

UPCOMING EVENTS

To register for these FREE events, go to Stoughton hospital.com and click on Classes and Events or contact Sonja at 873-2356.

Thursday, March 31 I'm Not Sure if My Hands Can Handle This-Dr. Tom McCoy will discuss the most common questions about aged and arthritic hand use. 4pm in the Bryant Center

Tuesday, April 12th Understanding Advance Directives— join our social workers to learn about health care power of attorney. Bring address and phone numbers of your potential decision makers. 5:30 pm Bryant Center

April 12th-May 17th Tuesday evenings Freedom Through Forgiveness Join instructor Tim Markle to learn methods of working toward forgiveness and learning to live a forgiving life. 6:30-8:00 pm Bryant Center

A Message from Christopher Schmitz

If you recently visited the hospital, you may have noticed phase 2 of our construction project is approaching fast. During the summer months, we will again have a need for additional patient escorts to help visitors find their way through the Emergency Department and Day Surgery. If you are interested in volunteering for this service, please contact Stoughton Hospital Human Resources at 608-873-2213.

Like last summer, but on a much smaller scale, we appreciate your help!

April is Volunteer Month

I would like to take a moment to thank all the wonderful volunteers at Stoughton Hospital. It does not go unnoticed all the activities that volunteers help with. From a welcoming smile, to giving directions, to pushing a wheelchair, to making mail runs, plant and cookie sales, and working in the gift shop. - All are important ways of making patients and guests feel comfortable and welcome.

YOU ARE THE BEST!!! *Becky*

Partners of Stoughton Hospital

Newsletter —April 2016

PARTNERS OFFICERS—FY 2015/2016

President—Sandy Maerz 873-6125
Vice President—Melanie Miller 873-0283
Secretary—Judy Simmonds 873-1613
Treasurer—Claudia Quam 732-4737

President's Message

Well Spring is upon us and the days are getting longer. Hope everyone enjoyed their corned beef and cabbage for St. Patrick's Day! Easter was early this year. I hope everyone had a great Easter as well.

Coming soon....

*Pansy Sale April 19—check out the preorder info with this newsletter
Spring flower sale May 3*

Our Partners group is planning another used purse sale. We are asking everyone to help by donating purses that you no longer use. This year we are expanding the sale to include tote bags and scarves. Please bring gently used purses, tote bags, and clean scarves to the gift shop anytime during regular hours.

The Grand essentials to happiness in this life are

Something to do, Something to love, and
Something to hope for.

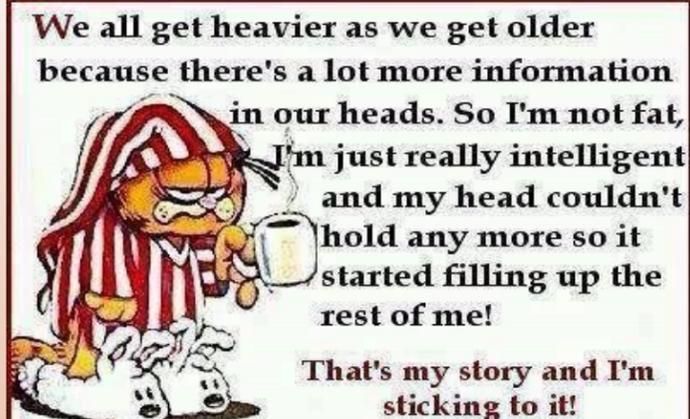
Joseph Addison

Mandatory In-service Dates

The hospital requires all volunteers to attend a yearly in-service program to stay up to date on hospital requirements.

This year's dates are Wednesday, April 6 from 10am-11am or Monday, April 11 from 3-4pm. Please call Becky at 873-2205 and let us know which one you will attend. Chris promises to make it a lively entertaining event with possibly dancing on the table if we get 100 % participation!

You may remember doing this last fall but the hospital would like to do it annually close to when the employees are required to do it so this will be the only time until next Spring.



Directory Updates:

New phone number Yvonne Call 608-205-6422

Bits of Wisdom.....

Keep moving. Walk as often, long and far as you can. If you have to set new achievable goals, do so.

Accept help when needed.

Stay engaged. Keep up with current events- even though this political year it seems difficult to listen to some times.

Ask for what you want- when a 92 year old woman I know tried to change her cable package from premium (which her son had initiated) to basic she was told NO. She said at 92 do you really think I would sign an extended contract? She laughed and switched to a competitor who gave her what she wanted and a credit to boot!

Take care of yourself. Nutritious food and exercise are a given but listen to your body- it tells you when it needs more rest or food or motion. As much as we wish our body could do at 60 what we did at 30, we know it's not possible.

Enjoy life. Make more time for friends, sunshine, books, music, and wine. They exist solely for our enrichment.

Have a Happy day!



Gift Shop News by Becky.....

We had a set back in the gift shop in February. A computer virus attacked our system on a Friday night. This was not a fault of ours and it was caught quickly but still caused some issues with our inventory.

As I am typing this, a very brave computer specialist is working to restore the program so that we may enter all the new Spring items that have arrived since this happened. We are wishing for a good outcome!

As a reminder to all gift shop workers, we will have a brief update in-service after each of the mandatory in-service meetings in April to refresh some points.

Starting in April, we will be putting out our yard and outdoor items. There are many fun things to choose from, a lot of them are solar or battery powered so make sure you come check them all out. It's time to start being outdoors and enjoying your yards.

A big KUDOS to all the volunteers who stepped up and helped with all the hours while I took some vacations this winter, especially Sharon Beall who figured out a credit card issue to keep us up and running!

One more piece of info: We are starting a "Round Up" Program in the gift shop. The box will be on the counter and we will ask people if they would like to round up to the next dollar amount of their sale. All the money will go towards the walking trail we are planning which will continue from the city trail down by the river up the hill to the new addition

From the Wellness Team....

April is Finance month so here are some tips for you.

It's warming up outside, which means it's time for spring cleaning. Give your finances a spring cleaning as well! Here are four simple tasks to help you with that.

1. Sort paperwork. Gather up all those receipts and invoices and sort them into piles to either save or toss. Bank receipts, credit card statements and utility statements can all be discarded once the accounts are current. Make sure to shred these items to protect you from identity theft.

What to keep and what to discard:

Keep tax returns for 3 years.

Keep Investment records

Keep mortgage related papers

Discard most receipts after they clear the bank statement except those for major purchases in case you may want to return the item or it needs to be insured.

Discard junk mail.

Discard bills once they're paid unless you are running a business and you need them for tax purposes.

Discard digital media. Your old computer or smartphone can have important financial information on it. Destroy them or have a professional destroy them.

Pick a rainy day and tackle that drawer. It's a great feeling!

2. Cash in rewards. While you're sorting that paperwork, take note of any potential reward points, store credits, frequent flyer miles, etc. Decide when you'll use those benefits before you lose them

3. Reassess Savings. Now that you've sorted your paperwork and it's fresh in your mind, take stock of your monthly budget. Tax season is a good time to reassess where your money is going and make changes to meet your goals.

4. And finally, update beneficiaries. Look back at your insurance and retirement account policies to check that the beneficiaries are current. Make sure the money will go where you want it to go if it gets distributed today, not where you wanted it to go when you first signed the policy.

Be alert for tricksters- April Fools Day!