



My Last President's Message - Judeen Reese

It is with mixed emotions I begin writing this last message to you. I was elected to serve two years as President of Partners of Stoughton Hospital. I have now completed the third year of that commitment. It is time to step down as new leadership steps up. I look forward to the time I will gain back and the new opportunities that time will present. I am so proud of the work that we have done in spite of the obstacles thrown at us. I am so thankful for the friendships and knowledge we have shared during this time. That will undoubtedly continue. With new leadership comes new ideas and fresh energy that will contribute to continued progress and additional opportunities for Partners of Stoughton Hospital.

It has been a privilege to serve as your president, but no president is better than the members it serves. That has certainly proven to be true with this organization. I commend you all. You have been wonderful to work with and I look forward to our future together. Special appreciation goes to those who have served on the board, chaired committees and promoted Partners. Thank you to Laura Mays and Chris Schmitz for advising and guiding us along the way.

*Thank you for everything you bring to Partners of Stoughton Hospital.
Let's Keep Partnering!*



Partners' Annual Meeting

The COVID pandemic has forced Partners of Stoughton Hospital to look for an alternative to our traditional annual meeting.

We've come up with a plan and hope you're going to love it as much as we do. On Tuesday, October 12, Partners are invited to come to Stoughton Health to receive a flu shot.

You will need to schedule an appointment for your flu shot. Use this link:

<https://hipaa.iotform.com/212724661327050>

Both the regular dose and the high dose will be available. Please bring your insurance card(s). While you're there, you'll be asked to pay your annual membership dues online or by check and vote on a slate of new officer candidates. You will also have the opportunity to **VISIT THE GIFT SHOP**. Masks are required.

Please mark your calendar and join us on Tuesday, October 12.



Membership Dues

It's time to pay your Partners of Stoughton Hospital annual membership dues. Each year we collect \$10 from each member. These dues give us a base for activities and contributions we make to Stoughton Health and to our community.

To pay your dues online, go to <https://stoughtonhealth.com/partners-of-stoughton-hospital/join-partners-of-stoughton-hospital/>

If you prefer to pay by check, please make check payable to
"Partners of Stoughton Hospital"
and mail to:

Partners of Stoughton Hospital - DUES, 900 Ridge St., Stoughton WI 53589



Butter Braids, Butter Braids, How Do I Get Butter Braids?

Because the Butter Braid Fundraiser was so successful last year, we have decided to do it again! Open your freezer door and see how much room there is for the 2021 Butter Braids. Each 1lb. 6 oz braided pastry will serve 11 people – although I've known 3 or 4 people to devour one of the sweet delights!

They go very well with coffee – so they are *almost* Norwegian!

The 2021 Butter Braid sale runs from until October 27. They are \$14 each and available in Apple, Blueberry and Cream Cheese, Cinnamon, Cream Cheese, Raspberry, Strawberry and Cream Cheese, Cinnamon Rolls and Caramel Rolls. Sounds good, doesn't it? Be sure to get several for the upcoming Holidays.

Place your order by going to <https://stoughtonhealth.com/partners-of-stoughton-hospital/butter-braid-sale/> or you can use the order blank in this newsletter and mail it with your check to the designated address. If you have questions, call Melanie Miller at 608-513-9894.

Drive-through pick up will take place on Tuesday, November 16 from 2:30 pm to 5 pm at the Community Health and Wellness Center at the corner of County Highway B and Highway 51.

Thank you to Melanie Miller for coordinating this event.

Don't forget to order by October 27.



REMOVE
from package &
place on baking
pan



**THAW
& RISE**
8-12 hours at
room temp.



BAKE
22-27 min.
at 325 °F



ICE
Share and
enjoy!



Partners of Stoughton Hospital

*Everyone loves Butter Braids. Try them for yourself.
Stock up for the holidays!*

For additional information about Butter Braid products go to:
<http://jandmfundraising.com/product-faqs>

All sales are Pre-order/ Pre-pay.

Order online at <https://stoughtonhealth.com/partners-of-stoughton-hospital/> or
Mail this form with payment **no later than Thursday, October 25** to:

Melanie Miller
3159 Duncan Rd.
Stoughton, WI 53589

Questions? Call Melanie at (608) 513-9894

Name: _____
Email Address: _____
Phone: _____

Each Butter Braid serves 11 (2 oz. serving). Indicate your choices and number of each.

| | <i>Number of each</i> |
|--|-----------------------|
| Apple Butter Braid | |
| Blueberry & Cream Cheese Butter Braid | |
| Cinnamon Butter Braid | |
| Cream Cheese Butter Braid | |
| Raspberry Butter Braid | |
| Strawberry & Cream Cheese Butter Braid | |
| Caramel Rolls (9 per package) | |
| Cinnamon Rolls (9 per package) | |
| <i>Total Number</i> | |

Amount included (Total Number @ \$14 each): \$ _____

Make checks payable to Partners of Stoughton Hospital

Butter Braids will be available for
drive through **pickup on Wednesday, November 16 from 2:30 to 5:00 pm.**
Stoughton Hospital Community Health & Wellness Center 3162 County Hwy B, Stoughton.
Please bring an insulated container so your Butter Braids stay frozen.

Thank you for supporting the Partners of Stoughton Hospital



Stoughton Wellness Coalition Update by Partner Representative, Sharon Beall

Partners of Stoughton Hospital continues to provide volunteers and support for the Stoughton Wellness Coalition (SWC). The primary source of funding for the Coalition has been a five-year federal Drug Free Communities grant; an application for a second five-year grant will be submitted in February 2022. The fourth year of the federal grant to reduce youth substance use resulted in fewer opportunities to provide group services and activities due to COVID 19 restrictions in the Stoughton Area School District. Therefore, yard signs, billboards, Facebook postings and Zoom training programs and Coalition meetings created occasions to continue meeting the goals and objectives of the grant that ended on September 30, 2022.

In an effort to plan and submit an application for another five-year grant, the Coalition members have engaged in a Strategic Planning process in late 2020, group facilitation meeting in January 2021 and debriefing meeting in March 2021. After completing updates to the Mission, Vision Statement and Core Values, coalition sustainability is being addressed. The recruitment plan includes a quarterly review of membership from community organizations and individuals who support the Coalition. (Current community sectors include youth and parents (of Middle and High School youth), businesses, media, schools, youth organizations, law enforcement, civic and volunteer organizations, religious and fraternal organizations, healthcare professionals, state/local Tribal Governments and substance abuse organizations.) Community assessments continue to be completed and data will be analyzed for the federal reports and current grant writing processes.

Mission Statement: The Stoughton Wellness Coalition promotes healthy lifestyle choices and reduces youth substance use.

Vision Statement: Stoughton is a community in which whole wellness (mental, physical, spiritual, emotional, social and environmental well-being) is a priority and all members feel they are valued and belong.



The Fall Medication Disposal and Sharps Collection will be held at the Stoughton Fire Department on **October 23 for 9:00 am to 11:00 am.**

Medication Disposal is also available at the Stoughton Police Department 24 hours/day. Drop boxes are labeled and located outdoors near parking lot entrance.

October 4 - **Advance Care Planning**, Stoughton Hospital, 5:30 to 6:30 pm

October 14 - **Overdose Education and Narcan Distribution**, 5:30 to 6:30 (Virtual)

October 15 - **Blood Drive**, 8:00 am to 1:00 pm

December 17 - **Blood Drive**, 8:00 am to 1:00 pm

For additional information about the above events, screenings and classes go to:

<https://stoughtonhealth.com/chwc> or call 608-873-2332

Garden Chrysanthemums...

...affectionately known as mums, give our gardens a splash of cheerful color. Each Fall, Partners help provide that color through our Mum Fundraiser.

Because our mums are mid-season bloomers they are just beginning to bloom when the early bloomers are finishing up. Our Mums will bloom well into the cooler months. Thanks to Fundraising Chair, Claudia Quam for coordinating one of the biggest fundraisers of the year and to everyone who helped with the distribution of plants. The greatest appreciation goes to all the Partners, employees and community members who purchased mums. We hope you enjoy them.



Shown are: Judy Furseth, Lynn Wieser, Mary Haley, Melanie Miller and Vicki Sperle.



Receptionist at Community Health & Wellness Center

This position interacts with customers, which includes patients, visitors, hospital employees, medical staff and other hospital volunteers, answers phone, directs visitors and patients, makes visitors feel welcome, makes photocopies as needed, cleans tables and assists customer service as a representative of Stoughton Health. Volunteer 2 shifts per month, 8:00 AM to 12:00 PM or 12:00 PM to 4:00 PM, Monday thru Friday. Call (608) 873-2296 or (608) 873-2213.

Upcoming Events:

October 12 - Flu Shot Clinic/Annual Meeting, 9:00 to 11:00 am

October 27 - Butter Braid orders due

November 16 - **Butter Braid** pickup, 2:30-5:00 pm. Stoughton Community Health & Wellness Center, Hwy 51/B

December 2 - Love Light Ceremony

For complete information about opportunities offered by Stoughton Health, go to <https://stoughtonhealth.com/> and click on Classes & Events.

September 15-October 20 - Freedom Through Forgiveness, 6:30-8:00 PM, Community Health & Education Center

October 11 to November 18 - Mondays and Thursdays from 1:15 to 2 p.m., Community Health & Wellness Center, 3162 County Highway B, Stoughton



Saturday Soup With Sandra

The content for this month's guest column is contributed by a mother/daughter team. - Sandra Maerz and Mindy Holverson.



Sandra Maerz became a Partner in 2002 when several friends already belonged and encouraged her to join them. At that time, the group was focused much more on the social aspect. Sandra says one of the biggest changes she has seen since becoming a Partner is the shift from that social group to a more business-like organization. Communication has also changed from hard copy newsletters to electronic communications and the use of email instead of mail sent through the post office. Sandra will admit to seeing an advantage to these changes but also misses the way things used to be when it was an easier, more casual way of doing things.

Encouraged by her mother, Mindy joined Partners a few years later. Because of working a full-time job, the contributions she can make to Partners are limited, but Mindy steps up whenever she can. She adds that even though volunteering and Partners is very important, their family time and Saturday soup is always top priority.

Mindy shares: It's hard to believe that something as simple as soup can bring a family closer, but Saturday soup at Sandra's did just that. Anyone who was able would come over and enjoy a bowl of the delicious creation mom had come up with each Saturday. Sometimes the soup was a traditional family favorite and sometimes it was a ground-breaking new creation. Times changed very quickly in the world of Covid-19. To protect each other and more importantly, mom, we had to give up our Saturday tradition and things looked very different. While wearing masks, we would sit outside and talk for a bit, we left our little ones at home, and we stayed 6 feet apart.

While this last couple of years has not been ideal for many families, we remain thankful for everything and everyone we have in our lives. Our hope is that someday soon, we can all be together in one place, take our masks off and enjoy each other's company once again. This time, we will give mom a well-deserved break by substituting a cup of coffee for the soup!

Here's one of the favorite soups produced in Sandra's kitchen.



Mom's Recipe for Surprise Soup

Begin by making a base using ground beef, onion, celery, cabbage and beef soup mix from Watkins with water.

The "Surprise" would be any of the following: shrimp, brussels sprouts, kidney or navy beans, rutabaga, tomatoes, rice, noodles, potatoes or a turnip.