



### *Message From Our President - Melanie Miller*

Over the last few months I have made a number of phone calls to our members asking for help with several events and committees. I want to thank you for your enthusiasm and willingness to accept the request. Many of you must be screening your calls and I understand that. It's when you return my call, it warms my heart. I appreciate your effort for the Partners' organization. We need your ideas and "person power" to accomplish our goals. You will see some new, but also familiar faces at the Blood Drives, the Cookie Bakes and on a couple of working committees. If I haven't called you yet, don't be surprised when your phone rings.

If you are a snowbird and answered the phone in a warmer climate, I will remember your answers about helping when you return home. And I look forward to seeing you when you return.

February's board meeting set up several Spring and Summer planning committees. Look forward to the Pansy Sale, a Spring Gathering for Members, A Card Party, Cookie Bakes, the Geranium Sale and other plans for the Summer. If you are interested in helping with these activities, give me a call or any of the Partners who are on the various committees.

**March 13 will be another President's Coffee Hour. We'll meet at the Pancake Café. Hope to see some of you there.**



### *Partners of Stoughton Hospital Board*

*...Working for you!*

The elected members of the Partners Board represent you. This group meets regularly on the first Wednesday of each month. Here are notes from the February meeting:

- ◆ Claudia Quam will serve as Partner liaison to the Hospital Foundation Board. Thank you, Claudia!
- ◆ A motion was approved to provide up to \$10,000 to match each March Match donation which will be used to replace sleep lab equipment.
- ◆ Partners will support a renewed effort to sell bricks, pavers and sculptures for the Wellness Garden.
- ◆ To help promote the Community Health & Education program, Jeanne Gilbertson joins the board to coordinate volunteers for med drops and blood drives.
- ◆ Watch for more information on possible fundraisers and a Partners Spring Gathering.
- ◆ The next board meeting will be held on Wednesday, March 1. Everyone is welcome.



## *Partners of Stoughton Hospital Annual Pansy Sale*

As we get anxious for spring, our thoughts turn to warm weather and gardening. Crocuses, tulips, and daffodils are a sure sign of spring, as are pansies. Partners of Stoughton Hospital is again selling beautiful multi-colored pansy plants in 8-inch pots for \$10.00.

**The deadline for ordering is Thursday, April 6 with the "Pansy Plant" pick up on Thursday, April 13 from 3:00 - 5:00 at the Stoughton Health Community Health & Wellness Center 3162 County Road B Stoughton, WI.**

All sales are pre-order and pre-pay only.

Pansies can be ordered online with your credit card at <https://stoughtonhealth.com/partners-of-stoughton-hospital/pansy-sale/> or you can complete the order form found in this issue of the newsletter. Orders should be mailed to:

Becky Greiber  
713 Kriedeman Drive  
Stoughton, WI 53589

If you have any questions, please contact Becky at (608) 873-3387, (608) 575-7796 or [beckygreiber@gmail.com](mailto:beckygreiber@gmail.com)

**Thank you for supporting Partners of Stoughton Hospital.**

## *Best Geraniums...Ever!!*

Mark your calendars for Partners' Annual Geranium Sale. These plants are the best bloomers of any you can find in this area. We will be selling red, pink, coral/orange and tango/violet (fuchsia) geraniums for \$12.00. Deadline for Orders is Thursday, May 4 with Geranium Sale Pick Up scheduled for Thursday, May 11.

Watch for more information to follow in the April edition of the Partners' Newsletter.



**Coffee with Melanie will be March 13 at 9:00 AM at Pancake Cafe.** This will be an opportunity to meet other Partners, talk about what's new in Stoughton, share ideas and if some Partner business comes up, that's OK, too. Hope to see you there.

# 2023 Partners of Stoughton Hospital Pansy Sale



All Sales are Pre-Order and Pre-Pay  
\$10 Each

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Pansy Quantity: \_\_\_\_\_ Amount Due: \_\_\_\_\_

**Please make checks payable to Partners of Stoughton Hospital.**

**Mail this form with payment by Thursday, April 6th to:**

Becky Greiber  
713 Kriedeman Drive  
Stoughton, WI 53589

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

Questions about your order?  
Please contact Becky at (608) 873-3387,  
(608) 575-7796 or [beckygreiber@gmail.com](mailto:beckygreiber@gmail.com)

## Pansy Pick-up

Contact-Free Drive-Through Pick-up

Thursday, April 13th 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!**





## Boosting Mental Health

The WHA Community Health Education focus for 2023 is **Mental Health**. Thankfully, Sherry Jelic, Community Health Education Committee Chair for the Southern District has prepared information from Mental Health America ([mhanational.com](http://mhanational.com)) to be shared with Partners. Therefore, a special series called *Boosting Mental Health* will appear in our monthly newsletter to boost our spirits and share tips with family and friends who also need a boost. March tips include:

1. Journaling: Include three things you were grateful for and three things you were able to accomplish each day.
2. Start Your Day with a cup of coffee. Coffee consumption is linked to lower rates of depression. If you can't drink coffee because of caffeine, try another good-for-you drink such as decaffeinated or herbal teas.
3. Work your Strengths. Do something you enjoy or you're good at to build your confidence, then tackle a tougher or dreaded task.



Wisconsin Hospital Association Annual Advocacy Day is scheduled on April 19, 2023 at the Monona Terrace and State Capital Building in Madison. Stoughton Health will transport all employees and volunteers attending the event. For more details about Advocacy Day and carpooling opportunity, please contact Sharon Beall at [sbbeall1@yahoo.com](mailto:sbbeall1@yahoo.com)

or via phone 1-217-663-8594.

## The 2023 Spring Southern District Meeting

will be held at Monks in Lake Delton on April 26.

If interested in attending, please contact Sharon Beall who will be driving and has room for three passengers if you wish to carpool.



Partners delivered heart-shaped balloons and chocolates to each department within Stoughton Health on Valentine's Day to show appreciation for the work that they do.







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

- March 1 - Partners of Stoughton Hospital Board Meeting
- March 13 - Coffee with Melanie, 9:00 AM, Stoughton Starbucks
- April 6 - Pansy orders due.
- April 13 - Pick up Pansies at Community Health & Wellness Center, 3:00 to 5:00 PM
- April 19 - WHA Annual Advocacy Day
- April 26 - Southern District Spring Meeting held at Monks in Lake Geneva
- May 4 - Geranium orders due.
- May 11 - Pick up Geraniums at Community Health & Wellness Center

## *It's Time For March Madness!*

The Stoughton Hospital Foundation is hosting a **“March Madness”** fundraiser from March 14<sup>th</sup> through April 4<sup>th</sup>. Make a donation and YOUR DONATION will automatically be matched! Partners of Stoughton Hospital is proud to support and partner this event. Partners of Stoughton Hospital will match all donations up to \$10,000.

Donations will support the purchase of a new monitor for the sleep lab that continuously tracks the oxygen and ventilation levels of patients. To participate in this match, go to: <https://stoughtonhealth.com/stoughton-hospital-foundation/> or send a check to Stoughton Hospital Foundation, 900 Ridge St., Stoughton WI 53589.

### Safe Sitter



Safe Sitter® prepares students in grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting. Students learn life-saving skills such as how to rescue someone who's choking, and helpful information like what to do if there's severe weather. The lessons are filled with fun activities and role-playing exercises.

Saturday, February 25th or Saturday, March 11th  
9 a.m. to 2:30 p.m.  
Stoughton Hospital  
Bryant Health Education Center - Lower Level  
900 Ridge Street, Stoughton

The class fee is \$50. Masks are required.  
There is a class size minimum of five students.  
To register, please go to [stoughtonhealth.com](https://stoughtonhealth.com) and click on "Classes & Events."  
Questions? Please contact Stoughton Health Community Education at (608) 877-3498.  
Financial assistance is available.



[stoughtonhealth.com](https://stoughtonhealth.com)

### Safe@Home



Students in grades 4-6 learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter® First Aid Chart and learn a system to help them assess and respond to injuries and illnesses.

Tuesday, February 21st or Tuesday, March 14th  
3:45 to 5:15 p.m.  
Stoughton Hospital  
Bryant Health Education Center - Lower Level  
900 Ridge Street, Stoughton

The class fee is \$25. Masks are required.  
There is a class size minimum of five students.  
To register, please go to [stoughtonhealth.com](https://stoughtonhealth.com) and click on "Classes & Events."  
Questions? Please contact Stoughton Health Community Education at (608) 877-3498.  
Financial assistance is available.



[stoughtonhealth.com](https://stoughtonhealth.com)



For Complete information, visit <https://stoughtonhealth.com/volunteer/>

Volunteer Application Form <https://stoughtonhealth.com/wp-content/uploads/Application-for-Volunteer-Service-Plus-BID-Form-1-13-2021.pdf>

Whatever your interest or abilities, we have the opportunity that's just right for you to use old skills or develop new ones, make new friends, and gain that good feeling that comes from helping others. Stoughton Health volunteers are provided orientation and training for which they are best suited. Make a difference for yourself as well as our patients, their families, and our staff.

**Stoughton Health requires COVID-19 vaccination for all volunteers.**

**If you are interested in volunteering, please call Stoughton Health Human Resources at (608) 873-2296 or (608) 873-2213.** The following opportunities are currently available.

#### **Barber/Hair Stylist**

Stoughton Health is looking for a licensed Barber/Cosmetologist to help cut and/or style patients' hair as requested. This would primarily be on the Geriatric Psychiatry unit. The individual who serves in this role does need to be a licensed Barber/Cosmetologist in the State of WI. If you are interested in this volunteer opportunity, please complete and return our volunteer application.

#### **Desk Attendant**

Stoughton Health is looking for volunteers to assist at our Foot Clinic at the *Community Health & Wellness Center*. Duties include checking in Foot Clinic clients and accepting payment, scheduling future appointments, and escorting clients to the Foot Clinic room. Shifts are Tuesdays: 9 a.m. to 1:30 p.m. and 12:30 p.m. to 4:00 p.m. or Wednesdays from 12:30 p.m. – 4:00 p.m.

#### **Gift Shop Clerk**

The gift shop is a great place to spend some time while assisting customers with purchases and mingling with others. You can choose from two shifts, Monday through Thursday. Shifts are 9:00 a.m. to 12:30 p.m. or 12:30 p.m. to 4:00 p.m. Gift shop volunteers are required to be a member of Partners of Stoughton Hospital.

#### **Clerical Support**

Support is needed at the *Community Health & Wellness Center* each Thursday morning from 8:00 a.m. to 11:00 a.m. Tasks might include preparation of mailings, copying and answering phones.

#### **Cookie Bakes**

If you are interested in joining a cookie bake team please contact Melanie at (608) 513-9894. Teams rotate to bake cookies on the second Wednesday of each month in the hospital lobby.