

A Note from Chris Schmitz....

Following our volunteer appreciation tour bus trip to Epic we invited you to participate in a survey. The survey asked how you felt about our appreciation event and asked for suggestions with future events. It has always been my personal goal to plan events that are uncommon and give you something to share with your friends over a Friday fish fry.

Survey responses were a bit of a surprise in that there were no clear interest that fit everyone. About 1/3 of respondents liked the bus tours, 1/3 prefer a luncheon social and another 1/3 a matinee. (Note to self- next year I will ask you to rank all that apply.) I guess I could design a better survey to understand your interests even more .

I know more physical events can be harder for some participants to attend. Next year we will try to offer something requiring a bit less walking. I've always wanted to take you to the American Players Theater, but they don't often run plays during the day and I am not as cute with moon lighting.

Thank you all for attending the event and for completing the survey. I know some of you question why we spend the money, but it is the least we can do for all your volunteer efforts. We have spent less than \$1000 annually on the event and you deserve a treat once in a while!

Partners Newsletter Update:

Instead of sending out the minutes each month, we will be sending a condensed version in the newsletter. This will cut down on paper waste and still give you the highlights of the meetings. If you want a full version, they will be available for printing in the gift shop.

There was no meeting in July so this will take effect with the September newsletter from the August board meeting. As always, you are **WELCOME** to come to any board meeting as a Partners member. The meetings are held the first Wednesday of every month at 8:30 in the Bryant Center.

From the Wellness Team— **Sustainable Eating**

The concept of sustainability is to produce food and conserve natural resources having a minimal impact on the environment. Sustainable eating is about choosing foods that are healthful to our environment and our bodies. It's about nourishing ourselves, providing pleasure but preserving the food system for the future.

Sustainable agriculture and eating are regenerative. They lead to healthy, thriving individuals and communities and better balanced ecosystems.

What can you do?

~Shop locally~Buy foods at local farmers markets. They are your neighbors and the money stays in your community.

~Grow something~It could be herbs in a pot, tomatoes on the patio, or a small plot in your yard. It gives you a great appreciation for what it takes to create food.

~Initiate conversations about food~Discover new tips, learn about new resources, and find more local food providers. Talk to farmers at the market or personnel at the grocery store or restaurants.

~Eat seasonally~Foods that are available seasonally support sustainability.

~Tap your tap~Stay away from packaged waters and drinks. You save natural resources that would go into transportation and storage as well as handling package waste.

~Retool your grocery list~Think bulk foods, more minimally processed foods, and more plant-based meals. This equals less packaging and waste, less energy and fewer artificial ingredients.

~Vote with your wallet and fork~Show support through your buying decisions at the store and restaurant. By influencing the bottom line, you can make a difference.

Partners of Stoughton Hospital

Newsletter —August 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

Where has the summer gone? I can't believe August is here already. I hope you all have been enjoying your summer activities and some fresh fruits and veggies from the garden or local farmer's market. The board had a very relaxing get together at Becky's home on July 6. Thank you Becky for hosting. Mark your calendars for our mum sale on August 23... preorders are due August 10. Our Partners card party will be held on Sept. 15 at Christ Lutheran Church—invite your friends and family. Enjoy the rest of your summer.

Sandra

Address Changes

Deb Ready
815 Sky Ridge Dr., Madison, WI 53719

Alice Moen
300 Silverado Dr., #115 Stoughton

Pat Moe
Azura Memory Care, 1221 E Main St., Stoughton

Grandparents Day
September 11, 2016

Are you looking for a fun event to celebrate Grandparent's Day this year? Partners is organizing a family fun walk. This 2 mile walk along the scenic Yahara River will begin at 1:00 pm starting at the end of Amundson Parkway in the Vennevoll area.

The fundraiser is open to anyone of all ages. Strollers are welcome. The money raised will benefit the walking trail that will start behind the new ambulance area and connect to the city trail.

Applications are available in the hospital gift shop.



Feel free to color and bring in to show us

Order Fall Mums Now

For planning purposes, and for your convenience, all sales are pre-ordered this year. **There will be no mums available on the day of the sale!** The order form you received in last month's newsletter should be dropped off or received in the gift shop **no later than August 10.**

At a cost on only \$9.00 each, these glorious, long-lasting plants are available in bronze, red burgundy, purple, yellow, pink, and white. Payments must accompany the order form, and checks should be made payable to Partners of Stoughton Hospital.

You plants will be waiting for you on **Tuesday, August 23 between the hours of 2:00 and 4:30 p.m.** Simply stop at the back entrance of the hospital by the Foundation office where your order will be waiting for you. If unable to pick them up, we can deliver to Stoughton addresses.

The Partners of Stoughton Hospital appreciate your support by participating in this late summer fundraiser. Spread the word to your friends and neighbors. Money raised by your involvement in this project helps not only to enhance the beauty of your surroundings, but more importantly, it provides the opportunity for the Partners organization to support the Outstanding services offered by Stoughton Hospital.



Gift Shop News by Becky.....

Hopefully there is a lot of summer left but it's not that way in the gift shop. Our fall and winter inventory is arriving.

There are still LOTS of wonderful yard and summer items for sale.

New items arriving include napkins, coffee and wine and beer-mugs.



Save the Dates....

Sunday, Sept. 11– Two mile fun walk

Thursday, Sept. 15– Card party at Christ Lutheran Church

Saturday, October 8 Women's Wellness Event –more details to come

**Tuesday, October 25
Partners Annual Meeting and Luncheon
Free flu shots will be available for members starting at 11am in the board room. Luncheon will begin at noon followed by the annual meeting.**

**Love Light Ceremony– Thursday
December 1 at 4:30 p.m. Bryant Center**

Upcoming Events at Stoughton Hospital

Dry Needling– What Can It Do For Me? Physical Therapist, Liz Touchett will discuss dry needling and how it works to alleviate pain and restore function. **Thursday, August 11 at 6 p.m. in the Bryant Center**

Customized Knee Replacement– Join Dr. John S. Rogerson, Stoughton Hospital Orthopaedic Surgeon, to learn how the ConfoMIS knee implants may be the solution to end your knee pain.

Wednesday, August 17 at 5:30 p.m. in the Bryant Center

To register for these free events go to stoughtonhospital.com and click on classes and events or call Sonja at 873-2356.

American Red Cross Blood Drive– Friday, August 19

Fun Facts about the Olympics 2016 dates are August 5-21

The 5 interlocking rings of the Olympic flag symbolize the 5 continents of the world (Africa, Asia, Australia, Europe, and the Americas) “linked together in friendship.” Olympics founder Pierre de Coubertin claimed that at least one of the rings colors (blue, yellow, black, green, and red along with the white background) was present in each country's national flag.

Did you ever wonder why the official distance of a marathon is 26 miles, 385 yards? In 1908 the marathon standard had been set to exactly 26 miles. At the Olympic marathon in London it was decided that the royal family needed a better view of the finish line so 385 yards was added. It has been that way ever since.

Did you know the Olympic flame in Olympia, Greece is rekindled every two years using the sun's rays and a concave reflective mirror?

The 2016 Olympics in Rio de Janeiro, Brazil will have 306 events in 28 sports. Over 8000 participants will compete for medals from 206 countries.

Fun Things to do in the area in August

August 4-14 Wisconsin State Fair

August 6– National Mustard Day in Middleton

August 13-Great Taste of the Midwest at Olin-Turville park in Madison

Sassy Cow has created beer ice cream from beers of all the breweries that will be there.

August 20-Coffee Break Festival in Stoughton– Mandt Park

August 26-28 Good Neighbor Festival in Middleton

Work hard, Shop harder.