

Early May-June Parking and Main Entrance Change

We are moving... Well Temporarily.

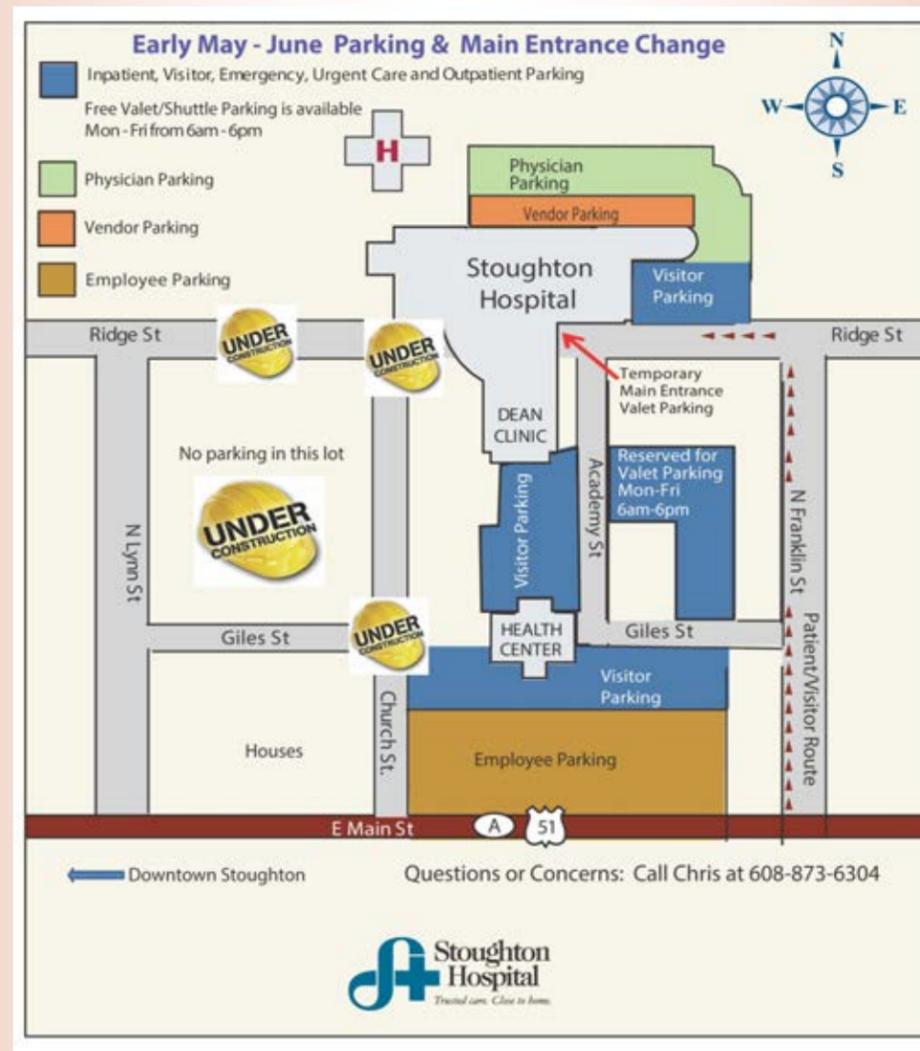
You may have heard some discussion within the community about Stoughton Hospital's street and parking lot construction project. Stoughton Hospital, Dean Clinic and walking ER/Urgent Care entrances will move to a temporary location during a portion of time with our upcoming street and parking project. Here is what you can expect:

Mid-April to Mid-May (Construction starts but front of campus still accessible) Business as usual with the exception of an alternate plan for ambulances to enter on Lynn or Ridge Street.

Mid-May to Mid-June (alternate front entrance at Ridge and Academy Street). We will need to close Church Street access in front of the hospital

and route all traffic to Franklin Street, the next street east of the hospital. See map below.

What can you do to help? We are in need of volunteers! One volunteer will greet patients at the door using our temporary entrance at Academy and Ridge Street. A second group of volunteers will guide patients to their destination within the hospital and clinics. Can you spare us time during May 15th-June 15th? We would greatly appreciate your volunteer assistance to assure continued great service to our patients during this time of disruption. If you can spare a day or a few please contact Human Resources 608-873-2213 or 608-873-2296. Your help would be GREATLY appreciated.



Partners of Stoughton Hospital

Newsletter —April 2015

PARTNERS OFFICERS—FY 2014/2015

President—Sandy Maerz 873-6125
 Vice President—Melanie Miller 873-0283
 Secretary—Judeen Reese 873-8561
 Treasurer—Claudia Quam 732-4737

President's Message

“Spring is when you feel like whistling even with a shoe full of slush.” Doug Larson

I would like to say thank you to Melanie for filling in for me while I was on vacation. I really appreciate it. Don't forget to support our spring plant sales April 21 and May 5.



Facilities Update from Dwayne Strandlie

The sun is shining, birds are chirping, and temperatures are rising. Could this be spring? Nope, construction season, orange barrels, orange cones, and yellow tape. That's right, the guest parking lot construction is right around the corner. The tentative date for start is April 15th but it is weather dependent. The frost needs to leave the ground prior to a full start. During the project, the entrance will be moved to the east side of the building at the Academy/Ridge Street entrance. As far as timing, the underground utilities in the street will happen first, followed by removing curb, gutter, pavement, etc. Keep up to date on stoughtonhospital.com.



Save the dates:
 Town Hall Meetings
 May 20 and May 26



Know Your Hospital Staff

I'm sure everyone has seen one or all three of these busy people hustling through the hospital at some point.

They are the ones who deliver mail and boxes to all departments. Meet this busy trio: Mary Hemmersbach has been with Stoughton Hospital for almost 25 years. She began in housekeeping, moved to sterile supply and then material services. She lives in the country near Brooklyn with her husband. Previously they farmed and have 4 kids and 7 grandkids.

John Beck has been with the hospital for 9 years. He is married with 3 daughters and lives in Stoughton. His hobbies include fishing and golfing.

Evon Slater has been working here for 5 years. She also works at Asleson's Hardware and previously worked at the Stationery House for 20 years. She lives in Stoughton and has twin boys. She has 3 grandkids and will add one more in May. She likes to ride motorcycle.

All three are always smiling and add a lot of personality to the hospital!

Gift Shop News by Becky

873-2281 or 873-2205

*Fun Easter treats plus
Lots of fun new spring yard
ornaments, canvas wall art,
and jewelry.
Stop in and check out all the
home décor and accessories.*

Did you know your car keys can be an alarm system? If you keep them by your bed and you hear something suspicious use the alarm/panic button. The noise may scare someone off and give you time to call for help. Do NOT leave your purse or other valuables in view of your door or window.

Tips from Elnora Johnson

Famous April Birthdays

Match the age with the celebrity.

Jennifer Garner	60
Kate Hudson	49
Queen Elizabeth	77
Jack Nicholson	88
Kevin James	35
Jerry Seinfeld	42

Birthstone-Diamond
Zodiac- Aries & Taurus
Flower- Sweet Pea or Daisy

National Humor Month
Mathematics Awareness Month

Laughter and Health

Laugh and the world laughs with you. There is perhaps no better way to bring people together than with laughter. But, did you know there are many other benefits to a good belly laugh?

What has four legs, two arms, and no head? Answer: A Chair.

Okay, that may be an old joke, but if you allow yourself to laugh you just might reap some real health benefits! Laughter has been shown to enhance your intake of oxygen-rich air and stimulate your muscles, heart, and lungs. Laughter may also enhance your immune system, relieve pain, and make difficult situations a little easier to cope with.

And didn't you feel a little less stressed and a little more positive after the last time you laughed really hard?

Remember April 1 is April Fools Day- make someone laugh! It will do you both good!

Submitted by Linda Schaefer

Source: Tavi Health, Show me the Funny



Upcoming Events

Books Are Fun- March 31-
10am-4pm
April 1 8 am- 3pm

Spring District Meeting- April 14

Spring Plant Sale- April 21

Advocacy Day- April 28

Plant Sale- May 5- 8 am

Preparing for a 5K walk/run

Learn more basic tips on how to start training for a 5K walk/run. We'll discuss different types of shoe wear, general strengthening and stretching exercises, and step by step training programs. Class is open to all.

April 9th at 6pm. FREE
Bryant Center- call Sonya 873-2356 to register

YOGA

Join Anne Adametz, Yoga therapist and acupuncturist for 6 weeks of yoga. This class is suited for un-injured beginners as well as advanced practitioners.

Thursdays, April 23 thru May 28 (skip May 14)
6:15 to 8:00 pm
Bryant Health Center- lower level
\$65 for 5 week session, \$15 for drop in (pay in person)

Please bring a yoga mat, bottle of water, and thick blanket. Advanced registration is required. Purchase online at www.annedametz.com.

Understanding GERD

Join Dr. Gary Griglione, Gastroenterologist, to learn causes of gastroesophageal reflux disease. Bryant Center

Wed., April 22 at 3:00pm FREE
Call Sonja at 873-2356 to register

Happy Easter!