

# Wellness News from Hospital Wellness Team

**Exercising once a week is all it takes to improve strength and endurance in women over the age of 60-it's a good place to start!**

Here's encouraging news for women over age 60. New findings reveal that exercising once a week can significantly improve your strength and endurance. Researchers spent 16 weeks monitoring 63 women performing aerobic exercise and resistance training. One group exercised once a week, a second group twice a week, and a third group three times a week. The study revealed significant increases in the women's muscle strength, cardiovascular fitness and functional tasks in each group, but no significant differences were seen when comparing the three groups to one another. Think of all the things you can do with that newfound strength and stamina- gardening, playing with grandkids, hiking, traveling to new locations. The possibilities are endless! Find a friend to join you, and start exercising at least once a week.

Cleveland Clinic Wellness Editors

## Upcoming Classes

**Feel Full of Fewer Calories**- August 12 at 5:30pm- Bryant Center  
Join Dietician Autumn Kumlein to learn what foods to choose.  
Call Sonya to sign up for this free class 873-2356

**Snack Smart**-Tuesday, August 25 at noon-Creekside Place  
102 Maple St., Evansville

Better to eat 5-6 smaller more frequent meals than to get too hungry and overeat. Learn the basics of good snacking with Dietician Autumn Kumlein.  
Free class- call Jim at 608-882-0407 to sign up.

**Nutritional Supplements- Clearing Up the Confusion**-Thursday, Aug. 27 at 5:30 pm  
Dr. Guirish Agni will share information about the benefits and risks of nutritional supplements. Free class in the Bryant Center. Call Sonya to register at 873-2356.

**Kids Classes:** Home on your own Monday August 24 from 9-11am  
Bryant Center \$25  
Caring for Kids-Babysitting skills  
Friday August 28 from 8:30-1:00  
Bryant Center \$40  
To register for these classes please call Trish at 608-334-4036

American Red Cross Blood Drive- Friday, August 21 Bryant Room -8am-1pm

# Partners of Stoughton Hospital

Newsletter —August 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

Directory Update

New member: Carol Nuoffer  
1405 N Van Buren, Stoughton  
608-312-9189 sukeebaby123@gmail.com

Deceased: Charlotte Jacobson

## *President's Message*

*We had a relaxing, informal meeting on July 1st at Becky's home. Thank you Becky, for the lovely evening. Please mark your calendars for the following events.....*

*Mum sale - Tuesday, August 25  
For all you card players, our next card party is Tuesday, Sept. 22 - save the date for a fun time!*

*I hope you are enjoying your summer. It sure is going fast!  
"Strong people don't put others down... they lift them up."*

*M. Watson*

## Upcoming Events

*August 3 Sidewalk sale  
Lobby 8-4-Volunteers needed  
August 25 -Mum Sale  
Lobby 8- until sold out  
September 17 - Fall District Mtng  
September 22 -Card Party  
Sept 29-30 Jewelry is Fun  
Lobby and board room  
October 7 - Culvers Day  
October 15 Partners Annual Meeting  
November 19-20 Books are Fun*

## New Partners Openings

At our October annual meeting we will be looking for new members on the Partners board. Here is your chance to become a little more involved and help us grow as an organization.

We will be looking for someone to do Sunshine, Membership, Fundraising, and Asst. Secretary. If you want to know more about these positions, contact Carol Deneen 873-6055 or Becky in the gift shop 873-2205.



The wait is over and it looks GREAT!

## Gift Shop News by Becky

873-2205 or 873-2281

New artist, Deb Ready, has her gourd art creations in the gift shop. Each one is unique and they range in size and price from \$7 for the egg gourd hanging ones to \$33 for the four gourd shaker. The inventory will always be changing because of the uniqueness of the pieces. Stop in and see this display.

Also we have postcards made up about our new consignment program. If you know an artist who may like to display and sell their work in the gift shop, pick one up. They can apply online under the hospital website or on paper application which are available in the gift shop.

### BOOKS-BOOKS-BOOKS

We have carried the books from local author, Annie Jacobson, for quite sometime. She has 5 stories with Norwegian themes. They have beautiful illustrations and are fun for kids and adults as well. She has a new one coming out for the holidays. We recently also have a new author, Heather Whittaker. Her book is "A Different Little Doggy." It is an inspiring book for kids about being different and accepting everyone.

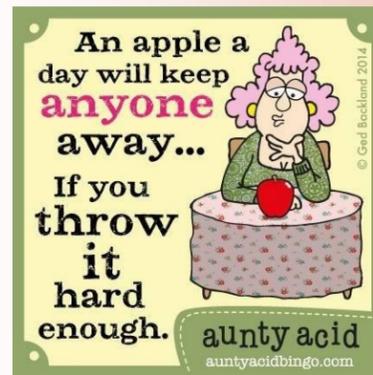
And we are starting a new section of gently used kids books. If you have any or know of anyone getting rid of kids books, please bring them to the gift shop. We will have them priced at a "gently used book price."

### Famous August Birthdays

Martha Stewart	73
Dustin Hoffman	77
Roger Federer	34
Magic Johnson	55
Ben Affleck	42
Robert Redford	78
Bill Clinton	68
Barbara Eden	88

August is National Family Fun Month, National Peach Month, National Golf Month, and National Picnic Month.

It is also the month the penny was put into circulation in 1909 and the month Christopher Columbus set sail on his first voyage across the Atlantic in 1492.



Facebook Update  
Stoughton Hospital Gift Shop

Those of you who use Facebook need to help us out! Facebook has changed some settings so the posts I send out from the gift shop are not getting seen by many of you. If you follow the gift shop, **PLEASE share any post** I put out there. This helps our site be recognized and more people will see our sales and new products, etc.

If you aren't a follower, please consider doing so. It's harmless! If you have questions about how to share my posts, just ask!

It's free advertising and we need to take advantage of it!

### Know your Hospital Employee

Julie Stenbrotten has been with Stoughton Hospital for over 15 years. She has always been in Home Health, starting as a case manager and then coordinator and then manager of the department.

Her favorite part was seeing patients in their own homes but now she really enjoys her staff of 35 and keeping in close contact with them on a daily basis. She is also in charge of Trusted Hands and Life Line.

She lives in Evansville with husband, David, and has 2 grown children, Taylor and Sam. They live on a farmette with a dog, two cats, and newly acquired chickens for daily fresh eggs.

Her hobbies include gardening, golf, and crafts.

She is very excited about the new fleet of cars her staff will be using.

Her staff has a combined 191 years of experience with the hospital. She is so pleased with the longevity of her employees and how well they know each other.



### August is Vacation Month

Wisconsin offers lots of wonderful vacation spots within driving distance of Stoughton.

Day trips or weekend adventures are sure to add a little zest to your life.

Consider natural wonders like the Cave of the Mounds or the Apostle Islands.

For the foodies, wine and beer lovers there are many cheese factories, breweries and wineries as well as many farmers markets and excellent restaurants.

Great places like Door County, Wisconsin Dells, and Lake Geneva offer fun for families and people of all ages.

Share your get-away stories with us! We would love to hear where you went!



Be the reason someone smiles today!