

For the Life of You

Spring 2024

StoughtonHealth

stoughtonhealth.com

Urgent Care

GROWING TO MEET YOUR NEEDS

*New Medical
Outpatient Building*

COMING SPRING 2025

*Stoughton Hospital
Foundation*

50 YEAR CELEBRATION



 **STOUGHTON**
HEALTH

Urgent Care

COTTAGE GROVE AND OREGON EXPANSION

Stoughton Health is growing urgent care services to meet the needs of the local communities. The existing Oregon Urgent Care Clinic located at 990 Janesville Street will be expanded to make more space for urgent care needs. There will not be any disruption to services during construction.

Stoughton Health is also opening a new urgent care clinic in Cottage Grove located at 110 Limestone Pass, Cottage Grove.

At both clinics, the extended hours will be:

Monday to Friday: 8:00 a.m.–8:00 p.m.

Saturday and Sunday: 9:00 a.m.–5:00 p.m.

Stoughton Health accepts over 160 area insurance plans, including Dean Health Plan and Quartz.

**COTTAGE GROVE
URGENT CARE
COMING
FALL 2024**



New Urgent Care location opening in Cottage Grove, located between Noodles & Company and Dunkin' Donuts.

HERE FOR YOU TODAY • PLANNING FOR TOMORROW

The new Medical Outpatient Building is on schedule to open Spring of 2025. The building expansion will be a 56,000 square foot facility, adjacent to the SSM Health Dean Medical Group, and just steps from the main hospital location. In addition to space, this project begins a journey towards a greener campus by reducing electrical consumption by using solar panels.

This new facility space will include the following:

- Dedicated space for specialty clinics (cardiology, general surgery and orthopedics)
- Bring Stoughton rehabilitation services back to main campus
- More space for urgent care services



Medical Outpatient Building coming spring 2025.

To accommodate future growth, the ground level of this new facility will include 24,000 square feet of “shell space”. In addition, the building has been designed so another floor could easily be added, should more space be required. Preparing for future growth now is the most cost-effective way to ensure Stoughton Health will be able to continue achieving our mission to provide safe, quality healthcare with exceptional personalized service.

STOUGHTON HOSPITAL EARNS OUTPATIENT EXPERIENCE AWARD

Stoughton Hospital is one of 315 award recipients representing the hospitals that have met the highest standards for outpatient experience in the U.S. by the Women's Choice Award. Outpatient experience includes specialty clinics, rehab services, medical imaging, breast care services, and more.



STOUGHTON HOSPITAL EARNS PATIENT EXPERIENCE AWARD

Stoughton Hospital has been ranked within the top 100 hospitals of similar size based on the number of beds and is one of a total of 400 award recipients representing the hospitals that have met the highest standards for patient experience in the U.S. by the Women's Choice Award.



STOUGHTON HEALTH RECEIVES HX GUARDIAN OF EXCELLENCE AWARD

Stoughton Health is in the top 5% of healthcare providers in delivering patient experience for medical practice and outpatient services in the last year. This includes specialty clinics, rehab services, medical imaging, breast care services, and more.



LARGE BUSINESS OF THE YEAR AWARD



Stoughton Health staff with Stoughton Chamber of Commerce President Sarah Ebert.

Stoughton Health was honored by the Stoughton Chamber of Commerce with the Large Business of the Year Award for having made a significant contribution to the Stoughton Community with its leadership and outreach throughout 2023.



President Dan DeGroot and Tom Fendrick with 2023 WHA Trustee Award.

TOM FENDRICK RECEIVES 2023 WISCONSIN HOSPITAL ASSOCIATION TRUSTEE AWARD

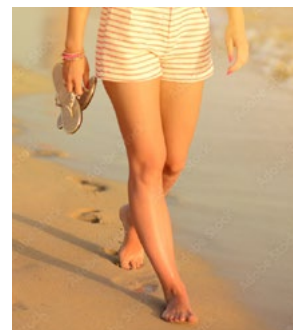
Tom Fendrick received the 2023 Wisconsin Hospital Association (WHA) Trustee Award for his six years of service on the Stoughton Health Governing Board.

Get Ready for Summer

LEG VEIN TREATMENT

Whether suffering from painful varicose veins or bothersome spider veins, Stoughton Health's Board-Certified General Surgeon, Aaron Schwaab, has you covered. Sclerotherapy, the minimally invasive treatment for both conditions, involves injecting a solution directly into the vein, causing it to collapse, and reroute the blood through healthier veins. For Chronic Venous Insufficiency (CVI), Endovenous Laser Treatment seals damaged veins, addressing issues like varicose veins, leg achiness, swelling, and painful ulcers.

To learn more about leg vein treatment options, join Dr. Aaron Schwaab on Thursday, April 18 at 5:30 p.m. To register for this free online event, visit stoughtonhealth.com and click on "Classes & Events."



Partners of Stoughton Hospital

PANSY SALE

Partners of Stoughton Hospital are holding two of their annual flower sales this spring. First is a pansy sale with each pot priced at \$12 and orders due on Thursday, April 4.

The second is a geranium sale with each pot priced at \$15 with a variety of colors to choose from and orders are due on Thursday, May 2. For additional details and to order please go to <https://stoughtonhealth.com/partners-of-stoughton-hospital/>.

Watch this fall for information on the Partners annual mum sale!



Partners of Stoughton Hospital Pansy Sale.

March Matchness

THIS IS A SLAM DUNK!

Make a donation and YOUR DONATION will automatically be matched! Stoughton Hospital Foundation is hosting a March Matchness fundraiser from March 19 – April 8. The Partners of Stoughton Hospital are challenging you on this event by doubling the fun and matching all donations made up to a total of \$10,000. All donations to this fundraiser will go toward the construction of the 56,000 square foot Stoughton Health Medical Outpatient Building which will be home to Specialty Clinics, Stoughton Rehabilitation Services and Cardiac Rehab. Again, by giving

to the Foundation March 19 – April 8, all donations will be MATCHED.

To participate, go to: <https://stoughtonhealth.com/stoughton-hospital-foundation/> or send a donation to:

Stoughton Hospital Foundation
900 Ridge Street, Stoughton
53589.



Stoughton Hospital Foundation

ANNUAL APPEAL

Thanks to YOUR generous support, the Stoughton Hospital Foundation was able to raise \$13,865 to go towards the greatest needs of Stoughton Health.

Kathy Alme
John and Darlene Arneson
Donn and Sheila Barber
Mark and Karen Benson
Dwayne and Susan Berg
Gary and Cindi Birch
Dr. Stephen and Danielle Boorstein
Don and Carola Breckbill
Anne Brunsell
June and James Bunting
Diane Buss
Gloria Carpenter
Allan and Eloise Christensen
Katherine Christenson
Marshall and Arlene Colburn
Robert and Lynne Diebel
Linda Doman
Leonard and Meredith Doom
Michael Ejercito and Karen Reed
Ron and Lou Ann Ellingson
Dana Ellis
Bobby L Faulkner
Richard and Mary Lou Fendrick
Ron and Barbara Furseth
Wilma Furseth
Sharon and John Gibson
Richard and Diane Halom
Dale Hanson

Kim and Mary Hanson
Gloria Hayne
James and Mary Hemmersbach
Tony and Anne Hill
Judith and Henry Jacky
Marcia Jacobson
Joan Jensen
Janice Kellogg
Charles Kiddy
Patrick and Lavon Kiss
Jeffery and Brenda Kitsemel
Jacquelyn Kittelson
Paul LaZotte
Virginia Lunde
Douglas and Susan Mackenzie
Kelly Macvittie
Sandra Maerz
Terry Marshall and Lesley Johnson
Ann Miglio
James and Janet Miller
John Westbury and Lori Molinski-
Westbury
Jennifer Morris
Joseph and Shirley Morrison
Chad and Rebecca Mueller
Bert and Suzette Mullooly
Clint and Jan Olson
George and Anna Paul

Susan Paulson
Wayne and Nancy Paulson
Cynthia Peterson
Stephen Pinckney and
Deborah Ericson
John and Debra Pundt
Frederick and Janice Redford
Dale and Claudia Richardson
Jean Ristau
Robin Robertson
Donald and Donna Schneider
Bruce and Kim Sime
Myron and Mary Sime
Rodney and Phyllis Spangler
Judson and Nancy Spooner
DuWayne Stellmacher
Carmen Stout
James and Erma Sundby
Fred and Mary Sundby
Leo Thorsen
Robert and Kathryn Travis
Bill Weber and Laura McDonald-Mays
Jim and Joan Wilcox
Thomas Williams
Roger and Julie Wisinger
Jahn and Janice Witzel
Priscilla Zachary

STOUGHTON HOSPITAL FOUNDATION RECEIVES SUPPORT FOR MEDICAL OUTPATIENT BUILDING



Stoughton Hospital Foundation received a generous donation from Keith and Tammy Anderson.



Check Presentation from Betsy McClimon, Wahlin Foundation, Inc., Executive Director to Laura Mays, Stoughton Hospital Foundation, Executive Director.

Stoughton Hospital Foundation

50 YEAR CELEBRATION

In honor of the Foundation's 50th anniversary, the Stoughton Hospital Foundation will be having a garden party celebration in the Stoughton Hospital Wellness Garden on June 27. The Foundation was founded by four members of the community and six additional members were brought on to make up a ten-member board of directors. In the first year, the Foundation raised almost \$27,000 for Stoughton Hospital. To date, the Foundation has 11 board members and has raised over \$10 million for the needs of Stoughton Health. Please mark your calendars for this event and watch for more information.



RETIREE LUNCHEON • MARK YOUR CALENDARS!

The Stoughton Hospital Foundation will be hosting the Annual Retiree Luncheon on April 30. If you are a retiree of Stoughton Health, please save the date on April 30, 11:00 a.m.–2 p.m. and watch for an invitation and more details to be mailed late March.



Marlene Bierman and Norval Morgan at 2023 Retiree Luncheon.

2024 CALENDAR RAFFLE SALES

Stoughton Hospital Foundation has a 2024 calendar raffle fundraiser at \$20 per calendar. There is a drawing every week for a cash prize and when someone wins, their name gets reentered for another chance to win. Ticket numbers are posted on our website and the lucky winners will be contacted as well. Don't worry, there are still 40 chances left to win! Local businesses have graciously sponsored a month to make this happen, so a huge thank you to those businesses!

1901 Inc.	AM Solutions
Conant Automotive	Edward Jones
Eldon Homes	Madison.com/Wisconsin State Journal
Old National Bank	Quams Marine and Motorsports
Pizza Pit	State Farm
Stoughton Floral	Viking Day Camp



Angie Rowin, Calendar Raffle Winner and Taylor Harmel, Foundation Executive Assistant.

If you are interested or want to learn more, please visit <https://stoughtonhealth.com/stoughton-hospital-foundation/calendar-raffle/>.

Stoughton Health

COMMUNITY HEALTH & WELLNESS

Registration
Required
For All
Events

To register, please go to stoughtonhealth.com/events.
Unless noted, all classes are free. Questions? Please call (608) 877-3498.

Free Memory Screening

Wednesday, March 27 or
Wednesday, May 22
12:00–3:00 p.m.

Community Health &
Wellness Center
3162 County Road B, Stoughton

A memory screening is a simple and safe 15-minute brain health check-up that tests memory and other thinking skills. The screening helps indicate if someone is in need of a comprehensive medical evaluation.

Alzheimer's Association Presentations:

Healthy Living for Your Brain and Body

Wednesday, March 27
1:00–2:00 p.m.

Community Health &
Wellness Center
3162 County Road B, Stoughton

A free presentation to learn about healthy aging and how healthy habits improve our health.

Effective Communication Strategies

Wednesday, May 22
1:00–2:00 p.m.

Community Health &
Wellness Center
3162 County Road B, Stoughton

A free presentation to learn strategies to help communicate with your loved one during each stage of the disease.

Freedom Through Forgiveness

Wednesdays, April 3–May 15
12:30–2:00 p.m.

Stoughton Senior Center
248 W Main Street, Stoughton
Join instructor Tim Markle to learn methods of working toward forgiveness and learning to live a forgiving life.

Well-Being Screening

Thursday, April 4 or
Saturday, April 6
7:00–11:00 a.m.

Community Health &
Wellness Center
3162 County Road B, Stoughton

Includes: health risk assessment survey, biometric screenings, and one-on-one health coaching. Call (608) 877-3485 for more information. Cost: \$35

Safe@Home®

Friday, April 5
Oregon School District Office
123 E Grove St, Oregon
3:30–5:00 p.m.

Tuesday, April 16 or
Tuesday, June 18
Stoughton Hospital
900 Ridge Street, Stoughton
3:45–5:15 p.m.

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 and weather emergencies. Students are also introduced to the SafeSitter® First Aid Chart and learn a

system to help them assess and respond to injuries and illnesses. Cost \$25

Safe Sitter®

Saturday, April 6
Forest Edge Elementary School
4848 Bassica Rd, Fitchburg
9:00 a.m.–2:45 p.m.

Saturday, April 20 or
Saturday, June 22
Stoughton Hospital
900 Ridge Street, Stoughton
9:00 a.m.–2:45 p.m.

The Safe Sitter course prepares students in grades 6–8 to be home alone, watch younger siblings, or babysit. This course is designed with interactive lessons that will help students learn life-saving skills, understand how to handle emergencies, and know how to treat injuries. Cost \$50

Leg Vein Treatment Options

Thursday, April 18
5:30 p.m. Zoom

If suffering from painful varicose veins or bothersome spider veins, Stoughton Health's Board-Certified General Surgeon Dr. Aaron Schwaab can help with a simple outpatient vein treatment.

COCPR (Compression-Only CPR)

Thursday, April 25
1:00–2:30 p.m. or
5:30–7:00 p.m.

Community Health &
Wellness Center
3162 County Road B, Stoughton

Participants will learn how to perform COCPR and practice on adult manikins. Class includes an overview of choking and abdominal thrusts, how to use an AED, and COCPR for infants.

Shoulder Pain Relief

Thursday, May 2
5:30 p.m. Zoom

Join OrthoTeam Clinic's Board-Certified Orthopedic Surgeon Dr. Ashish M. Rawal to learn more about the causes of shoulder pain and both surgical and non-surgical pain relief options.

Follow your Heart: Chest-opening Yoga for a Happy Back

Monday, May 6
6:30 p.m. Zoom or in-person at
Kula Yoga, Cottage Grove

Texting, driving, and slumping forward have become the way of life for most of us. Learn to use yoga postures to help counter and balance out the slump for pain and tension relief. This class is appropriate for all levels.

Medicare 101

Thursday, May 16
12:00 p.m. Zoom and in-person

Community Health &
Wellness Center
3162 County Road B, Stoughton

Join Ben Rothering to learn the basics of Medicare (A, B, C & D), how to enroll, what Medicare does and doesn't cover, and additional coverage options.

Mission: The mission of Stoughton Health is to provide safe, quality healthcare with exceptional personalized service.

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COMMUNITY EVENTS

Volunteer Income Tax Assistance (VITA) Site

Saturdays through April 13
9:00 a.m.–1:00 p.m.

Stoughton Area Senior Center
248 W Main Street, Stoughton

Stoughton Chamber Community Expo

Thursday, April 4
5:00–7:30 p.m.

Mandt Community Center
400 Mandt Parkway, Stoughton

Family Fun Night

Friday, April 12
5:30–7:30 p.m.

Grove Campus Fieldhouse
320 Fair St, Evansville

Stoughton Community Networking Conference

Saturday, April 13
8:30–1:00 p.m.

Christ Lutheran Church
700 County Road B, Stoughton

Medication Disposal & Sharps Collection Events

Saturday, April 27
9:00–11:00 a.m.

Stoughton Fire Department
401 E Main Street, Stoughton

Saturday, April 27
9:00 a.m.–12:00 p.m.

Oregon Police Department
383 Park Street, Oregon

Stoughton Health Retiree Luncheon

Tuesday, April 30
11:00 a.m.–2:00 p.m.

Stoughton Hospital
Bryant Health Education Center

Please RSVP by April 23rd to foundation@stoughtonhealth.com or (608) 873-2334.

Syttende Mai Festival

Friday, May 17–
Sunday, May 19

Downtown Stoughton

Gazebo Musikk

Thursdays, May 30–
September 5
6:00–7:30 p.m.

Rotary Park
324 S 6th Street

Taste of Stoughton

Saturday, June 15
Nordic Ridge Park
1300 Hoel Avenue, Stoughton

Oregon Summer Fest

Friday, June 21–Sunday, June 25

Kiser Park
245 Brook Street, Oregon

Stoughton Fair

Wednesday, July 3–
Sunday, July 7

Mandt Park
400 Mandt Pkwy, Stoughton

Marketplace Dayz

Saturday, July 20
9:00 a.m.–2:00 p.m.

Piggly Wiggly Shopping Center
419 W. Cottage Grove Road,
Cottage Grove

Support Groups

Memory Café

Meets 1st Tuesday of the month
9:30–11:00 a.m.

Stoughton Hospital
Bryant Health Education Center

Contact: Jen Erb, CTRS at
(608) 873-2259.

Parkinson Support Group

Meets 2nd Monday
12:15–1:15 p.m.

Community Health &
Wellness Center
3162 County Road B,
Stoughton

Contact: Stoughton Health
Community Education at
(608) 877-3498

Blood Drives:

Friday, April 19
8:00 a.m.–1:00 p.m.

Friday, June 14
8:00 a.m.–1:00 p.m.

Community Health &
Wellness Center
3162 County Road B,
Stoughton

To register, please call
ImpactLife at (800) 747-5401
or visit bloodcenter.org.
Use group code 3643.

SCREENAGERS: NEXT CHAPTER

Learn more about screens and your teens!
Presented by Stoughton Wellness Coalition.
Online through March 24.
Visit <https://rb.gy/luhgb0> to register