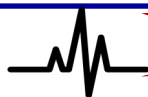


The



Pick up Mums-Sept. 14, 3-5 PM,
Wellness Center



2023

Partners of Stoughton Hospital



Message From Our President—Melanie Miller

Today it is very common for people to use their cell phones and take a “Selfie” picture. It shows them how they look to others at that point in time. Wouldn’t it be great if a “selfie” could also tell us how we sound to others, or the impressions we make, or how they perceive us by what we say and how we react?

Do we ever take the opportunity to step back and think about how we sound to others? In today’s world, it’s easy to become critical and negative as things happen quickly. Time seems to be more scarce and everybody wants a quick answer or quick fix to just about any situation. Most times we feel pressured to give a quick response. It is easier to find fault and takes less energy to be critical of something rather than put forth the effort to find something positive or constructive to say. Most things we hear from the media are negative and we are constantly surrounded by the media. It’s not surprising that we tend to take on a critical approach to many things in our daily lives.

Let’s try to turn this around. Let’s exercise our minds and before we answer someone, or quickly respond to a moment, think about something positive to bring to the conversation. Or better yet, offer a solution to a problem rather than continue to add on the list of all the things that may be wrong.

In the scope of the world, our Partners group is small. But who knows? If we each work on our “Selfies” to be more positive and put solutions ahead of problems, we may make a big impact – not only on our organization, but possibly our community and who knows how far this might reach. So summon your energy, think before you reply and help our society to move ahead in a more positive direction.

This year’s Annual Meeting is scheduled for Monday, October 23, beginning at 9:00 AM. Join us in the Stoughton Health Bryant Center for coffee, treats and some quality time. Everyone is invited. Mark your calendar and plan to join us!

Stoughton Hospital Foundation will be hosting a groundbreaking celebration for the new addition of the Medical Outpatient Building scheduled to be completed in the Spring of 2025. This event will be held on **Tuesday, October 10th at 10:00 am**. We ask that any who would like to attend this event to RSVP with Taylor at 608-873-2334. Following the ceremony, there will be a small reception held in the lobby area of Stoughton Hospital. If you have questions, please call us at 608-873-2334.

From Terersa Lindfors



Construction preparations are underway! This month you will see the new West parking lot being worked on and completed by early October. After the new parking lot is completed, it will then allow for us to begin staging equipment to begin the groundbreaking for our new Medical Outpatient Building which is anticipated to begin in October, 2023. The project should take approximately 18 months to complete so we are planning for move in Spring of 2025.



Educate Yourself So You Can Be A Better Advocate

Submitted by Sharon Beall

For the past few months you've learned some tips to boost your mental health and maybe shared some tips with others. As you may know, in January, Governor Evers declared 2023 to be Mental Health Year in Wisconsin. The Wisconsin Hospital Association (WHA) and Partners of WHA have also focused on mental health because the need for practitioners and services is greater now than before COVID. Fortunately, additional funding was allocated in the next WI biennial budget for State, County and schools to address mental health needs.

September is Suicide Prevention Awareness Month so you will notice more articles and news reports that focus on supporting people in crisis to prevent self-harm or suicide. Who is at risk of suicide? It includes people with mental health disorders or problems, substance abuse issues, financial challenges, physical health changes, and those who are isolated. For youth, risk factors include childhood trauma, bullying, violence, climate change and fear of school shootings.

If you are wondering what you can do if someone you know is experiencing a crisis situation, first, be calm and listen. Fortunately, a new Nationwide Crisis and Suicide Lifeline has been established. You can ask him/her to talk with a professional immediately by calling or texting 988. In 2020, 35,000 to 40,000 calls were made to the previous Wisconsin mental health hotline; in 2022-2023 over 91,000 calls were received through the new 988 Lifeline.

Be a better advocate for those you care about by becoming better informed about current mental health and suicide issues this month. Two specific programs are being held in Stoughton during September. The first is [Overdose Prevention Training](#) sponsored by Stoughton Public Library, Stoughton Health, Public Health of Madison and Dane County and Stoughton Wellness Coalition. The training is free and being held at the public library on September 12 at 6:00 p.m.

The second program is called [Mental Health First Aid](#). The course is for adults who want to be pro-active in supporting loved ones and neighbors facing a challenging situation. A two-hour virtual self-study program prepares each attendee for the two three-hour face-to-face sessions. The face-to-face sessions are being held at the Community Health and Wellness Center on September 19 **and** 21 from 6:00 to 9:00 p.m. This program is sponsored by Stoughton Wellness Coalition and is free; registration is required. Please contact Teresa Pellett at 608-877-3474 or tpellett.swc@gmail.com.

Are you ever at a loss for words or fear saying the wrong thing when someone needs your support? Mental Health First Aid is as important as cardio-pulmonary resuscitation (CPR) when a crisis situation is encountered. Be a better advocate. Register today.



Gift Shop News...

Even though Summer is just beginning to wind down, Fall has already begun in the Gift Shop with big plans in the making for the upcoming holiday season. A "Winter Wonderland" is being planned which will include a Pre-Holiday Shopping Spree from 4:00 to 6:00 PM on November 6, a Holiday Open House on November 8, and another Holiday Raffle beginning November 6 with four great prizes.

Be sure a trip to the Partners of Stoughton Hospital Gift Shop is on your schedule to make your holiday shopping fun. You're sure to bump into a friend or two and you will find lots of unique gifts to make those on your list feel extra special.

*When you support the Partners of Stoughton Hospital Gift Shop,
you support Stoughton Health!*

This time of year, it seems our calendars fill up quickly. Check all the event dates listed at the end of this newsletter. Be sure to include our traditional and inspirational Love Light Ceremony that will be held on Thursday, November 30. Watch for details in our next newsletter. Donations are accepted year around and can be done online for your convenience. Go to <https://stoughtonhealth.com/partners-of-stoughton-hospital/love-light/> to remember someone you've lost, recognize someone special or honor those who are serving or have served in the military.



Pre-Pandemic, the Partners of Stoughton Hospital held a bake sale during the month of December each year. We are happy to announce that this much-loved event will be back this year. It will be held in the Hospital Lobby, beginning at 8:00 on Tuesday, December 12. We are hoping for baked goods galore along with pre-order cookie trays to simplify your holiday gatherings. Watch for additional details in upcoming newsletters. We look forward to all members being a part of this fundraiser.

*Freshly baked cookies are available
the second Wednesday of each month
in the Stoughton Health main lobby.*

*Thanks to all of our fabulous Partners of Stoughton Hospital
Cookie Bake Teams.*



Diane Williams, Elise McLaury, Mary Jo Iverson



19TH ANNUAL

SWINGING FOR HEALTH

GOLF OUTING AND CARD PARTY
TO BENEFIT STOUGHTON HEALTH

MONDAY | SEPTEMBER 18TH, 2023
AT THE LEGEND OF BERGAMONT

REGISTRATION - 11:00 AM-12:00 PM
GOLF START - 12:30 PM
CARD PARTY - 3:00 PM

QUESTIONS? CALL US
AT (608) 873-2334

Volunteer Opportunity

The Stoughton Hospital Foundation is having their 19th Annual Swinging for Health Golf Outing on Monday, September 18th at the Legend of Bergamont Golf Course in Oregon, WI. They are looking for volunteers to help at the outing with a starting time around 10:30-11:00 a.m. that day. There are many opportunities open such as help with set up, check-in/registration, and working at a hole.

Please reach out to Laura or Taylor at (608) 873-2334 or foundation@stoughtonhealth.com if you would like to volunteer for the golf outing.

COMMUNITY ONE MILE WALK



Proceeds of over \$3,000 from the 2023 Community One Mile Walk, sponsored by the Stoughton Hospital Foundation will be used to purchase blood pressure cuffs for the Cardiology Clinic.

FOOD DRIVE FOR THE COMMUNITIES WE SERVE

CAN THE CNO

(Amy Hermes, Chief Nursing Officer at Stoughton Health)

AUGUST 14TH TO SEPTEMBER 1ST

During the Food Drive, all items dropped off will be used to "can" our CNO's office. Our goal is to get enough food donated to fill her office so full that she cannot even work out of it.

This year we are accepting both food and cash donations. All donations will be split between our employee food pantry and other local pantries in our service area.

Donations can be dropped off at:

Stoughton Hospital
Community Health and Wellness Center
Stoughton Rehabilitation Clinic
Oregon Rehabilitation and Urgent Care Clinic
McFarland Urgent Care Clinic



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

Aug. 31 - Mum orders due

September is Suicide Prevention Month

Sept. 6 - Partners Monthly Board Meeting, 9:00 AM, Hospital Front Conference Rm.

Sept. 14 - Mum Pick up, 3:00-5:00 PM, Wellness Center

September 18 - Swinging for Golf

Oct. 7 - Farmers' Market, Apple products

Oct. 10 - World Mental Health Day

Oct. 23 - Annual Meeting

Nov. 6 - Pre-Holiday Shopping Spree, 4:00-6:00

Nov. 8 - Gift Shop Open House, 9:00 AM-4:00 PM

Nov. 30 - Love Light Ceremony, 4:30 PM

Dec. 11 - Bring baked goods to central conference room, TBD

Dec. 12 - Holiday Bake Sale, Hospital Lobby, 8:00 AM until sold out