 11:00 AM - 4:00 PM
Card Party - 1:30 PM - 4:00 PM
Dinner - 4:00 PM



Donations Needed: Purses, Books, Games & Puzzles!

Mark your calendar for Wednesday, September 9th!

Partners of Stoughton Hospital is hosting a one-of-a-kind sale featuring gently used purses, books, games, and puzzles—treasures for everyone!

That cute bag you wore once (and haven't reached for since)...

A great book you've already enjoyed...

* Games and puzzles your family has outgrown...

Let them be discovered again.

Let them be carried, read, played, and enjoyed by someone new.

Donate your gently used purses, books, games, and puzzles to the Partners of Stoughton Hospital and turn forgotten favorites into something meaningful for our community.

*

Please drop off your items at the Community Health & Wellness Center or the Stoughton Hospital Gift Shop by Tuesday, September 1.

Gift Shop News!



Sidewalk Sale

Wednesday, July 22

Hospital Lobby - North Building



Huge discounts on
garden items and more

Christmas in July
preview inside the shop!

July 7, Memory Café, 9:30-11:00 am

July 8, Cookie Bake – North Bldg.

July 13, Parkinsons Support Group, 12:15-1:15 PM

July 22, Shoulder Pain Relief:Conservative Care to
Advanced Technology, 5:30-6:30 PM

Aug. 5, Monthly Board Meeting – Wellness Center

Aug. 12, Cookie Bake – South Building

Aug. 31, Mum Orders Due

Sept. 2, Monthly Board Meeting – Wellness Center

Sept. 9, Cookie Bake, Used Purse Sale, Used Book
Sale, Gift Shop Specials – Hospital Lobby

Sept. 10, Mum Pick Up – Wellness Center

Sept. 11, Mum Deliveries

Sept. 16, Swinging For Health – Oaks Golf Course

Sept. 19, Partners at Farmers Market – Downtown
Stoughton (Pies/Breads)

Oct. 7, Monthly Board Meeting

TBD, Partners Annual Meeting

Oct. 15, Card Party

Nov. 4, Monthly Board Meeting – Wellness Center

Nov. 11, Cookie Bake

Dec. 2, Monthly Board Meeting

Dec. 3, Love Light Ceremony

Dec. 8, Holiday Bake Sale

Dec. 16, Community BINGO party – Senior Center



Food service at Stoughton Hospital holds special meaning for the Partners of Stoughton Hospital. Two Partners, Sandra Maerz and Jackie Kittelson, helped shape the department through their years of service and their lasting commitment to the hospital community.

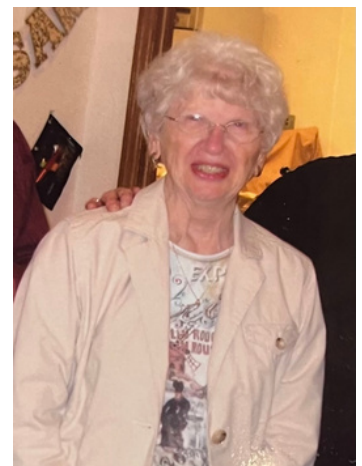


Partner Sandra Maerz began working in Stoughton Hospital Food Service in 1977 and served in several roles over the years. She remembers feeling nervous on her first day, unsure of what to expect. Her shift ran from 5:00 AM to 2:30 PM, a schedule that worked well as she raised six children.

Sandra valued both the people she worked with and the care she helped provide to patients. One of her favorite memories is cooling homemade pies on the kitchen windowsill. One day, two maintenance employees climbed onto the roof, and before long, one pie had disappeared. The story became a hospital joke for years.

Sandra continues to support Stoughton Health as a Partner of Stoughton Hospital. She has served in several roles, including President, and currently serves as Membership Chair.

Partner Jackie Kittelson began working at Stoughton Hospital in 1990—on her birthday. She first worked the afternoon shift before moving to days, which she preferred. Alongside her coworkers on the tray line, she helped prepare breakfast and lunch for patients, including every other weekend. Jackie remembers that patients were served Cornish hens on Sundays. When time allowed, she also stocked the second-floor refrigerator with juice, pudding, and other items. She laughs when she recalls receiving a pair of tiny gold-and-white tennis shoes because she was known for moving quickly while delivering food trays to the floors.



When asked what she enjoyed most about working at Stoughton Hospital, Jackie answered without hesitation: "It was the people I worked with."

Stoughton Health Food Service Today



2007: Dan Arndt began working at Stoughton Health at the age of 16. He recalls feeling both intimidated and confident. From the start, he understood the responsibility of helping serve every patient a quality meal, knowing that food plays an important role in comfort, recovery, and the overall care experience. The significance of the work was clear from day one, though he never imagined he would one day become Executive Chef.

Dan says the transformation has been remarkable. Since 2007, the department has moved from a kitchen built in 1956 to a fully renovated facility in 2010, greatly improving workflow and food quality. Since taking over operations, he has also seen major progress through modernized kitchen software and a higher standard for the food the team produces.

One memorable moment came during a routine fire drill, when a team member mistakenly thought there was a real emergency and activated the fire suppression system. Chemical retardants covered every inch of the café equipment, and the team spent the next two days cleaning the kitchen from top to bottom. It was a stressful situation at the time, but it has since become a humorous memory.

Looking ahead, Dan aims to use technology to expand the culinary program's reach beyond hospital guests and into the broader Stoughton community. He continues to explore how Stoughton Health can stand out as a dining destination while building a distinct place in the local market. Sustainability remains central to that vision, with ongoing partnerships with local farmers and vendors that support the greater Dane County area while providing customers with a high-quality experience. Like many food service operations, the department must also navigate staff shortages and rising food costs.

What Dan values most about his work is the tangible difference a good meal can make in people's lives. Food brings people together, supports recovery, offers comfort, and communicates care. He once heard that food is one of life's true pleasures, and he considers it an honor to bring that sense of comfort to patients. A sign that was a gift from a former Food Service Manager hangs in Dan's office. It reflects his philosophy well; "Love People, Cook Them Tasty Food."

Credits: Sandra Maerz, Jackie Kittelson, Dan Arndt, Wendy Statz





Ashish M. Rawal, M.D.
Orthopedic Surgery &
Sports Medicine

OrthoTeam Clinic
Wisconsin's First

**Mako Robotic-Arm
Assisted Shoulder
Replacement Surgery**

Ashish M. Rawal, M.D.



Each year, 18–26% of Americans are affected by chronic or debilitating shoulder pain, often caused by conditions such as arthritis and torn rotator cuffs.

Stoughton Health is excited to share, Dr. Ashish Rawal, Board Certified Orthopedic Surgeon with Stoughton Health OrthoTeam Clinic, is the first orthopedic surgeon in Wisconsin to perform Mako SmartRobotics shoulder arthroplasty. Mako transforms how shoulder replacement is planned and executed: a CT-based 3D preoperative plan with robotic-arm guidance for component positioning, tailored to each patient's anatomy. To learn more about this new approach, watch for upcoming talks at Stoughton Health or reach out to the OrthoTeam Clinic at (608) 877-3419.

Every Great Visit Begins With A Friendly Hello!

Looking for a role where a smile goes a long way? Our Front Lobby Volunteers are the welcoming heart of Stoughton Health—greeting guests, guiding visitors to the right place, and making everyone feel right at home from the moment they walk in.

From answering phones and handing out visitor wristbands to lending a helping hand with wheelchairs, these volunteers keep the front lobby running smoothly with kindness and care. It's a perfect fit for someone who loves helping others, communicates with confidence, and takes pride in delivering top-notch customer service. Bring a positive attitude, strong people skills, and a passion for helping wherever needed. Join us in creating a warm, welcoming first impression—because every great visit starts with a friendly hello!

Shifts: Weekdays, 10 a.m. – 2 p.m.

Apply Now!

If you have already gone through the Stoughton Health volunteer orientation process, please call Melissa Kitelinger at (608) 873- 2213.

If you haven't gone through the volunteer process, please [click here](#) to apply.